SWIMMING CARNIVAL

Congratulations to all those students who competed in our annual swimming carnival on Friday. Thank you to those parents who were able to help out during the day and also to those parents who came along to cheer on the students. Your continued involvement and participation in school events is greatly appreciated by the students and staff.

Congratulations to our Individual Champions for 2014

Jr. Girl – Hanna Kaptein
Jr. Boy – Ryan Fallon
11yr Girl – Koorine Cutmore
11yr Boy – Mandawuy Bell
Sr Girl – Jesse Ross
Sr Boy – Dylon Stewart

Trophies and ribbons will be handed out at an upcoming assembly and parents will be notified via the newsletter.

Those students who have qualified to compete at the Small Schools carnival on Friday 14th February have received an information and permission note. It would be appreciated if this could be returned to the front office as soon as possible. For those students attending the Small Schools carnival it is important to note that a carnival referee will be in attendance and the students will be disqualified for incorrect strokes and finishes.

LEADERS INDUCTION CEREMONY

Please don’t forget our Leaders Induction assembly on Thursday 13th February in the hall straight after the morning assembly. All parents and interested community members are invited to come along and congratulate our 2014 leaders.

HEALTH NURSE VISIT

The School Health nurse will be attending the school to conduct vision, hearing and speech screening for all Aboriginal children K-2 and for any other child who requires the screen. A consent form has been sent home. The screening is free of charge. If you would like your child to be involved in the screening program please complete the consent form and return it to school as soon as possible. Please note that if either vision or speech needs to be checked this must be indicated on the form.

SCRIPTURE LESSONS

Scripture lessons will commence for all classes on Friday 14th February and will be conducted by volunteers from local church
groups. All students will participate in the non-denominational classes unless a signed parental or carer note is provided to the class teacher.

CLASS HELPER

Welcome back to Miss Drew who will be continuing her traineeship this year. Miss Drew will be working in 2/3O'C each Monday throughout the year and we wish her well in her studies and hope she enjoys her time here at Gillwinga working with our students.

SCHOOL LUNCH IDEAS

I’m not sure if people noticed Wednesday 5th February’s edition of the Daily Examiner which contained a lift out of ideas for helping to make preparing school lunches quick and easy. We all know the importance of providing healthy and nutritious snacks and lunches for children. If you missed the lift out here are the four main tips.

1. Timing is the key. Encourage your child to prepare as much as they can the night before to avoid the crazy morning rush.

2. Pre-cut fruit, veggies and cheese and wrap or store in containers in the fridge.

3. Plan dinner meals which can be used for lunch box leftovers the next day. A barbecue on Sunday night provides easy sandwich and wrap fillings for Monday.

4. Colour code food items to correspond with breaks throughout the day. Use coloured stickers to denote fruit break, recess and lunch.

THOUGHT FOR THE WEEK

Finally a thought from Harry. S. Truman former US president “It is amazing what you can accomplish if you don’t mind who gets the credit”.

YOU CAN DO IT

Classes are beginning to learn about the main focus of the You Can Do It program which are the Keys To Success. These keys are: GETTING ALONG, ORGANISATION, CONFIDENCE, PERSISTENCE and RESILIENCE. Teachers are trying to catch students displaying these attributes, explain what they did that was wonderful, and rewarding them for doing it so that they will repeat that behaviour in the future. Throughout the year lessons will be given to teach parts of these specific skills so that students will automatically use them with the goal of becoming happy and successful individuals.
AFL VISIT

Two members of the Sydney Swans Gary Rohan and Jake Lloyd visited our school on Tuesday. They talked to the students about the importance of school, learning and working hard. They also delivered important messages about keeping fit and healthy, eating well and playing by the rules. Later some students got to do some AFL activities with the players. It was great to see the students keen to try new things. It was excellent to see a number of students interested in being part of a school AFL team to participate in the Paul Kelly Cup at the end of the term.

LIBRARY

Please remember that library is on a Monday. Students need to use a bag of some sort to keep the books clean and able to be enjoyed by many readers to come.

AWARD SYSTEM

Our award system has been modified to utilise the You Can Do It keys to success. See the back page for more information on this system.

FINGER BUN DAY

Fingers buns will be available for morning tea on Monday 3rd March. $1.50 for a full bun or $0.80 for a half bun.

SCHOOL BANKING

School banking is every Monday morning.

P&C AGM

The P&C Annual General Meeting will be Monday 3rd March at school at 2.30pm. All are welcome to attend. We are seeking new volunteers and any help is greatly appreciated.

MUSIC

Friday Feb 14 at 11.30am we will be our first band practice for the year. All beginning students and returning students need to return both their band form and CVCON enrolment form filled in and signed, Both are available from Mrs Kris Baker or the office. Choir which rehearses on Wednesdays at 12.30pm has already begun and our first song for the year is “Happy” by Pharrell Williams. Gillwinga has instruments and lessons available on Trombone, Clarinet, Flute, Trumpet, Saxophone, Bass Guitar, Drums and Guitar. Please ring the Clarence Valley Conservatorium on 66 433555 if you have any questions about the lessons..
Merit Awards

You Can Do It

When you get a “You Can Do It” card give it to an adult who will mark it on the chart and return it to you.

You may choose to take it home or put it in the box in your room.

The awards in the box will be collected and placed into the daily draw. Each morning there will be a draw for a canteen voucher.

Award Chart

- Collect 10 x Merit Awards of the same colour = Certificate of that colour (presented at assembly)
- Collect ALL 6 Certificates (1 of each colour) = Bronze award (plus Keys To Success wrist band)
- Collect next 6 Certificates = Silver Award (plus canteen voucher)
- Collect next 6 Certificates = Gold Award (plus morning tea)
- Collect Next 6 Certificates = Principals Award (must have the approval of the Principal)

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Tennis Centre

GRAFTON CITY TENNIS CLUB INVITES PLAYERS FOR TUESDAY LADIES TENNIS COMPETITION & COME AND TRY DAYS

Social and Grading days for Tuesday morning competition Starts 9am
Begin on 11th, 18th, 25th Feb 2014. Competition Starts 4th March

New players and beginners most welcome, come and have a hit and try out our great courts.

For information phone Wendy 0427 955 373
Vanessa 0409 721 117 or Chris 6643 1575

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Girls Only

Small Sided Football

For girls 4-6. Grab some friends or join a team and receive a free football and shinpads. Contact North Coast Football to find a club near you 6661 2159. Register from 1st February at northernnswfootball.com.au

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Healthy North Coast

It’s all about health www.healthynorthcoast.org.au

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Medicare Local

Healthy North Coast is the online hub for all things health on the North Coast. Simply visit www.healthynorthcoast.org.au or check us out on Facebook, Twitter or Google+.