

# GWABEGAR PUBLIC SCHOOL NEWSLETTER

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Week 7 Term 1

9th March 2021

## *From the Principal's desk...*

Last week we welcomed a new Year 2 student, Leelan to our school. He has come to us from near Cowra. We look forward to him being part of our wonderful little school.

Coonamble Aboriginal Health Service will be conducting their annual checks on all students in the first week of May. All students have been given permission notes that are to be filled in and returned as soon as possible. Each child must have their own form filled in.

### **SWAP IT program**

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing.

A healthy lunchbox helps your child concentrate in class. We have partnered with Good for Kids to bring you this exciting program. Please see the attached brochure for ideas on how you can make your child's lunch box more healthy. If there are any queries, please call (02) 4924 6499 or email [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au) for more information,

### **Breakfast club**

The school has recently been successful in receiving funding to run a daily breakfast club for all students. It will run from 8:30 until around 8:50am. Students will be able to choose from cereal and toast most days and occasionally they will be offered pancakes, bacon and eggs. As a result of this, morning play will now occur down under the Infants COLA. Breakfast is the most important meal of the day and it is vital that all students have it, as this will assist their learning and concentration in class. It is wonderful to see that all students are using this program!

### **Attendance Matters**

Please be aware that it is important that students are at school every day. Obviously if your children are sick, please keep them at home, however reasons such as couldn't find shoes, sleeping in and if it is raining are not justifiable. Students who fall under 85% attendance will be referred to the Home School Liaison Officer for follow up. It is anticipated that students should be at school 95% of the time. Please find attached more information about why attendance is important. Students who display exemplary attendance will be rewarded at the end of the year.

### **Canberra Excursion**

The Canberra excursion is planned for Week 7 of Term 4 this year, 15th-19th November. Students will be travelling in the school bus and will be staying in 2 bedroom apartments in Manuka. There will be a staff member in each room with each family of children. The cost will be \$330 per student., the school is heavily subsidising the excursion as well. All money must be paid by Friday November 5 2021. Payment plans are available. By paying as little as \$15 per student a week, the excursion will be paid for by 5/11.

### **Radio show**



Our next school radio show will take place on Thursday 11th March around 9:30am.

## **Sport on Thursdays**

Sport will be held here at school on Thursday afternoons with Pilliga PS. We look forward to them joining us! Students must be wearing their full sports uniform on Thursdays-no football shorts.

## **School money envelopes**

Please place money inside and seal the envelope. Ensure that child's name is written on the front, what the money is for and how much money is in the envelope. If you need more, please contact the front office. Correct change is preferred.

## **Homework**



Students in Years 1-6 have been given spelling homework which must be completed and handed in on a Friday. Students will be allowed to keep the iPads at home that they used throughout the Learning from Home time. They are required to read a PM book every night and record it. They are also required to complete either 1 map in Reading eggs/Reading eggspress or 1 map in Maths seeds every night. It is important that students complete this as it supports what they are learning at school. This should take approximately 30 minutes to complete.

## **Variety Bash**

Mark Wednesday the 19th May in your diaries as the day the Variety bash are coming to town! We will be in need of volunteers to help prepare and cook lunch for approximately 300 people! We will be looking for slow cookers, fridges, cool rooms and serving utensils to help make the day run smooth. The school P&C will also receive a donation from the Variety bash on the day! Your help would be appreciated!



### **Stress-free fussy eating ideas**

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.

Try the 3:1 lunchbox rule everyday:

- Three items your child likes
- One new everyday item



For more ideas on fussy eating visit

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-for-fussy-eaters/>



**Good for kids**  
good for life



## School Recycling

The school is once again participating in the return and earn recycling program. Please drop any washed out cans and bottles at the school in bags of 10-20. Money raised will go towards school excursions that will occur during the year.

## Absence explanations



It is a requirement of the Department of Education, that all absences are explained within 7 days of any absence. You may contact the school directly by phone or email, or send a note in explaining the absence. We are not able to accept verbal absences from students, it must come from a parent or carer. Continued absences may be referred to the Home School Liaison Officer, who will develop an attendance plan and in worse case scenarios end up with legal prosecution. An advice of absence slip is provided in this newsletter.

## Visitors to school



Please remember to sign in at the office any time you visit our school. This includes when coming in for the canteen and meetings during school hours. The book is kept on the bench in the school office.

Your assistance will help Gwabegar Public School evaluate parental involvement.

## Playgroup and Preschool



Is held every Tuesday from 9:30am. All parents and children are welcome to attend. Remember to bring a hat, enclosed shoes, some fruit and water. If the children wish to ride the school bikes, they must have enclosed shoes on (not thongs).

## School Fees

School fees for Term 1 are now due. Fees go towards purchasing resources and books for students in the classroom and are \$20 per family.

Katie

Katie Sullivan  
Principal



## Gwabegar Public School-Advice of absence

Student Name: \_\_\_\_\_

Dates Absent: \_\_\_\_\_

☐ Sick \_\_\_\_\_ ☐ Leave \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Attendance matters every day!!

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight  
 = **4** weeks  = Over **1** year missed

**1** day per week  
 = **8** weeks  = Over **2.5** years missed

education.nsw.gov.au

When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

Parents and carers can help foster positive attendance habits by:

- helping their child learn the importance of punctuality and routine
- ensuring their child arrives on time from the start of the school day, ready to participate in learning
- reducing disruption to learning where possible, by planning any necessary appointments outside of school time
- promptly communicating any absence to the school (within 7 days of the first day of any absence)
- working with the school to encourage and support regular attendance.



# WHY READING EVERY NIGHT MATTERS!!

## STUDENT A

- **20 minutes** per day
- **1,800,000 words** per year
- Scores in the **90th percentile** on standardized tests



CORWIN Visible Learning<sup>plus</sup>

Learning how to be a good reader is what makes you a writer.

Zadie Smith

## STUDENT B

- **5 minutes** per day
- **282,000 words** per year
- Scores in the **50th percentile** on standardized tests



Image: Josh Applegate on Unsplash

CORWIN Visible Learning<sup>plus</sup>

## STUDENT C

- **1 minute** per day
- **8,000 words** per year
- Scores in the **10th percentile** on standardized tests



CORWIN Visible Learning<sup>plus</sup>

10 ways to become a better reader...

1. Read
2. READ
3. Read
4. read
5. READ
6. Read
7. Read
8. read
9. Read
10. READ



## **P&C News**

### **CONTRIBUTIONS**

A reminder to families that this levy is now payable to the school for this term at a cost of \$20 per family per term.

### **Uniforms**

Uniforms are available for purchase at the school.

**Adult sizes are available for purchase as well :)**

Supervision is provided for students from 8:30 am (30 minutes before school commences).

Staff are not required to be at school before 8.30 am and for their own safety, children should not be arriving at school any earlier. Children who can not sit quietly on the verandah until 8:30am, may have to wait at the school gate until this time.

**ALL visitors to the school, must sign in at the office!**

## **For your diary!**

11/3: Radio show

22/3: Indigenous Painting workshop 1:30–3pm

29/3: Sketch and Scripture 1:30pm

1/4: Easter hat parade and last day of school

19/4: Term 2 begins for teachers

20/4: Term 2 begins for students.

25/4: ANZAC Day dawn service (SUNDAY)

19/5: School photos and Variety bash

15–19 November: Canberra Excursion

### **Canberra Excursion**

Send money in sealed envelopes with the amount written on the front with students names

**Sport will be on Thursdays this term**

Playgroup is on Tuesdays from 9:30am



## **School attendance**

**Regular attendance at school is important!**

Being 10 minutes late to school everyday may not seem like much but it adds to up to losing over 1 hour of learning every week!

Which over a year is over 1 and half weeks and over 13 years of schooling is nearly half a term!

*Make sure you are on time all the time!*

If your child is absent from school for any reason, parents and carers MUST provide an explanation within 7 days. This can be provided in person, telephone, written note or email.

**Gwabegar Public School Canteen**

**Price List**

**Term 1 2020**

Pizza	\$4
Lasagne	\$4
Mac Cheese	\$4
Pie	\$3
Sausage Roll	\$2
Chicken Tenders	\$2.50
Chicken Wings	\$2
Drinks	\$2
Ice cream	\$2
Zooper Dooper	50c

**P&C Canteen will operate on Tuesdays.**

**Nicky will be in touch with all families for the  
duty roster**

**You MUST sign in and out of the office on your rostered day.**



## Veg-tastic lunchboxes!

Your child doesn't need to wait until dinner to eat their vegetables?

Swapping out sometimes foods for vegetables can help your child reach their daily vegetable needs.

Try:

- Corn on the cob
- Zucchini fritters
- Pumpkin scones



For more veg-tastic lunchbox ideas visit:

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-increase-vegetables/>

