Term 3 Week 7  3 September 2014

Photo of the week:
Buddies at preschool

WHAT’S HAPPENING
Till – 5 Sept  MOVband challenge
Till 5 Sept  Swim & Survive
4 September  Seahorses K-6 Father’s Day stall
5 September  -  Seahorses’ Sports Day
8 September  Book club orders due back
9 September  Back to basics cooking
10 September  Assembly 4/5D
              Board meeting 5:30
              P&C meeting 7pm
11 September  ‘A swag of tales’ performance
19 September  BillyG fundraising orders due back
22 September  School Photos – K-6 and Dolphins
26 September  School Photos - Seahorses

NOTES TO BE RETURNED

Radio GPS
Be in the know
Gilmore Primary’s own radio station
Keep up to date on school events and news
Access via Facebook or http://www.spreaker.com/user/radio.gps

Find us on Facebook

Student Banking Every Thursday

NOTES TO BE RETURNED

TERM DATES 2014
Term 1 31 Jan to 11 April
Term 2 28 April to 4 July
Term 3 21 July to 26 Sept
Term 4 13 Oct to 17 Dec

Direct deposit details
Gilmore Primary School
Direct Deposit Westpac
BSB: 032 777

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No hat – Play in the shade

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Dear Parents

Congratulations to Ms Dearden and Year 4/5D who featured in a WIN News Report last night on the Kulture break ‘Every Chance to Dance ‘ program which is running at Gilmore in all classes from Kindergarten through to Year 6 and adds another perspective to our Arts and PE/Sport Curriculum. It has been terrific to see the way both the teachers and students have engaged with this program. During Term 4 we will be holding another ‘Every Chance to Dance’ assembly at which every class will have the opportunity to ‘kick up their heals’ and show you what they can do.

The SmartStart program finishes in a fortnight. Once again, those students involved are putting in 100+% effort and are impressing themselves with their improvement in fitness levels and stamina.

The ‘Back to Basics’ cooking program is well underway. Many thanks to Mrs McGuire, Mrs Sheehan, Mrs Norris and Mrs Dibley who have been organising and running the program over the weeks after school. The students are really enjoying the making, baking and especially the eating. Parents are joining in as well and have been sharing information on recipes and healthier options to eat. A new group will be involved in the program in Term 4.

Don’t forget your SOCs?
Our P & C is actively engaged in the SOCs fundraising activity which brings benefits (through discount vouchers) to you. Don’t forget to, where possible, support the businesses which are supporting your P & C (in turn supporting YOUR children through providing addition resources for them to use at school) A new SOCs voucher sheet was distributed last week. Additional copies can be obtained at the front office.

Active Kids Challenge
We are now into week 6 of the Physical Activity Foundations ‘Active Kids Challenge’. Only one week to go! Students from both the Jeannie Baker and Robin Klein units have the added incentive to try and clock up ten movement kilometres per day as part of the MOVband Challenge which finishes this week. The students have certainly been very active. Hopefully the warmer spring weather will encourage them to come out of ‘hibernation’ and stay fit and active at all times.

Are you out and about? Tips for magpie season!

Spring in Canberra is notorious for magpies, which can be a deterrent for parents and kids getting to school on foot or by bike. Here are some great tips for surviving magpie season. ‘These recommendations were taken from a recent interview with avian expert Dr Robert Johnson in City News.
• Don’t try and scare off the bird. Wildlife is protected and sometimes this action can lead to a more serious and sustained attack.
• Think about using different pathways because moving the bird is not an option.
• Wear a hat or carry a stick or umbrella which can be raised to fend off serious attacks.
• Cyclists should wear a helmet, dismount and walk through the area.
• Draw a pair of eyes and attach to the back of hats and helmets, as birds may be less likely to attack if they think you are watching them.
• Don’t interfere with or throw stones at birds. This may give them more reason to see humans as a threat and lead to increased swooping behaviour.’

P & C Father’s Day Stall
The stall will be run again tomorrow so that children have an opportunity to buy a small gift for Dad. Could you please also send your child to school with a plastic bag in which to carry their purchase. (Further details are provided elsewhere in the Gazette)

Upcoming happenings:
- 4 September: Seahorses & K to 6 Father’s Day stall
- 5 September: Seahorses’ Sports Day
- 9 September: Back to Basics cooking
- 10 September: 4/5 D Assembly
- 11 September: ‘A Swag of Tales’ performance

At school – on time – in uniform – in class ready to learn

REMINDER: - NO HAT – PLAY IN THE SHADE!

As part of our school’s SUN SMART policy, students are to wear a hat when outdoors from Monday 1 September and this will continue through for the rest of the school year.

Caps are not acceptable as they offer minimal protection from the sun (they leave the cheeks / lips / neck exposed)

Students will need to be wearing either a ‘bucket’ or ‘broad brimmed’ style hat.

Andrew Geering
Principal
Gilmore Primary School
The following children were awarded membership of the Gilmore Good Citizens Club in Week Six: Kiera Crombie, Makayla Heinl, Nate Morris, Emily Winch, Chloe Boileau, Kian Morris.

Five current members were also invited to join us and support our newest members. These children enjoyed a piece of chocolate cake, a muffin and a cup of hot chocolate with Ms Lucas during recess last Friday.

Pamela Allen Unit

Program:
We are exploring and investigating the senses of our body. We have been looking at sight and have been playing games such as ‘No Peeking’ and painting with blindfolds. We have been busy making gifts for our fathers/grandfathers/step fathers and wish them a Happy Father’s Day on Sunday.

Pick Up and Drop off:
In order to comply with regulations and legislation the Preschool now has a late arrival and early pick up folder for families to sign. This is important for emergency situations and to ensure our class roll is accurate. If your child arrives after 9:15am or leaves before 2:45 the folder will need to be filled out. It is near the information board inside.

A reminder that staff do not have duty of care until 8:55 when the bell rings. Staff need this time to prepare and set up for the day. If you arrive before this time we ask that you stay with your child and engage in an activity with them.

Reminders:
Please send your child with a suitable sun hat that is named. With the warmer weather approaching please consider how to keep your child’s food fresh and safe by adding an ice brick, freezing yogurt and cheese sticks. Please ensure spare clothes reflect the change in weather.
Seahorses:
A reminder for Seahorse families that we will be going to the P&C father’s day stall on Thursday. Please send your child with $5 to purchase a gift for their father/grandfather and a bag to carry their gift.

The Seahorses will be having their sports day on Friday. Please wear your team colour if possible and bring a plate for a shared morning tea (NO SNACK REQUIRED).

Your Partners in Education
Kim, Kylie, Antonia, Leah, Dee and Zuzette

Alison Lester News

Swimming
The swimming program concludes this Friday 5th September. The students have enjoyed lessons and have learned many important water safety skills. Congratulations to all the students who have participated in the program this year.

Remember that the Hats On rule applies from 1st September! It is important for students to stay sun safe and keep hydrated. If a student does not have a hat then the rule NO HAT – PLAY IN THE SHADE applies. Please ensure that your child/children bring a broad brimmed or bucket hat to wear at school each day. Thank you to the many students who remember hats and water bottles. It is important for students to stay sun safe and keep hydrated.

Tasteful Tuesday will be held next Tuesday 9 September. Cakes and slices are available for a gold coin donation. Year 6 will be raising money by selling cakes and slices at the canteen during recess.

Fathers’ Day Stall
Gifts will be available for $5 at the Father’s Day stall this Thursday 4th September

Home Reading
Practice makes perfect! It is great to see so many students reading at home! Keep up the wonderful work! Regular reading practice is the best homework for all of our students. Please ensure that your child regularly returns home readers.

Healthy Snack
It would be appreciated if the children could have small pieces of fruit for their healthy snack. As we only have ten minutes to eat our snack mandarins, grapes and sultanas are ideal. Larger pieces of fruit like apples, oranges and pears need to be cut into small pieces and put into containers. It is difficult for students with loose teeth to bite into a whole apple!

School arrival time.
Our literacy activities begin first thing in the morning. If children are late they miss out on important instructions. School begins at 9am, so we would like all the students to arrive at 8.50am.

Thankyou from the Junior team.
Jeannie Baker News

Students in Jeannie Baker have thoroughly enjoyed participating in their swimming sessions at Erindale Pool. This is their second week of lessons in which it has been amazing to see their progress.

This week is also their second week of the MovBand challenges. Students are reminded that this challenge will conclude this Friday. Well done to all of those who have participated in reaching the goal of 225km over the past two weeks.

Regards,
Jeannie Baker teaching team.

P & C News

FATHERS DAY STALL presents are $5 each
4 September Seahorses K-6
5 September Seahorses’ Sports Day

COOKIE DOUGH FUNDRAISER
Forms have been sent out so we hope you can assist with this and our remaining fundraising endeavours for 2014 so we can continue to make more important contributions to the school. Stock up on easy-to-bake biscuits that the kids will love to help with!

Orders and money are due at the front office on Friday 19th September, with orders delivered after the school holidays.

WINE FUNDRAISER
Info on this unique opportunity will be sent out next week so stay tuned!

AVON ORDERS – don’t forget to check out the catalogues at the office

TREASURER REQUIRED – we are still seeking assistance for this important role within the committee – please contact Donna if you are interested.

UNIFORM SHOP open Friday 5 September 2:45 to 3:15

The next P & C meeting will be held on Wednesday 10 September at 7pm – we still need all hands on deck for fete planning.

Thank you for your support

Canteen News

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<td>Kylie</td>
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Thanks you to the parents and kids who have donated items, it is much appreciated. We are still low on Jelly, eggs, margarine, fruit/Vegies - canned, fresh or frozen

If any parents or kids have recipe suggestions or requests please let me know. I am always after new and healthy ideas.

This week recipe for you to try at home: Raspberry, Banana and Yoghurt Muffins with Just a Teeny Tiny Sprinkle of Chocolate Chips
Ingredients
- 2½ cups self-raising flour
- 1 teaspoon ground cinnamon
- ½ cup brown sugar
- 1 cup banana, mashed
- 1 teaspoon vanilla extract
- 1 egg, lightly beaten
- 1¾ cups yoghurt (any flavour you like)
- ¼ cup extra-light olive oil
- ¼ cup chocolate chips
- ½ cup frozen or fresh raspberries (you could use any berries)

Method
1. Preheat oven to 190C - or 170C if using fan-forced.
2. Line a 12-hole muffin pan with paper cases.
3. Combine the self-raising flour, cinnamon and sugar in a large bowl.
4. Make a well.
5. Add mashed banana, vanilla extract, egg, yoghurt, chocolate chips and oil.
6. Stir until just combined.
7. Very gently fold through the frozen berries.
8. Spoon into paper cases.
9. Top with a couple of extra chocolate chips.
10. Bake for 20 to 25 minutes.
11. Stand in pans for 2 minutes.
12. Transfer to a wire rack to cool.
13. A toothpick inserted in the center should come out clean.
14. Allow the muffins to cool completely... or just eat one while they are still warm! Why not!

Canteen helpers — A huge thank you to the parents/grandparents who have offered to volunteer at the canteen. The canteen relies on parent help to assist in serving at the counter, making lunches, baking, making jelly etc. Children/toddlers are most welcome. Lunch is provided. If you feel you may be able to help, even for an hour, please contact me on 0400868589 or leave your number at the front office.

Thank you Rachael

Have we got your up to date contact information?
It is important that you advise the front office of any changes to personal details or emergency contacts. This includes changes to your email, the gazette, updates and reminders are sent out via email. Current and correct details enable us to make quick contact in case of emergencies and help keep our families and community up to date and informed on what is happening at Gilmore.

Being a parent is the hardest job we’ll ever have. All parents at some time experience difficulties and stress. Parentline is a confidential, anonymous telephone counselling and information service. Phone Parentline if you would you like:
- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager’s behaviour.

Parentline ACT. Monday to Friday (except on public holidays), 9am to 5pm. Phone: 6287 3833