NEXT SCHOOL ASSEMBLY

Our next whole school assembly will be held on Friday 14th August – due to involvement of Years 5 and 6 in a Science Week activity the assembly will commence at 10:00am instead of 9:00am for this week only. All parents/carers and community members are invited to attend. This week 5/6C will be sharing some of the activities that they have been doing in class. The combined band and choir will also be performing for us.

MID NORTH COAST ATHLETICS

Good luck to Jessica, Nathan, Alex, Jason, Cate and Ally who are competing at the Mid North Coast Athletics Carnival being held in Coffs Harbour on Friday 14th August.

SCHOOL UNIFORM

Over the past few weeks the number of non-school jumpers being worn has been on the increase. Parents/carers and students are reminded that the school jumper is brown and it would be appreciated if students could please wear the appropriate jumper. Jumpers and jackets are available for purchase from the front office. We also have a limited number available from clothing pool.

AFL SKILL DEVELOPMENT

As I mentioned in a previous newsletter, all students will have the opportunity to participate in a six week skill development program being run by the AFL. The first of these sessions will commence on Thursday of next week and run until the end of the term. The program will run during school time and is free of charge for all students as a result of a grant received from the Australian Sports Commission.

FAREWELL TO MR SANDOZ

This week we farewell John Sandoz; John was the cleaner at the school for over 14 years and he has now officially retired. Mr Sandoz was a very valued member of staff who always went beyond the scope of his duties to make sure that the students and staff had a clean and safe environment in which to learn and work. On behalf of the students, community and staff I would like to thank John for all the work he did at Gillwinga and wish him all the best in his retirement.

ABSENCES

Parents/carers would have realised that we are now sending out notices if a student has been away and an explanation hasn’t been provided. It is a Department of Education requirement that parents/carers provide an explanation as to why a student was absent from school. If an
explanation for an absence has not been received within seven days the absence is recorded as unjustified and is noted by the Home School Liaison Officer during regular roll checks. If you do receive an absent notice please complete the bottom section and return it to the class teacher or the front office. Alternatively you may wish to phone the front office and they will make a note of the reason and forward it onto the class teacher.

YEAR 6 FUNDRAISER

Thank you to all those families who have bought handballs as part of the year six fundraising activity. There are still a few handballs remaining (no blue) and to date year six have raised approximately $150 from the sale of the handballs which is a great effort.

BIKE RIDING TO SCHOOL

A few students have started riding bikes to school. It is important that these students wear a helmet. Helmets can be left in the store room near the front office. It is advisable that student’s lock their bikes up to help ensure their security.

YOU CAN DO IT - ORGANISATION

What To Do To Help Be Organised

SETTING GOALS – Discussing goals whether they are personal or school based allow your child to plan for their own success and you can encourage and reward their progress.

PLANNING – Helping student to arrange when they will do the things they need to will allow them to be successful. This will also allow for a balance of time between sport, family, personal and homework commitments.

THOUGHT FOR THE WEEK

"Opportunities are like sunrise, if you wait too long you will miss them" – William Arthur Ward

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Principal: Mr Phil Cavanagh
SCHOOL SUNGLASSES

Our school has received information on eye health and the importance of children wearing protective sunglasses during sport, recess and lunchtime breaks when they are exposed to stronger sunlight between the hours of 10am and 2pm. Studies have found that children are unable to block as much UV radiation as adults' eyes, making their eyes more susceptible to the damage caused by UV rays. The Cancer Council and leading Australian ophthalmologists have supported the need for sunglasses to be worn by primary school children.

Gillwinga would like to follow these recommendations set by health professionals across Australia. We would like to place an order for sunglasses but will need 21 prepaid orders from parents/carers before we are able to make this happen. Sample glasses are available to view at the front office. These glasses come in 3 different sizes to cater for all students. They have a section to write the student's name on so any lost glasses can be returned. The cost of a pair of glasses will be $14.00. Please come into the front office to have a look at the samples and place your prepaid orders.

LOST KEYS

Some keys have been handed to the front office on a keytag. If you think they belong to you please contact the front office.

LIVE LIFE WELL

Please see the attachment to this Newsletter for hints on saving money when shopping.
How much could you save by making healthy swaps?

$2.40/kg OR $16.60/kg

$3.50/kg OR $42.50/kg

$4.10/kg OR $21.20/kg

$10.70/kg OR $46.60/kg
Water: did you know:

- 85% of a child's body weight is water.
- The human brain is 75% water; a living tree is also 75% water.
- There is the same amount of water on Earth as there was when the Earth was formed. The water from your tap could contain molecules that dinosaurs drank!
- Water regulates the Earth's temperature. It also regulates the temperatures of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.
- Although the average person can live for about one month without food, we can only survive about a week without water.

Drink water: it's Cool!
5 Tips to help with screen time at home?

Are you having trouble getting your child off technology and television?

Try some of these ideas to reduce the amount of screen time your child has each day.

- Go screen free for week days
- Try technology free Tuesdays or Imagination Wednesdays
- Restrict times when your child has access such as "no screens before dinner"
- Issue 2-5 year olds with two half hour screen time vouchers a day, and 5 - 18 year olds with four half hour screen time vouchers for recreational use a day. Once they're used, no more screen time!
- Restrict access by not allowing any screens in the bedroom, this has lots of other positive outcomes such as better sleep as well.
Seeing Daylight

Why is short-sightedness ("myopia") becoming so common in many countries? 30 - 40% and rising in the US, Europe and Australia? Too much reading? Too much screen time? It would appear that myopia, once rare in human beings, is the result of too much artificial light and not enough natural daylight, which is a thousand times stronger and has more blue and green wavelengths. Children who spend more time outdoors have sharper eyesight than those who play indoors, research from Queensland, Taiwan and Denmark have all revealed, and the mechanism is that artificial light weakens the eyeball’s focussing mechanism. The answer: get your children outdoors for an hour a day, which is enough to improve eyesight in the growing years.

Figure 5.

Percentage of top 10 leisure activities for Australian boys and girls aged 12-14 years classified as outdoor activities.
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 check-ups starting at 1 year.
- Regular dental check-ups 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.