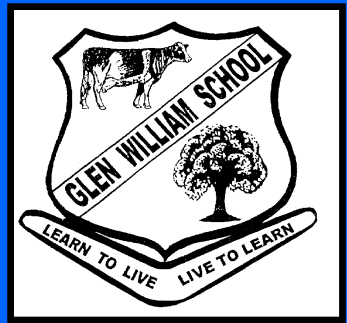


# Glen William Public School

*Learn to Live- Live to Learn*

717 Glen William Road Glen William 2321  
T: 49965507 F: 49965541 E: glenwillia-p.school@det.nsw.edu.au  
Principal: Mrs Kristy Bultitude



## Upcoming Events:

**Hoedown Saturday  
26th@3:50-4pm arrival**

**Monday 28th October  
Gymnastics**

**Tuesday 29th October  
Parliament**

**Friday 1st November  
Kinder Orientation 1  
9:30am**

**Monday 4th November-  
Friday 8th November  
Intensive Swimming**

**Wednesday 6th November  
170th Birthday Celebration  
Book Week Parade  
Grand Parents Day  
9:30am-1:30pm**

## Please Return:

**Intensive Swimming  
Payment**

## Online Forms:

**Intensive Swimming**



## Term 4 Week 2

Welcome back to the final 10 weeks of the 2019 school year. I am impressed with what our school and community have accomplished across this year and it is exciting to see what progress the students have made during 2019.

Our P&C are busily finalising the uniform surveys. Thank you to the families that sent in their surveys. All of the community are entitled to a vote regarding our options. This includes our students. I am looking forward to seeing the outcome. This will be phased in across the new year, but by 2021 all of our students will be expected to be in the new design.

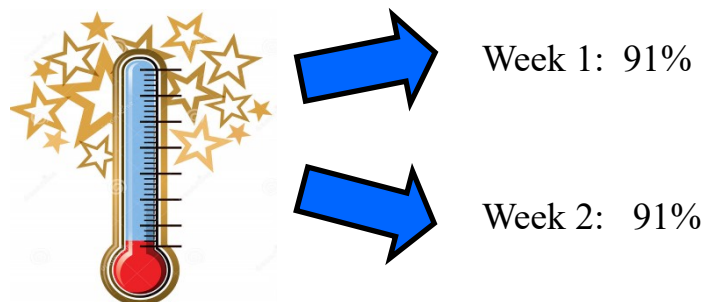
Our primary students have been having a wonderful time in Bathurst. Please see Facebook notifications for updates regarding arrival time tonight.

This term the staff are involved in a small school mathematics professional learning program. Staff will be out of school for a one day workshop working on conceptual planning and resource building.

This term will fly by quickly and it is vital to stay on top of communication. Please ensure you have downloaded the Skooloop application. Information was provided in the Week 10 Term 3 Newsletter.

*Have a fantastic fortnight  
Mrs Bultitude & Staff*

Attendance:



### 170th Birthday Celebration

Our school has turned 170 this year. The school will be holding a birthday celebration in conjunction with the Book Week Parade and Grand Parents Day.

There is a RSVP slip attached to this newsletter. Please advise the school of your attendance. This will assist with



catering requirements across the day. Swimming will still go ahead. The time has been changed to a later start this day.

## Sustainable Lunches

Keeping a healthy balanced lifestyle is important for all, but even more so for the developing child. Please ensure students are coming to school with sustainable lunches that provide adequate nutrition and protein to maintain concentration across their school day. Please include fruit and or yoghurt for fruit break, a sandwich with a protein source or cruskits (or similar) for lunch and a healthy snack for recess.

## Independence and Responsibilities

A part of the school day involves students learning to be independent and responsible for their own belongings, completing school jobs and learning to cooperate with others. One important routine is to ensure all students collect their belongings and pack their bag at the end of day. We thank you for your cooperation.

## Hoedown

**A reminder to meet at the front gates by 4pm at the latest for the performance.**

Thank you to the P&C for their hard work around the BBQ stall.

## Surveys

Recently the school conducted two surveys in relation to Before and After School Care and School Photos. The School Care survey demonstrated a high need for the access to this service to be made available. This information has been passed on to the bus company. The photo survey results suggested over 50% of families are happy with the MSP photos.

## Music Materials

The students are engaged in musical design of instruments. We are looking for supplies of bottle cap lids, paper towel rolls, large tins e.g. milo or formula and milk lids please.



## Intensive Swimming

Intensive swimming will start in Week 4. Students should bring their swimmers, towel and goggles (optional) each day. The students will be assessed in the first lesson by swimming instructors. This is our classroom for the afternoon sessions and advise parents that it is best not to be present while the lesson is being implemented. Like last year, if you intend on picking your child up from the pool as you may like to stay, you must exit the pool and re-enter after the school leave. This is a child protection and safety compliance requirement. Any student leaving with another student must have written communication stating this. Please make sure that all notes through Care Monkey have been completed and money has been paid to the office.

## Breakfast Club

On Monday's and Friday's the school is hosting our breakfast club. Students have a variety of cereals and or toast on offer.



## 1-2-3 Magic & Emotion Coaching

RESOLVE DIFFICULT BEHAVIOUR IN CHILDREN 2-12 YEARS OLD

### A PARENT EDUCATION COURSE

AT Woodberry Place of Friends – Schools as Community Centre  
Woodberry Public School, Lawson Ave, Woodberry NSW 2322

ON Mondays 11<sup>th</sup> to 25<sup>th</sup> Nov 2019

AT 12:30 – 2:45pm

### PARENTS WILL LEARN

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing strategies - the 3 choices model
- Using emotion coaching to encourage good behaviour
- Strategies for encouraging good behaviour

### PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

### WHO IS RUNNING THE COURSE?

The course facilitator is Amy Blackwood Woodberry SACC and Melinda Burgess Samaritans

Both presenters for this course are licensed course facilitators

### REGISTER TODAY

Facebook – WoodberryPlaceofFriends/Events/123MagicandEmotionCoachingNov

For more information contact –

Amy Blackwood or Dana Constable on (02) 4964 2174

Melinda Burgess on 0456 961 951

Parentshop has helped over 110,000 people. Our practitioners are qualified professionals who are experienced in working with children, youth and families.

An end to arguing and yelling – It changed our lives – Simple, sane, effective

This course is being facilitated by a Parentshop licenced practitioner | www.parentshop.com.au

## LIBRARY

Remember your library bag on Thursday to protect the books you borrow.



The date of the next P & C meeting will be Friday 22nd November.



## Clarence Town Cricket

If anyone is looking to play cricket and join the Clarence Town Master Blaster team there will be an information session and training on Tuesday 29th October at 5:30pm. There will be a FREE sausage sizzle.



## News From The P&C

### URGENT MESSAGE

P&C are asking parents for assistance to run the BBQ at the Hoedown on Saturday 26th October. If you can assist please see Donna Boyton, Julie Vasic or leave a message at the office. Even a hour would be great !!

### Glen William Gymkhana

The gymkhana will be held on Saturday 2nd November. Come along and enjoy the day.



Nutrition Snippet

## The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)



Glen William Public School

Canteen Roster - Term 4, 2019



Date	Person
18th October	Rita Horn
25th October	Sharna Kirkham
1st November	Julie Vasic
8th November	
15th November	Kershia Jones-Clark
22nd November	Rita Horn
29th November	Kershia Jones-Clark
6th December	
13th December	P&C Christmas Lunch

### DYSLEXIA OR LEARNING DIFFICULTIES?

Some children experience reading and learning difficulties as a result of visual perception problems caused by

#### Irlen Syndrome/Scotopic Sensitivity

Irlen Syndrome can cause Dyslexia and difficulties with:

- Spelling
- Comprehension
- Fatigue
- Writing
- Concentration
- Eye Strain

#### IRLEN DIAGNOSTIC CLINIC NEWCASTLE

Regional Clinics

Taree: 0409653700

Coffs Harbour: 02 66529181

Central Coast: 0414685283

[www.irlendyslexia.com](http://www.irlendyslexia.com)

Suite 3/136 Nelson Street  
Wallsend 2287

Phone 49 556904





## Good for Kids good for life HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) and search 'parents and friends'



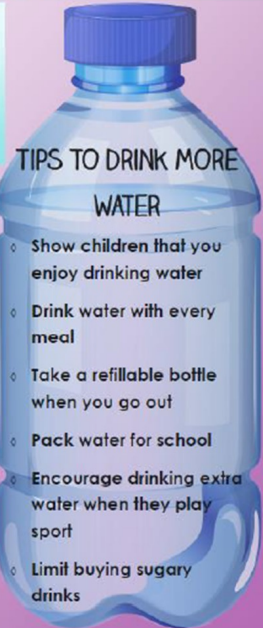
## Good for Kids good for life

# CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L

6—12 years 1.5L



### TIPS TO DRINK MORE WATER

- ◊ Show children that you enjoy drinking water
- ◊ Drink water with every meal
- ◊ Take a refillable bottle when you go out
- ◊ Pack water for school
- ◊ Encourage drinking extra water when they play sport
- ◊ Limit buying sugary drinks



Information source: © Cancer Council Victoria 2019



# HAPPY BIRTHDAY

RSVP 30th October

Number of people attending:



# Bathurst Camp 2019