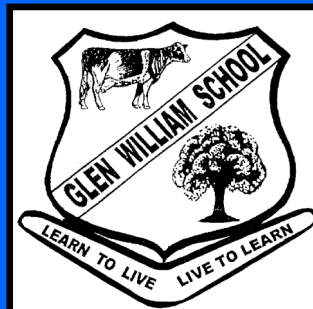


Glen William Public School

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:

POSTPONED

School Photos
Tuesday 10th August

Blender Bike Smoothy Day
Friday 27th August

Fathers Day Stall
Friday 3rd September

Please Return:

Payment for

School Camp

Basketball Gala Day

Online Forms

Term 3 Week 4 **HERE WE GO AGAIN!**

Thank you to our wonderful families for implementing the current COVID guidelines. Today the premier announced that as of 5pm today we will be in Level 4 Lockdown. This means students are to not attend school, students were supported today with online learning procedures and take home packs.

I understand the difficulty at times, but remember we are all in this together.

While at home— KEEP JUMPING!!!!

Our Jump Rope for Heart fundraiser has taken off. Our students are thoroughly enjoying the opportunity to practise their skipping skills. It is invigorating seeing our younger students accomplish these new skills. We are looking forward to our jump off in Week 10. Let's hope we are allowed to have our families on site to witness these wonderful skills. Thank you to Miss Parr for her organisation .

Our Education Week Awards night will be rescheduled. When the community of schools principals meet, we will endeavour to find an evening that suits our schools.

Our primary students are working hard in technology learning new skills around Film Making. Miss Anderson and Mr Dennis are facilitating this process. We look forward to seeing the end result and the showcase of the winning films at the James Theatre in Dungog.

Congratulations to our students for their participation at the Zone Athletics Track event.

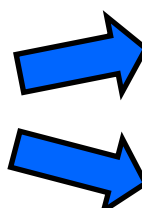
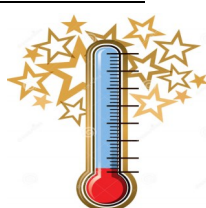
In Week 7, we will be hosting the Small Schools Public Speaking Finals. Students from the small schools will participate across the day. Our students will be able to watch these speeches. We will endeavour to live stream this event for families.

We are now taking enrolments for 2022. If you have siblings ready for school, please contact the office for an enrolment pack.

We appreciate there are times when appointments need to be made during school hours, but please do not use these appointments as a reason for non attendance when it is not the case. Next week we will be sending home your child's attendance data.

Mrs Bultitude & Staff

Attendance:



Week 3: 95%

Week 4: 80%



School Photos– POSTPONED

MSP has been able to streamline the process for our school photo day. Ordering your school photos will be done all through Compass.

How it works?

MSP has restricted access to the Compass platform and can upload our school photos directly to our platform.

Parents are able to order through the Compass App or Parent portal. It is easy, safe and secure.

Chocolate Drive

The school has ordered chocolate boxes as part of a P&C fundraiser. A note was attached to the first box. Please return the money to the school office and the P&C will collect the funds. If you sell your boxes quickly and would like more please see the school office.

Basketball Gala Day– ON HOLD

On Monday 16th August, some of our students will be participating in a basketball gala day. A bus has been organised to transport students to and from the basketball stadium.

Term 3 Sport

This term our students will participate in Hockey for sport. Sport will remain on a Thursday.

Blender Bike– ON HOLD

On Friday 27th August our students will have an opportunity to use a blender bike to create their favourite smoothie. Students have been surveyed and the top two smoothie choices were Banana and Watermelon. Fruit and Juice donations for these two smoothies are requested. Attached to the newsletter is the basic recipes.

Fathers Day Stall and Breakfast

Friday 3rd September our students will be able to purchase their fathers gifts for Fathers Day. We are planning to host a Fathers Day breakfast on the 3rd September, depending on the COVID-19 restrictions at this time.

Zone Athletics

Congratulations to Caitlin, Stephanie, Ellee & Matilda for winning their PP5 relay at the Zone Athletics carnival on Monday. They will now have the opportunity to represent us at the Hunter carnival in Week 9 and possibly move through to the NSW Carnival. Good Luck girls!



Take home mindfulness activity



Term 3, Week 3

Gratitude

Sound - Think of a sound that you are grateful for. Why are you grateful for that sound? Why is it special? How does it make you feel?

Mindful Breathing

5 Finger Breathing - Place your hand in front of you. Slowly trace up and down each finger. As you trace up, breathe in, and as you trace down, breathe out.

Mindful Moment

Mindful Smelling - Find something in the room you like the smell of. It could be a flower, a candle, some oils etc. Take a deep inhale, noticing the beautiful scent. How do you feel when you stop to notice the beautiful scent?

Positive Thinking

I am happy - Send a lovely, positive message to your brain. Repeat this phrase five times - "I am happy".

*Activities provided in your 'Take Home Activity' by Head and Heart Mindfulness aim to calm the brain and the nervous system; promote self-awareness, emotional regulation and concentration; build positive thinking habits; and encourage kind and compassionate behaviours.



WWW.HEADANDHEARTMINDFULNESS.COM.AU

Take home mindfulness activity



Term 3, Week 4

Gratitude

Food - Think of a food that you are grateful for. Why are you grateful for that food? Why is it important to you? How does it make you feel?

Mindful Breathing

Triangle breath - As you breathe in, use your finger to trace up one side of an imaginary triangle. As you breathe out, trace down and across the other two sides of the triangle.

Mindful Moment

Mindful Listening - Find somewhere quiet and still to sit. Close your eyes and notice the sounds around you. Can you hear anything outside the room?

Positive Thinking

I am loved - Send a lovely, positive message to your brain. Repeat this phrase five times - "I am loved".

*Activities provided in your 'Take Home Activity' by Head and Heart Mindfulness aim to calm the brain and the nervous system; promote self-awareness, emotional regulation and concentration; build positive thinking habits; and encourage kind and compassionate behaviours.



WWW.HEADANDHEARTMINDFULNESS.COM.AU



Get to Know Mr Dennis



What is your name?

Aiden Dennis

How long have you been at GWPS?

Since Term 3, 2021

What is your favourite animal?

A Seal

Tell us about your pets!

I have a spoilt French Brittany dog and two older dogs Millie and Moet

What do you enjoy doing outside of school?

I enjoy going out with my girlfriend on drives and helping out on the farm

Where is your favourite place to eat?

Napoli's (Italian eatery)

Newcastle

2022 School Enrolment

2022 School Enrolment is now open. If you would like to enrol your child, please visit the school website for online enrolment link.

<https://glenwillia-p.schools.nsw.gov.au/>

<https://glenwillia-p.schools.nsw.gov.au/about-our-school/enrolment.html>

News From The P&C

Glen William Public School

Term 3 Canteen roster 2021



Date	Volunteer
16 th July	No Canteen (Naidoc Excursion & Zone).
23 rd July	Sharna Kirkham
30 th July	Sarah Hunter
6 th August	Heidi Chandler
13 th August	Trudy Balstad
20 th August	Sarah Hunter & Rose Roberts
27 th August	Sharna Kirkham
3 rd September	Laura Saville
10 th September	Julie Vasic
17 th September	Heidi Chandler

Bike Ride



Fathers Day stall – We are asking for donations of gifts to be sold at our Fathers Day stall. Gifts can be left at the office.

P&C Facebook Page

Are you on Facebook? Add the Glen William Public School P&C page to keep up to date.



The next P & C meeting will be on
Wednesday 18th August at 2:15pm in the Library.
Everyone welcome!





Basic Smoothie*

Ingredients:

- 2 cups frozen fruit (berries, banana, mango, pineapple, etc.)
- 1 cup juice (100% fruit juice)
- $\frac{3}{4}$ to $1\frac{1}{2}$ Milk (dairy, soy, rice, almond) – enough to cover the fruit by 1 inch

Extras: $\frac{1}{2}$ cup yogurt, $\frac{1}{2}$ cup ice, 1-2 TBS honey, 2-4 TBS protein powders; 1 tsp. pure vanilla extract, 2 TBS rolled oats,

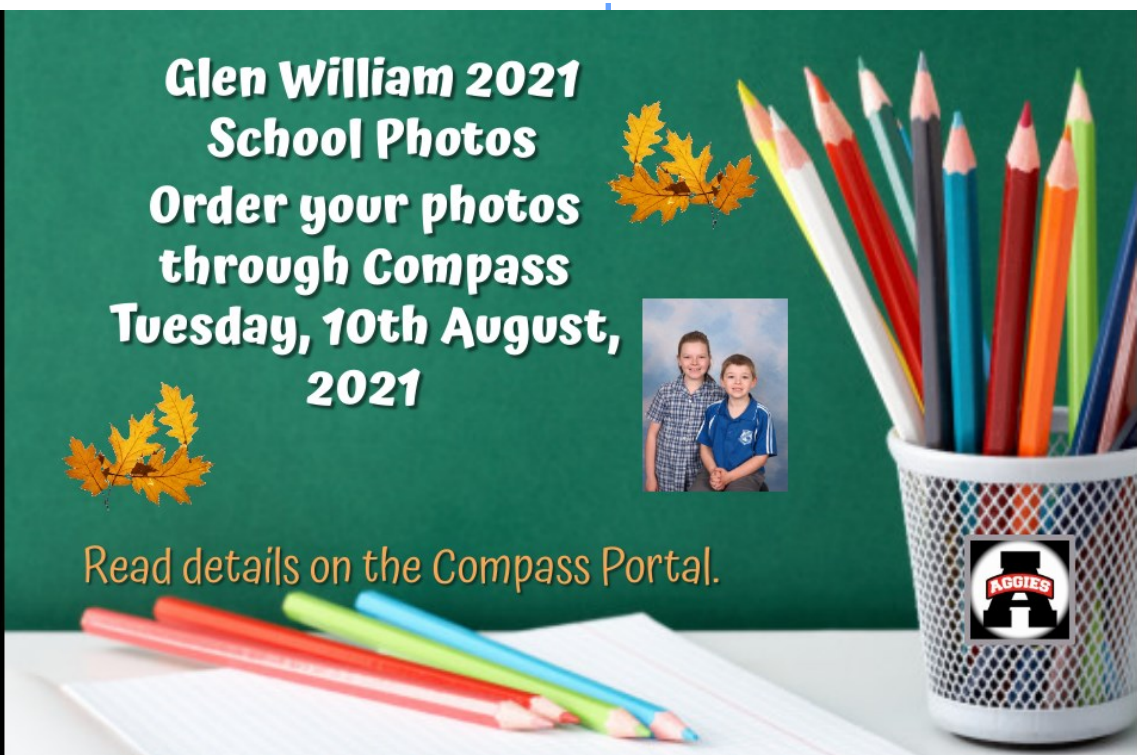
Directions:

- Place all ingredients into blender in the order listed above
- Make sure liquids cover fruit by at least 1 inch
- Add more or less juice to adjust sweetness
- Pedal to blend until smooth (1-2 minutes)
- Adding ice creates more of a slushy consistency.
- Double for large class

**Glen William 2021
School Photos
Order your photos
through Compass
Tuesday, 10th August,
2021**



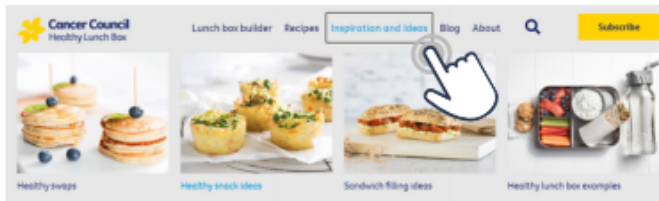
Read details on the Compass Portal.





Nutrition Snippet

HEALTHY SNACKS.



Need some healthy snacks for the lunch box or after school?

Click on our '[Inspiration and ideas](#)' tab for lots of easy recipes.

For this and more visit:
healthylunchbox.com.au



Sunsmart Snippet

It's still the same sun



Cancer Council's Sid the Seagull 'Slip, Slop, Slap' message was first launched in the 1980s.

Some things have changed since then but our sun is still the same. By using sun protection you are reducing your risk of skin cancer – including potentially deadly melanoma.

Using a combination of the five sun protection measures whenever UV levels reach 3 or higher, and getting to know your skin to check for any changes, are key.

www.sunsmartnsw.com.au



Old Boys / Girls Weekend

Help us celebrate the former Clarence Town Football Club Members who made the club what it is today!

Friday 6th August:

Come down to Reg Ford Oval and catch all the action!

6:30pm - Clarence Town All Age Women vs Kotara South
8:00pm - Clarence Town All Age Men vs Rutherford

Drinks and Gourmet Burgers will be available

Saturday 7th August:

We're back at Reg Ford Oval where the juniors will kick off at 9am

To close out an epic weekend of football, The Jungle Kings will be back at the Clarence Town Bowling Club! Join us from 7pm on Saturday August 7th

All members of the public welcome!



A big thank you to our local sponsors:



Craig & Emma Funnell Family Painting

Help us

stop the spread



Clean your hands thoroughly
for at least 20 seconds with soap and water, or an alcohol-based hand rub.



Cover your nose and mouth
when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.



Avoid close contact
with anyone with cold or flu-like symptoms.



Stay home if you are sick.

health.nsw.gov.au/coronavirus