



# Goonellabah Public School Newsletter



22<sup>nd</sup> July, 2016 – Week 1 – Term 3



## Countdown to our Excursions this term

Year 3/4 Excursion – Tallebudgera – 10<sup>th</sup> – 12<sup>th</sup> August 22 days to go

Year 5/6 Excursion – Canberra & Snow – 21<sup>st</sup> – 27<sup>th</sup> August 33 days to go

***Please ensure all medical notes and behaviour contracts for both excursions are returned promptly.  
Final payments are now due***

## Welcome Back

Welcome back to Term 3. Hoping everyone had a great holiday. We are all looking forward to the term ahead.

## Athletics Carnival

The school athletics carnival is being held this Friday, 22<sup>nd</sup> July. The day will start at 10.00am with individual races for students 8 to 13 years old. Students can wear their house colours on the day.

Wattle – Yellow, Banksia – Red, Jarrah – Green. Please note: K-2 age races (5-7 year olds) will start at 12.30pm.

- You will not be able to order from the usual canteen menu as the canteen is running a sausage sizzle on the day. (Cost \$2.00)
- Drinks, chips, cakes, slices and ice blocks will be available.
- The canteen is asking for donations of cakes, slices, biscuits etc... to be sold at the Athletics carnival. They can be left with Allison at the canteen Thursday or Friday.

## Before School Supervision

The school's supervision roster starts from 8.45am. There is no adult staff member available to ensure the safety of children in the playground prior to that time. However, there is available within the school, a 'Before and After School Care' service which operates from 7am every school morning. (Phone 6624 4928). Whatever arrangements you make, you need to understand that you remain legally responsible for your children prior to 8.45am when school supervision begins.

## School Photographs

School photographs have arrived and will be going home tomorrow with the students. If you have any questions please contact the school office on 6624 1444.

## Rivers Inter-School Sports Challenge

The 'Rivers Inter-School Sporting Challenge' is starting next Friday, 29<sup>th</sup> July. Information has been sent home with students in Years 4, 5, and 6. Notes and money need to be returned to the office before Thursday, 28<sup>th</sup> July.

Mark Spencer,  
Principal

Principal: Mark Spencer

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Education

## Rivers Inter-School Sports Challenge

Goonellabah Public School is participating in the Rivers Inter-School Sporting Challenge being held each Friday from 12.00 – 1.40pm during Weeks 2, 3, 4, 6 and 7. Children are to choose their sport (Soccer, Basketball or Netball) and return their note and money before next Thursday

The teams will leave Goonellabah Public School and travel to Wyrallah Road Public School by bus.



## CALENDAR

### Term 3 2016

<b>Week 1</b>	<b>18<sup>th</sup> – 22<sup>nd</sup> July</b>
Friday	Athletics Carnival
<b>Week 2</b>	<b>25<sup>th</sup> – 29<sup>th</sup> July</b>
Friday	Rivers Inter-School Sports Challenge
<b>Week 4</b>	<b>8<sup>th</sup> – 12<sup>th</sup> August</b>
Wed-Fri	Tallebudgera Excursion – Years 3/4
<b>Week 5</b>	<b>15<sup>th</sup> – 19<sup>th</sup> August</b>
Mon-Fri	Creative Arts Camp
<b>Week 6</b>	<b>22<sup>nd</sup> – 26<sup>th</sup> August</b>
Sun-Sat	Canberra Excursion – Years 5/6



## Staff CPR & Anaphylaxis Training



Nutrition Snippet

## The simplest way

### ...to DIY dumplings.

Easy to make, fun to eat!  
Kids will love this do-it-yourself cooking task.



Serves 4.

- Prepare your favourite combination of vegetables for the filling: grated carrot, corn kernels, and finely chopped spinach works well; finely chopped mushrooms, cabbage and capsicum is tasty too.
- Place 16 wonton wrappers (available in packs in supermarkets) on a dry work surface.
- Place a few teaspoons of vegetable filling inside.
- Drizzle with salt-reduced soy sauce.
- Brush the edge of each wonton with water.
- Pull edges together and pinch to secure.
- Steam for about 10 minutes or until cooked.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

Smoothies are a great way to add a fruit or veg boost to your morning and are a great breakfast on the go.

### Banana Smoothie

Serves 2.

#### Ingredients:

- 2 cups reduced fat milk
- 1 ripe banana
- 1 tsp cinnamon
- ½ cup natural yoghurt
- 1 tsp honey (optional)



#### Method:

Mix in a blender until smooth.

#### Top tips:

- Store chunks of over-ripe banana in zip-lock bags in the freezer, ready to use when needed in a smoothie.
- Smoothies can be frozen to keep cold and fresh in the lunch box.

For more information visit  
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or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

