CHOIR
Our school choirs have started up again for the term with Ryan Enns from the Conservatorium of Music in Grafton. Our choir groups are always very enthusiastic and it is terrific to see the children enjoying their singing.

DEBATING TEAMS
Congratulations to our two debating teams, the Gulmarrad Kangaroos and the Gulmarrad Emus, who have recently debated in two gala days in Maclean and Grafton. Members of both teams stayed once a week after school last term and gave up some of their holidays to come to school and work on their skills with Mrs McGrath. The teams have certainly improved their skills as well as enjoying the whole debating experience. Special thanks to Mrs McGrath for her efforts with the teams and to the parents who assisted with travel for the gala days.

STATE CROSS COUNTRY
Special congratulations to Kele Jeffery who last week competed at the PSSA State Cross Country in the 10 year division held at Eastern Creek in Sydney. There were 78 competitors in the 2 kilometre event. Kele ran a fabulous race and was actually second fastest for the North Coast team. We are all extremely proud of Kele’s efforts.

EDUCATION WEEK
Education Week celebrations next week will begin on Wednesday 29 July with an open classroom session from 9.00-9.25 and then moving on to our Science Day which starts at 9.30. Students will be placed in K-6 groups and rotate around to each teacher to participate in a science activity. Parents and family members are invited to come along and join in with the students as they explore many new and exciting science concepts.

NED SHOW
The NED show will be on next Thursday 30 July at 2pm. The NED show is a character education program around three important messages: Never give up, Encourage others and Do your best. The show is free for our students but operates on the principle of ‘pay-it-forward’. This means that students from other schools have purchased the yo-yos that are sold after the show and their payments helped to fund our school’s show. All yo-yos sold by our school help to fund another school’s show. An information sheet for parents is attached to this newsletter.
STUDENT JEWELLERY
A reminder to all students that jewellery is not a part of our school uniform. Unfortunately necklaces and dangling earrings are starting to creep back in for many children. Safety reasons mean that students are asked to not wear necklaces, bracelets, bangles or dangling earrings. Sleepers or studs are okay. Thank you to parents for supporting this issue by ensuring the children are not wearing jewellery.

P&C INFORMATION
The next P&C meeting will be held on Wednesday 19 August starting 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
Principal

KINDERGARTEN 2016 PARENT INFORMATION
Our parent information session for the 2016 Kindergarten classes will be held on Tuesday 4 August from 6.00-7.00pm and Wednesday 5 August 9.00-10.00am. All parents of 2016 Kindergarten students are invited to attend. If you know of any parents who will be attending please ask them to contact the office so that we have an idea of numbers for catering.

NSW PREMIER’S DEBATI NG CHALLENGE
The two Gulmarrad Public School debating teams travelled to Maclean Public School and South Grafton Public School recently to participate in the NSW Premier’s Debating Challenge. The Emus debating team consisted of Sarah Cassidy, Madeline Hollis, Liam Odgers and Madison Howarth. The Kangaroos debating team consisted of Bailey Cameron, Zali Bourke, Alyssa McGrath and Ella Jeffery. The schools that we debated against this year were Lawrence PS, Maclean PS, South Grafton PS and Grafton PS.
The first debating day at Maclean Public School saw both of the teams win one debate and lose a debate each. The topics debated on the day ranged from "that all parents should have pets for their children", "that we should ban ads with unhealthy food and drink" and "that we should ban parents from smacking their kids". The second debating day was held at South Grafton PS and again both of the teams won one debate and lost one debate. Some of the topics debated on the day included "that school holidays should be longer", "that schools should teach computer skills instead of art and music" and "that the internet should be banned for all primary school children". The students performed well during each debate and learnt a great deal from the wonderful adjudicator, Mrs Huxley who shared with the teams many ideas and tips.
Well done to all of these fantastic team members who worked very hard to not only learn the skills of debating but also develop the confidence needed to stand and debate some very challenging topics. I am extremely proud of the students and the effort they have given. Thank you also to the wonderful parents who volunteered their time to transport the students to and from the different events and who stayed and cheered us on.

SCHOOL ATHLETICS CARNIVAL
Our School Athletics Carnival will be held on Friday 31st of July on the school oval. The carnival is for all students from K-6. There will be age races and field events/games for all students so mark the date on your calendars.
Over the course of the next two weeks all students aged 8 years old and above will be participating in field event training and practice. During week 2 trials will be held to determine the top 6 students in each age group to participate in field event finals on the day of the carnival. Students have been reminded to wear sports shoes or joggers every day so we can train for the events.

SCHOOL NEWSLETTER
You can get the weekly newsletter emailed to you, just email your details to: gulmarrad-p.school@det.nsw.edu.au or view it on the school website: http://www.gulmarrad-p.schools.nsw.edu.au/
THERE'S NO BUSINESS LIKE SHOW BUSINESS!
There is a musical buzz in the air around Gulmarrad Public School at the moment as all of the classes begin practising their item for the upcoming biennial school musical production titled "There's no Business like Show Business!". The performance will be held in the school hall during Week 8 of this term and will include a matinee performance on Wednesday, 2nd September and two evening performances on Wednesday 2nd and Thursday, 3rd September - mark it on your calendar! Tickets will go on sale for each of these performances during Week 6. Keep an eye out for notes coming home from the classroom teacher which will include information about the class performance or costumes. You will also find information about the production in our school newsletter from time to time. If the past performances that our school have produced are anything to go by this one will certainly be exceptional!

FREE DENTAL ASSESMENT KINDERGARTEN
A dental nurse will be visiting on Tuesday 28 July to asses all Kindergarten students. A consent form has been sent home with the students and will need to be returned ASAP to be entitled to this free dental assessment. Spare forms can be obtained from the office.

OZ OPERA CINDERELLA

Last Thursday OZ Opera performed ‘Cinderella’ at the school, an excellent performance enjoyed by all.

IMPORTANT INFORMATION REGARDING CHANGES TO THE CANTEEN
Gulmarrad P&C have suggested many ways to keep the canteen profitable. Some suggestions have been that we only open Fridays; raise our prices to cover increasing costs and pre order.
As I am part of the canteen, I see how much the children enjoy the canteen. Both Wednesday and Fridays, they are spending their coins for a treat and they are excited when picking up their lunch orders. For this reason I want to keep the canteen open twice a week.
This term, I am going to try something a little different in order to keep the food fresh and minimise left overs. This will take cooperation from the parents to help make this work. This new menu will start 29th July.
ONLY THE 'BLACKBOARD SPECIALS' WILL BE AVAILABLE ON WEDNESDAYS. ALL LUNCH ORDERS WILL NOW BE ON A PRE-ORDER ONLY.
YOU MUST HAVE THE ORDER FOR THE "BLACKBOARD SPECIALS" IN BY THE MONDAY AFTERNOON OF YOUR CHOSEN WEEK
FRIDAY ORDERS MUST BE IN THE BOX BY WEDNESDAY
Unfortunately the prices on some items had to be raised a little bit due to increases from our wholesalers. Please keep your menu for what specials we have on Wednesdays. I will however give reminders in the weekly newsletters.
Parent helpers are needed and are essential for the efficient running of the canteen. Please call for scheduling volunteering or any questions
Having fun in 1/2W!

Crunch & Sip

Abbigail, Telleah, Summer, Chelsea, Tyson, Ben, Jayden and Riley having fun with fruit during Crunch and Sip.

French Knitting fun.

Jayden, Nathan and Will, Riley and Finn, Daniel and Oliver
Garden fun planting potatoes

Ms Wallace and kids

Lily with her classmates

Science

Max, Maddi, Xavier, Brad and Ben with their Lego toys they made in Science.

Jump Rope for Hearts

Skipping for a healthy heart
The NED Show is a character education programme that centres around three important messages that have life long relevance:

**Never give up**  **Encourage others**  **Do your best**

During the assembly, students will learn about NED's three messages while enjoying storytelling, magic, humour and yo-yo tricks.

**use NED at Home**

- Share a story about never giving up on something that was important to you as a child.
- Be your child's #1 encourager! Recognise something that your child is trying to be awesome at and applaud their efforts.
- If your child is excelling in a particular area, identify new challenges that will keep them doing their best!

www.thenEDshow.com/PARENTS

Access 55 mins of yo-yo instruction for tons of old-fashioned fun after the show!

www.thenEDshow.com/KIDZ

**The Pay-it-Forward Sale**

NED gear is available for purchase for 5 days after the show at our school.

Our school gets The NED Show for free because we're hosting a Pay-it-Forward sale. When you purchase a NED item, you help send this assembly on to the next school.

Prices include GST.

- **NED® YO**  Glow-in-the-dark  $8
- **BOOMERANG®**  Auto-return feature  $15
- **EXCELERATOR®**  Professional ball bearing yo-yo  $20

Replacement String  (10 strings)  $5
Yo-Yo Holster  $5

Prices effective for 2015-16 School Year.

Send order form and payment to school with your child.

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>NED® YO</td>
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<tr>
<td>Boomerang®</td>
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<td>EXCELERATOR®</td>
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<td>10 Strings</td>
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<tr>
<td>Yo-Yo Holster</td>
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Grand Total $ __________

Cheques should be made payable to our school.
BLACKBOARD SPECIALS

$5.50

TERM 3 MENU AVAILABLE WEDNESDAYS ONLY

All meals below come with popper and zooper dooper or icy pole

29TH JULY       WEEK 3       CHICKEN BURGER
5TH AUGUST       WEEK 4       LASAGNE
12TH AUGUST      WEEK 5       CHICKEN TENDERS (3)
19TH AUGUST      WEEK 6       FRIED RICE WITH CHICKEN
26TH AUGUST      WEEK 7       SPAGHETTI BOLOGNAISE
2ND SEPTEMBER    WEEK 8       HAMBURGER
9TH SEPTEMBER    WEEK 9       CHICKEN BURGER
16TH SEPTEMBER   WEEK 10      LASAGNE

AVAILABLE WEDNESDAYS AND FRIDAYS

DRINKS

BOTTLED WATER 350ML $0.60
CHOCOLATE/STRAWBERRY MILK $1.90
POPPERS: TROPICAL, APPLE, APPLE B/CURRENT, ORANGE $1.50

SNACKS

CARROT, CUCUMBER (per cup) $0.60
PIKLEETS 2 FOR $0.50
CAKE OF THE DAY VARIOUS PRICES FROM $0.50
RED ROCK DELI CHIPS (sea salt, honey soy, grain waves) $1.00
J J’S (pizza, chicken) $1.00

ICY TREATS

FROZEN YOGURT (mango, strawberry) $1.00
VANILLA CUPS $1.00
ICY POLES (various flavours) $0.50
ZOOPER DOOPER (various flavours) $0.50
**EMU CAFÉ TERM 3**

**AVAILABLE WEDNESDAYS & FRIDAYS ONLY**

*Our menu is based on the “healthy kids association” colours follow the categories as guidelines only*

**GREEN**  CHOOSE PLENTY  **AMBER**  CHOOSE CAREFULLY  **RED**  CHOOSE OCCASIONALLY (NONE)

### MADE FRESH MENU

<table>
<thead>
<tr>
<th>SANDWICHES (white/whole wheat)</th>
<th>ROLLS</th>
<th>WRAPS</th>
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</thead>
<tbody>
<tr>
<td>Shaved Leg Ham</td>
<td>$3.90</td>
<td>$4.10</td>
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<tr>
<td>• Chicken</td>
<td>$3.90</td>
<td>$4.10</td>
</tr>
<tr>
<td>• Cheese</td>
<td>$2.40</td>
<td>$2.60</td>
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<tr>
<td>• Vegemite</td>
<td>$1.20</td>
<td>$1.40</td>
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<tr>
<td>• Grated Carrot, Lettuce, Tomato, Cucumber, Red Onion – Add $0.50 each</td>
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### HOT FOOD MENU

- Toasted Cheese Sandwich
- Cheese & Bacon Pizza
- 6 Chicken Nuggets
- Meat Pie
- Sausage Roll
- Hot Dog
  - $3.10  Add Cheese $0.50, Add Sauce $0.20
- Spinach and Ricotta Roll
  - $2.40

### DRINKS

- Bottled Water 350ml
  - $0.60
- Chocolate/Strawberry Milk
  - $1.90
- Poppers: Tropical, Apple, Apple B/Current, Orange
  - $1.50

### SNACKS

- Carrot, Cucumber (per cup)
  - $0.60
- Pikelets
  - 2/$0.50
- Cake of the Day
  - $1.00
- Red Rock Deli Chips (sea salt, honey soy, grain waves)
  - $1.00
- J J’S (pizza, chicken)
  - $1.00

### ICY TREATS

- Frozen Yogurt (mango, strawberry)
  - $1.00
- Vanilla Cups
  - $1.00
- Icy Poles (various flavours)
  - $0.50
- Zooper Dooper (various flavours)
  - $0.50
- Paddle Pops (banana, chocolate, rainbow)
  - $1.30