

**Wednesday, 15<sup>th</sup> February 2017**

**Dear Families,**

## **NEWSLETTER – Week 4, Term 1**

### **Access and Inclusion Working Group**

The Working Group's aim is to challenge and remove social and physical barriers which prevent residents and visitors to the Shire from accessing and participating fully in community life including events, services and programs. Nomination Forms can be downloaded from the council's website, or alternatively can be obtained from Council's Administration Building, 63 Elgin Street, Gunnedah or by contacting 02 6740 2100. We have included a 'Postcard to the Mayor' for any ideas or comments you may have and the specially marked 'post box' is in the office.

### **School contributions**

Invoices will be sent out to families in the next few weeks. The yearly contribution to the school is \$160 (Living Skills), RDA \$80 (if applicable) and weekly pool entry to the town pool (\$2). School shirts (\$20) and jumpers (\$25) are available for purchase from the school. Please talk to Sarah Ingall for more information.

### **Beat the Heat**

Everyone needs to take care in hot weather but some people are at greater risk of serious health effects from the heat than others. When a person becomes dehydrated or loses too much salt from sweating, they may develop heat cramps or heat exhaustion. If a person begins to overheat, they may develop heat stroke. Mild to moderate dehydration makes the heart work faster and leads to reduced fluid available for sweating.

#### **Symptoms**

- Dizziness
- Tiredness
- Irritability
- Thirst
- Bright or dark yellow urine<sup>1</sup>
- Loss of appetite
- Fainting

#### **What to do**

- Offer plenty of water or diluted fruit juice to drink (1 part juice in 4 parts water); avoid tea, coffee or alcohol
- Move the person somewhere cool, ideally somewhere air-conditioned
- If possible use a spray bottle with water in it to cool the person – with their consent
- If the person feels unwell, arrange an urgent appointment with their GP or take them/call an ambulance to be assessed in the nearest Emergency Department

### **Small schools swimming carnival**

Last Wednesday our primary school aged students participated in the swimming carnival held at the town pool. Congratulations to Max, Owen, Damian, Dave and Charlotte who swam in races with the other schools. Room 2 students had a terrific time playing in the kid's pool with their classmates as shown below.





## Sporting Schools

Last Thursday we started our first 'GSK fitness group' session. To be fit and healthy, school aged children need to be physically active for at least 60 minutes a day. Regular physical activity can:

- help prevent future serious diseases like obesity, heart disease, cancer, mental illness, diabetes and arthritis
- can be enjoyed by people of all ages, from children to the elderly
- improve strength, balance and co-ordination

All of our 'Sporting Schools' group participated in stretching exercises, push-ups, stomach crunches and ran laps around the grassed area – through the sprinklers to cool down.



## DATES

**Sporting Schools (Active After School)** – fitness group (under the sprinkler) all term, 3 – 4pm

**GS Kidd Swimming Carnival** – Thursday, 23<sup>rd</sup> February 10am – 2pm

**P&C meeting** – cancelled, will reschedule

**Letter to God (musical)** – Friday 24<sup>th</sup> February, 12:30pm

**RDA** – Friday, 24<sup>th</sup> February (depends on the heat)

**School photos** – 21<sup>st</sup> and 22<sup>nd</sup> March with Justine and Carly from Buggalugs Photography

# WEEKLY NEWS

15<sup>th</sup> February, 2017



ENDEAVOUR TO ACHIEVE

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## STARS OF THE WEEK



**Mark and Alison Eveleigh** – kindly donating the proceeds of their business's (Evo's Tree Lopping and Dingo Hire) fundraising raffle to our school!