term 3 week 10

Principal’s Message from my desk
2014 Term 3 Week 10

Welcome to Paige Holly Howard. Paige was born on Monday 8th September. Congratulations Kelly, Nathan, Makayla and Prue on the safe arrival of your lovely daughter and sister.

It has been a very busy term and there have been many highlights for our students, the Sydney Excursion to have lunch with the governor, the Science Show at Gundagai High School, Musica Viva at Jugiong and of course the trip to Mt Selwyn.

The students have all demonstrated great progress in their guitar lessons and the mosaics they produced are just magnificent.

On Thursday we will be combining with Wee Jasper and Bongongo Schools in a Soccer Gala Day in Tumut. It is hoped that as many parents as possible will be able to attend. The players will need soccer or football boots if possible and shin pads. If you have difficulty borrowing shin pads please let me know asap. I have some to lend but not enough for everyone.

To finish the term we will be having a pyjama day when everyone is invited to come in their pjs. We will also have a couple of appropriate movies chosen by the children.

Because of the carnival and the pyjama day WE WILL NOT BE COOKING THIS WEEK

Enjoy your week and have a lovely holiday, school resumes for students on Tuesday 7th October which is when we will welcome Miss Gordon back to our school.

Jen

Thought of the Week
“Creativity Is Intelligence Having fun”

HAVE YOU FORGOTTEN?

Could you please pay for your ski trip by this Friday if you haven’t done so already.

Thanks to those parents who have already paid.
**Fruit Break**

Please make sure you send in some fruit each day for the kids to share for fruit break they really enjoy this treat.

**Coming Events**

**TERM 3**

**Week 10**
Thurs 18th - Soccer Gala Day
Fri 19th Sept - Last day of school

'Pyjama Day'

**TERM 4**

**Week 1**
Mon 6th Oct - **PUBLIC HOLIDAY**
Tues 7th Oct - Students return to school

**Cooking**

This week scotch eggs were on the menu they were cooked by Charlie, Thomas and Micky who did a fabulous job. They also made some curried egg and lettuce sandwiches.

Also we had Kajika, William, Mitchell and Prue whip up some delicious Fruit Kerbabs.

We are proud to say the egg and lettuce are our own produce from Brungle Public School.

**Pyjama Day**

On our last day for Term 3 we are holding a **Pyjama Day** don't Forget!!!
SCHOOL HOLIDAY
TENNIS CLINIC

Monday 22nd September. – Friday 26th September.
(1st Week)

_Held at the Tumut Lawn Tennis Club_

Morning classes for juniors (9.00 – 10.30am; 10.30 – 12.00md)
Afternoon classes for advanced and tournament players (1.30 – 3.00pm)
(Limited numbers per class so bookings essential)

Contact Bernadette Cahill on 6947 4968 or 0427 343 904
EMAIL: birdietennis@bigpond.com

NEW-PARENTING SEMINARS FOR GUNDAGAI FAMILIES

Contrary to what most people believe, parenting is neither instinctive nor automatic. In fact, research shows that effective parenting is learned.

However, despite the rise in books and TV programs offering ‘expert advice’, most parents still wonder if they are doing the right thing.

Gundagai Neighbourhood Centre is excited to be partnering with Gowrie NSW, a renowned leader in early childhood education and care, to host The Lady Gowrie Parenting Series, a program of talks to engage, inspire and inform parents of children zero to eight years old.

Packed with evidence-based advice, the talks are will be telecast live from Sydney to the Centre, offering families a space to share, learn and build community.

Bonita Elliot says it is such a valuable learning series and is an honour to be able to offer it to our wonderful little community. As a parent and community services worker I am always looking for new and exciting ways to improve my skills and give my new learned information to family, friends and community.

“Gowrie NSW has been working with families for nearly 75 years. In our work with the current generation of families we identify that there seems there is always lots to do and lots to purchase for children, but there are fewer places for families to engage in informed discussion about their parenting journey” explains Melodie Glass, Manager Professional Learning and Development at Gowrie NSW.

“The Lady Gowrie parenting series will be partnering with a number of regional communities groups to broadcast the talks live via video conference linking metro and regional families together for this evening event.”

The upcoming series will consist of three talks over four months held on a Wednesday evening. The talks will host a range of experts delivering the latest information about Nutritious Meals for Fussy Eaters & Positive Transition to School. The next session will be at 245 Sheridan Street Gundagai, NSW on the 17th of September, from 7.30-9.30pm. Registration to the talk is free for Gundagai Families. For more information please call (02) 69440290 or email: gundagai.centre@westnet.com.au or visit: https://www.gowriensw.com.au/parenting-series-n.html
About The talks

Nutritious Meals for Fussy Eaters
Feeding children can sometimes feel difficult, particularly when we know they need to eat nutritious food to fuel their development. In this session Anthony Sharpe, Chef from Educating Palates, will use his mobile kitchen to cook nutritious and easy meals for fussy eaters, offering caregivers tips and new ideas. Bring along your mobile device to download the Educating Palates App and follow the recipes as they are prepared. Wednesday 17th Sept, 7.30-9.30pm

Supporting a Positive Transition to School
A well planned and supported transition to school can set children on a positive pathway for academic and social success throughout their school and future lives. In this session former preschool and kindergarten teacher Melodie Glass from Gowrie NSW will help caregivers gain confidence in supporting and preparing their child and themselves for the school environment. Caregivers will also walk away with an understanding of the Early Years Learning Framework, the Key Stage One Curriculum and many practical tips in getting ready for ‘big school’. Wednesday 22nd Oct, 7.30-9.30pm

Raising a Resilient Child
Having a child who experiences difficulties with anxiety or sadness can take its toll on caregivers and families. In this session Professor Jennie Hudson from the Centre for Emotional Health and Macquarie University will share factors that contribute to children’s emotional health. She will also share her research which endeavours to improve our understanding of the genetic and environmental factors that contribute to excessive anxiety and fear and will provide caregivers with practical tips to support and develop resilience in their child. Wednesday 26th Nov, 7.30-9.30pm

For further information
Contact: Bonita Elliott
Phone: (02) 69440 290
Email: gundagai.centre@westnet.com.au
To register: https://www.gowriensw.com.au/parenting-series-n.html or provide Bonita with your information and she can register your details.