

**Wednesday, 22<sup>nd</sup> March 2017**

**Dear Families,**

## **NEWSLETTER – Week 9, Term 1**

### **Importance of family meals**

Over the past 15 years researchers have confirmed what parents have known for a long time: sharing a family meal is good for the spirit, the brain and the health of all family members. Recent studies link regular family dinners with many behaviours that parents pray for the general wellbeing of their child.

Studies also indicate that table conversation is a more potent vocabulary-booster than reading, and the stories told around the kitchen table help our children build resilience. The icing on the cake is that regular family meals also lower the rates of obesity and eating disorders in children and adolescents.

### **P&C Annual General Meeting**

Thank you to the school community members who attended the P&C AGM last Thursday. Congratulations to the following P&C members... President - Rebecca Gander, Vice Presidents – Beck Dridan and Lyn Norman, Secretary – Karen Mainey, Treasurer – Shirley Ferguson, Media Liaison – Anna Hannaford.

The school's staff sincerely appreciated the huge effort of the P&C's successful fun day after our 2016 annual presentation and concert day. This year we will be holding our annual concert at Gunnedah South PS (9:30 – 10:30) again and then the P&C will hold a family fun day at our school after the concert.

The dates have been set for the rest of the year and the times alternate to encourage as many school community members as possible. They are as follows:

4<sup>th</sup> May @ 6pm (working dinner at a child friendly bistro)

29<sup>th</sup> June @ 3:15pm, GS Kidd School library

3<sup>rd</sup> August @ 6pm, working dinner

Friday 8<sup>th</sup> September @ 6pm – combined P&C with school staff to celebrate SASS Recognition Week, venue TBC

2<sup>nd</sup> November @ 3:15pm, GS Kidd School library- discussing annual concert preparations

### **Room 5 cooking**

All students across the school work on a different skill every week and follow individual visual schedules to encourage independence when cooking. The students from Room 5 are mostly independent and thoroughly enjoy the whole process.



### **Fundraisers**

This year Entertainment Works Australia will be presenting another show called 'Tinseltown'. This event will be held on the 30<sup>th</sup> June at the town hall from 7pm. Our school's staff (and any interested school community members) will be assisted by Gatepost Therapy Services Inc (registered charity) to organise another amazing night of dancing and singing featuring Gunnedah's own 'Sheila Ellis'.

Steve McCauley and his band will be performing after the show with a bar open until midnight too. Start mustering friends and family for a fun night out that promotes 'diversity' in our community.



## St Patrick's Day disco

Thank you to Candice and Challenge Community Services for organising a fun 2 hours of socialising, eating and dancing last Thursday at the PCYC.



## DATES

**RDA** – Friday 7<sup>th</sup> April

**String quartet concert** – Friday 24<sup>th</sup> March at school from 1:30pm

**Youth Expo** – Tuesday 4<sup>th</sup> April from 2pm for our work experience students, to connect with local and regional service providers that offer health, education and leisure information

# WEEKLY NEWS

22<sup>nd</sup> March, 2017



ENDEAVOUR TO ACHIEVE

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## STARS OF THE WEEK



**Ethan Leader and Alex Jones (St Mary's College student) – debutante ball partners at the Catholic Ball last Friday night!**