Tuesday 19th August 2014

Dear Friends of Gwandalan Public School

Gwandalan PS Important Dates.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 21st Aug</td>
<td>Brain Cancer Research Fundraiser. Wear beanie to School</td>
</tr>
<tr>
<td>Mon 1st Sept</td>
<td>Book week 3D model due. Mrs Leyshon</td>
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<tr>
<td>Fri 5th Sept</td>
<td>Book Week Parade</td>
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<tr>
<td>Sat 11th Oct</td>
<td>Gwandalan School Fete</td>
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2015 KINDERGARTEN STUDENTS
Please return the enrolment forms with the necessary documents as soon as possible. Thank you.

PRINCIPAL’S REPORT

MRS TANGYE & MR VINE
Many thanks to the tremendous jobs done by both teachers in my absence for the first 4 weeks of this term.

PARENTS PROVIDING PRIVATE TRANSPORT
Parental support this year has been fabulous. A register of parent licences & registration details are kept at school so the documents only have to be presented once. However, once licences and registrations are renewed the new documents will need to be presented again.

EDUCATION WEEK AWARDS
Mrs Walker and Mrs Hardy received their awards for outstanding services to students at Gwandalan PS. They were presented at Northlakes High School last Tuesday. I also proudly received an award for services to Gwandalan Public School. I was nominated by the Central Coast Primary Principals Association.

CANBERRA EXCURSION
We thank parents for supporting students so they could attend our biannual excursion to Canberra. Money is not easy to come by but what students learn and experience is well worth the expense. Also to all teachers who gave up their families for the duration of the excursion. Your goodwill is greatly appreciated by colleagues, students and parents.

CONGRATULATIONS
Many of our sporting teams have played in recent weeks and all have continued to promote the high levels of sportsmanship and behaviour that is required to promote the image of our school in a positive light. Well done. Good luck to Charlotte Lowe as she represents Gwandalan PS, Wallarah District, Sydney North Region and New South Wales in Perth this week at the Australian PSSA Cross Country Championships. Good Luck and best wishes to Tegan Jenkins in the Regional Public Speaking final next week.

ATTENDANCE
Please bring your child to the office if he or she is late for School. A reason must be given for the absence. If your child does not have a justified reason they will be marked absent unexplained. Any child who presents without a parent will be marked in this way.

BOOK WEEK 2014
A time to dress up and have some fun as your favourite book character!

WHEN: Friday 5th September, 2014
WHERE: Under the Cola
WHO: All students K-6

*To celebrate this year’s theme of CONNECT TO READING, we are holding a 3D Building Competition. Students can create their own 3D model of their favourite book scene. Models can be made from Lego, plasticine or a diorama. Completed book scenes need to be given to Mrs Leyshon by Monday 1st September.
**FREE TO A GOOD HOME**

We have several 9 litre fire extinguishers that we no longer require. These extinguishers are water based and therefore suitable for non-chemical fires. If you are interested please see the office.

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**Infants Assembly Awards**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>KL</td>
<td>Aaliyah James</td>
<td>Great story writing</td>
</tr>
<tr>
<td></td>
<td>John McHale</td>
<td>Trying hard in Maths groups</td>
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<tr>
<td></td>
<td>Erin Beeby</td>
<td>Quality handwriting</td>
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<td></td>
<td>Ella Hambly</td>
<td>Excellent effort in all subjects</td>
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<tr>
<td>K/1A</td>
<td>Tayla Arnott</td>
<td>Reading at level 16</td>
</tr>
<tr>
<td></td>
<td>Nathan Gray</td>
<td>Reading at level 16</td>
</tr>
<tr>
<td></td>
<td>Tara Naughton</td>
<td>Displaying excellent manners on the stage 1 Excursion</td>
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<tr>
<td></td>
<td>Oliver Yule</td>
<td>Displaying excellent dip netting skills on the stage 1 excursion</td>
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<tr>
<td>1S</td>
<td>Aria Knight</td>
<td>Excellence in Mathematics</td>
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<td></td>
<td>Khazna Williams</td>
<td>An excellent recount on the wetlands</td>
</tr>
<tr>
<td></td>
<td>Koby Metcalf</td>
<td>Improvement in all Academic Areas</td>
</tr>
<tr>
<td></td>
<td>Sharni Pagett</td>
<td>An excellent recount on the wetlands</td>
</tr>
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**P & C News.**

**GWANDALAN PS FETE**

Saturday 11th October

Stalls, rides and lots of fun activities. Don’t miss out. Keep the date free.

**FATHERS DAY**

The P & C would appreciate donations for our Father’s Day Stall. If you have anything that you would like to donate please hand it in to the office.

**BRAIN CANCER RESEARCH FUNDRAISER**

On Thursday 21st August the students are asked to wear their beanie to school and donate a gold coin to this worthy cause.

**SECRETARY**

The P & C are in need of a secretary. Someone to take the minutes and support our wonderful team. If you are interested or feel you can help in any way please see Peita Vine or contact the School Office.

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**CAINTEEN NEWS**

**Italian Day**

Monday 25th August

We will be serving delicious homemade Chicken Cannelloni and Italian Pizza

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**The simplest way...to use avocado.**

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a stand alone snack, or addition to a main meal.

Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a vegie – meaning they count towards your 5 serves!

How to use avocados:

- As a spread on toast for brekkdy
- Add to a salad for extra flavour
- Mash, and add lemon juice + garlic for an easy guacamole — then serve with vegie sticks
- Eat straight from the skin with a spoon

For more information visit

www.eatittoobeatit.com.au

or join us at facebook.com/eatittoobeatit

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**Swansea-Caves Cricket Club**

**Saturday 23rd & 30th August 2014**

**12.00PM to 2.30PM**

**Swansea Memorial Hall**

(Signs from RSL)

**Contact:** 02 4972 0462

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**Cancer Council**

**Nutrition Snippet**

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