Wednesday 29 April 2015

Principal’s Page

Week 2 Term

ANZAC DAY MARCH
Thank you to each of our families who supported the Anzac Day march this year. I was very proud to see so many Gulmarrad PS students there on such an important occasion. The students behaved beautifully during both the march and the ceremony.

CHOIR
Our whole school choir lessons began again this week. Every child participates in our weekly choir lessons with Ryan Enns and whenever I visit the hall during choir the children are always singing beautifully and enjoying the experience. Next week our Year 1 and 2 choir and Ryan will be travelling to Mareeba in Maclean to entertain the residents with their singing. I am sure the residents will be delighted by their performance.

ASSEMBLY
The next assembly will be held tomorrow Thursday 30 April at 2.15pm due to our Cross Country being held this Friday 1 May. The class to present an item will be 1/2W. All parents and community members are invited to come along and share the students’ successes.

CYBER SAFETY PARENT PRESENTATION
A Cyber Safety presentation for parents will be held on Thursday 7 May from 6.00-7.30pm at Yamba Public School. This is through the Australia Communications and Media Authority. To assist with organisation any parents who will be attending are asked to contact either our school office or Yamba PS.

STUDENT BEHAVIOUR AND FOOD
As mentioned last week Dr Alison Knight was a speaker at our recent Staff Development Day and she spoke about how nutrition affects children’s health, learning and behaviour. Research has shown the body’s reaction to artificial food colourings and additives affects behaviour in children. For your information I have attached to this week’s newsletter a sheet given to staff by Alison outlining the food additives to look for and avoid when shopping.

P&C INFORMATION
The next P&C meeting will be held on Wednesday 20 May at 7pm. This is held in the school staffroom. The P&C meetings are an opportunity to become an active member of the parent school community and to support your child’s school so please come along.

Robyn Urquhart
2016 OPPORTUNITY CLASS PLACEMENT
Parents seeking opportunity class placement for Year 5 entry in 2016 are able to apply online from Monday 27 April. Applications must be submitted by Friday 15 May 2015. Generally students are in Year 4 in 2015 when applying for Year 5 entry in 2016. Parents are strongly encouraged to give careful consideration to the time taken and modes of transport involved when choosing a school with an opportunity class. Parents of students currently enrolled in a NSW public school with access to the internet, a printer and their own email address (not the student's) should apply for opportunity class placement online by going to this internet website: www.schools.nsw.edu.au/ocplacement.
The opportunity class placement test will be held on Wednesday 22 July.

DRUM LESSONS
Drums lessons are available at $20 per half hour on Wednesday mornings at the school. One on one teaching, however can be joint if family, I incorporate drum notation, all aspects of kit playing as well as rudiment exercises. 10 years plus teaching experience. Friendly atmosphere. Only a couple of spots available. Contact Ira Taylor on 0428 475 193 should you be interested.

SCHOOL PHOTOS
Photos and additional items have been distributed today. Individual photos have been sent home with each child who had ordered them. Sibling photos, magnets / cups have been sent home with the eldest sibling. Group photos can be viewed in the foyer, order envelopes are available from the office.

SCHOOL CROSS COUNTRY
The school Cross Country will be held this Friday May 1 in and around the school grounds (weather permitting—the alternate date will be Friday 8 May). A permission slip has been sent home. Please return the permission slip prior to the day in order for the organisation to run smoothly.

BOOK FEES
Thank you to the parents who have paid for their book pack, this is appreciated. If you have not paid your book pack could you please do this ASAP, instalments are accepted.

SCHOOL HAT
Please remember to send your child to school with a school hat. This is not only for playtime but also for outdoor learning activities.

SESQUICENTENARY OF PUBLIC EDUCATION
This year we celebrate 150 years of Public Education in the Lower Clarence. The decision to establish the first school in Maclean, then known as “Rocky Mouth” was made on 17th May, 1865. While there have been a number of different school locations since then, there has always been Public Education available to the students of the Lower Clarence.
On Sunday 7th June 2015, celebrations will be held to mark this important occasion. There will be a showcase of Public Education both present and past with dance, song, instrumental ensembles, displays both static and interactive and open classrooms to which past and present staff, students, parents and the general public are warmly invited. The day will commence with a formal assembly at 10.00am, Sunday 7th June in the Maclean Public School Hall, corner of Woodford and Clarence Streets Maclean. For more information visit the Maclean Public School Website at http://www.maclean-p.schools.nsw.edu.au/news/ sesquicentenary or call Sesquicentenary Coordinator, Marilyn Donelan on 0407 452 967 or Principal, Sandra Armstrong on 66452544.

SCHOOL BUS TIMES
School Bus 23 will depart Pacific Valley Christian School at 8:24am and will operate 5 minutes earlier throughout the entire journey. School Bus 46 will now depart from Iluka Road & Adams Street at 7:28am (4 minutes earlier) and will operate via normal directions to Gulmarrad PS. There are no changes to route directions, there is no change to the afternoon service. A bus timetable can be obtained from the school.
MACLEAN SHOW
Prize Winners:
1st— Annika Ullett (most original exhibit), Daniel Causley, Zac Salmon, Y5 GPS
2nd— Ashley Rutkowski, Niamh Hopkins, Claudia Robinson, Will Dalgliesh, Jharn Brewer-Takarangi, Bailey Cameron, Lily Fuller, Cooper Ryan, Stacey Nowell
3rd— Eden Maitz, Jorgi Jeffrey, Tyler Roigard, Jayvin Russell, Rose Essex, Bryce Nowell, Telleah Neylon
Highly Commended—Abbigail Hind, Blake Baker.

A display of the show prize winners is in the school foyer this week.

ANZAC DAY

All photos can be viewed in colour on the school website.
The children in Kindergarten have had a busy start to Term 2. We have been involved in ANZAC activities and participated in the school ANZAC ceremony. We made poppies and a wreath. Some of the student’s reflections about ANZAC are;

“On ANZAC Day we think about people who died in the war.” Hayden

“We need to look after our soldiers.” Jacob

“I know why ANZAC day is so important because I care about the people who died.” Amelie

“Thank you soldiers for looking after our beautiful world.” Zoe

This term the children are starting homework. They are required to complete three activities from their contract, practise their spelling words and sight words as well as read books. Here they are practicing to write their spelling words.

On Tuesday we were lucky enough to have Cruze the dog come and visit us as part of the ‘Responsible Pet Ownership Education Program – Living Safely with Dogs.’ Ms Gina taught us what to do if a strange dog comes near us as well as how to approach a dog that is with its owner.

This Term we are working on the unit “On the Move”. The unit provides students the opportunities for students to explore, through hands-on activities what things move, the ways they move and the parts that enable them to move. They will be looking at human movement, animals’ movement as well as how different toys move.

In Sport this term we will be learning the skills of throwing and catching, kicking and striking. The Year 5 students helped us practice striking a tennis ball with a paddle bat. Thanks Year 5.
Food additives associated with learning and behaviour issues

In Europe and the UK food additives are prefixed with the letter E. In Australia they are listed by the number alone.

• Artificial Colours

Hyperactivity is strongly associated with these additives

AVOID 102* 104* 110** 122** 123** 124** 129** 132** 133**
142* 151* 155**

(102 the yellow dye tartrazine is arguably the worst!)

• Artificial Preservatives

These are known to contribute to learning and behaviour problems in sensitive children. Reactions are often delayed.

AVOID Benzoates 210 - 213 211
Sulphites 220 - 228
Proprionates 280 - 283 282
Antioxidants 310 - 312
TBHQ 319* BHA 320* BHT 321*

• Flavour Enhancers

Glutamates are implicated in learning disorders, hyperactivity, sleep disturbance, irritability and depression.

AVOID Glutamates 621 - 626, 627, 631, 631*

NB: MSG is 621, many manufacturers now call it flavour enhancer 621 in order to disguise this fact!

• Aspartame and artificial sweeteners

Aspartame accounts for over 75% of the adverse reactions reported to the US Food and Drug Administration each year!

AVOID Aspartame 951*, Saccharin 954*, Nutrasweet, Equal, Splenda, Sweet and Low

All of these additives are widely used in Australia

Numbers in red are particularly important to avoid.

*additives linked to carcinogenic risk.

*additives banned in other countries in the world but not in Australia.
**Community News**

**FAMILY RELATIONSHIP SKILLS PROGRAM**

Free Parenting Courses

**Grafton**
Managing Stress – Monday 18th & 25th May
Standing Strong – Tuesday 19th & 26th May
Understanding Your Child’s Brain - Monday 4th & 11th May

**Maclean**
Bringing Up Great Kids – Wednesdays 13th May to 17th June (6 weeks)
Managing Stress – Friday 1st & 8th of May

**Yamba**

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**Maclean Sports Centre**

Monday - Junior squash coaching…4.00pm
Wednesday - Junior futsal…from 4.00pm
Wednesday - Junior squash competitions…from 4.30pm
Thursday - Junior netball…from 4.00pm (coaching/games with A Grade netballer Chloe Bryant)

NO registration fees with any sport.

In the month of MAY we are having a special for FREE squash every Saturday. Rackets & ball supplied & coaching provided. Bookings essentials.