



Goolgowi Public School

To the Stars



Newsletter Term 4, Week 6

Principal: Mrs Anne-Maree Young

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Calendar

*Please note dates from week to week as there are occasionally some changes.

Term 4, 2020

Week 6

| | | |
|-----------------|----|---------------------------------------|
| Wed. November | 18 | Kindergarten Orientation 9:00-1.55 pm |
| Thur. November | 19 | High School Transition MRHS |
| Friday November | 20 | Aspirations Day |

Week 7

| | | |
|---------------|----|---------------------------------------|
| Wed. November | 25 | Kindergarten Orientation 9:00-3.00 pm |
|---------------|----|---------------------------------------|

Week 8

| | | |
|-------------------|---|--------------------------|
| Tuesday December | 1 | Swimming lessons |
| | | MRHS full day transition |
| Thursday December | 3 | Swimming lessons |

Week 9

| | | |
|-------------------|----|------------------|
| Tuesday December | 8 | Swimming lessons |
| Thursday December | 10 | Swimming lessons |

Notes coming home this week

- Nil

Canteen- Janaya & Allana



Tyler Young

For being a conscientious, enthusiastic learner.

Principal's Message

Resilience - Respect – Responsibility

Looking through our window

The winners of a **rural** and **remote** photo story competition have been announced and the photos entered in the competition by Mrs Liddicoat, won second place in the small schools category. Congratulations to all the students; I think every part of the school was photographed to get the best shot for the competition. Thank you to Mrs Liddicoat for giving the students the photography skills they needed and for organising the entries. The school receives \$1500. Some of the photos have been included in this newsletter.



Kinder Orientation

It was great to see our 2021 Kinder children again last Wednesday. Each session, Miss Sim gives the children a little book about school life so our new Kinders can become more familiar with their new school. Parents and/or older siblings are encouraged to read the books to them many times before they start school.

Parents aren't allowed into the classroom so they are asked to enter the school through the Moira Street gate and the new Kinders will be dropped off and picked up on the office verandah.

Our Kindergarten Orientation program continues this Wednesday. The sessions are:

- **Wednesday 18 Nov: 9:00-1:55pm** (including recess and lunch)
- **Wednesday 25 Nov: full day.** (including recess and lunch).

Remembrance Day

The school held a very respectful Remembrance Day ceremony, led by our Year 6 students last Wednesday. Students and staff laid a poppy and observed a minute's silence to remember those who died or suffered for Australia's cause in all wars and armed conflicts.



New Flags

Our school captains Charlotte and Jordon were presented with new Australian and Torres Strait Islander flags which were given to the school by The Hon. Sussan Ley, Member for Farrer. Our next project is to find a way to fly these flags along with the Aboriginal flag.

Year 6 Transition

Year 6 students attending Murrumbidgee Regional High School Griffith site in 2021 will continue their transition program this Thursday 19 November. Clint Robertson is happy for students to go in on the high school bus in the morning and thank you to parents for organising transport back to school after the program finishes at 11:10am. There will be no transition in Week 7 and Tuesday 1 December will be a full day transition.

The Importance of Sleep

Monday can be very challenging at school as some students are coming to school very

tired and as a result, struggle to focus on their learning. As outlined by Life Education, sleep is important for:

- **Physical Health**

Sleep allows our bodies to repair and rejuvenate through repairing tissue, boosting muscle mass, synthesising proteins, releasing growth hormones and maintaining a strong immune system (sleep-deprived children, for example, are much more prone to common colds and flu). Another benefit to sleeping well is weight management. Studies have shown that young children who get less than 10 hours sleep a night are three times more likely to be obese than those getting 12 or more.

- **Mental: Mood, Emotion and Clarity**

Ever noticed how, when you're tired, you're prone to crankiness and moodiness? The same applies to your children as well. Lack of sleep negatively affects the way emotions regulate, increasing your stress levels through amplified anxiety and aggression. While sleep won't eliminate stress, it increases readiness to cope with it.

Studies have also shown that while we sleep, our brains process and consolidate memories, helping your children to remember the important things in life. In contrast, losing sleep makes you more likely to make silly mistakes and impairs problem-solving and focus, as brain neurons aren't able to function optimally.

How to sleep better? Here's a list of things that you can do to get your child to sleep better:

1. Watch the sugar /caffeine

A can of coke or a sugary snack before bed can hinder any or all of the good work you've done in getting your child to bed. Diet dictates how energetic and active we are, and as you're no doubt aware, sugar and caffeine are two hyperactive ingredients not conducive to sleep.

2. Limit technology/stimuli before bed

Colourful, interactive stimuli are detrimental to your sleep because it

keeps the brain active at exactly the wrong moment. Whether your children are chatting with friends, playing games or watching their favourite show, modern technology is making it harder for us all to sleep. Turn off all technology an hour or so before their bedtime. Instead, they could listen to an audiobook or relaxing music, take a warm bath, do some relaxation exercises or play a quiet game like a puzzle.

3. Keep a regular routine

Regular sleep times help maintain our body clock's circadian rhythm and keeping these consistent will make it easier to fall asleep. This tip is especially difficult during the school holidays when routines are often relaxed, the days are longer and activities more varied. However, it can make a big difference.

4. Know how much sleep is required

As a general guide, your child's sleeping needs naturally decrease by about 15 minutes each year. Toddlers and pre-schoolers need around 12-14 hours per day, primary school-aged children should get 10-12 hours and teens will usually want 9 hours. (Grown-ups do best with about 8 hours). Do your best to meet these requirements.

Anne-Maree Young
Principal

Library Books

Wednesdays are library days. Please return all library books on Wednesday. There are a number of outstanding library books so please have a search at home.

Book Club

Book Club orders are due back on **Wednesday 25 November**. This will be the last book club for the year.

Uniforms

An updated 2021 uniform order form was sent home last week. If you require any uniforms, please complete the order form and return with payment by **Thursday 19 November**.

If you need to try uniforms on your child, please contact Mrs Brown in the office.

Year 6 Fundraiser 2020

As the weather heats up, our Year 6 students will be selling ice creams on Wednesdays in Term 4, during recess and lunchtime. The students will be selling ice creams ranging in price from \$1.00 to \$2.50 to help raise money to buy their gift for the school. Please help support our Year 6 students by purchasing an ice cream.

There will be a range of Drumsticks, choc coated vanilla ice creams and icy poles available for purchase.



Canteen News

Lunch specials:

| | |
|--|--------|
| Ham salad roll | \$5.00 |
| Mini pizza (Hawaiian/ham, cheese & pineapple/ham & cheese) | \$5.00 |

Aspirations Day

On **Friday 20 November**, students will have the opportunity to dress up as a reward for following the whole school Positive Behaviour for Learning (PBL) expectations of being respectful, responsible and resilient students. The Student Representative Council (SRC) chose this day because they thought that it was important for students to set goals in regards to what they might want to do for a career in the future.

Aspiration – a hope or ambition of achieving something.





what's happening

in the classrooms?

PBL (Positive Behaviour for Learning)

Values: Respect, Responsibility, Resilience

PBL focus for this week: Responsibility

Focus: Safe games

Action: Play fairly and by the rules of the game.

K/1/2 News

NAIDOC Week was last week. As part of our science unit, we are investigating where resources come from and how we use them. The First Nations people utilised an abundance of natural resources to make everyday objects such as paperbark for bandaids, resin for glue and lemon myrtle for tea.

We watched a video where ochre, rocks and charcoal are ground down to form a paste used to paint. Here we are experimenting with rocks found in the school. We managed to find a variety of colours to paint our arms, legs and the occasional face.



We also had our second Kindergarten orientation. Our new Kinders were fantastic! They were so calm and respectful during our Remembrance Day ceremony. They are slotting into the morning routine very smoothly.

Here is Charlie M and Cordell challenging themselves on the monkey bars.



Brooklyn is loving the fireman's pole.



Neveah and Amia drew who lives in their house and wrote their names (and mum's name too).



Miss Sim

3/4 News

Acrostic Poems

Over the past two weeks, students have been learning about different forms of poetry. One example was the acrostic poem. Students read both the Gruffalo and The Gruffalo's Child before completing an acrostic poem on the Gruffalo and the Big Bad Mouse.

Students collaboratively drew both the Gruffalo and the Big Bad Mouse and created exciting descriptions about each by using a variety of adjectives from the texts and from their own imaginations.

Below are a few examples of what the students created!

Brown fur.
Interesting shadow.
Gruffalo crumble.
Big bad mouse.
Animals running away from him.
Daring mouse.
Massive muscles.
Orange, glowing eyes.
Unbelievably terrible claws.
Scaly tail.
Eyes are bright orange.

The Big Bad Mouse by Talon Williams



Gruffalo.
Really sharp terrible claws.
Unreal, terribly tough tusks.
Falling purple prickles down his back.
Fearful of the little brown mouse.
Awful turned-out toes.
Long, large arms.
Orange, glowing eyes.



Rylan Hetherington

The Gruffalos Child

Brown fur.
Interesting tail.
Grey, wiry whiskers.
Big, bad mouse destroying a nut.
Angry eyes.
Dangerous claws.
Massive as a mammoth.
Orange eyes.
Ugly tail.
Scales like a snake.
Eyes as orange wild fire.



Mr Bourne

Weekly Awards

Congratulations to our weekly award winners:

Miss Sim

- **Ted** - for sustained effort in writing.
- **Thomas** - for a smooth transition into his new school.

Mr Bourne

- **Lexie** - for challenging herself to complete difficult independent tasks.
- **Yalarah** - for creating a colourful and descriptive Gruffalo artwork and poem.

Mrs Liddicoat

- **Annabell** - for showing courage and presenting a well-researched speech to the class.
- **Will** - for presenting a well-researched and written speech on the 100m sprint at the Olympics.



PBL Awards

Canteen Voucher - Jarod

Community News

Goolgowi Branch CWA



Monthly meeting

Next Thursday 19th November

1pm start

New members and visitors welcome

Come along for a chat.

The Look of Love Photography

CHRISTMAS MINISSESSIONS

Given the year Christmas may be tight for some families, that's why I will be offering affordable Christmas mini photo sessions for those families who would still like a Christmas photo to end 2020.

Check out our Christmas mini sessions. These will be offered for one day only. Located in Goolgowi and must be booked to secure your session. Additional time, images and framed prints can be purchased.

DON'T MISS OUT!

Find me, Emily Hale, on Facebook at the Look of Love Photography.



Goolgowi Exies News

Thursday nights are Club nights again.

You can dine-in or takeaway from a full menu on Thursday nights and now also on Bingo nights (next one is Friday 23 October). Pizzas are available Thursday, Friday, Saturday & Sunday.

Still no news about the Small Clubs Super Draw but Goolgowi Club will be doing our own members draw.

Our Goolgowi members' club draw has now jackpotted to the amazing sum of \$500.00.

To win you must be a financial member and at the club on Thursday night between 7:00pm and 8:30pm.

Club /Kitchen

Monday

Closed

| | | |
|-----------|-----------|-----------------------------|
| Tuesday | Closed | |
| Wednesday | Closed | |
| Thursday | 4:30-8.00 | Full Menu plus specials |
| Friday | 4.30-7.30 | Full menu Bingo Nights only |
| Saturday | 4.30-7.30 | Pizza available |
| Sunday | 4.30-7.30 | Pizza available |

Kitchen is open - come in, have a game, a meal and a good time!

Coming Events

Wednesday 18 November

State of Origin Game 3.

Game starts at 8:10pm

Pizza.



Friday 20 November

Bingo starting at 7pm sharp.

Saturday 28 November

Annual Twilight market 4:00pm to 8:00pm.



- Pullens Honey
- Michelle Langridge's handmade soaps
- Naturally Dried Prunes
- Kim Gibbs - sculptures
- Lorna Cashmere's handmade toys

Just a few of the stands!

BBQ available

Friday 18 December

Christmas ham raffles.

Grain Donation

This harvest if you deliver to Emerald Grain or GrainCorp sites, please consider donating to the Goolgowi Ex-Servicemen's Club. We

have delivery cards at both sites and your generous donation would be greatly appreciated.

Here's to a wonderfully productive, safe and happy harvest.





GUNBAR CHRISTMAS TREE
MON 14 DEC 2020
 GUNBAR COMMUNITY HALL
 6-6.30PM START

SANTA CLAUS arrives at 7.30pm

Major Raffle Prizes | Hampers to be won | 100 Club Draw
 BBQ FOOD & COLD DRINKS available – BYO CHAIR & ESKY

To add your child/children to Santa's List to receive a gift (\$15) please text Maryanne Mitchell 0417 651 318 or Kart Harvey 0499 652 333 by 4 December.

 Follow us on Facebook "Gunbar Christmas Tree"

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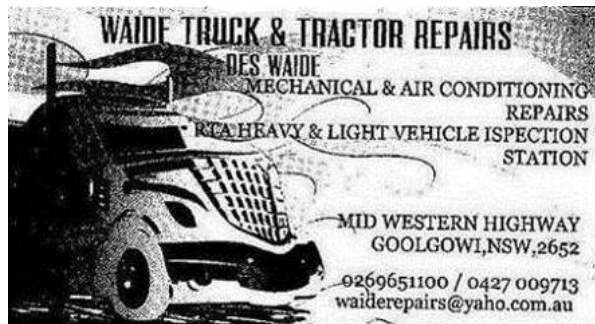
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Thank you to all our community businesses who support our school newsletter. We really appreciate your support.

If you have any community announcements or wish to advertise through our school/community newsletter please contact Jane by phone or email by Monday afternoon.

Our newsletter is published on Tuesday.

Expression of Interest - Casual General Assistant

Expressions of interest are invited for the position of casual general assistant at Goolgowi Public School. The position is to replace the current general assistant whilst they are on leave.

The salary range for this position is \$19.51 (up to 20 years of age) - \$28.65 (from 20 years of age) per hour. The total salary package will include employer's contribution to superannuation and leave loading.

This role is vital to the maintenance and upkeep of departmental schools.

To be successful in the role you will need to have good planning and prioritising skills and good communication skills to work effectively with others.

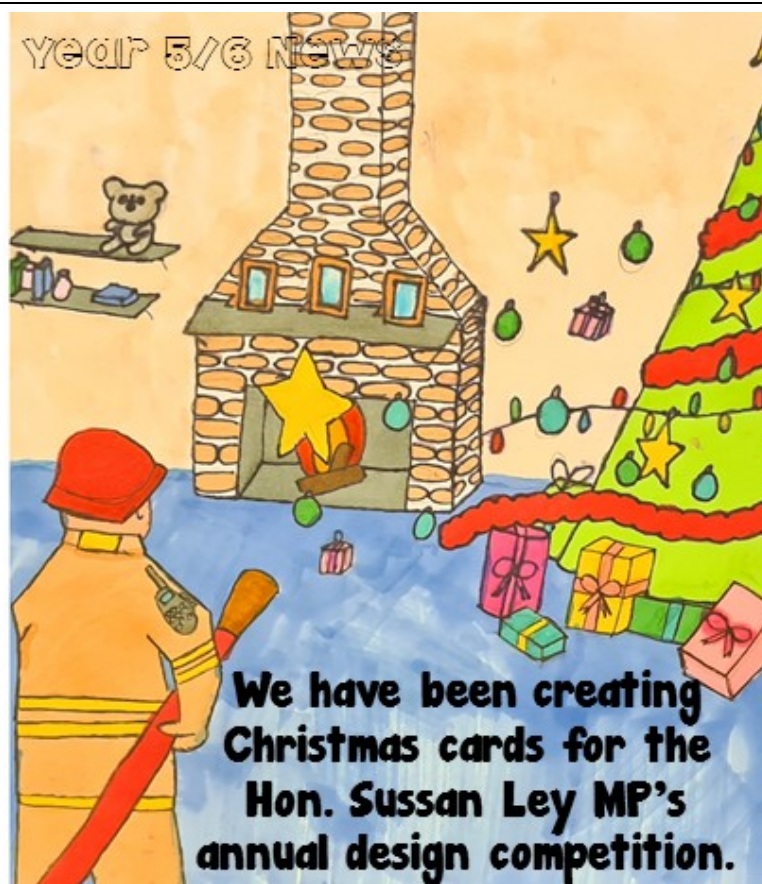
A General Assistant may be required, subject to Workplace Health and Safety obligations, to perform duties from the range listed:

- Organising rooms, furniture, audio visual aids, and other items/equipment for school activities as required; dismantle and store items when not in use (with assistance where required). (NB. the role is not responsible for operating audio visual equipment or public address systems)
- Identify and report maintenance / safety issues to the principal; undertake minor maintenance of buildings and equipment not covered by contracts or requiring a qualified tradesperson.
- Maintaining and caring for school grounds, including: mowing school lawns and playing fields; marking of school playing fields; preparation of ground for planting trees and shrubs and planting and watering of same; pruning shrubs, trimming hedges, light lopping and trimming of trees. Safely and proficiently operate mowers, tools and equipment; store and maintain mowers, tools and equipment in accordance with WHS standards.
- Other related duties of the role, within the capabilities of the General Assistant, as directed by the Principal.

The position is for 9.5 hours per week, with workdays negotiable.

Applicants should email the details and a summary of their skills and experience to goolgowi-p.admin@det.nsw.edu.au or post them to Goolgowi Public School, Penney Street, Goolgowi, NSW, 2652.

The successful applicant will need to undergo the Department of Education's screening process, which includes a police check. They will also be required to have a valid Working With Children Check number.



SPEECH DAY - There were many nervous students in the Year 5/6 classroom on Friday. The students had spent weeks researching a topic of their own choice to present a spoken text to the class. All students spoke clearly and confidently and presented well-researched and interesting speeches on a wide range of topics. **Congratulations Year 5/6, you should be proud of your efforts!**

Looking through our window - rural and remote education photo competition



During Term 3 technology lessons, the students participated in a series of photography lessons learning about camera and photography basics. A selection of the photos taken by the students and some of Mrs Liddicoat's photographs were entered in a state-wide photography competition titled 'Looking through our window'. We are delighted to announce we placed 2nd in the state in the small school category, which is a wonderful achievement.



As part of the competition public schools were invited to submit up to 10 photos in a story celebrating the unique perspectives and unusual features of learning in a rural and remote education setting.

