

G.S.KIDD MEMORIAL SCHOOL NEWSLETTER

Term 3, Week 10 25th September, 2019



As we come to the end of Term 3 we would like to wish you all a very safe and happy holiday break. It is hard to believe another term is almost over. Term 3 has been a busy term with so much hard work and dedication from both students and staff. Many great results have been achieved by our students and some fantastic activities enjoyed by all. Term 4 will resume on Monday 14th October. This is **NOT** a student free day.

This week we feature an article written by one of the students from the Turtle Room.

The students in the Turtle Room have been learning about germs. They have been learning how to wash their hands properly and recently enjoyed an experiment where they used glitter on their hands and shook each others hands to demonstrate how easy it is to spread germs.



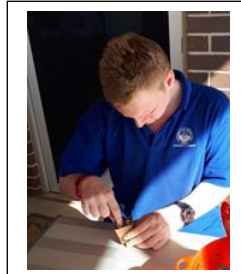
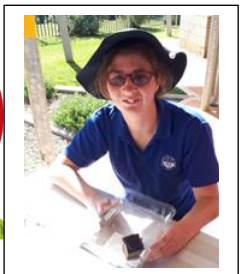
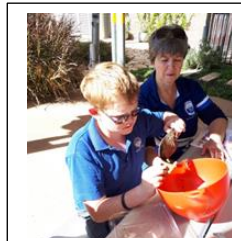
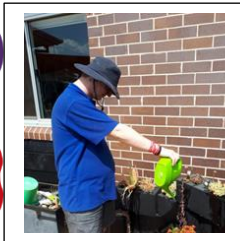
The students have been talking about their favourite things they've learnt this term.....



"My favourite thing was learning about washing my hands!"

By Lochlan Head





Healthy Eating for Children

Healthy eating is essential for your child's good health, growth and development. Healthy eating in childhood means they will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and some cancers. It will also mean they feel better, look better and enjoy life more.

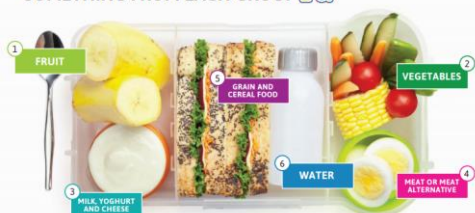
To stay healthy and maintain a healthy weight, children need to be physically active and eat the right amount of nutrients to balance the energy they use.

The Australian Dietary Guidelines recommend children should enjoy a wide variety of foods from these five food groups

- Fruit
- Vegetables, legumes, beans
- Cereals (including breads, rice, pasta and noodles) preferably wholegrain
- Lean meat, fish, poultry and/or alternatives
- Milks, yoghurts, cheeses and/or alternatives

Children should limit their intake of foods that contain saturated fat, added salt or added sugar. They should also be encouraged to choose water to drink.

FOR A HEALTHY LUNCHBOX **PICK & MIX**
SOMETHING FROM EACH GROUP 1-6!



As promised please enjoy some more feature articles promoting and influencing healthy food choices for children.

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Pineapple halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Pears Nectarines, peaches, Apricots Strawberries Cherries Wet fruit halves (with spoon) Pear MIXED FRUIT <ul style="list-style-type: none"> Fruit salad Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces Can serve with either: <ul style="list-style-type: none"> Hommus Tomato salsa Tzatziki Beetroot dip Natural yoghurt SALADS <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn SOUP (in small thermos) <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard Tip: <ul style="list-style-type: none"> Freeze the night before to keep cool during the day Can serve with either: <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tzatziki dip Can serve with: <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lean beef patties Lean deli meats (e.g. ham, salami, chicken) Baked eggs Baked beans (canned) Tofu cubes Hommus dip Lean meat or chicken kebabs sticks Peanut butter* Can serve with: <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Slice salad <ul style="list-style-type: none"> Vegetable fritatta Savory muffins or scones (e.g. lean ham, cheese and shalots) Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> Slice salad Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat corn, mountain, lavash, white fibre-enriched, soy and linseed, heta, naan, bagels, focaccias, fruit bread and English muffins. <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) Tip: Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionary should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

Tips To Encourage Healthy Eating Habits

Teaching your child how to eat healthily now, means they will be more likely to make their own healthy choices as they get older.

- Make meal time family time, without any screens
- Make healthy foods fun, for example by cutting fruit or sandwiches into interesting shapes
- Encourage your children to sit with you at the table
- Eat a healthy breakfast every day
- Try out new foods and show your children where food comes from; let them help you buy food from the shops
- Cook and try new recipes together
- Don't keep junk food in the house
- Keep a bowl of fruit handy for a snack
- Wash your hands and make sure food is prepared and stored safely



Foods To Limit

Some foods are not essential in children's diets. These are called 'discretionary foods' and are generally high in kilojoules, saturated fat, added sugars or added salt.

It's OK to eat small amounts of discretionary foods now and then as part of a balanced diet, but you should try to limit these foods in your child's daily diet as they can lead to children becoming overweight or developing diseases in later life.

Examples of foods to limit are:

- Sweets, biscuits, cakes, desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, pizza, hot chips and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar sweetened cordials and soft drinks

G S Kidd Student Kitchen

Due to Kinfolk Café ceasing trading at the end of this term, students can still continue to place lunch orders next term. The kitchen will open for 7 Fridays in Term 4. The dates and details are listed below. These will all be homemade meals made fresh by our wonderful P & C, using organic produce from our school garden and following the Australian Dietary Guidelines.



G S Kidd Student Kitchen.

Fridays - Term 4 2019

- Students order on the day with money.
- Students drop their lunch order and money (Correct money) in an envelope or bag to the blue box on the counter in the front office.
- Families are welcome to pay for the Term up front (to save Friday morning coin hunting).

Week 1	18/10/19	Lasagne
Week 2	25/10/19	Hot dogs
Week 3	1/11/19	Spaghetti Bolognese
Week 4	8/11/19	Lasagne
Week 5	15/11/19	No Kitchen (due to excursion)
Week 6	22/11/19	Hot dogs
Week 7	29/11/19	Spaghetti Bolognese
Week 8	6/12/19	No Kitchen (due to Presentation Day)
Week 9	13/12/19	BBQ
Week 10	20/12/9	No Kitchen (Last Day of School)

- A Juice popper or a bottle of water is also available
- Cost \$5



NEWS



Four of our students who have been involved with Community Based Learning with Gunnedah Urban Landcare Group, met recently with Kevin Anderson MP and members of the GULG. Cameron Tighe, Seamus Dridan, Dyllan Eames and Conor Roberts all enjoyed checking out the new tractor purchased by GULG, from Government funding and money raised by the group. The tractor will be used to maintain areas in town such as Pensioners Hill, Cushan's Reserve and Porcupine Reserve.



The wonderful display of work from the students of GSK at the recent Disability Expo in Tamworth.

Welcome

It is lovely to welcome two new students to GS Kidd, Brendan Palmer and Angus Hare. The boys are both in the Fish Room and are settling in really well.



Friday Fun



The students always enjoy their Friday afternoon activities. This term the choices for the students have included dance, art and craft, board games, yoga and drama.

Each term the students choose the activity they wish to participate in and staff are rotated around as well.

Next term the students will be enjoying board games, arts and crafts, mindfulness colouring in and sensory and fine motor skills.





Basketball 2019

Junior competition will be played on Tuesday nights commencing 22nd October ending 10th December.

High school competition is for Yrs 7 – 9. The High school competition will commence Tuesday 22nd October ending 10th December.

Seniors will play on Wednesday nights with competition starting Wednesday 22nd October and ending on Wednesday 10th December.

Fees: Juniors \$25

High School \$35

Seniors \$35 (registered) \$55 (un registered)

*Late fee of \$10 (late registrations will only be accepted at the discretion of the committee)

**Sports Vouchers that were claimed in February 2019 for the First Competition will continue to include the 2019 Summer Competition, so come down and enter your new or old team.

Basketball competition 2019

**Registration
can be
directly to
Shirley
Ferguson up
until week 2
in Term 4.**

GUNNEDAH BASKETBALL ASSOCIATION

Facebook – Gunnedah
Basketball Association

www.gunnedahbasketball.com.au

CRICKET STARTS SOON

Free gear for registered Junior Blaster kids

Plus

Active Kids Voucher



\$100 Off

Visit playcricket.com.au, enter your "town", select the nearest "Blast Centre" and register



Let's Paint the Town Pink!

In SUPPORT of PINK-UP GUNNDAH SHIRE
G. S. KIDD MEMORIAL SCHOOL
WILL BE HOLDING AN

OUT OF UNIFORM DAY

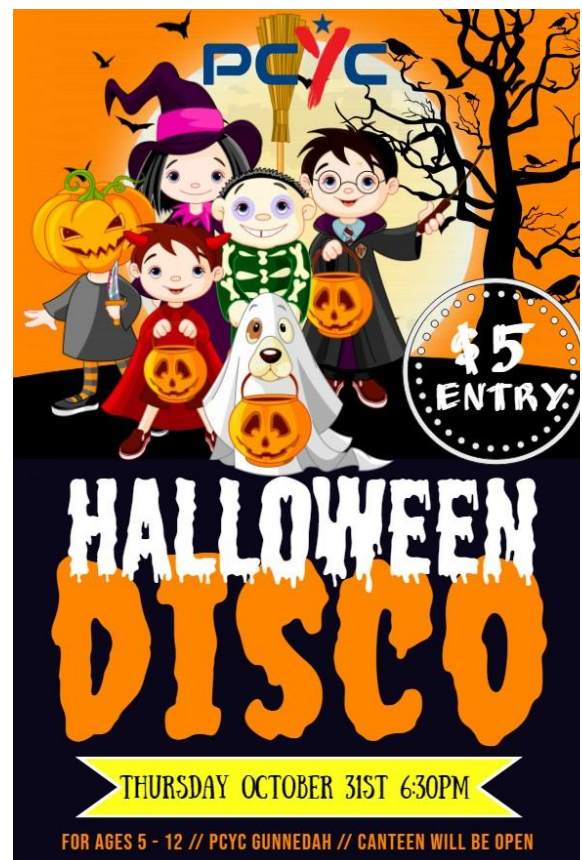
FRIDAY 18TH OCTOBER

STUDENTS & STAFF ARE ENCOURAGED TO
WEAR PINK

AND

BRING A DONATION

TO SUPPORT THE McGRATH
FOUNDATION.



PRINCIPAL'S REPORT

Term 3 has certainly been another busy term which has seen students achieving wonderful things in their class work and their individual SMART goals.

Other highlights have included performing at the Namoi Partner's Education Week Assembly, the SHOW Camp, Disability Expo, sport and RDA opportunities.

Thank you to the staff who have, as always, invested much of their time to ensure that our students have access to these fantastic opportunities.

Next term Mrs Kim Gibson will be enjoying a term of Long Service Leave. Mrs Deb Smith will be replacing her and is looking forward to her time working with the Emu Class (Tuesday, Thursday and Fridays).

As this is the final newsletter for term 3 I hope the students and staff have an enjoyable holiday break and I look forward to seeing everyone in Term 4.

Bec Maybury
Principal

CALENDAR:

<u>Date</u>	<u>Day</u>	<u>Activity</u>	<u>Venue</u>
Week 10 23/9	Mon-Fri	Shopping/Cooking	Woolworths/GSK
25/09/2019	Wednesday	Newsletter	
26/09/2019	Thursday	Speakfest	Gunnedah PS
27/09/2019	Friday	Last Day of Term 3	
14/10/2019	Monday	First Day of Term 4	
17/10/2019	Thursday	AECG AGM 4pm	Gunnedah PS
18/10/2019	Friday	Out Of Uniform Day (Wear Pink)	GSK
18/10/2019	Friday	RDA	Showground
18/10/2019	Friday	Memorial Service Tom, Jayda, Heath 12:30pm	GSK
23/10/2019	Wednesday	Newsletter	
01/11/2019	Friday	RDA	Showground
13-15/11/2019	Wed-Fri	Excursion	Dubbo
29/11/2019	Friday	RDA Presentation	Showground
06/12/2019	Friday	GSK Presentation Day	GSK

TODAY'S THOUGHT:

“Who you are tomorrow begins with what you do today” Tim Fargo

Our whole school Assembly now takes place every Monday afternoon. During this time we present our weekly PBL Awards.

For all regular updates, highlights and photos please visit our Website

gskiddmem-s.school.gov.au
or follow us on Facebook.

SCHOOL CONTACT DETAILS:

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NATIONAL CARERS WEEK

There will be a dinner on Wednesday 16th October 2019 at 6pm at the Courthouse Hotel to celebrate National Carers Week.

All parents/carers welcome.

All main meals will be paid for through a grant.

Drinks will be available for purchase from the bar and any extras from the menu can be purchased.

Numbers are limited to a maximum of 20 people.

First in best dressed.

Come along and have a fun night off with other like minded people.

RSVP Lisa 0428 424032

