ANZAC DAY

This year ANZAC day falls on a Saturday. As Friday, 24th April is a Staff Development Day and Thursday, 23rd April is school photos, we will be having a whole school assembly to commemorate ANZAC day on Monday, 27th April commencing at 9:00am. All parents and community members are welcome to attend. Some calendars have Monday, April 27th marked as a Public Holiday, this is not the case in New South Wales. ANZAC day will be commemorated on the day it falls, 25th April. All students and staff will be required to be at school on Monday 27th April.

Gillwinga Public School has been invited to participate in the ANZAC day march to be held in South Grafton on Saturday 25th April. This year the day has even more important significance as it is the 100th anniversary of the ANZAC landings at Gallipoli. All students wishing to participate in this very important community event must be dressed in their full school uniform (hat included). Students should assemble by 11:30am at the New School of Arts building in Spring Street. The march will commence at 11:45am and conclude with a commemorative service at the Cenotaph in Lane Boulevard, at twelve noon. Gillwinga staff will be marching with the students.

PUPIL FREE DAY THIS FRIDAY

Welcome back to Term Two and I hope that everyone enjoyed their break.

Just a reminder to all parents/carers, that Gillwinga will be holding a Staff Development Day (Pupil Free) on Friday 24th April. This date was advertised in our school newsletters the last few weeks of last term.

PLAYGROUP

For those parents/carers, who have been attending the playgroup session it will recommence on Friday 24th April. Please don’t forget that the Sing and Dance program will be commencing this term so please come along and enjoy the fun.

SCHOOL PHOTOS THIS THURSDAY

School photos are scheduled for this week, Thursday 23rd April. It would be greatly appreciated if families who are purchasing photo packs could have these returned to school on or before Wednesday 22nd April. All students are please asked to refrain from dyeing their hair a bright colour until after the photo’s (if at all) as it is unfair to families who have paid for a professional photo to have someone with outrageous hair. If possible students are asked to please refrain from wearing brightly coloured shoes on that particular day.
DISTRICT CROSS COUNTRY

Those students who have qualified to compete at District Cross-Country trials are asked to please return their permission notes to either Mr Simpson or Mrs Magarry as soon as possible. The trials are scheduled for Friday 8th May at Westward Park (Netball fields).

READY SET GO

Our pre-kindy “Ready Set Go” program commences on Monday 25th May. Mrs Perl has provided a number of local pre-schools with application forms. If any families have missed out or have neighbours, relatives or friends that may be interested, application forms are available from the front office, the school’s website http://www.gillwinga-p.schools.nsw.edu.au/ or via a link on our Facebook page.

DENTAL ASSESSMENT

All Indigenous students will be receiving a note concerning a free dental assessment that has been scheduled for Friday 29th May. All notes need to be returned to school on or before 4th May.

YOU CAN DO IT

YOU CAN DO IT - Each family has today received a You Can Do It fridge magnet. Last year parents asked if we could make it easier for them to use the You Can Do It keys to success at home. As a result we have designed and purchased the fridge magnets as a quick reference for you to use at home.

What People Who Are Getting Along Look Like:

- They share and take turns.
- They ask nicely to work or play with others.
- They listen to others when they talk.
- They ask for help when they need it.
- They do what their parents/carers ask them to do.
- They make an effort to care for others who are upset.
- They help others with their work.
- They include other people in activities that they are doing.
- They use manners and tell the truth.
- They care about the feelings of others.
- They deal with problems in a caring, considerate way.
ABORIGINAL EDUCATION COMMITTEE

Aboriginal Education Committee – It was great to see an enthusiastic community group attend our first ever Aboriginal Education Committee meeting last term. The next meeting is on Tuesday 28th April, 1:00 pm in the Community Room. Any interested people are welcome to attend.

THOUGHT FOR THE WEEK

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen” Winston Churchill

CANTEEN ROSTER

Mon 27th April: Sharon Wright and Katrina Cox;
Tuesday 28th April: Sharyn Fallon and Peta Newman

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
Parents and carers of the Clarence Valley...

You are invited to attend Cybersmart Outreach—Internet Safety Awareness presentation hosted by the Australian Communication and Media Authority (ACMA)

The presentation is thorough and non-technical. It covers a range of issues including:

- The ways young people use the internet and emerging technologies
- Potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- Tips to help young people stay safe online

Date: Tuesday 5 May

Time: 5:30—6:30pm

Venue: South Grafton High School Hall

To register your attendance please contact the school on 6642 1466 as soon as possible or email sthrafton-h.school@det.nsw.edu.au

Enrolments will also be accepted on day

About the trainer: Lesley Harrison has over 30 years experience in all levels of education and extensive experience in cyber issues and mental health. Lesley is passionate about improving the wellbeing of young people.
Go4Fun®

Free Healthy Lifestyle Program
for kids 6.5 to 13 years

Helps kids reach a healthy weight
Fun games & exercise for kids
Build self-esteem & motivation

CALL: 1800 780 900

GRAFTON program
in Term 2 - Call Now!
The Family Relationship Skills Program (FRSP) is funded by the Federal Government and aims to reduce the levels of stress experienced within families.

At No Cost to You!

Our courses are available free of charge to families in the Clarence, Bellingen, and Nambucca Valleys and Coffs Harbour area with no referral necessary.

Free childcare is also available (bookings essential)

Contact FRSP at CRANES: 6642 7257
Bookings are essential

Let us help you be the parent YOU want to be!

CRANES Community Support Programs
PO Box 889
Grafton NSW 2460

p: 02 6642 7257
p: 02 6643 2203
w: www.cranes.org.au
e: admin@cranies.org.au

CRANES
Community Support Programs

Family Relationships Skills Program
Term 1 2015
Understanding Your Child’s Brain

Monday 4th & 11th May
9.30am-12.30 pm
CRANES’ Pullen Centre
3-7 Prince St, Grafton

Thursday 28th May & 4th June
9.30am-12.30pm 28th May
10.30am-1.30pm 4th June
Urunga Neighbourhood Centre
34 Bonville Rd, Urunga

Tuesday 16th & 23rd June
6.30pm-8.30pm
Community Centre
Treelands Drive, Yamba

Understand why children choose tantrums, talking back and disobeying rules as part of their behaviour.

Confident Parenting

Tuesday 28th April & 5th May
6.30pm-8.30pm
Community Centre
Treelands Dr, Yamba

Thursday 14th & 21st May
9.30am-12.30pm
St Margaret’s Anglican Church Hall
Oak St, Bellingen

Thursday 7th and 21st May
9.30am-12:30pm
Boambee East Community Centre
Cnr Bruce King Dr & Pacific Hwy

Identify the values you wish to teach your children and use them to develop simple family rules.

Bringing Up Great Kids Parenting Program

Developed by The Australian Childhood Foundation

6 Consecutive Wednesdays:
13th, 20th & 27th May
3rd, 10th & 17th June
9.30am-12.30pm

Maclean Primary School
(Old Principal’s Residence)
Cnr Woodford St & McIntyre Lane

Look at the messages you pass on to your children and those your parents passed to you, learn Mindfulness, how to look beyond behavior and understand your child’s needs

Managing Stress

Friday 1st and 8th May
9.30am-12.30pm
Maclean TAFE
Woombah St, Maclean

Monday 18th and 25th May
9.30am-12.30pm
CRANES’ Pullen Centre
3-7 Prince St, Grafton

Learn how to manage your stress for more positive parenting and daily life

Standing Strong

Tuesday 19th & 26th May
9:30am-12:30pm
CRANES’ Pullen Centre
Prince St, Grafton

Thursday 11th & 18th June
8:30am-12:30pm
Urunga Neighbourhood Centre
34 Bonville Rd, Urunga

Reclaim your strengths and learn to be a more assertive and confident parent.

FREE CHILDCARE
Bookings Essential
morning tea provided
Spaces are limited so book early!
Call FRSP at CRANES on 66427 257
The Northern NSW Local Health District would like to remind parents and carers that the Child Oral Health Service offers FREE dental care to ALL children under 18.

**Oral health is essential for health and wellbeing.**

- It is recommended that children have regular dental checkups starting at 1 year of age.
- Regular dental checkups can prevent minor problems becoming major ones and prevent unnecessary pain and distress.
- Dental visits can be fun for kids, treat these visits as normal, routine events so as not to develop fear.
**Camellia Cottage 3 Camellia Way South Grafton NSW 2460**

Email: camelliacottage@tpg.com.au    Phone: 02 6643 1566  Fax: 026642 1378

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### A WEEK AT A GLANCE - Cottage activity guide for your fridge door.

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>9am to 2pm drop-in &amp; Computer Access</td>
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<td>10 am to 12 noon Supported Playgroup &amp; sewing</td>
<td>3:30 to 5:00 Kids club arts and craft</td>
<td>10 am to 12 noon Supported Playgroup</td>
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<td>3:30 to 5:00 pm Kids Club</td>
<td>3:30 to 5:00 Home work Club</td>
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**Breaking the ice on ice Community information Session**

**When:** 128th April

**Time:** 1pm

**Where:** camellia cottage
Breaking the ice on ice community information Session

“Well be done by constable Dave fish “

This is your chance to learn about ice

When: Tuesday 28th of April

Time: 1pm

Where: camellia cottage

3 camellia way south Grafton

Bring a friend please RSVP

BY the 24th of April on 66431566
Great reasons to be active for children and parents

✓ boosts confidence
✓ improves fitness
✓ makes bones and muscles stronger
✓ improves posture
✓ helps maintain a healthy weight
✓ lowers the risk of heart disease
✓ reduces stress
✓ improves sleep
✓ reduces the risk of cancer
✓ improves self confidence
✓ teaches you new skills
✓ develops better motor skills
✓ makes a person happier with their body

Do something active every day!
Let's Look at Lunches

Take the challenge out of packing a healthy lunchbox thanks to a new initiative from Northern NSW Local Health District. They have created a fortnightly enewsletter that will be delivered straight to your inbox full of lunchbox inspiration, tips, recipes, ideas and competitions. The feedback has been amazing so if you haven’t already subscribed, simply send us your first name, email address and postcode by:

- Email to lookatlunches@gmail.com, or
- Text to 0429 033 517, or
- click here

We look forward to lightening your load and sharing ideas!
Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences, and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development. An ideal environment allows for developing and testing skills in safe, creative play. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);
- Learn how to use equipment safely and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking

Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think of risk being divided into two components:

A CHALLENGE: something obvious to the child where he/she can determine their ability and decide whether to take that risk

A HAZARD: something unseen or not obvious to the child that often results in injury!

Both are Risks

MANAGING RISK AND CHALLENGE

Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including:
- The likelihood of coming to harm;
- The severity of that harm; and
- The benefits, rewards or outcomes of the activity.
- Observing the children and identifying those who need greater challenge or specific support
- Establishing and displaying expectations for behaviour
- Actively encourage children to assess risks and possible consequences
- Establish a systematic maintenance program

BENEFITS OF RISK TAKING

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure
- Development of self-confidence and well-being
- Engagement with the natural environment and natural elements
- Learning through experience
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.

From: http://www.kidsafensw.org/playground-safety/challenging-play-risky/
Love those Legumes!!

What are legumes?

Apart from nutritious AND delicious! They are:
- Dried or canned peas, beans and lentils.
- High in protein and fibre, and low in fat and cholesterol.
- Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- Cheap and very flexible in recipes.
- Good for freezing before and after cooking, and when made up into recipes.
- Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

Buying and storing legumes
- Legumes are quite hardy and will store for a year in well-sealed containers.
- Look for uniform size, strong colour and a plump smooth appearance.
- There are many varieties available in cans, which means they require only minimal preparation.

Mexican Enrollada
(Serves 6)
1 tbsp oil
1 large onion, chopped
1 med red capsicum, chopped
35 g packet salt reduced taco seasoning mix
8.10 gr can crushed tomatoes
750 gr can red kidney beans, rinsed and drained.
1 packet pita bread, halved
1. Saute onion and capsicum in oil until soft
2. add taco mix and cook 1 minute
3. stir through tomatoes, beans and heat through
4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.
Barbecue Ideas

Barbecues are a great Australian way of social cooking and keeping the kitchen clean. They don't need to always mean sausages: consider how you could turn it into something simple, nourishing and a whole lot more exciting.

Lean hamburgers or Vege Burgers (homemade patties containing vegetables &/or lentils/beans) on bread rolls, served with

- coleslaw
- onions and tomato
- pepper & parsley
- BBQ capsicum and onion slices

Use wholemeal and multigrain varieties, no need to butter rolls. For small children offer mini burgers.

Offer BBQed veges e.g. BBQ Corn Cobs, thread any of eggplant, zucchini, mushrooms, onion, capsicum, celery and pineapple pieces onto skewers for a delicious side dish.