CHOIR/ BAND VISITS

Congratulations to all those students who participated in the choir/band tour of local nursing homes. The feedback we received was extremely positive and it is a credit to all those students, staff and community members who were part of such a positive experience.

MARCH OF YOUTH

Well done to those students who gave up part of their Saturday morning to participate in the Parade of Youth as part of the Jacaranda festivities. Thank you also to Amanda Lindley for all the work that went into the preparation of the Banner for this year.

NEW SIGNAGE

People may have noticed some new signage around the school. We would like to thank Mr Noel Simpson for constructing the framework to hold the new sign over the front gate. We hope to have all our new signs up in the very near future.

JACARANDA THURSDAY

This week the Jacaranda festivities continue with Jacaranda Thursday. All parents/carers are reminded that the school will be open from 9:00am to 1:00pm. The school will not be staffed after 1:00pm. Any students who are attending school on Jacaranda Thursday will need to be picked up by 1:00pm as buses will not be operating in the afternoon. All students who have returned a signed note and are absent from school will be marked as having ‘LEAVE’; those who are absent without a signed note or a reasonable explanation will be marked as having an ‘UNJUSTIFIED ABSENCE’.

VENETIAN CARNIVAL

On Friday night a number of our students will be part of the Community of Schools choir that will perform at the Venetian Carnival, which will be held at the River End of Prince Street commencing at 5:00pm. This is always a good family night with local artists and dance groups performing.

READY SET GO

Monday 9th November is the final day for those students who have been attending our pre-kindergarten ‘Ready Set Go’ program. Monday 16th November is Kindergarten Orientation. All parents/carers of students enrolling in Kindergarten in 2016 are invited to attend an information session in the Community Room commencing at 9:10am. It is important that a parent/carer is available to attend the session as information is given out that will greatly assist parents/carers in preparing their child for commencing school in 2016.
K-2 EXCURSION

This week our K-2 students will be involved in an excursion to Woolgoolga beach. Parents/carers are asked to please check the note for information regarding departure times and requirements in terms of food, drink, hats and sun protection.

SWIM SCHOOL

This week notes have gone home to all those students who will be attending Swim School this year. If you have any concerns or questions, please contact the front office.

YEAR 3 EXCURSION

All year 3 students should have received a note about an upcoming excursion to Yarrawarra Cultural Centre at Corindi on Friday 4th December. Parents/carers are asked to please return the note and money to school on or before Friday 27th of November.

SCHOOL ASSEMBLY

Our next assembly will be held on Friday 13th November in the hall commencing at 9:00am. All parents/carers and community members are invited to attend. Next week 4/5S will be sharing some of the interesting things they have been doing in class and our choir will also be performing.

LEADERSHIP PROGRAM

Year 5 students will soon begin a leadership program run by Mr Simpson. The program is designed to give the students the skills needed to make a positive contribution to Gillwinga in 2016. All 2016 Year 6 students will be given responsibilities throughout the year and training to be successful throughout the year and into the future.
SCHOOL CAPTAIN/ PREFECT APPLICATIONS

Year 5 students have also been given applications to be School Captain/ Prefect in 2016. Written applications are due Monday 16th November, with speeches on Monday 30th November.

YEAR 4/5/6 CAMP

Camp information and medical forms went out last week. All payments and medical forms MUST be in by Friday 13th November.

RUGBY LEAGUE CLINIC

Students, parents/carers are reminded that our Rugby League Clinics will continue again this week thanks to a grant from Sporting Schools.

THOUGHT FOR THE WEEK

‘Yesterday is not ours to recover but tomorrow is ours to win or lose’ - Lyndon B Johnson

SPECIAL CANTEEN DAY ORDERS

A reminder that tomorrow is the last day for orders for the special canteen day to have a delicious fresh fruit salad. Any outstanding orders need to be in Wednesday morning.

P&C RAFFLE

We still need a significant donation of groceries to go ahead with our P&C Christmas raffle. All money raised goes directly back into the school to assist our children. Please drop any non-perishable items to the front office by Friday 20th November to enable this fundraiser to proceed.

CANTEEN ROSTER

Mon 9th Nov: Sharon Wright, Katrina Cox;
Tuesday 10th Nov: Sharyn Fallon

The uniform and canteen price lists can now be found on our web page and facebook page. Don’t forget you can like us on Facebook https://www.facebook.com/gillwinga
CRANES Community Support Programs is running a FREE Youth Mental Health First Aid course for parents/carers and sports coaches. The Youth MHFA course teaches adults how best to assist young people who are developing a mental health problem or experiencing a mental health crisis.

The developing mental health problems covered in the course are:
- Depression
- Anxiety
- Eating Disorders
- Psychosis
- Substance misuse

The mental health crises covered in the course are:
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Acute effects from alcohol

Dates: Session 1 - 7th November 2015. Session 2 - 14th November 2015.
Times: 9am to 4pm
Venue: Grafton Ex Services Club

Catering provided.

To register please contact Mark McGrath on 66427257 or email at mmcgrath@cranes.org.au

About the trainer: Mark is a Principle Master Instructor within the Mental Health First Aid program who has extensive experience in delivering both the Standard Mental Health First Aid, Youth Mental Health First Aid and teen Mental Health First programs to non-government organisations, Universities, schools, community groups as well as the private sector. Mark also volunteers as a REACH support group facilitator for the Black Dog Institute and facilitates resilience based programs in High Schools and brings with him the knowledge and experience that comes from his own lived experience. Mark presents with great energy and enthusiasm. His courses are always interactive and uses anything to make them stimulating, fun and more importantly relevant.
Book a Black Dog Institute presentation on:

Breaking down depression & building Resilience

About this presentation
Delivered by a trained presenter who has a personal experience of a mood disorder or of caring for a loved one. ‘Breaking down depression and building resilience’ is a 60 minute presentation suitable for general audiences with, or without a mood disorder. This presentation will provide accurate information about what mood disorders are, their causes, how to spot early warning signs, what to do and how to build personal resilience. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.

Presentations are delivered for free. Fees may apply to cover significant travel costs. Donations are appreciated.
To book a presentation in your local community, please complete the online booking form at www.blackdoginstitute.org.au (Community education programs).
For more information, email community@blackdog.org.au
Website: www.blackdoginstitute.org.au
Book a Black Dog Institute presentation on:

Navigating teenage

DEPRESSION

You will learn about:

- What is depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about
- How to build resilience

This one-hour presentation is delivered by a trained presenter who has personal experience of a mood disorder or of caring for a loved one. It is suitable for parents, teachers and people who work with young people and provides a quality introduction to the subject.

Presentations are delivered for free. Fees may apply to cover significant travel costs. Donations are appreciated.

To book a presentation in your local community, please complete the online booking form at www.blackdoginstitute.org.au (go to Community education programs).
For more information, email community@blackdog.org.au
Website: www.blackdoginstitute.org.au