

# G.S.KIDD MEMORIAL SCHOOL NEWSLETTER

Term 3, Week 8 11<sup>th</sup> September, 2019



Please enjoy some feature articles over the next 2 Newsletters promoting and influencing healthy food choices for children.



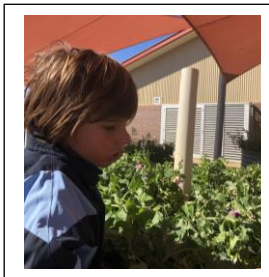
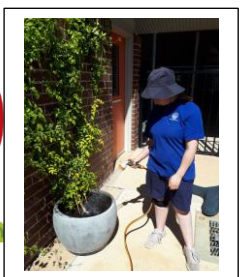
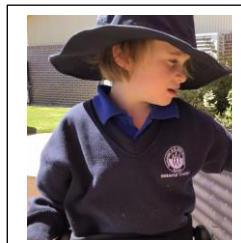
This week we are very proud to publish our first Newsletter article written by one of the students from the Fish Room.

Today Alyssa and I went to Tamworth and had lunch at KFC with Emma Hughes and Peter Nevill from Sydney 6ers cricket. Vinnie from CNSW gave us a certificate for School Cricket Champion. We had photos with Emma and Peter and they signed a hat, our shirts and our certificates. Alyssa and I had a good day wearing our pink cricket shirts.



By Charlotte Gander.  
5/09/2019









A school lunchbox can potentially make up 30-50% of your child's daily food intake. Recent studies from the University of Adelaide reveal that almost half of a child's daily energy requirements comes from "discretionary" or junk food. Despite evidence of all the ongoing benefits from eating fresh food, school lunchboxes are still often being filled with processed, packaged foods. Even though many of these packaged foods are being promoted as "healthy" snacks, unfortunately these processed foods often contain high levels of sugar, salt, preservatives, artificial colourings and flavourings, MSG and a long list of hidden nasties; even the products marketed as "healthy" and "nutritious". Over the next couple of issues of our Newsletter we will be promoting healthy eating here at GS Kidd School.

**What to put in healthier school lunches:**

- Fresh fruit
- Fresh crunchy vegetables
- Milk, yoghurt or cheese (you can use reduced-fat options for children over 2)
- Lean meats, chicken, also hard boiled eggs
- A grain or cereal food like bread, a roll, flat bread (wholegrain or wholemeal are the best choices)
- Water

***Please see over the page for lots of fresh, healthy, colourful ideas for your child's lunchbox.***



# WHAT GOES IN MY LUNCHBOX



<b>FRUIT (2 PIECES)</b>	
<b>SANDWICH, WRAP OR ALTERNATIVE</b>	
<b>DAIRY</b>	
<b>VEGETABLES (2 PIECES)</b>	
<b>FIBRE/GRAINS (Wholegrains)</b>	
<b>WATER</b>	



## Tips for healthy lunchboxes include:

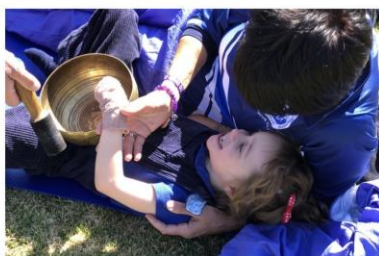
- Cut up large pieces of fruit and put them in a container- this makes it easier to eat.
- In the hot weather, send frozen milk, yoghurt or water, or even frozen orange segments.
- Go for colour and crunch in the lunchbox by offering a variety of colourful vegetables and fruit.
- Choose an insulated lunchbox or one with a freezer pack.
- Pack a frozen water bottle or ice brick for foods that should be kept cold (cheeses, yoghurts, meats and salads etc.)



# Friday Sport.....Yoga



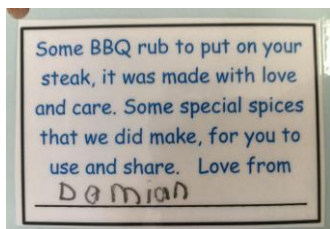
Staff and students are all enjoying our latest Friday Sport. Mr Craig Studdert from Country Sun and Moon Yoga Studio is coming to school every Friday morning for four weeks to teach Yoga. It is great to see all the staff and students participating.



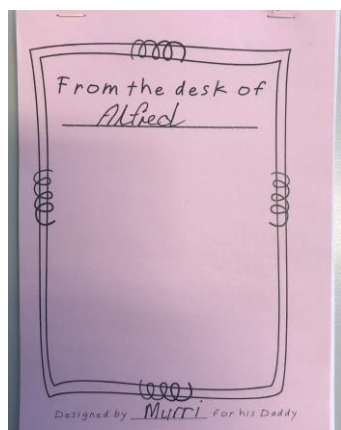
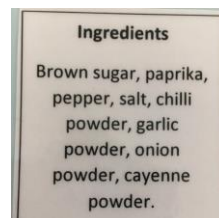


# Father's Day Creations

The students were very creative with the lead up to Father's Day, making a variety of fantastic gifts for their Dads, Pops and carers.



Students from the Emu Room created a special combination of spices that can be used as a meat rub for meats cooked on the barbeque.



Students from the Fish Room made a personalised notepad for their Dads.

Students from the Turtle Room made key rings for their Dads. They used special shrink paper, drew their handprints and shrunk them in the oven.

Students from the Goanna Room made some great cards and posters for their Dads.

The students loved making all their special gifts.

We hope all our Dads, Pops and carers had a great Father's Day.



Aiden Ellery, Conor Roberts, Damian Bindley and Tyson Small along with students from other North West NSW schools attended the NSW AECG SHOW (Sport, Health, Opportunities and Wellbeing) Camp last Tuesday and Wednesday at Lake Keepit.

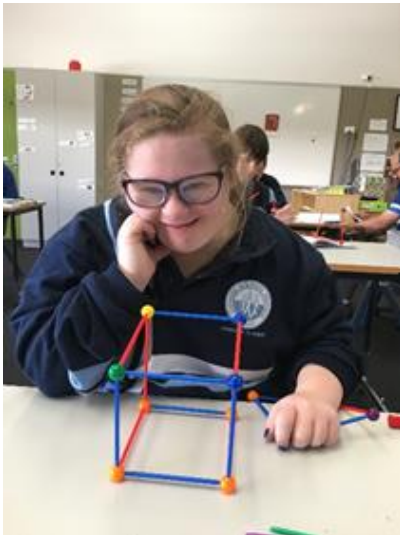
Students participated in a range of activities including cricket, confidence, oral health and healthy living workshops on Tuesday and a cricket tournament on Wednesday. Conor Roberts received the sportsmanship award from the tournament for his commitment to social wellbeing of fellow students. Well done Conor!

Thank you to everyone involved for giving our students such a wonderful opportunity.





# Goanna Room



If a child can't **learn**  
the way *we* teach,  
maybe we should  
**teach** the way *they*  
learn.

- Ignacio Estrada



Students in the Goanna class have been very busy shopping, cooking mini pizzas, learning about Fairy Tales, building 3D shapes, calculating money and change, going to the local park to identify safe and unsafe situations and learning how to type on the computer during our technology lessons. We have also welcomed Owen into the Goanna class.





A State Memorial Service was held on Monday 9th September for the late Margaret Fulton OAM. Mrs Fulton was the food editor for Woman's Day and wrote more than 20 cookbooks.

As a mark of mourning and respect our flags were flown at half-mast on Monday.



### Basketball competition 2019

Registration afternoon

Tuesday 17<sup>th</sup>  
AND  
Tuesday 24<sup>th</sup>  
September  
5:00 – 6:30pm

#### BASKETBALL COMPETITION 2018

Junior competition will be played on Tuesday nights commencing 22nd October ending 10<sup>th</sup> December. High school competition is for Yrs 7 – 9. The High school competition will commence Tuesday 22<sup>nd</sup> October ending 10th December.

Seniors will play on Wednesday nights with competition starting Wednesday 22nd October and ending on Wednesday 10<sup>th</sup> 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.

GUNNEDAH BASKETBALL ASSOCIATION  
Facebook – Gunnedah Basketball Association  
[www.gunnedahbasketball.com.au](http://www.gunnedahbasketball.com.au)

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## RAIL IN GUNNEDAH

*Celebrating 140 years*

9.00AM–2.00PM

### SATURDAY 14TH SEPTEMBER, 2019

### GUNNEDAH RAILWAY STATION

MEET LOCAL RAIL SERVICES & FIND OUT HOW THEY HAVE CONTRIBUTED TO RAIL IN GUNNEDAH

- VINTAGE TRAIN RIDES - VINTAGE MACHINERY -
- HISTORICAL DISPLAYS & INFORMATION -
- PRIZE FOR BEST PERIOD COSTUME -
- FOODS STALLS - LIVE MUSIC -

- VINTAGE TRAIN RIDES -

PRICES RANGE FROM \$10 (CHILD) TO \$20 (ADULT)

TICKETS ON CASH - ONLY SALE AT GUNNEDAH RAILWAY STATION

02 6740 2060

ALL ARE WELCOME COME ALONG TO SHARE STORIES & BE PART OF GUNNEDAH'S HISTORY!

# LINKS FOR LIFE

## Disability Expo

### TAMWORTH SPORTS DOME

Jack Smyth Drive, Tamworth

**Thursday 19th September 2019**

10.00am - 2.00pm

Official Opening 10.15am

#### **FREE:**

- ENTRY • PARKING
- BUS TRAVEL
- SAUSAGE SIZZLE ALL DAY

This event is for people with disabilities and ongoing medical conditions, their families, carers, support network and service providers.

Find information and advice on early intervention services, carer support, advocacy, accommodation, training and education, employment, post-school options, equipment, adaptive technology and the NDIS.

Please note the media will be in attendance and may wish to talk to participants.

**HANNAFORDS**

**Tamworth**  
BUSLINES

#### **FREE BUS TRAVEL**

Free bus travel with Hannafords and Tamworth Buslines to and from the Sports Dome to attend the Links For Life Disability Expo. Give this flyer to the driver on the day. Hannafords will take you as far as Kable Ave, Tamworth Buslines will take you out to the Sports Dome.

Free transfers to the Expo with Fiona's Mini Buses on 6760 9084 – for community members who are unable to access the regular public transport options and require individual transport.

For more information, please call:

Danielle on 6762 8003 or Lorraine on 0418 194 819

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## PRINCIPAL'S REPORT

With the weather becoming warmer, students will be able to begin swimming again. Please ensure that your student has swimmers and a towel, both labelled with their name.

As a school we are focusing on healthy lunchbox choices and there are some ideas for healthy snacks in this newsletter.

The annual review meetings for students will take place on Wednesday 18th September. The purpose is to ensure that disability confirmations and Individual Education Plans for all students are updated. If you would like to discuss any of these matters you are welcome to make a time on the 18th to meet. Please feel free to call the school to make a time.

Bec Maybury  
Principal

## CALENDAR:

<u>Date</u>	<u>Day</u>	<u>Activity</u>	<u>Venue</u>
Week 8 09/09	Mon-Fri	<b>Shopping/ Cooking</b>	Woolworths/gsk
11/09/2019	Wednesday	<b>Newsletter</b>	
19/09/2019	Thursday	<b>Disability Expo</b>	Tamworth Spors Dome
19/09/2019	Thursday	<b>P &amp; C Meeting</b>	GS Kidd Library
20/09/2019	Friday	<b>RDA</b>	Showground
Week 10 23/9	Mon-Fri	<b>Shopping/Cooking</b>	Woolworths/GSK
25/09/2019	Wednesday	<b>Newsletter</b>	
26/09/2019	Thursday	<b>Speakfest</b>	Gunnedah PS
27/09/2019	Friday	<b>Last Day of Term 3</b>	
14/10/2019	Monday	<b>First Day of Term 4</b>	

## TODAY'S THOUGHT:

*“Don't let yesterday take up too much of today.”*  
Will Rogers

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](http://gskiddmem-s.school.gov.au)  
or follow us on Facebook.



## SCHOOL CONTACT DETAILS:

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Fax: 6742 4120.

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Website: [gskiddmem-s.school.gov.au](http://gskiddmem-s.school.gov.au)

## 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*

