

Wednesday, 7th March 2018

Dear Families,

NEWSLETTER – Week 6, Term 1

Pester power

There is a global challenge to reverse an obesity trend in countries like Australia. We only cook healthy meals at school and supply fresh fruit to all students throughout the day. We acknowledge there are fussy eaters and we encourage these students to try as much fruit and vegetables as often as possible. Cordial, fruit juices, flavoured mineral waters, sports drinks and soft drinks are high in some form of sugar. They also provide little in the way of nutrients. Even fruit juice, which has some nutritional value, still contains a significant amount of sugar and should be limited to small amounts.

Food companies know how powerful a whining child can be. They also know how to tempt children by positioning products at just the right height. These items can throw out your weekly shopping budget and can also lead to some difficult – and noisy – moments in the store.

- Food companies want to sell their products, whether or not they are suitable, worth the money or of benefit to your child.
- When you say 'no', mean it and explain to your child why they cannot have the item. For example, 'it's too expensive' or 'you bought something else recently'.
- Keep 'treats' for special occasions.
- This week's 'must have' thing is often soon forgotten by kids.

School contributions

Invoices have been sent out to families. 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.

Rainbow Ball

We will be having a rehearsal at Gunnedah South PS on Friday 23rd March from 2pm in preparation for the ball. We will hold practise sessions for partners during Sporting Schools from 3pm – 4pm on Thursdays starting this week.

Iron and Clay

Last Wednesday we had the pleasure of hosting the Iron and Clay musicians. Thank you to Room 3 students and staff for providing a delicious lunch to our visitors and helping them set up for the performance. Iron and Clay are talented performers who confront issues such as Bullying, Road Safety / Wise Decision Making, Self-Image / Self-Esteem and Living a Life of Purpose to make healthy life choices.



Buggalugs Photography

Buggalugs will be visiting our school on the 27th and 28th March to take school photos. If you would like the ladies to take photos with students and their siblings please contact Carly or Justine on 0401 247 002 or email at info@buggalugsphotography.com.au or check out their website, www.buggalugsphotography.com.au as they take beautiful photos of every child.

Challenge Swimming Carnival

Our students had a fantastic day of swimming, socialising and winning medals at the Challenge Swimming Carnival last Thursday. The pictures show (from below left clockwise) Darcy, Alex, Tyson, Alyssa, Tyson, Dyllan and Conor having a great time at Gunnedah town pool. Congratulations to all these students for showing great sportsmanship and participating in every event possible!



DATES

P&C Annual General Meeting – Thursday, 22nd March from 5pm at GS Kidd School

Planning meetings – please contact the office or speak to your child's teacher to arrange an appointment

RDA – Friday, 9th March

P&C Golf Day – Sunday, June 10th, \$25 per person \$100 per team
Hole Sponsorship package including team fees \$200

WEEKLY NEWS

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ENDEAVOUR TO ACHIEVE

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STAR OF THE WEEK



Ayden Riley – happy 8th birthday!