SMALL SCHOOLS ATHLETICS CARNIVAL

Congratulations to all those students who participated in the Small Schools Athletics Carnival held at Junction Hill last week. Gillwinga finished second on the overall points score and also finished second on handicap which was a fantastic effort by those students involved. Special mention must go to Cate Duroux, Zac Pacey and Jason Wallace who took out their respective age championships.

TOUCH FOOTBALL

Last Friday our boys and girls touch football teams travelled down to Coffs Harbour as part of this year’s PSSA knockout competition. The boys came up against some very stiff opposition from Mullaway Public School and lost in a very close game and then went to win their second match. The girls team performed extremely well making it to the semi-finals where they were beaten 2-2 by Narranga Public School. Thank you to Mrs Magarry and Mr Gallagher for supervising and coaching the respective teams.

DISTRICT ATHLETICS

Good luck to all those students competing at the Clarence District Athletics Carnival which will be held on Friday this week at Junction Hill. All permission notes need to be returned to Mr Simpson as soon as possible. Due to safety considerations the discus event will
Week 3 Term 3
29th July 2015

Gillwinga Public School
A Leader in Excellence, Innovation + Opportunity

be held on Wednesday and we have a number of students competing in that event. We wish them all the best.

STELLA PROGRAM

This week Southern Cross University will be running a workshop for our senior students on Thursday as part of the Stella program. Stella aims to increase student's knowledge and understanding about a university education and the variety of career options that are open to people with a degree or a diploma. This is a great opportunity for our students to learn about a range of possible careers and the importance of staying in school and completing the Higher School Certificate as it can open up a large variety of options for further education and possible careers.

INTERNATIONAL TREE DAY

Last Friday was International Tree day. Thank you to Miss Watters, Mr Fahey and those classes involved in planting a number of trees throughout the school.

LOST PROPERTY

Just a reminder to parents/carers about the importance of ensuring that clothing items, particularly jumpers and hats are clearly marked with the child’s name as this makes it much easier to locate the correct owner.

YOU CAN DO IT

What Organised People Look Like:

- They have all their school things ready.
- They bring home all the materials needed to do their homework.
- They take all the things they need to school.
- They make sure they listen and understand instructions before beginning a task.
- They get started on a task straight away.
- They keep a neat and tidy bag, desk or room.
- They plan enough time to complete tasks.
- They finish one task completely before beginning another.
- They know what is happening and when.
- They are aware of special events and dates at home and at school.
YOU CAN DO IT

You Can Do It Parent Portal

The school has bought a large number of subscriptions to the You Can Do It Parent Portal which has a huge range of resources to complement the work being done at school and also helpful information on how to handle some of the issues we all have at home with our children. Below is just a few of the helpful, easy to use resources.

If you would like to access the Parent Portal come and see Mr Simpson. You will need an email address that you can access away from you home computer. It will take 2 minutes to set up.

‘If we all did things that we were truly capable of we would truly astound ourselves” Thomas Edison
FAMILY RELATIONSHIP SKILLS PROGRAM

Free Courses for Parents

Grafton — Pullens Centre
Return to Calm (Stress Management) Wednesday 22nd and 29th July
Bringing Up Great Kids (6 weeks) - Wednesday 5th Aug. to 9th September
Managing Conflict in the Home - Friday 7th and 14th August
Loving Your Angry Teen - Monday 7th and 14th September

Cowper — Primary School
Understanding Your Child’s Brain - Thursday 27th July and 3rd August
Return to Calm (Stress Management) Wednesday 17th and 24th August

Maclean — TAFE
Understanding Your Child’s Brain - Thursday 13th and 20th August
Managing Conflict in the Home - Thursday 10th and 17th September

Yamba — Treelands Community Centre
Loving Your Angry Teen - Tuesday 8th and 15th Sept. (evening course)

Day courses – 9.30am to 12.30pm
Evening courses – 6.30pm to 8.30pm

Free childcare available
BOOKINGS ESSENTIAL
To register contact the FRSP team at CRANES on 6642 7257 or email admin@cranescrafts.org.au
Spaces are limited so book early!

Full course calendar available at www.cranes.org.au
Camellia Cottage Open Day

Camellia Cottage is having an open day for the public. We are also inviting other service providers to come along, this will be a great day to find out what services are in your town. So come along and enjoy the day.

Date: 4 August 2015
Time: 10:00 am — 2:00 pm
Location: 3 Camellia Way South Grafton

There will be a free BBQ
and games for kids

Everyone is welcome to come along bring the family and friends
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How much could you save by making healthy swaps?