

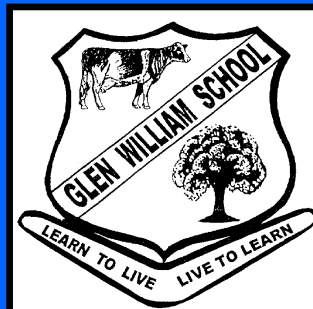
Glen William Public School

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:

Monday 23rd November
Sport-Netball

Wednesday 25th November
Ice Cream Day
Bush to Beach Program

Friday 27th November
November
Session 4
Kinder Orientation

Monday 30th November-
Friday 11th December
Intensive Swimming

Tuesday 1st December
Year 6 High School
Orientation

Please Return:

Payment for Swimming and
Surf Fun Day

Online Forms

Surf fun Day

Intensive Swimming K-6

Year 6 Farewell

Access your school's portal at
glenwilliam-p.nsw.compass.education

- OR -
Download the
Compass School Manager app



Term 4 Week 6

We are definitely hitting the pointy end of the school year and it was wonderful that I was able to share with you last fortnight the news around holding our Presentation Day with families. We do need to be very diligent around our Covid-19 plan and ensure that it is for immediate family only and that only those who RSVP be will be permitted to attend. Our planning will also require every family to check in via the school generated QR Code. This allows for contact tracing to occur if and when needed.

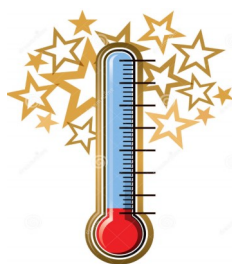
I spoke with the students at the assembly last week and mentioned that we only had two weeks of formalised learning before we head into our swimming program and end of year festivities. There is now only one week left. Students will be engaged in some final assessments for the reporting schedule. Reports will be ready for distribution on Friday 11th December.

The Presentation Day will start at 3:30pm. Students will have their final swimming day this day and we are happy for students to remain on site at the end of day so they are here ready for our awards presentation.

Our transition program for Kindergarten and Year 2 has been going well. Students have actively engaged in class activities and the Year 5 buddies have been a wonderful help.

The school is currently undergoing final evaluations for the completion of the 2018-2020 school plan. Through our current evaluations and data, the staff are actively seeking new and informative ways to improve upon what we do best.

Have a wonderful fortnight..
Mrs Bultitude & Staff



Attendance

Week 5: 88 %

Week 6: 88%



Intensive Swimming

Permission notes have been sent through Compass. Payment can be made at the school office or through the school website parent online payment by clicking the MAKE A PAYMENT button.

Where: Raymond Terrace Leisure Centre

When- Week 8-9

Bring- Swimmers, towel, goggles, sunscreen, change of underwear.

Road Safety

When dropping off / picking up students, please accompany them across the road. Although we have a School Zone, Glen William Road is very busy and the safety of our students is paramount.

PBL Assembly

Congratulations to all of our students who received awards at our final PBL assembly for 2020.

Infants: Rylan, Riley, Brooklyn, Carla & Bella

Primary: Caitlin, Cuda, Ellee, Stephanie, Tyson & Liam

Captains: Riley G

Principal: Jordan, Terrell, Neveah, Alex & Jed

Assembly: Kalan

PBL Awards

Matilda, Bella, Cuda, Michaela, Carla, Laila, Tobi, Tyson, Brayden

Surf Fun Day

Notes have been uploaded to Compass. Thank you for the families that have already responded and paid. A reminder that this is a school event and no parents are allowed to attend.

HATS

A reminder that we have a No Hat No Play policy. Students who do not bring a hat are required to sit under the pergola in the grassed playground. There are no spare hats at school.

LUNCHES

There have been an increasing number of students coming to school without a packed lunch. Please ensure a substantial lunch is packed each day. If you are experiencing difficulty please contact the office.



Ice-Cream Day

A reminder that ice-cream day is each Wednesday. Ice-creams are \$2.

News From The P&C

Glen William Public School



Term 4 Canteen roster 2020

Date	Volunteer
23 rd October	Laura Saville
30 th October	Heidi Chandler
6 th November	Sharna Kirkham
13 th November	Kershia Jones-Clark
20 th November	Sarah Hunter
27 th November	Heidi Chandler
4 th December	Sharna Kirkham



Coronavirus Health Information Line

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

1800 020 080

Library -
Remember your Library Bag! Infants:
Friday and Primary are on Thursday. Infants
return books on Thursday please.



The next P & C meeting will be advised.



Sunsmart Snippet

Seek shade at home



Shade alone can reduce UV exposure by up to 75%

Priority areas for shade at home:

- Outdoor eating areas, decks and patios
- Sandpits and play equipment
- Pool areas

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Good for Kids good for life

RECIPE: BEEF AND BROCCOLI PASTA

Serves 4

Ingredients:

- 1 medium onion, finely chopped
- 1 tbsp olive oil
- 2 cloves garlic
- 400g lean beef mince
- 1 medium capsicum, chopped
- 1 tin no-added-salt chopped tomatoes
- 250g wholemeal penne
- 1 head broccoli, chopped in to florets
- 1/3 cup grated cheese



Method:

1. Fry onion and garlic in oil for 2-3 minutes on medium-high heat. Add beef mince and cook, stirring until brown (about 5 minutes).
2. Add in capsicum and tomatoes. Reduce heat to low and simmer for 10 minutes.
3. Meanwhile, cook pasta in boiling water until al dente. Add broccoli for last 1-2 minutes of cooking. Drain. Stir pasta and broccoli in to beef and tomato mixture.
4. Serve and top with cheese.

Variations: Add in herbs such as basil, oregano, rosemary for extra flavour. Before serving, place in baking tray, top with cheese and bake 15 minutes at 180 degrees Celsius.

Recipe adapted from healthyfoodguide.com.au



Health
Hunter New England
Local Health District

HNEHD-GoodForkids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

TRADITIONAL INDIGENOUS GAMES



'kal-ka-doon kee-an'

All school-age groups (K-12)

Background

In areas of north Queensland, a game of throwing skill was played. A large bone, such as an emu shinbone, with twine attached to it was thrown in to a pit or hole.

Short description

The game involves throwing a ball into a small bin target as many times as possible.

Equipment

- Use 'foxtail' or a tennis ball in a stocking (or long football sock) as the bone.
- Use a large plastic bin or hoop as the pit or hole.

Game play and basic rules

- Play singly or in groups of two to four players.
- Players line up behind one another in their groups.
- Players hold the foxtail a short distance away from the ball and take it in turns to attempt to throw the foxtail ball in to the bin or hoop from 3-5 metres away.
- To avoid interference, the player throwing the foxtail is 2 metres in front of the rest of the line of players (mark a line for this)
- As an extra challenge, the balls are held further down the tail.

Scoring

- Players can keep score of successful throw for a set time (2-3 minutes) or set number of turns (four to six).
- If using a hoop, score one point if the foxtail touches or bounces in and out of the hoop, and two points if it stays in the hoop.

Source: Yulunga Traditional Indigenous Games, Sport Australia



Health
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Local Health District

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Nutrition Snippet

ARE VEGIES A STRUGGLE?



Try different cooking methods.

- Keep it raw with a salad
- Stir it up with a veggie packed stir fry.
- Roasting brings out the sweetness in vegies
- Steaming reduces nutrient loss
- Grilling vegies on the BBQ will sure to be a hit for summer

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box