



# Gerringong Public School Term 4 Week 3



Weekly Newsletter Term 4 Week 3  
2020

26th October





 <h2>Upcoming events</h2>	
2020	
Term 4, Week 4	
Thursday 5th November	1st 2021 Kindy Orientation 9.30am—10.30am
Term 4, Week 5	
Monday 9th November	NAIDOC Week activities—wear red, black or yellow
Tuesday 10th November	2nd 2021 Kindy Orientation 9.30am—10.30am
Thursday 12th November	Stage 1 History Walk
Looking further ahead	
Monday 16th November	3rd and final 2021 Kindy Orientation 9.30am to 10.30am
Thursday 19th November	Book Week
Tuesday 1st December	Kiama High School Orientation Day—Year 6
Wednesday 16th December	Last Day of Term for students 2020

## Principal's Message

I was certainly busy last week “catching up” on everything that has been happening at our school. Mrs Morris shared with me the progress made in the collection and analysis of data in relation to our future Strategic Improvement Plan. These findings will be shared with staff at meetings and the school community through the P&C, the Bulletin and general information sent home.

I was delighted last week, to have an opportunity to talk to our debating team before their debate with Newington P.S. Our team topped the Zone which qualified them to participate in the State wide

knockout series. Although they were not successful in moving on to the next round, they performed extremely well and the experience they have gained under Mrs Goldsmith's tuition will certainly support them in the future. Well done everyone!

Thank you to the parents who attended our P&C ZOOM meeting last week. I appreciate the time that is given from this small group of parents. Our next P&C (AGM) will be held on Monday 7th December. It would be wonderful to see some new faces to support our P&C into 2021.

### Arrival Attendance

Last week, KS, KL, KMG, 1/2BC, 2K, 2/3C, 3/4J, 4/5M, 4/5M and 6C had great arrival attendance. Congratulations to 3/4J who have been chosen as the Class of the Week which in turn lets them choose the bell song for Week 3! Great work everyone!

### World Teacher's Day

Australia will celebrate and thank the teaching profession on [World Teachers' Day - Friday 30 October](#).

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families and communities. I would like to thank all of the wonderful staff at Gerringong Public School that go above and beyond every day for our students.

### Transition to High School

This Thursday, our Year 6 students will be visited by some of the teachers from Kiama High School to begin their transition for 2021. Students will meet their Year Advisor and be able to ask questions about the exciting things that Year 7 will offer. Please look out for more information regarding upcoming transitions sessions at the high school in the near future.

Joy Fullagar

Principal

## Office News

Lost property - a pair of DC glasses have been handed into the front office - please call the school if they belong to your child.

Reminder! Please ensure your child/children contacts are kept up to date e.g change of address, phone numbers and medications.

## Library News





Scholastic Book Club orders are due this Wednesday 28th October. If you would like to purchase any books, payments can be made online through the LOOP system or children can bring cash to the school office. If your order is a Christmas gift, just call the office and we will ensure that once your order arrives, we will contact you and you can pick the books up from the school office. Thank you for your support with this fundraiser.

ISSUE **7**

2020

ORDER & OOE BACK BY:

# Book Club



**Bonus Christmas titles inside**



**001** **NEW!** *The Witches*  
An eight-year-old boy and his grandmother come face-to-face with the Grand High Witch!  
304 pp. AGES 8+  
~~\$24.99~~ **CLUB PRICE \$18.00**



**002** **NEW!** *Mystical Colouring Pack*  
Over 45 beautiful images to colour!  
48 pp. AGES 8+  
~~\$15.99~~



**003** *BFF Glitter Walkie Talkie Pack*  
Keep in touch with your BFF with these glitter watches!  
96 pp. It includes 12 button batteries. AGES 8+  
~~\$34.99~~ **CLUB PRICE \$26.00**



**004** **NEW!** *Bite Me!*  
Now that people hate Timmy more than Brussels sprouts and stinky cheese, he's ON THE RUN!  
240 pp. AGES 7+  
~~\$16.99~~



**005** **NEW!** *The Bad Guys Episode 12: The One!!*  
WHAT is going on with Snake? And why is Agent Fox suddenly so mysterious?  
192 pp. AGES 7+  
~~\$15.99~~



**006** **NEW!** *Spy Station Activity Kit*  
All the gadgets you need to start your spy training.  
AGES 7+  
~~\$30.00~~ **CLUB PRICE \$25.00**



**007** **NEW!** *Best Bedtime Collection*  
A collection of ten sweet stories to share at bedtime.  
10 books, each 24 pp. AGES 3+  
~~\$12.99~~



**008** *Pig the Elf*  
The world's grumpiest Pig will stay up all night to get his present!  
36-pp hardcover. AGES 5+  
~~\$6.99~~



**009** *Where's Santa?*  
Can you help Detective Inspector Scrooge track Santa down in time to save Christmas?  
24 pp. AGES 4+  
~~\$14.99~~



**EVERY CHILD DESERVES A BOOK**

**SCHOLASTIC**

## Book Swap

Thank you to all the parents who have already sent their preloved books to school for the Big Book Swap. Any preloved books can be sent to the library and during our Book Week celebrations (Week 6 - 16th to 20th November). Children can get a 'new to me' book for a donation of 20c, 50c or \$1.



## Curious Creatures

I am so impressed with the creatures that are creeping into our library. Well done families! Entries for the Curious Creatures Wild Minds competition can be brought to the library before November 12th and they will be judged during Book Week. Creatures can be made from any material and everyone in the family is encouraged to create and be crafty.





Thankyou Margaret Herbert

Teacher Librarian



## School News

### CONGRATULATIONS SINEAD!



**A HUGE congratulations to Sinead in Stage 2 for representing our local area at the regional finals of the Multicultural Perspectives Public Speaking competition. This year the speeches were presented via Zoom which added an extra layer of complexity to the competition. Despite this challenge, Sinead presented a great speech titled: Words Can Hurt as well an impromptu speech about Distractions. She did a fantastic job and although she did not proceed to the state final, we want to acknowledge her effort and success. A great role-model and ambassador for our school.**

### STAYING SAFE ONLINE



At a time when our students are accessing devices more regularly and we are constantly faced with new technologies, many challenges are presented. As teachers and parents, we struggle with how to empower our children to use technology safely and responsibly, in order for them to be effective digital citizens in our world.

For many young people, using technology to access social media is a popular way to communicate and interact with their friends. For all of us, it is important to be up to date with restrictions and recommendations to ensure appropriate usage of these platforms is a priority.

Each social media site and app has its own criteria for minimum age requirements. Most require users **to be at least 13 years of age** before they can register, although some sites are created especially for children under 13. Click [here](#) for the eSafety Commission's eSafety Guide to learn about the latest games, apps and social media, including how to protect your information and report inappropriate content. It explains what type of site it is, what it is used for and how to set your privacy settings.

#### APPROPRIATE AND RESPONSIBLE USE OF MOBILE PHONES AND DEVICES

**Please be reminded that students who choose to bring mobile phones to school are required to place these in their school bags at the beginning of the school day and can only access these again at the conclusion of the school day. Mobile phones are NOT to be used throughout the day.**

**Further to this, if your child has access to a mobile phone or device, please ensure that you have set up appropriate levels of parental control and restrictions. The following commonly accessed apps, and their age recommendations are outlined below:**

 <b>YouTube</b> 13 Years +	 <b>Facebook</b> 13 Years +
 <b>Instagram</b> 13 Years +	 <b>Whatsapp</b> 14 Years +
 <b>Snapchat</b> 13 Years +	 <b>Roblox</b> 10 Years +
 <b>Tik Tok</b> 15 Years +	 <b>Fortnite</b> 13 Years +

[Source: Commonsense Media](#)

**The recommendations are there to protect your children. You are urged to acknowledge these and we refer you to the following links for further useful information:**



[www.common sensemedia.org/blog/parents-ultimate-guide-to-parental-controls](http://www.common sensemedia.org/blog/parents-ultimate-guide-to-parental-controls)

[www.cybersafety solutions.com.au/parents/](http://www.cybersafety solutions.com.au/parents/)

[www.common sensemedia.org/app-reviews](http://www.common sensemedia.org/app-reviews)

[www.common sensemedia.org/blog/a-parents-ultimate-guide-to-youtube](http://www.common sensemedia.org/blog/a-parents-ultimate-guide-to-youtube)

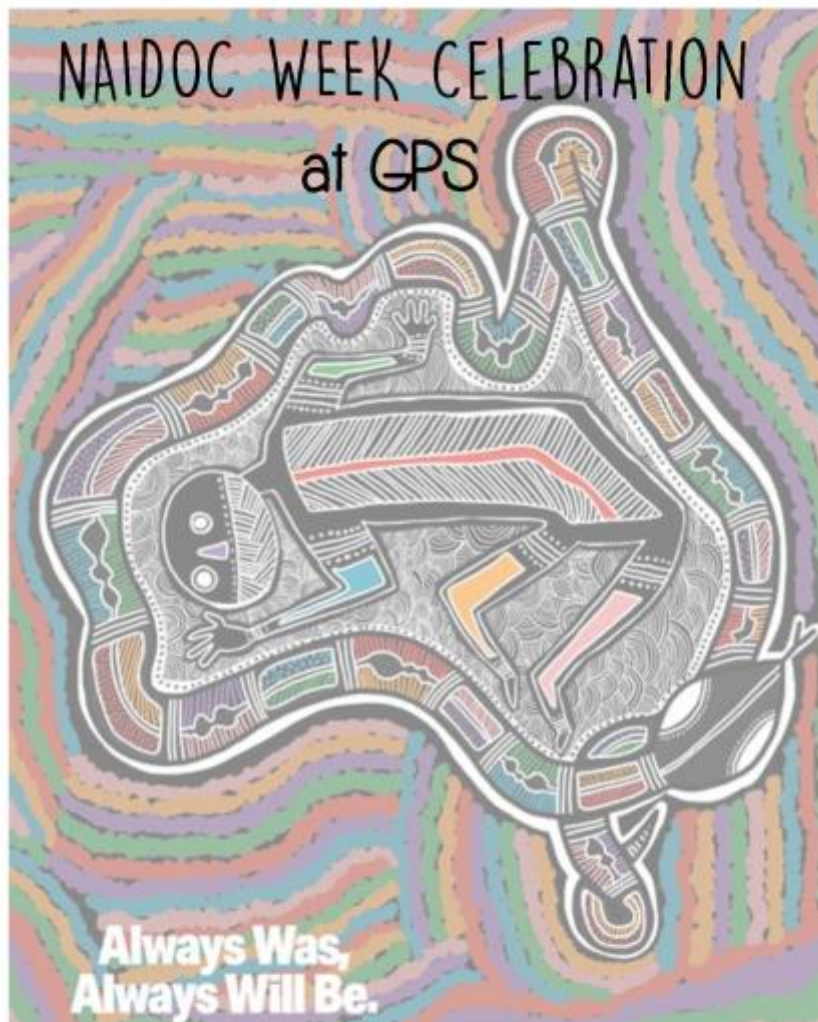


Commonwealth School Banking has temporarily ceased for 2020. Returning 2021!



**Commonwealth**Bank

# NAIDOC WEEK CELEBRATION at GPS



**Always Was,  
Always Will Be.**

**MONDAY, 9TH NOVEMBER 2020**

Students will be participating in a range of Literacy, Art, Sport and Cultural activities throughout the day.

Students are invited to wear **red**, black and **yellow**.





## GERRINGONG PUBLIC SCHOOL

12 Archibald Road Gerringong NSW 2534  
Email: [gerringong-p.school@det.nsw.edu.au](mailto:gerringong-p.school@det.nsw.edu.au)

Ph: 02 4234 1376  
Relieving Principal: Lisa Morris

### Intention to apply for Year 7 Placement in a Selective High School 2022

Dear Parent/Carer

Selective high schools cater for academically gifted students with high potential who may otherwise be without sufficient classmates at their own academic standard. Selective high schools help these students to learn by grouping them with students of similar ability, and by using specialised teaching methods.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 11 March 2021.

If you would like to have your child considered for Year 7 selective high school entry in 2022, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available in late September 2020 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on 6 October 2020 and closes on 9 November 2020. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Team for assistance after 6 October 2020.

You must submit only ONE application for each student.

The tear-off slip below is not an application and the school cannot apply on your behalf.

Yours sincerely, Lisa Morris (Relieving Principal)

Cut along the dotted line and return the completed slip below to this school by November 9, 2020

#### **THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL**

This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

----- Cut here and return the note below to the school -----

### Intention to apply for Year 7 placement in a selective high school in 2022

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I intend to apply for selective high school entry in Year 7 in 2022 through the High Performing Students website between 6 October 2020 and 9 November 2020.

Signature of parent/carer: \_\_\_\_\_

**THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL** This is a notice to your primary school only that you intend to apply. TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

CONGRATULATIONS TO OUR WAVE WINNERS!





## Canteen News



**Great News!** The canteen will reopen at recess break from **Monday 2nd November**. Orders are to be place on Flexischools ONLY - Please look at the Flexischools site for recess section for options available. NO cash options.

	
<b>SANDWICHES</b> Toasted add 50 cents Vegemite, Honey or Jam \$2.00 Cheese \$2.50 Cheese & Tomato \$2.50 Baked Beans \$2.50 Spaghetti \$2.50 Ham \$2.50 Ham & Cheese \$3.00 Ham, Cheese & Tomato \$3.50 Ham & salad \$4.00 Egg, lettuce & mayo (local produced eggs) \$3.50 Salad \$3.50 Wrap ADD \$9.50 Gluten Free ADD \$1.00	
<b>EVERYDAY MEALS</b> Seasonal Super Salad \$9.99 (Lettuce, Tomato, Cucumber, Carrot and Sweetcorn) add egg or ham \$1.00 add crumbed chicken strip \$2.00 Seasonal Soup & Roll \$4.00 Crumbed chicken strip \$4.00 Hot Chicken Wrap \$4.00 Flame Grilled Chicken Burger \$4.50 Mac 'n' Cheese \$4.00 Beef Lasagne \$4.00 Pesto Bolognese \$4.00 Pesto Bolognese GF (Canteen made) \$4.50 Pizza Reinvent \$4.00	
<b>WEEKLY SPECIALS</b> <b>Monday and Friday</b> Vegetarian Roll (Canteen Made) \$3.50 Spinach & Ricotta Roll (Canteen Made) \$3.50 Sausage Roll \$3.50 Traveller Pie \$4.00 Alton Park Pie \$4.00 <b>Tuesday</b> Chicken Nuggets x 8 \$4.00 <b>Thursday</b> Taste Journey check flexischools for pricing 15 <sup>th</sup> Oct Mexico : Nachos 22 <sup>nd</sup> Oct Japan : Sushi or Chicken Katsu 29 <sup>th</sup> Oct Italy : Pizza & Spaghetti Carbonara 5 <sup>th</sup> Nov India : Butter Chicken, Rice & Naan Bread 12 <sup>th</sup> Nov USA : Hamburgers & Milkshakes 19 <sup>th</sup> Nov China : Noodles & Dumplings 26 <sup>th</sup> Nov Brazil : Pão de queijo & pão de mel 3 <sup>rd</sup> Dec Sweden : Meatball Suk 10 <sup>th</sup> Dec New Zealand : Fish & Chips <b>Snack Specials</b> Changing weekly Weekly special leaves or mini muffins \$0.50 Seasonal Fruit with yoghurt or custard \$1.50	
<b>SNACKS</b> Seasonal Fruit \$1.00 Veggie Sticks \$1.00 Popcorn \$1.00 Sea Salt Red Rock Salt Chips \$1.50 Mixed Cereal Cup \$0.50	
<b>FROZEN SNACKS</b> Small quack stick \$0.50 Large quack stick \$1.00 Frozen Fruit & Yoghurt (canteen made) \$1.50 Frozen Milk Cap (canteen made) \$0.50 Frozen Juice (canteen made) \$0.50 Twisted Frozen Puffball \$2.50 Frozen Juice \$1.00	
<b>DRINKS</b> Water \$1.00 Plain Milk \$1.00 Flavoured Milk \$2.00 Fruit Juice \$1.50	

Ciao canteen

Ciao, this Thursday at the canteen we are off to Italy. Canteen made pizzas or spaghetti carbonara. Please get your orders in by Wednesday.

If your child hasn't applied for a canteen passport yet and would like one please tell them to come to the canteen and collect one.

Snack specials this week include custard and banana muffins.

Thanks

Catherine and Jackie



## Community News



***Disclaimer: Gerringong Public School advertises in this column as a service to parents. Gerringong Public School does not endorse or accept responsibility for the management or organisation of the advertised events or services. Please note: The community deadline is 12 noon on Friday. Items received after this time will not be published until the following week.***

***Growing Up Online: Parent and carer information session with Cyber Safety expert Susan McLean***



Date: Thursday 5th November

Time: 7:00-8:30pm

Cost: Free

Susan McLean is Australia's foremost expert in the area of cyber safety and was a member of Victoria Police for 27 years. Widely known as the 'cyber cop' she was the first Victoria Police Officer appointed to a position involving cyber safety and young people.

An educational & entertaining session for Parents and carers, Susan's unparalleled knowledge leaves audiences shocked at the reality of the online world. It is a wake up call to even the most switched on parent and is delivered with Susan's famous 'no nonsense' approach. The session will cover the positive benefits of technology as well as what parents need to be aware of.

Tickets can be booked through the following link:

<https://www.eventbrite.com.au/e/growing-up-online-webinar-with-cyber-safety-expert-susan-mclean-tickets-123428743695>

This information session will take place via Zoom and the link is provided when you secure your place through the above Eventbrite link



# HOT SHOTS CLASSES

**KIAMA TENNIS CLUB**



// KIDS 'HOT SHOTS' GROUP CLASSES NOW OPEN @ KIAMA  
TENNIS CLUB

// CLASSES TO SUIT ALL AGES AND LEVELS

// WE ALSO OFFER PRIVATE AND SEMI PRIVATE CLASSES  
MON- FRI, ADULTS AND KIDS

For more information and to book email Daniel  
[HELLO@JONESCOTENNIS.COM](mailto:HELLO@JONESCOTENNIS.COM)



[JONESCOTENNIS.COM](http://JONESCOTENNIS.COM)

## Healthy Lunch Box website

A one-stop-shop for everything you need to know about packing a healthy lunch box.



Here's what you'll find on the [website](https://healthylunchbox.com.au):

- [Interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy [recipes](#) and snack ideas.
- Informative [blogs](#) about healthy eating for the family.
- [Sign up](#) to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

[healthylunchbox.com.au](https://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box



## Nutrition Snippet

### MEAT-FREE MONDAY.

Get your family having more veg by making Monday 'Meat-free'.



#### Try these meat-free meals:

- [Mushroom, spinach and lentil lasagne](#)
- [Green frittata](#)
- [Eggplant tagine](#)

Any leftovers can be used in the lunch box the next day!

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## **Healthy Lunch Box website**

**A one-stop-shop for everything you need to know about packing a healthy lunch box.**



### **Need help packing a lunch box?**

Check out our new [online presentation](#) that will show you how easy it can be to pack a healthy lunch box that your kids will love to eat!

For recipes, tips and more visit:

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

# Live Life Well @ School

## MINDFULNESS MEDITATION

### *Mindfulness Meditation*

is a helpful tool to help children manage the heightened emotions they may be experiencing.

It gives them time to breathe and imagine, be quiet and still and know that it is ok to have feelings.



Check out **Smiling Mind** for:

- Free meditations to use with your child & the family
- Digital care packs to support children through the current times and beyond

[www.smilingmind.com.au](http://www.smilingmind.com.au)



Developed by Northern Sydney Local Health District



## National Nutrition Week

13th - 19th October, 2020

### What is it?

National Nutrition Week is held each year to get all Australians to increase the number of veggies they eat.



Most children eat enough fruit but only 5% of children eat the recommended serves of vegetables each day.

### Why won't my child eat vegetables?

It's very common for a child to refuse a food the first time they try it, especially vegetables!

Don't give up after one go. Continue to offer small amounts with foods that you know your child likes and don't stress too much. Have a look below for some information about kids and veggies.

### TOP TIPS

It's totally normal for young children to reject new foods.

It can take 10-15 tries of a new food for a child to take a liking to it.

Consistency is key! Don't be scared-off by food wastage. Offer small amounts of a new food with foods you know your child will eat.

Many vegetables taste bitter or sour to children when they first try them.

Children learn what to eat from those closest to them.

Children who help to prepare, cook and grow food are more likely to try these foods.



Health Promotion Service



## **VEGGIE CHALLENGE #2**

Ask your child to choose at least one vegetable for their lunchbox or morning tea every day this week.

**#veggiemonth2021**



Gerringong Public School

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