



## NEWSLETTER

WEDNESDAY 9<sup>TH</sup>  
SEPTEMBER, 2020

TERM 3 WEEK 8



### STOP PRESS!

Please note that staff **do not** commence playground duty until 8:30am each morning, therefore if students arrive before this time they will be unsupervised, unless prior arrangements are made.

Some of the students enjoyed meeting cricketer Jordon Silk via Zoom on a Sydney Sixers Virtual Visit today. Jordon gave some wonderful life skill tips to the students, and the students loved interacting and asking questions.



This week we feature an article written by Shayne Williams from the Kangaroo Room.

The Kangaroo class has been focused on narrative writing this term. We have been studying the trilogy by Aaron Becker. These are books that have no words. Everyday this term we have been writing our own narratives to the beautiful pictures. There are three books named "Journey", "Quest" and "Return". This page is from the "Journey". We are learning about nouns, verbs and adjectives, personality traits and emotive language. We have all enjoyed our own 'JOURNEY' in narrative.



### Journeys

As Jenna was about to enter the big city she took a deep breath in to calm herself down. When she was still sailing through the entrance, she saw millions of soldiers waving their hands to greet her. The kind gesture from the soldiers made her feel welcome. There were lots of water and canals in this Castle town and the golden roofs were beautiful. The roofs were so bright, it almost made her blind with their light.

By  
Shayne Williams







# REMINDERS

NSW Department of Education

## A managed return to school

5 days a week

-  Students at school 5 days a week.
-  Students must bring their own water bottle.
-  Non-essential visitors are not permitted on school ground. Parents and carers must physically distance at drop off and pick up.
-  Follow health advice and keep your child home if they are unwell.

For full details, visit [education.nsw.gov.au/covid-19/advice-for-families](https://education.nsw.gov.au/covid-19/advice-for-families)

## ATTENTION

Please see next page for updated lunch order details starting **Term 4.**

  
  
**Online Ordering**



All lunch orders and money must be in to the front office by 9am Friday mornings. They can also be dropped in earlier in the week.

Mini pies x 3 with Chips and/or salad \$6.20

Mini sausage rolls x 3 with chips and/or salad \$6.00

Chicken nuggets x 4 with chips and sauce \$6.00

Mini pizza (Hawaiian/meatlovers) \$4.80

Sandwiches- any toppings(meat, lettuce, carrot, tomato, beetroot, cheese, mayo) white or multigrain bread \$6.00

Fruit salad \$5.00

Mixed fruit \$5.00

**Term 3 Only**



## P & C Meeting

Thursday 17<sup>th</sup> September 5pm via Zoom.  
Details to follow.



a little  
*progress*  
each day  
adds up to  
*big results*



Just one small  
positive thought  
in the morning  
can change your  
whole day.  
*Dalai Lama*





## SAVE TIME with our ONLINE CANTEEN!

G.S. Kidd Memorial School (served by Gunnedah South School)  
Accepts online orders using MunchMonitor.



### Setting up an online account is easy!

1. Go to **www.munchmonitor.com**
2. Click **LOGIN**
3. Click **REGISTER**
4. Enter
  - School ID: **gskiddmemorial**
  - Password: **munch2380**
5. Click **Submit**
6. Enter your email address
7. Enter the password you want. Make sure you can remember your password
8. Review and tick on the Terms of use
9. Click **Create your Account**
10. Click on the **Activation Link** in the email we sent
11. Follow the steps to **create your Parent Profile**
12. **Add Students** to your account
13. Click on **Account Top-up** to transfer money into your account
14. **You are now ready to order online!**

SETUP A NEW ACCOUNT

Your School ID

Your School Password

SUBMIT

### Quick Information

#### Using MunchMonitor Online Ordering

- You can place orders online up to 4 weeks in advance **Thursday is the only day for lunch orders.**
- Top-up your account online using VISA/MasterCard
- List allergies to alert canteen staff
- You can order anytime you want using web browsers such as Chrome or Safari
- You can use desktops, laptops, tablets or smart phone with internet access
- It only cost \$ 3.30 per school term for the family account
- No sign up fee
- No transaction fee



Call us at 1300 796 190 or email us at [help@munchmonitor.com](mailto:help@munchmonitor.com)  
if you require further assistance.

**MunchMonitor...making your school day easier**



Like us on  
Facebook

[Facebook.com/MunchMonitor](https://www.facebook.com/MunchMonitor)

Lunch ordering from Gunnedah South School canteen will commence in Term 4. Lunch orders will be offered **Thursdays only, with an online ordering cut-off of 9am.** Please see details above to set up your online ordering account.

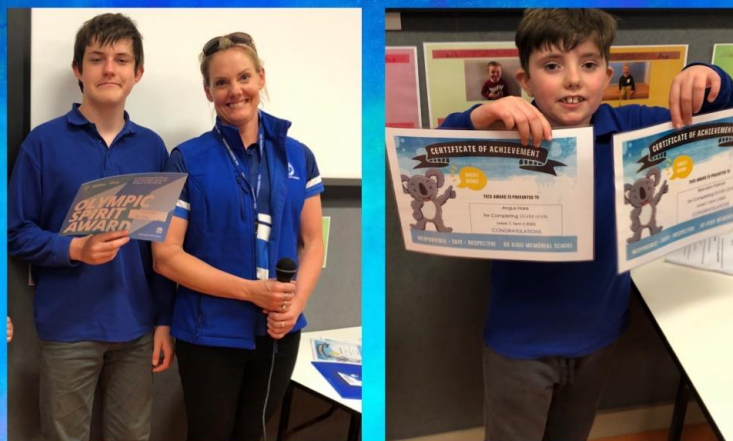
# PBL Awards

*Responsible  
Safe  
Respectful*

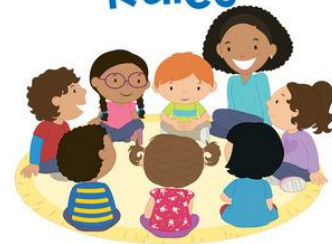


A big CONGRATULATIONS to our recent recipients of PBL and sports Awards.

This week's PBL focus is.....  
**"Learning to understand rules and consequences."**



**I Can Follow  
classroom  
Rules**

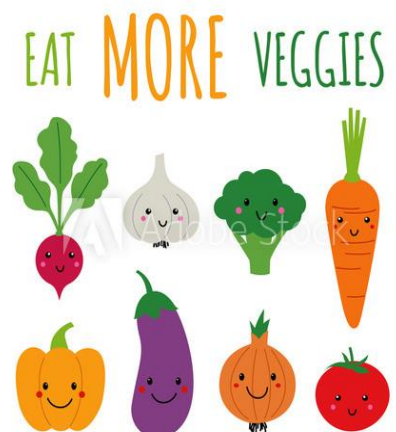




# Science

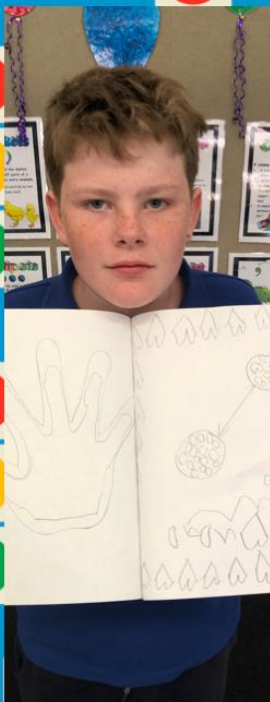


Students have recently been experimenting planting bean seeds. They have placed them in all different positions, with varying amounts of light, varying from full natural light to a dark area. They are all anxiously waiting to see the difference in growth and to compare the results.





# Happy Father's Day

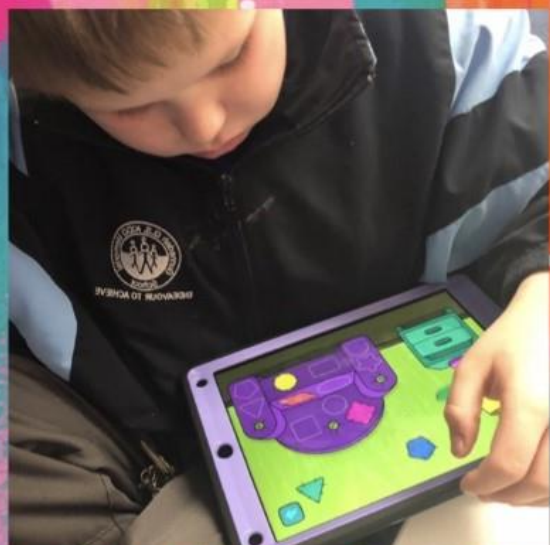
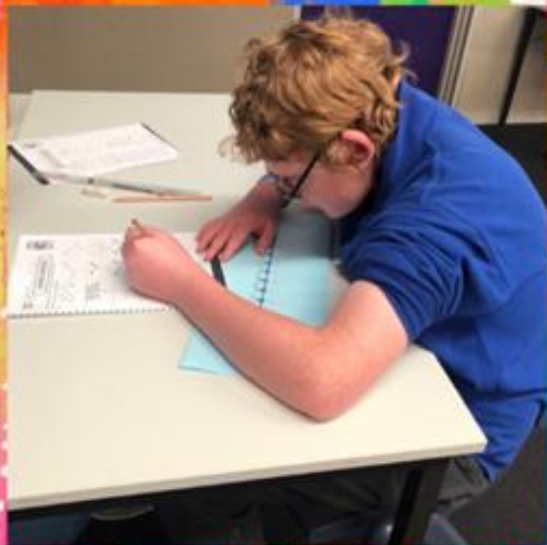


Please enjoy some of our student's creations that they made for Father's Day. They all had a lot of fun making things and were excited to be taking them home to surprise Dad. We hope all dads, pops and carers had a lovely Father's Day.





# *Kangaroos*





## Goanna Room and Emu Room PDHPE



**KIDS WORKOUT**



**HAPPY  
BIRTHDAY**

Max recently celebrated his 14<sup>th</sup> Birthday! We hope he had an extra special day!







**If you're worried about someone  
start by asking "Are you OK?"**

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling  
this way for a while?"

"I'm ready to listen  
if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't seem to  
be your usual self lately."

"I'm always here if  
you want to chat."

"Is there someone else  
you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

**Make time to check in:**

"Let's chat again next week."



Advanced Plan Management

Registered NDIS Provider

**(02) 47610 792**

# Looking for a Registered NDIS Plan Manager?

## Advanced Plan Management

Advanced Plan Management will take care of managing the financial side of your plan such as claiming from the NDIA, paying your providers, processing your expenses and providing you with monthly statements & access to our easy to use app.

You maintain the freedom and flexibility for Choice and Control.

Choice - over the services you purchase, who provides them, and how much you pay for them.

Control - over when and how those services are delivered.

Advanced Plan Management is an NDIS registered independent service provider – which means we are here to provide you with expert, unbiased support that keeps you and your interests top of mind.

**[www.advancedplanmanagement.com.au](http://www.advancedplanmanagement.com.au)**





## THE WHAT, WHY AND HOW OF SELF-MANAGEMENT

10 September 11am -1pm

Join our virtual Self-Management workshop and Live Q&A to learn the steps in having more choice and control by self-managing your NDIS funding. You will hear real-life stories from people with disability and carers who are currently self-managing their NDIS plans. We aim to develop the skills and confidence needed to successfully self-manage your NDIS plan. There is also a unique and exciting opportunity to connect with our self-management subject matter experts and ask any questions you have on self-managing our NDIS plan!

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### Watch Here:

Watch the self-management workshop here:  
<https://bit.ly/watch-self-mgt>

### Date:

Thursday 10 September 2020

### Time:

11.00am – 1.00pm

### Register Here:

Register via Eventbrite to be updated with the most accurate information for this event.

Register here: <https://bit.ly/register-self-mgt>

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Scan our QR code to access the most up-to-date, useful information and resources that will assist you in your NDIS journey!



# Good for Kids good for life

## BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



### LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.



### WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.



Health  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>





## NSW School Leaver Information Session

### Supporting your pathway to post-school life

The National Disability Insurance Agency would like to invite school leavers and their families to attend a virtual information session.

This session will provide an opportunity to hear about supports available through the NDIS to support transition to post-school life and employment. Learn how to prepare for a conversation about your goals and things to consider when choosing the right provider for you.

This session is offered over multiple dates to allow flexibility for attendees. Each session will cover the same content, and will have a maximum capacity of 300 attendees. Sessions will be held via video-conference using Microsoft Teams. Details on how to log into the session will be forwarded to attendees two days prior to the session. If you would like to attend please register via Eventbrite.

For any enquiries regarding this session, please contact [events@ndis.gov.au](mailto:events@ndis.gov.au). Please include the session name in the subject line.

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**Where:** Virtual Information Sessions via Microsoft Teams

**Dates & Times:**

Thursday 10 September 2020      5.00pm – 6.30pm (AEST)

Wednesday 16 September 2020      5.00pm – 6.30pm (AEST)

**RSVP:** Please register via Eventbrite at <https://www.eventbrite.com.au/e/nsw-school-leaver-information-session-tickets-117609680721>

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**Additional information:** Accessibility is important to us. If you have any accessibility, interpreter, live captioning or other requirements, please advise when registering. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters.



[ndis.gov.au](https://www.ndis.gov.au)

## Keep yourself and your loved ones safe



**Stay 1.5 metres or two big steps away** from other people



**Follow NSW rules for gatherings and activities** (individuals and businesses). Follow advice to avoid COVID-19 hotspots



**Don't attend big family gatherings.** Catch up with a small group instead



**Stay safe when out and about.** Take hand sanitiser with you. Clean your hands often



**No shaking hands, hugging or kissing** other people who don't live with you



**Stay in if you feel unwell. Get tested** if you have any symptoms. Avoid contact with others until you are well

### COVID-19 symptoms



**Fever**



**Cough**



**Sore throat**



**Shortness of breath**



**Loss of smell**



**Loss of taste**

### Stay Safe



**Clean your hands thoroughly** for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



**Cover your nose and mouth** when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands



For more information call the National Coronavirus helpline on **1800 020 080** (available 24/7). For free help in your language call **13 14 50**.

[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)





Since the last newsletter students have been participating in a variety of events in addition to our regular learning, cooking, gardening and sport.

On Wednesday 2<sup>nd</sup> September the Turtle, Fish, Goanna and Emu Classes took part in **Indigenous Literacy Day** which was a live stream from the Sydney Opera House. The students and staff enjoyed Jessica Mauboy singing *The Barramundi Song* in two Indigenous languages – Tiwi and Mangarrayi - as well as English. There was also a visit by children's author Andy Griffiths! This event gives younger audiences a celebratory experience of Indigenous language and literacy.

On Thursday 3<sup>rd</sup> September some students took part in a Zoom Meeting with representatives who are planning the Gunnedah Council's **Open Space Strategy**. This was an opportunity for students to share their thoughts on the use of council parks and open spaces in Gunnedah. Below is the positive feedback that was sent to the school after the meeting.

***"What a delightful group of students! They had great ideas and experiences to contribute. Please pass on our appreciation to the students we met with."***

Today our older students have participated in the **Virtual Transition Expo**, a great opportunity for students to see the variety of services and options for post school programs. Thank you to Vicki Urquhart for organising student access.

This Thursday is **R U OK Day**. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs. This year has been a very challenging one and that makes it even more important for us to all stay connected and support one another. More information can be located at <https://www.ruok.org.au>



Bec Maybury



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.

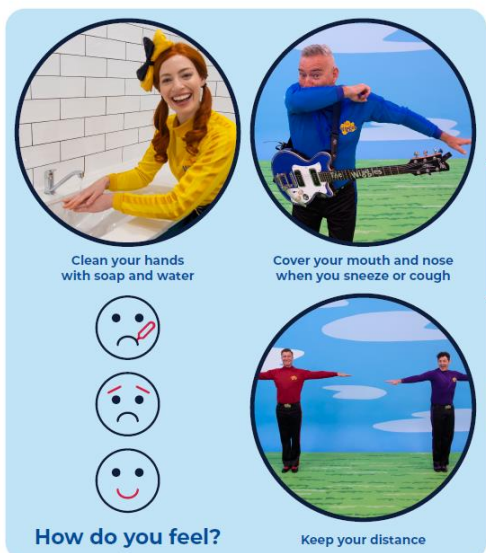
### SCHOOL CONTACT DETAILS:

**Address:** 37 Lincoln St, Gunnedah NSW 2380.  
P.O Box 316, Gunnedah NSW 2380.

**Telephone:** 6741 5200.  
**Fax:** 6742 4120.  
**Email:** [gskiddmems.school@det.nsw.edu.au](mailto:gskiddmems.school@det.nsw.edu.au)  
**Website:** [gskiddmem-s.school.gov.au](http://gskiddmem-s.school.gov.au)

NSW Department of Education

## Be a hand-washing hero



[education.nsw.gov.au](http://education.nsw.gov.au)



**Please use hand sanitiser**

[education.nsw.gov.au](http://education.nsw.gov.au)

## Thought For The Day

If you cannot do great things, do small things in a great way."

*Napoleon Hill*

## Positive Behaviour For Learning

