

Wednesday, 7th June 2017

Dear Families,

NEWSLETTER – Week 7, Term 2

Small Screen Recreation - Did you know?

- Spending too much sedentary or 'still' time watching TV, surfing online or playing computer games is linked to children becoming overweight or obese.
- Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.
- Children need at least 1 hour a day of physical exercise.

Winanga-Li Winter Fair

Last Friday night we manned the BBQ at the 'Winter Fair' held at Winanga-Li. The boys had to prepare coleslaw, set up the chairs and tables, take the orders, make the orders and take the money from their customers and pack up everything when the fair was finished. Although the fair was pretty quiet our students worked hard when they were needed and continue to be great ambassadors of the school. Thank you (from left to right) to Ethan Leader, Tyson Small, Tim Kelly, Dale Wallis, Darcy Gosper, Mark Single and Conor Roberts (not pictured).



Bus trips

Vanessa Knight (former P&C President) has been driving our students to Woolies for their shopping trips to cook lunch. We sincerely thank Vanessa for donating her time and we look forward to staff obtaining their light rigid licences soon!

Work experience

Our older students are happily participating in their work experience programs with job coach Lyn Norman. Work experience or community based learning allows our students to learn new skills and generalise their skills from one environment to another. The photos (below left, clockwise) show some of our students at various work experience sites.

The following photos include Caleb at Coles, Ethan at Winanga-Li Pre-school, Ally at Early Childhood Intervention and Tyson helping Carla with swimming lessons in the school's pool.



Eisteddfod performances

Last Thursday our school participated in the eisteddfod with a variety of items. Thank you to Olwyn who volunteered to take photos, staff who volunteered their time and to our older students who were extremely helpful on the day by helping to look after the younger students.

All of our participating students are a credit to their families and school. The students are shown performing 'Sing a Rainbow' and 'I Wanna Be Like You'. Congratulations to Ethan and Shayne on placing equal first in the 'opportunity section' last Thursday.



DATES

Tennis – Thursday, 3 – 4pm

RDA – 30th June (last day of school)

'Tinseltown' – Friday, 30th June at 7pm

WEEKLY NEWS

7th June, 2017



ENDEAVOUR TO ACHIEVE

GS KIDD MEMORIAL SCHOOL

37 Lincoln st

Gunnedah NSW 2380

P.O Box 316

Telephone: 6741 5200

Fax: 6742 4120

STAR OF THE WEEK



Damian Bindley - Happy 12th birthday to a lovely young man!