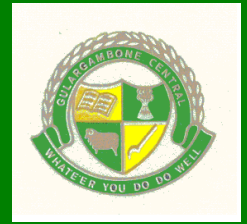


# Gulargambone Central School

*A quality education in a modern learning environment*



Find us at: 14 Yalcogrin Street, Gulargambone NSW 2828

Issue 26

Monday 23<sup>rd</sup> September, 2019

## Principal's report

It was wonderful to meet at Armatree last week with for the 2019 Yr. 12 farewell. With Chloe Fardell being our sole HSC student this year, everyone including Chloe's family and friends and members of the school community had a great time congratulating Chloe for her achievements and sharing many positive moments of her schooling at GCS over the past 13 years. Thank you to Chloe's teachers Mrs Ryan and Mrs Mills for arranging the evening and baking the farewell cake.

This Thursday we have our NAIDOC day which is always a great day for the whole school community. My thanks to Mr Heuston and his team of helpers for the work that has gone into preparing the day. Lunch and morning tea will be provided on the day and everyone is welcome to attend.

As we embark on the final week of the term, I thank everyone for the positive and productive term that we have had. I wish everyone a safe and relaxing holiday. All staff and students return on Monday 14<sup>th</sup> October.

Have a great week and a lovely holiday.

**Michael Spora**

## Secondary News

Last week the Secondary students visited the Taronga Western Plains Zoo in Dubbo. We all had a great day out completing a variety of tasks organised by Mrs Mills. One of the tasks was to capture the best selfie with a zoo animal. This was quite a competitive task, mainly because Mr Ryan was in charge of the spider monkeys group and he is ultra-competitive in

everything. The final result came down to two selfies, one taken by the Meerkat group (Raigen, Sasha and Cassandra) and the other selfie taken by the Spider Monkeys (Jaylem, Bailey and Jayden). The staff judged both selfies (shown below) and the winning group, by 1 vote, were the Spider Monkeys.



On Thursday night we officially bid farewell to our only Year 12 student for 2019, Chloe Fardell. Chloe's family and friends, joined the GCS staff and Year 11 students at the Armatree Hotel for a delicious meal provided by Ash and Lib Walker. Mrs Mills, Raigen and Missy did a fantastic job decorating the space in Chloe's favourite colours, blue and silver. Chloe's last week at GCS is this week and on behalf of the students and staff, I'd like to wish her all the very best in her HSC exams next term. Good luck Chloe!



On Thursday we will celebrate NAIDOC Day. Mr Heuston has organised a fun-filled day which will include activities up until lunch and then a cricket game in the afternoon. Please join us as we celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Morning tea and lunch will be provided free of charge for all students, staff and visitors.

As this is our last Community News for the term, I hope all students and their families enjoy a well-deserved break and I look forward to seeing you all fresh and ready to go in Term 4.

**Renee Ryan**  
**Head Teacher Secondary Studies (Rel.)**

### **K-6 News**

And just like that we are at the end of term again. Last week we enjoyed a lovely celebration to honour Year 12 student Chloe Fardell. Chloe has been a reliable and respectful student throughout her schooling here and we wish her all the best in the future as she prepares to finish Year 12. Tomorrow many students in years 2-6 are participating in a Cricket Gala Day in Gilgandra. Please ensure notes and money are returned.

On Wednesday we will be holding our last whole school assembly for the term, parents and carers are always welcome at these. This week it will be starting at 12:10pm in the hall. On Thursday this week, we are holding our NAIDOC Day celebrations. The preschool will be in attendance and parents and community members are always welcome. The day's events start at 9:30am. After lunch there is going to be a students v parents/staff cricket match so be sure to stick around and have a game with the kids.

Mrs Curtis is busy putting the final touches on an excursion for Years 2/3/4, keep an eye out for those notes this week. Be sure to put some money aside for this, it is an overnight excursion and while the school is subsidising the trip, there is cost associated to it.

Kindergarten 2020 Transition will start in Week 2 next term. Notes were sent to the preschool for those students but if you know of anyone not attending Gulargambone Preschool please ask them to contact the office for more information.

I hope everyone has a restful holiday and comes back full of energy ready for what is always a jam packed Term 4.

**Liz Ede – Assistant Principal**



## Fruit & veg superpower your snacks!

*Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.*

*To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.*

Superpower your family snacks by including more fruit and veg:

- Put out of plate of chopped fruit and/or vegetables with every snack. You'll be amazed at how much more fruit and veg your kids will eat if it is accessible and ready to eat...now!
- Hot day? Freeze up some pineapple slices or grapes to cool the kids down. Cold day? Make up some tomato and cheese or mushroom and baked bean toasties to warm them up!
- Cook up some heavy-on-the-fruit-or-veg muffins and fritters for lunchbox snacks. Most recipes can be prepared in bulk and frozen until needed

## WEEK 10 – LUNCH MENU

**Mon 23<sup>rd</sup>**

Beef & Gravy Rolls

**Tue 24<sup>th</sup>**

Mini Pizza & Garlic  
Bread

**Wed 25<sup>th</sup> –**

Caesar Salad

**Thu 26<sup>th</sup> –**

NAIDOC DAY

**FREE Recess &  
Lunch**

**Fri 27<sup>th</sup> –**

Hot Dogs

