SCHOOL PHOTOS INFORMATION

MSP are our school photographer this year.
Please have your photo orders back for photo day. Orders and payments can be made online.

A discount applies for families with 3 or more children. After purchasing Individual Packs for EACH child a Siblings presentation pack of your choice will be free.

Only children who present a Siblings Presentation order form to the photographer on photo day will have their Family/Siblings photo taken. Envelopes are available at the school Office.

We have spare envelopes for those that need to order two sets of their child/rens photos, please call into the front office and collect. Thank you.

WHAT’S HAPPENING

10 September  Assembly 4/5D
   Board meeting 5:30
   P&C meeting 7pm
11 September  ‘A swag of tales’ performance
16 September  Back to basics cooking
17 September: Year 6 Sports Expo @ CCS-Senior Campus
19 September  BillyG fundraising orders due back
22 September  School Photos – K–6 and Dolphins
24 September  Assembly DMG Zpm
24 September  Learning journey 3 – 5pm
26 September  School Photos – Seahorses

NOTES TO BE RETURNED

‘A swag-of-tales’ notes and $4 payment.
Dear Parents,

Active Kids Challenge
We are now into the final week of the Physical Activity Foundations (PAF) ‘Active Kids Challenge’ to go! Students from both the Jeannie Baker and Robin Klein units have also completed the MOVband Challenge. Each day the students participating recorded their ‘movement’ kilometres. These are being tallied by the PAF to see which class has won the Gilmore Activity Challenge for 2014!

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.

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Dear Gilmore Parents and Carers

You are cordially invited to join us for an afternoon of celebration on Wednesday 24 September 2014.

From 2:00 pm the Dame Mary Gilmore assembly will be taking place in May Gibbs. This is an opportunity to share the writing achievements of all of our students from Kindergarten to Year 6.

From 3:00 to 4:30 pm all classrooms will be open for parents and family members to come and share the learning that has taken place across the term.

Look forward to seeing you there!

Gilmore Primary Staff
**DRINK WATER REGULARLY THROUGHOUT THE DAY!**

This is a really important message to remember, especially as the weather is warming up.

Here are some great reasons why water is important for our health!

- Water is important for clear thinking. Dehydration of just 2% of total body fluid can lead to poor concentration.
- We humans are about 60% water. Water is involved in many of our bodily functions including blood circulation, temperature regulation and digestion.
- Water is important for a happy tummy and helps keep your bowels regular.
- Water helps you feel full so you avoid unnecessary snacking. Did you know that about 20% of your daily fluid intake comes from food? Fruit and vegetables have high water content so are a great choice to help keep hydrated.

The easiest way to keep hydrated is to have a water bottle handy throughout the day as a reminder to drink up!

**Upcoming happenings:**
- 10 September: 4/5 D Assembly
- 11 September: ‘A Swag of Tales’ performance
- 16 September: Back to Basics cooking
- 17 September: Year 6 Sports Expo @ CCS-Senior Campus
- 22 September: School Photos
- 24 September: DMG Assembly – 2:00 pm; Learning Journey – 3:00 to 5:00 pm.

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

Congratulations to our Week Seven winners: Mylie, Keira, Latrell, Jake, Tara, Ryan, Ryan, Blaze, Makayla, Ryan, Liam, Alycia, Maggie, Bailey, Natalia, Mikayla, Liam, Erin, Sam.

**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.

**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.

✔️ ✔️ ✔️

**SLIP** on a shirt  **SLOP** on sunscreen  **SLAP** on a hat  **WRAP** on sunglasses  **SLURP** water regularly

Andrew Geering
Principal
Gilmore Primary School
**Principal Awards**

<table>
<thead>
<tr>
<th>Baden Perry</th>
<th>Jake Ryan</th>
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<td>Emily Winch</td>
<td>Tara Vasu</td>
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<td>Eray Can</td>
<td>Christopher Lim</td>
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<td>Tahlia Williams</td>
<td>Ryan O'Halloran</td>
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<td>Hayden Vincent</td>
<td>Ryan Bateup</td>
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<td>Luke Boxall</td>
<td>Emma Flick-Booth</td>
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<td>Jasmine Casey</td>
<td>Lachlan Pearce</td>
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<td>Olivia Kozlowski</td>
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**You Can Do It Awards**

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<th>Emily Boxall</th>
<th>Brodie Deans</th>
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<tr>
<td>Kian Morris</td>
<td>Zac Vincent</td>
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**Pamela Allen Unit**

PLEASE NOTE: School Photos for Seahorses will be on Friday 26 September – there is a misprint on the photo envelopes. Apologies for any confusion.

**Program:**

We have had very successful and enjoyable games days. The children participated in six activities. It was very tiring and hard work but lots of fun. Thank you to our team managers on the days Deanna, Jana, Katie, Felycar, Maria and Monique. It was lovely that a number of families could also join us for a shared morning tea. Please return all sponsorship/donation money to the office.

We were also looking at hearing and read an information book about hearing and played secret whisper. Both the Dolphins and the Seahorses were able to pass the secret message along without getting it in a muddle. Great listening.

**Dress Up Day:**

To celebrate the end of term we will be having a dress up day in week 10. These will be held on Tuesday 23rd September for the Dolphins and Thursday 25th September for the Seahorses. Can the children come dressed as something that begins with same letter as their name e.g. Kim the Kangaroo. We will be looking at healthy eating in the next two weeks of our program so if families could provide a plate of healthy lunch to share on the day (fruit platter, biscuits and dip, mini quiches, sandwiches). Please see the note sent home for further details.
**SOS**
We still need some helpers to assist in the making of the end of year mementos of a stuffed Dolphin or Seahorse. Please put your name on the board if you can help.

**Reminders:**
School photos are on:
Dolphins Monday 22nd September
Seahorses Friday 26th September

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

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**Jeannie Baker News**

Jeannie Baker will be starting a new unit of work called ‘Colourful Cultures’. The unit will begin with looking at Australia’s states and territories and capital cities. As the unit progresses students will learn some of the following things:

- How to locate Australia on a map
- About Australia’s neighbouring countries
- Australia’s culture
- The cultures of some of Australia’s neighbouring countries and beyond

Students will complete tasks that help them to develop their research skills both using the library and computers.

We look forward to sharing what we have done with the unit so far at the Learning Journey.

Nicole Minshull and Aaron Partridge

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**Robin Klein News**

The year 6 students would like to thank everyone for their support and generosity so far this term. We enjoyed a great Tasteful Tuesday again this week, so much so the students are asking if we can extend it into next term.

All year 6 students will be attending a sports expo at Caroline Chisholm School next week. Please make sure you return the permission slip.

Students in Robin Klein will be starting to think about their **Funday** activities toward the end of this term. Funday will be held early next term during the middle session. Further details to follow.

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**Peer Support News**

Last Week (7)

Last week in Peer Support the children learnt how important it is to take small steps towards achieving a goal. The children practised a range of strategies and different ways to think and help them stay optimistic during difficult times. Ask your child to share their goals and discuss ways you can provide encouragement. You could also share different ways you think and stay optimistic with your children.
This week in Peer Support the children were discussing the importance of showing gratitude to others. Children were encouraged to reflect on the positive aspects of their lives, including people. The activities gave the children an opportunity to thank someone who has helped them, hope you enjoy tour “Thank - You” cards. During the week encourage your child to appreciate and thank people in their lives who have been a positive role model and helped them through sticky situations.

P & C News

Meeting tonight 7PM ALL WELCOME

COOKIE DOUGH FUNDRAISER - Due Friday 19 September, orders delivered after the school holidays.

CHOCOLATE DRIVE – for the fete – drop off bars of chocolate at the front office

PLATE ORDERS – Due 12 September Spare order forms at the front office – siblings can also participate

WINE FUNDRAISER – Order forms out now!

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 - next open Friday 19 September 2:45 to 3:15

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

Thank you for your support

Canteen News

Roster

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Next term the new summer menu will be out. If you have any healthy suggestions please contact me on 0400868589 or leave a note at the front office with things your child might like to order over the counter or in lunch orders. I would also love for kids and parents to share their favourite recipes with the canteen. I want to make sure I am making things the kids would love to eat and parents are happy for their children to have. Any suggestions are welcome.

My boys requested apple slice this week and I found this yummy slice recipe. I put less honey in as there is a lot of sweetness from the juice, grated apple and sultanas and left the walnuts out so they could be taken as a snack to school.


Apple oat bars recipe

2 cups wholemeal self-raising flour
1 tsp baking soda
3 tsp mixed spice
1 cup oats
2 Granny Smith apples, coarsely grated
1/2 cup sultanas
1/2 cup low fat natural yoghurt
1 egg
1 1/4 cup apple juice
1/2 cup honey
30g walnuts
Easy snack when you’re on the go, and also for kids’ lunch boxes. Makes: 18 Cooking time: 45 minutes

**Preparation**
Preheat the oven to 150°C. Grease and line a 3cm deep, 16cm x 28cm (base) baking pan with baking paper.

**Method**
Mix together the dry ingredients:
Sift the flour, baking soda and spices into a large bowl. Add the oats, apple and sultanas and stir to combine.
Mix together the wet ingredients:
In a separate bowl, whisk together the yoghurt, egg, apple juice and honey. Add to the flour mixture and using a metal spoon, fold until just combined. Do not over-mix.
Cooking the bars:
Spoon this mixture into the prepared baking tray and sprinkle with walnuts. Bake in a preheated oven for 40 - 45 minutes, or until a skewer inserted into the centre comes clean. Remove from the oven and allow the apple oat bars to cool completely before cutting into 18 pieces.

**Alternatives:**
This also works with maple syrup instead of honey. Top with flaked almonds, instead of walnuts.

**Storage:**
Store in an airtight container. The apple oat bars can also be frozen

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
Off-season fun & fitness
Play Judo!

Judo is the perfect sport during the winter off-season

It’s organised fun that will help young kids, teens and those young at heart, with balance, strength and discipline.

It’s hand on, safe with no air kicks or striking, and supervised by international qualified coaches.

Olympia Judo is your local Club to play Judo and improve your winter season sport performance.

Term 4 (2014) and term 1 (2015) enrolments ON NOW!

Contact Sensei Stephanos and give it a try...you’ll love it!

Olympia Judo Club: Mob: 0411 105 449
olympiajudoclub@hotmail.com

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.

Thank you for your attention to this matter

CHANGE OF DETAILS

Student Name:____________________________________
Parent Name:_____________________________________
Email:___________________________________________
Home Phone:_____________________________________
Mobile Phone:____________________________________
Address:_________________________________________
Contact 1:
Name:____________________________________________
Phone:___________________________________________
Contact 2:
Name:____________________________________________
Phone:___________________________________________
Signed:______________________Date:______________
The ACT Instrumental Music Program is seeking students from Year 4 to Year 6 to audition for the Primary Concert Choir (PCC). The PCC will rehearse on Thursday afternoons from 4.30pm till 5.30pm during school terms at the IMP in Kaleen. The Primary Concert Choir will be conducted by Katharine Finlayson. The choir is an extension opportunity for students in ACT Education and Training Directorate schools and it is expected that members of the PCC will also participate in the choir or vocal ensemble at their school if this opportunity is available.

The Primary Concert Choir will have several performance opportunities throughout the year and plenty of notice will be given for any performance commitments.

The choir is an excellent opportunity for enthusiastic and talented young singers to work together in a supportive and fun environment. Membership in the PCC is for one year. Students will be required to audition each year for the choir.

Students in the PCC will have the opportunity to develop their skills in musicianship, breathing, phrasing, vocal production and performance while learning a range of repertoire, including harmony parts. It is not necessary for members of the choir to be having private singing lessons.

The cost for membership in the PCC is $50. There will be an additional charge of $25 for the PCC T Shirt and students will be required to wear black pants and black shoes for performances.

Auditions for the PCC will be held in Week 7 and 8 of Term 4. Students can select an audition time through the IMP website or at the link below. You will be advised of the results of the audition during week 9 Term 4.

Audition Requirements
Students will be required to sing the National Anthem, “Advance Australia Fair” (one verse) and will be asked to sing several other well know songs eg.” Twinkle Twinkle Little Star” in several keys to determine the range of the student’s voice. The audition will be held in a supportive environment and its purpose is mainly to determine the student’s skill in intonation (in tune singing) and readiness for part-work and group performance (blend of sound). There is no requirement for students to prepare a special song for the audition.

How to apply for an audition: There are two steps

The application form is online and can be accessed here:

The form can also be accessed through the IMP website at: www.imp.act.edu.au

Audition signup times can be accessed here:
http://www.signupgenius.com/go/10c044baea923a2fd0-actprimary/

If you do not have internet access please telephone the IMP on 62058265

Applications close at the end of week 2 Term 4, October 24th.