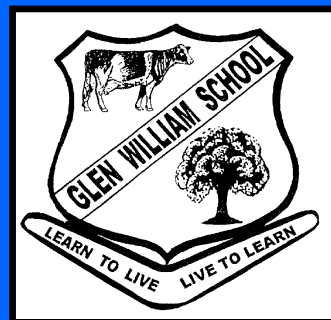


# Glen William Public School

Learn to Live- Live to Learn

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Principal: Mrs Kristy Bultitude



## Upcoming Events:

**Tuesday 21st July**  
Students return for Term 3  
Mindfulness  
Dance

**Tuesday 28th July**  
Scripture  
Mindfulness  
Dance  
Police Safety Sessions

## Please Return:

## Online Forms

Download Compass App for  
electronic signature for use  
when activated



## Term 2 Week 10

Term 2 concluded today. Our break officially starts on Monday 6th July with students returning to school for Term 3 on Tuesday 21st July. I hope that our families have a safe break. We have finished the term off with our Naidoc celebrations. It was great to see the students take the risk and enjoy a new delicacy of emu and or crocodile sausages. Thank you to our hard working staff and I hope they enjoy the break as this term has been challenging.

Thank you to our families who have been diligent and forthcoming with communication around any COVID testing. It is important to keep this communication open as I need to follow guidelines in regards to possible testing and act accordingly.

Mrs Reeves and myself had final training with Compass this week. I will endeavour to hold parent information sessions next term to showcase the parental functions when they are fully operational.

In Week 2 of next term, we will be hosting a representative from the NSW Police Force to present their Safety Education Program to our students. This will be run across two sessions.

We will be looking at running our own Athletics Fun day at Bennett Park in Dungog in Term 3. Please be aware under the current departmental guidelines parents will not be able to attend.

Our P&C meetings will be moving to Tuesday afternoons. The first meeting for Term 3 will be on 11th August at 2pm.

Our front office has a new digital sign in kiosk. It is very easy to use. Please see the front office when signing in for the first time.

Have a safe and warm holiday  
Mrs Bultitude & Staff  
Attendance



Week 9: 92%


Week 10: 92%



## Cross Country

Congratulations to our students for a successful cross country. It was a superb day and all students excelled. Students were provided with their ribbons at our assembly on Tuesday.

## Age Group Results

<b>5 Years</b> 1. Jason 2. Zahra	<b>6 Years</b> 1. Dezzy 2. Tobi 3. Nevaeh	<b>7 Years</b> 1. Jed 2. Saxon 3. Carla
<b>8 Years</b> 1. Holly 2. Laila 3. Rylan	<b>9 Years</b> 1. Cooper 2. Isabella	<b>10 Years</b> 1. Stephanie 2. Nixon 3. Ellee
<b>11 Years</b> 1. Mia 2. Alex 3. Matilda	<b>12 Years</b> 1. Tyson 2. Callum 3. Riley	

## PBL Assembly Awards

Congratulations to the following students;

Infants: Brayden, Nevaeh & Jed  
 Primary: Seth, Riley & Stephanie  
 Principal: Rylan, Brayden & Ellee  
 Captains: Kurtis  
 Assembly: Caitlin

Congratulations to the following students who have received a Bronze PBL award.  
 Brayden, Holly, Isabella, Shelby, Seth, Mia, Carla, Nixon, Callum, Hannah, Leah, Saxon, Cooper, Laila, Jed, Rylan, Makayla, Toby, Tyson and Kurtis

Our Silver award recipients are Georgia, Alex and Stephanie.  
 Well done to all!

## LMG Projects

Our community of schools participate in a range of collaborative learning tasks involving a variety of key learning areas. Last year we initiated the Film by the Rolling Hills project. We participated in a competition for the logo to advertise this program. We are pleased to announce that Jessica Whelan, our past school captain holds the winning design. Congratulations Jessica.



**Film by the Rolling Hills**

## Term 3 Guidelines: Activities allowed

- All school sport
- Inter school sport/events
- Incursions
- Share our Space
- Pick up and Drop off will remain in place for review in Week 5.

## Activities under consideration from the Department of Education

- School Camps
- Excursions
- Parent attendance at assemblies and other school events
- Parental volunteers
- Group photos for staff
- Activities that involve large community gatherings

## Share our Space

Term 2 holidays will again see this program suspended. This will recommence in the Term 3 holidays.

## News From The P&C

Thank you to all our volunteers who have helped in the canteen across Term 2.

Fathers Day stall will be upon us before we know it. If you have any donations for the stall, they can be handed into the school office.

### 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**

Be the first to get the latest school news this WINTER

With our school app!

Simple free download:  
 In Google play & App Store search 'Skool Loop' & choose our school once installed



- \* Events \* Notices \* Newsletters
- \* Cancellations \* Permission slips
- \* Parent Teacher Interviews
- \* Instant notifications \* Absentees

Library -  
 Remember your Library Bag! Infants:  
 Wednesday and Primary are on Thursday



The next P & C meeting will be held on  
 Tuesday 11th August at 2pm in the Library.





# Assembly Photos



# Crazy Hair & PJ Day







## Nutrition Snippet



Use cooking to practice maths, science and reading - and you have something delicious when you finish.

Try these delicious Thai chicken meatballs. There is even a video to show you how.

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



## Nutrition Snippet

### WHAT IS A SERVE?



1 medium piece

OR



2 small pieces

OR



1 cup chopped

One serve of fruit is about 150g or one cup

- Try weighing and measuring different fruit to see how much you eat.
- Aim for 2 serves a day.

For fruit recipes and more visit

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



## Good for Kids good for life

### BREAKFAST IS THE BEST ROUTINE



Breakfast is important for kid's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

#### Quick and Easy Breakfast Ideas

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

**Tip:** to get kids ready to learn, keep the TV off during breakfast time

For delicious breakfast recipes visit the Healthy Kids recipe page and click 'breakfast'  
<https://www.healthykids.nsw.gov.au/>

Source: Northern Sydney Local Health District



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>

## Good for Kids good for life

### DICE FITNESS

Try this fun, simple fitness activity as a family to get moving at home!

#### Equipment needed:

- Dice (if you can, one between two)
- A piece of paper with your six exercises clearly written (put this where everyone can see it)
- Enough space to move safely

#### Procedure:

- In pairs (or in a small group, or individually) roll a dice.
- Do the exercise that matches the number on the dice once. For each roll, do another repetition (for example, do the exercise twice on the second roll, three times on the third roll).

Try the exercises suggested below, or come up with your own ideas! Anything that gets you moving should work.

#### Exercises:

1. Burpees
2. Lunges
3. Squats
4. Mountain Climbers
5. Sit Ups
6. Push Ups



**Challenge:** Run or side gallop to the other side of the room/garden and back between dice rolls!



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<http://www.goodforkids.nsw.gov.au/>