CAREERS EXPO

This week our year six students will be heading down to Coffs Harbour to a careers expo organised by Southern Cross University. This is a great opportunity for students to see what careers are available to them at present and to gain an idea about what education pathways they will need to take to pursue a particular career. The day is being funded by Southern Cross University and students will be travelling free of charge and participating in a careers workshop whilst at the expo. Ms Cross and Mrs Magarry will be accompanying the students on the day.

AFL CLINICS

Last week our students commenced participation in a series of AFL clinics. The clinics will run on Friday’s for a period of six weeks and are aimed to teach students of all ages some of the fundamental skills that are common to most sports including AFL whilst encouraging them to lead a healthy and active lifestyle no matter what sport they play. We are very appreciative of the support being given to our students by the AFL.

SKIPPING

Mrs Carrigan and myself have been most impressed with the enthusiasm that students have shown in getting sponsors for our Jump Off day to raise money for the Heart Foundation. It is important that all sponsorship forms are returned to school by the due date regardless of whether any sponsors have been collected or not, as we need to account for all forms that were handed out. Please keep in mind that it is a legal requirement to send in all sponsorship money that has been collected and that students will not be eligible for any incentive prizes unless their sponsorship money has been receipted. Our “Jump Off day is set down for Wednesday 21st May.

WINTER UNIFORM

Now that we have started to move into the cooler weather a number of coloured jumpers, beanies and gloves are starting to appear. If students are wearing a jumper it should be a school jumper or jacket. These are available for purchase through the front office. It is recommended that names are clearly marked on any jumpers or other clothing items that students bring to school. I understand that the mornings are getting colder and that on some occasions students may feel the need to wear beanies and gloves but these are not to be worn in classrooms and should be left in bags after the morning assembly.

MOTHER’S DAY STALL

Thank you very much to the members of the P&C and other volunteers for giving up their time to assist with the Mother’s Day stall
last week. The P&C raised just over $500 from the stall which is a fantastic effort. Thank you very much to the students, parents/carers and community members for their continued support.

GRAFTON SHOW RESULTS

Gillwinga results from the Grafton Show:
Framed Art Work: 1st – 5/6C class; 2nd – 5/6 class
Painting Yr. 3: 2nd Arie Hodge
Painting Kinder: 1st Trinity Nealon
Painting Yr. 6: 1st Jamie Lowe
Painting Yr. 5: 1st Cate Duroux, 2nd Candice Holloway
Drawing Yr. 6: 1st Miah Bell
Painting Yr. 3: 1st Zoe Quinn; Highly Commended – Luke Dawson
Other Art K/1/2: 1st Caitlin Nealon
Other Art Yr. 3/4: 1st Myamee Ferguson; 2nd Carter Smith
Papercraft K/1/2: 1st Hayley Roberts; 2nd Krystal Studdon; Highly Commended – Reagan Duroux
Other Article K/1/2: 1st Joshua Wallace; 2nd Shyleekqua Lee; Highly Commended – Serina O’Keefe

READY SET GO KINDERGARTEN 2015

Please don’t forget that our Pre-Kinder program “Ready Set Go” commences on Monday 26th May. If you know of any neighbours or friends that may have children ready to start Kindergarten in 2015 please encourage them to contact the front office for an information brochure and application form. Both are also available on the school website at http://www.gillwinga-p.schools.nsw.edu.au/ follow the School Years link on the Homepage.

YOU CAN DO IT

We have now commenced a new stage in our “You Can Do It” program. This week students will begin looking at CONFIDENCE as a key to success. Each family will receive a laminated sheet that provides suggestions as to what confidence looks like, phrases they can use along with other suggestions to help develop children’s confidence. See the attached sheet at the end of the Newsletter.
NEW ENROLMENTS

Welcome to our two new students Brian and Edyn whose photos appear on this page.

HELPFUL HINTS

Do you have problems with getting your child to school, for some of the following reasons?

• won’t get out of bed
• won’t go to bed
• can’t find their clothes, books, homework, school bag...
• school lunches not ready
• slow to eat breakfast
• homework not done
• watching television late at night or when they should be getting ready for school
• tests or presentations at school
• birthdays
• screaming and not letting you go

Here are some suggestions which are based on regular routines

• have a set time to be out of bed
• have a set time to go to bed
• have uniform and school bag ready the night before
• make lunches the night before
• have a set time for starting/ending breakfast
• set daily time for homework activities
• have set times that television is turned on and off
• be firm, children must go to school
• provide lots of positive encouragement
• be firm, a birthday is not a holiday
• time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child’s hand into that of the teacher and leave.

THOUGHT OF THE WEEK

“A mother’s happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories”.

Gillwinga Public School
A Leader in Excellence, Innovation + Opportunity

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Principal: Mr Phil Cavanagh
LIVE LIFE WELL

PUT THE ‘SNAZZ’ BACK INTO THE SIMPLE SANDWICH!!

The following ideas may help to make sandwiches a little more EXCITING!

TRY:
- Triple Deckers – make a sandwich with 3 slices of bread and 2 layers of filling. Remove the crusts and cut into 3 strips.
- Pita Pockets – half a pocket of Pita bread filled with filling.
- Use cookie cutters pressed into your sandwiches to make some fun sandwich shapes. Imagine how much fun your child would have eating an animal-shaped sandwich!
- Whole wheat sandwich size crackers (eg. Sandwich-size crackers) with your child’s favourite toppings.
- Vary meats – include lean ham, chicken, turkey, tuna or salmon (in springwater).
- Add reduced fat cheeses.
- Use a variety of vegies – like grated carrots, zucchini, lettuce, cucumber and sliced tomatoes (pat dry to prevent sandwiches from going soggy and put them between dry fillings).

SCHOOL BANKING

To win some great prizes for school banking you need to make three or more school banking deposits during Term 2. They will then be automatically entered into the competition. Prizes include five nights’ accommodation at the Sea World Resort on the Gold Coast; VIP passes for 2 adults and 3 kids to Sea World, Movie World and Wet n Wild and a $3000 gift card to get the winner there. Runner up prize is a Toys R Us gift card to the value of $250. There are also separate prizes for your school. For more information visit www.commbank.com.au/deepseasavers

BOOK FAIR

Our annual book fair is set down for Tuesday 10th and Wednesday 11th June. Buying of books will finish at the end of lunch time on Wednesday 11th June. Viewing of books will take place in class time on 4th, 5th & 6th June and a wish list can be written up to take home for purchasing the following week.

SPECIAL CANTEEN DAY: Return your notes with money by Wednesday next week.

COMMUNITY NEWS

Mountain Biking Kids Skills Session this Satureday 18th May at 8.30am at Bom Bom State Forest, Lilypool Road, South Grafton. All bikes welcome. Kids $5, adults $10.