



Gresford Public School Newsletter

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Principal's Message

Our term is progressing well with students focused and enjoying their school days. It is great to see so many healthy lunches and "Nude Food" in lunch boxes. **Our healthy food canteen** commenced this week providing an important service to school families. As always we are grateful to the wonderful volunteers who make this possible. If you can spare time to volunteer in our canteen, please leave your name at the office.

The first P&C meeting for the year will be held tomorrow, Friday 17th February at 10 am and this is the AGM. Please come along and add to the hard working team who really make a difference for our children. This year we are applying to be placed on the Priority Schools Program (PSP) and as this is dependent on vital surveys being returned, I have invited the PSP consultant to attend the meeting to give us guidelines on the requirements. Being placed on this program means a significant increase in funding for our school and access to a range of programs not available to other schools. Please come along for this input as well.

Congratulations are in order for our recently elected Sports Captains for 2012. The new Allyn boy captain is Jake Edwards with Harmon Russell as vice captain; the girl captain for Allyn is Clare Richardson and the vice captain is Hannah Redhouse. Boy captain for Paterson is Jamie Hickey with Alex

Butler as vice captain; Elizabeth Challinor is the girl captain and Kiara Quirk is the vice captain. Swim School forms are coming in well and we thank the P&C for their generous donation to this vital education program. If you still haven't sent yours in yet, please do so. Active After School Sport is going well with primary students and we are seeing very eager tennis players and Tae Kwondo participants. Should your child wish to attend the Monday afternoon Tae Kwondo class, please inquire at the office.

All students are participating in **video conferences** next week with the juniors attending a National Year of Reading conference at Taronga Zoo and Years 4-6 learning about air pressure and its influence on weather patterns. This is the focus of our science unit this term.

Invoices for voluntary school contributions, text book costs and online spelling subscriptions have been sent home. It has been necessary to increase the contribution fees to \$40 per family due to general increases in the cost of classroom consumables. Should any family experience difficulty in meeting these costs, please call the office for financial assistance. All inquiries are of course confidential.

Many thanks go to all who supported the **"Cupcakes for Cancer"** fundraiser organised by the Student Representative Council this week. An amount of \$100 was raised today with more to go on

sale tomorrow.

Here are a few important reminders for all: the school car parks are for staff only. They are not to be used for picking up and dropping off children. This applies to after hours also, for example when Tae Kwondo classes are held. This is a strict safety rule to protect our children. Students are not to be dropped at school before 8.30 am. Teachers are not on duty until then and again this rule is made in the interest of children's safety. Teachers monitor all students who arrive by bus. It is in the best educational interests of your child to attend school every day, all day unless they are sick or have an important appointment or family commitment. It is the law that they do so. Teachers prepare lessons based on syllabus requirements for a full day and all day attendance is required wherever possible. A written note must be supplied explaining absences. Part absences must be recorded at the office. This is also a departmental requirement. We appreciate your full co-operation with these departmental rules.

Professional learning for teachers this fortnight has been in the areas of mathematics and the national curriculum.

Kind regards,
Pauline

*"An error gratefully
acknowledged is
a victory won."*

S.R.C Cup Cake Stall



*Mother's Day
orders due no
later than
9th March*

Don't forget
Swim School starts
next Monday
20th February

P&C Annual General Meeting this Friday 17th February (tomorrow)

10.00am

The AGM will be followed by a general meeting where amongst other things we'll be discussing:
uniform, family disco, the year's events, air conditioning and fund-raising, swim school, Create Carnival, canteen and much more.

Ring John on 4938 9292 with all enquiries.



Book Club

All orders due back to school
on Friday 17th February 2012

After School Needs Kids!

With the current enrolments at After School Care, the service may not be able to operate beyond Term 1!

This is a wonderful service to the families of Gresford but is at present running at a loss. There is no intention to make any profit, simply to cover costs. Ideally, we need 5 students on both afternoons (Mon & Tue) to make the project viable.

Please ring the school on 4938 9304 if you are interested in enrolling your child.





Values Awards

Jack Hill

Jack Hodges

Courtney Lawrence

Katharina Lawrence

Leila O'Connor

Paul Locke



K/1

Kaitlin Horn

Taylah Joliffe

2/3

Alysha Cowley

Aaron Edwards

4/5/6

Michael Challinor

Jake Hipwell



LITERACY AWARD

Sam Hartigan

Kayden Atkins

Clare Richardson

Emily Dent

Claire Lawrence

Amy Skolyszewski



Library Award

Whole Class
Awarded

to

K/1



ALEX BUTLER

LIZA KELEHEAR

&

ELIZABETH CHALLINOR

School Lunch Ideas



The Base

- ☺ Bread: wholemeal, white, rye, pita, Lebanese bread, rolls, bagels, crackers, lavash, foccacia, English muffins damper
- ☺ Pasta, rice, potatoes, noodles

Fillings or Toppings

- ☺ Lean beef, lamb, pork, ham, corned beef, rissoles, meatloaf
- ☺ Chicken, turkey, salami, fish, tuna, salmon, sardines
- ☺ Cheese eg: cottage, feta, cream cheese, ricotta
- ☺ Egg, peanut butter, baked beans, 3 bean mix
- ☺ Tinned spaghetti, vegemite
- ☺ Salad eg: lettuce, tomato, cucumber, onion, grated carrot, sprouts, celery, capsicum, mushrooms, cream corn
- ☺ Flavourings eg: tomato sauce, mayonnaise, chutneys, relish, mint sauce, mustard, pickles, parsley, chives



Suggestions

- ☺ Grated carrot, grated cheese & a little mayonnaise rolled up in lavash bread
- ☺ Chicken, chopped tomato, celery & capsicum in a pita or pocket bread
- ☺ Lean roast beef, grainy mustard & lettuce on rye
- ☺ Roll with baked beans
- ☺ Vegemite on a bagel☺
- ☺ A salad box with tomatoes, lettuce, green beans, hard boiled egg & small bread roll
- ☺ Pasta spirals with carrot, zucchini & corn



Add Fruit

- ☺ Choose from a variety of fruit in season - cut up pieces of watermelon, rockmelon, honeydew, oranges
- ☺ A small apple, banana, mandarin, peach, pear, nashi, kiwi fruit etc



Drinks

- ☺ Water should be available at all times
- ☺ Full cream milk or soy milk
- ☺ Diluted fruit juices (at least half water)



Foods To Limit

- ☺ Sandwich fillings like jam, honey, chocolate spreads, hundred & thousands
- ☺ Potato chips, corn chips, lollies, pastries, chocolate biscuits, muesli bars

Acknowledgment NSW Dept of Health

Thank You

A special thanks to Mrs Sharon Lawrence, dietitian with Lower Hunter Health, who recently shared her knowledge about healthy eating with the students of K/1. The children thoroughly enjoyed her presentation, which links closely with the Science unit 'What's for Lunch?'.