



# Gooloogong Public School | NEWSLETTER

TERM 1 | WEEK 8 | 20/03/2024

## Western Swimming Carnival

On Tuesday, 12th March, Ada Duff, Patrick Bloomfield, Charlie Chittick, Ava Marr and Cooper Marr travelled to Dubbo to compete at the Western Region Swimming Carnival. We are very proud of each of our swimmers. Our relay team did a PB smashing the time by 16 seconds! An amazing achievement.



## Principal's Message



It has been a busy few weeks at school and we are rapidly approaching the end of term one already!

What a tremendous turnout there was at our first whole school assembly for 2024, combined with our Leader's Induction ceremony. Ada and Laylah were presented with their leaders' badges by their parents, where they repeated the leaders pledge in front of the entire school community. Ada and Laylah then proceeded to emcee our assembly and did an outstanding job. The Primary class performed some dance moves from the 1950s that they have been working on as part of our weekly Creative Arts lessons, taught by the incredible Mrs. Best. It was wonderful to watch!

We had Charlie, Cooper, Ava, Ada and Patrick attend the Regional Swimming Carnival in Dubbo recently. While they didn't receive a place, each of these incredibly talented students swam their little hearts out and walked away with some personal bests. It was a wonderful experience for each of them and I want to thank their parents for travelling to Dubbo and supporting the many sporting pathways we offer our students.

We have finished our parent-teacher meet and greets and had 95% attendance rate, which is a wonderful effort. These meetings are a valuable way to touch base and talk about student progress, goals, address any questions, as well as provide an opportunity to have a general chat. We will have another opportunity for meet and greets in term three.

Our Easter Hat parade has been set down for Thursday 28th March. The Mobile Preschool will also be in attendance. Students will have the opportunity to create their own Easter Hat during the morning, and parents and community members are invited to help create hats and/or attend the parade and stay for lunch. We hope to see many of you for this exciting day!

NAPLAN testing has concluded for our school. Well done to our Year 3 and Year 5 students who I know all tried their best. Results will be released later in the year to families.

Our School Bytes app seems to be working well from our end. If you encounter any problems within the parent portal, please reach out to us so we can rectify the issue. Did you know you can enter your child's absence reason, as well as enter absence dates and reasons in advance for the school to approve? Don't forget to remind family members our newsletter is uploaded to our school website each fortnight, and we also provide printed copies available at the Gooloogong Handymart.

We now have chooks! A big thank you to Tony Wakeling who donated 5 girls to our school who are absolutely loving their new home in our start-of-the-art chicken coop with automatic water system. The kids have been very eager in collecting eggs and checking-in with the chooks daily!

Enjoy the rest of your week!

*Nick Doyle*

Principal



## Upcoming Events & Information

### Our Next Assembly

Week 10, Thursday 4<sup>th</sup> April – Infants class performance

All are welcome to attend.

### Grip Leadership

Students in Year 6 will travel to Bathurst to participate in Grip Leadership on 28<sup>th</sup> March. Notes have been sent home via the school bytes parent portal. Please check your School Bytes notifications and/or emails. Please ensure notes are returned by the due date.

### Easter Hat Parade

Our Annual Easter Hat Parade will be held on 28<sup>th</sup> March under the cola. Parents and family members are invited to join us to make easter hats with their child/ren at 10am, with the Parade at 11:15am. There will be a sausage sandwich and easter egg hunt to follow the parade. We look forward to seeing everyone.

### HPGE Day at Eugowra Public School.

All NSW Public Schools are required to ensure that learning experiences are offered to meet the needs of students across the domains of intellectual, creative, social-emotional and physical. Throughout 2024, our five schools plan to combine to allow all students' opportunities to engage in these areas, while having the chance to meet and socialise with students from other small schools in our area.

On 11<sup>th</sup> April, students from Gooloogong, Cudal, Manildra, Eugowra and Cargo Public Schools will be attending an Olympics themed Opportunity Day at Eugowra Public School. The day will involve students from all schools combining to rotate around activities based on the 2024 Olympics. All students and staff are expected to attend this event as a normal school day. A note with further information will be sent home via the school bytes parent portal. Please keep an eye out for this and ensure you respond to the permission note by the due date.

### Cowra Small School Cross Country

On the 10<sup>th</sup> April, all students and staff will travel to Holmwood Public School to Compete in the Cowra Small Schools Cross Country. More information will be sent home closer to the date. Please keep an eye out for the permission note that will be sent home via school bytes parent portal.

### The Resilience Program

Over the past month, our students have been introduced to the four main concepts of The Resilience Project: gratitude, empathy, mindfulness and emotional literacy (GEM + EL). This week we have come back to Gratitude, with a more in depth focus.

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, and helps us to feel happier and more focused, determined and optimistic. It even helps us have better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

Whole Family Activity:  
Gratitude Scavenger Hunt

- As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:
- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you
- Each member of the family uses the list and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family Habit Builder:

Every night at dinner, have each person talk about their favourite thing about that day.

## P & C News

### School Spec Meal Deal

Each Monday unless communicated, students will be able to have a sausage sizzle lunch cooked by members of the P&C. The form attached is to be sent in either each week with cash payment or payment can be made by direct deposit weekly or however many weeks in a row you would like to make into the P&C account. Please see account information below. **Please do not use Parent portal to make payments.**

If you would like to help cook the BBQ let us know via the messenger group.

The P&C bank details are:

Gooloogong Public School Parents & Citizens Association

BSB:062-529

Account no:1005 0980

School Spec Meal Deal	
<input type="checkbox"/>	1x Sausage sandwich, Poppa and Freddo or <u>Zooper Dooper</u> \$5
<input type="checkbox"/>	1x Extra Sausage Sandwich \$2
Name: _____	
Paid:	
<input type="checkbox"/> Cash	<input type="checkbox"/> Paid online to P&C account, Amount \$ _____

### **Bulb Fundraiser**

The P&C are having a bulb fundraiser from Tesselaar Gardening. The Campaign will run until March 28<sup>th</sup>, 2024. Ordering is simple; go online to the following link and place your order and your bulbs will be delivered straight to you. Please note, the ordering link that went home in the letter was wrong. The below link is the correct link.

[www.bulbfundraiser.com.au/goloogongps](http://www.bulbfundraiser.com.au/goloogongps)

Happy ordering 😊



### **Return & Earn Process**

Don't forget, the P&C have a return & earn process to raise money for our school via return & earn. Please see the flyer with instructions

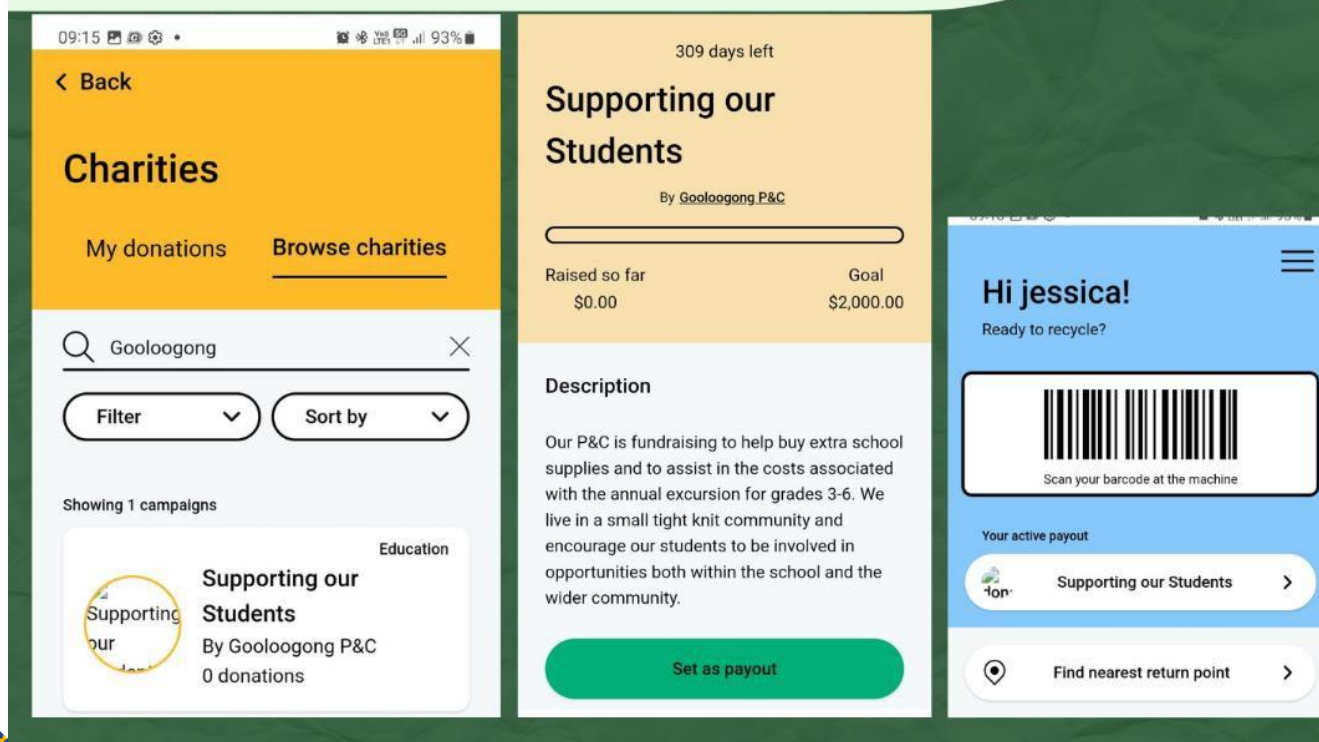


# NEW RETURN & EARN PROCESS

## STEP 1: DOWNLAOD THE APP



## STEP 2: FOLLOW THE PROMPTS TO SELECT GOOLOONGONG PUBLIC SCHOOL P&C AS YOUR PREFERRED CHARITY.





# HARMONY DAY

*Celebrating Our Cultural Diversity*

**21ST MARCH 2021**

**WE INVITE ALL STUDENTS TO WEAR ORANGE, OR  
CLOTHING THAT REPRESENTS THEIR ANCESTRAL  
NATION, ON THURSDAY, 21ST MARCH, INSTEAD OF  
THEIR NORMAL SCHOOL UNIFORM.**



# *You're Invited!*

# **Easter Hat Parade**

***Thursday, 28th March, 2024***  
**Gooloogong Public School**

Parents are welcome to come in and make  
easter hats from 10am - 11am  
11:15am - Easter hat Parade, followed by a  
sausage sandwich and easter egg hunt.





## Assembly Term 1, Week 6

### Leaders Induction



**Vice Captain - Laylah Moczar & her mum, Karley Moczar**



**Captain – Ada Duff & her mum, Claire Duff**

## Award Recipients

### Principal's Award



**Infants – Maddison Brown**

**Primary – Emma Croker**

### Literacy Award



**Infants – Harry Gray**



**Primary – Sienna Gibson**

### Numeracy Award



**Infants – Cooper Marr**



**Primary – Joel Picker**



## Creative Arts Award



**Infants – Chase Hodge**



**Primary – Cody Spicer**

## GEM Award



**Infants – Paula Tedder**

**Primary – Ada Duff**

## Swimming Carnival Awards



**Cowra Small Schools Carnival**



**District Carnival**

# Primary Performance













# Attendance Matters

## BEING ABSENT FROM SCHOOL 1 OR 2 DAYS DOESN'T SEEM LIKE MUCH BUT ....

Your child is only missing just ...	That equals ...	Which is ...	Over 13 years that is ...	So the best your child can perform is ...
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years	Equal to finishing in Year 11
1 day per week	40 days per year	8 weeks per year	Over 2.5 years	Equal to finishing in Year 10
2 days per week	80 days per year	16 weeks per year	Over 5 years	Equal to finishing in Year 7
3 days per week	120 days per year	24 weeks per year	Almost 8 years	Equal to finishing in Year 4

## JUST A LITTLE BIT LATE FOR SCHOOL DOESN'T SEEM LIKE MUCH BUT....

Your child is only missing just ...	That equals ...	Which is ...	Over 13 years of schooling that is ...
10 minutes per day	50 minutes per week	Almost 1.5 weeks per year	Almost half a year
20 minutes per day	1 hour 40 mins per week	Almost 2.5 weeks per year	Almost a whole year
Half an hour per day	Half a day per week	4 weeks per year	Almost one and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years.

### GPS's Fortnightly Attendance

Infants		Primary	
Week 6 – Term 1	Week 7– Term 1	Week 6 – Term 1	Week 7 – Term 1
<b>90.2%</b>	<b>93.7%</b>	<b>96%</b>	<b>97.3%</b>



## Western Swimming Carnival Gallery





## Upcoming Community Events & Information



Term 1 lessons start Wednesday 28<sup>th</sup> and Thursday 29<sup>th</sup> February

\$110 term 1 (6 week term)

Coached match play Monday afternoon 4-5.00 \$120

Racquets available to borrow or purchase

Private lessons \$40 ½ hour by appointment

Enrolments and enquiries to Helen Garratt 0407139164 or  
hgarratt3@gmail.com

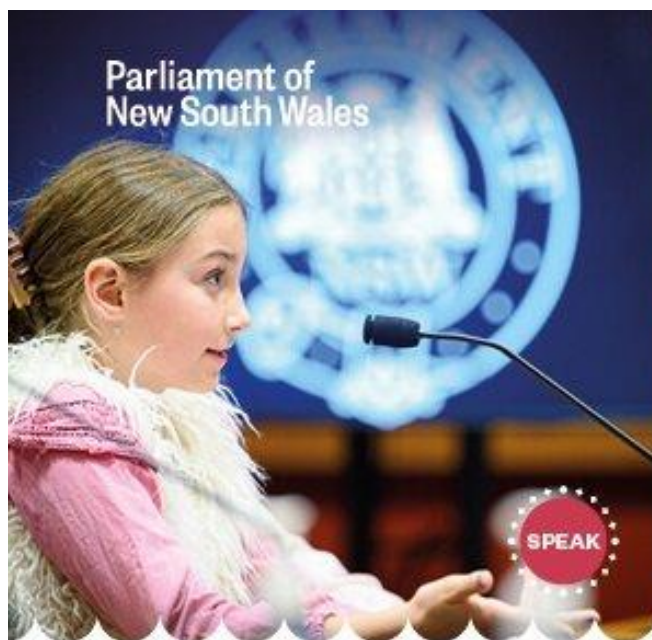


### Forbes Junior AFL Club

We are delighted to announce that registrations for the 2024 Forbes Junior AFL Club/Parkes Panthers Central West AFL are now open. Cost will remain at \$70 and as always includes the always awesome Auskick pack and the opportunity to play half-time footy at a GWS Giants home game!

In line with last year and based on feedback the 2024 season will begin on May 24. The season will run to July 5, break for the holidays then will re-start on July 26, with the last session being August 23. All sessions start at 4:30pm and are held at Gaggin Oval Forbes and North Parkes Oval Parkes.

Please use this link to register <https://www.playhq.com/afl/register/6617fd>



# FESTIVAL OF DEMOCRACY

at the Parliament of NSW

**Friday 19 April**  
9.30am – 3.30pm

Celebrate democracy at Australia's oldest Parliament with free, fun activities for children from four to twelve years, and their families.

- Give a speech in the Parliamentary chambers
- Make craft animals and objects
- Learn how to vote
- Visit our heritage rooms
- Participate in a committee role play

*and more...*



**FREE ENTRY**  
Activities 9.30am to 3.30pm

**LOCATION**  
Parliament of New South Wales,  
6 Macquarie Street  
Opposite Martin Place

**The public café will be open.**

**BOOKINGS  
ESSENTIAL**



P: (02) 9230 2047 or  
E: [communityengagement@parliament.nsw.gov.au](mailto:communityengagement@parliament.nsw.gov.au)





## Wesley LifeForce Suicide Prevention Training

**We deliver a robust and evidence based program which focuses upon educating people about suicide, challenging attitudes and teaching basic engagement and suicide intervention skills.**

Participants will have increased confidence in their ability to identify people who may be at risk of suicide, communicate appropriately with a suicidal person, ask a person if they are considering suicide and conduct a suicide intervention.

### Participants will learn:

- Awareness of the requirements for classification of a death as suicide
- Knowledge of the occurrence and demographics of suicide in Australia
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources

*"The workshop was so beneficial for me personally and professionally. It was presented with genuine authenticity and care towards everyone attending. I will be recommending the training to my colleagues."* Recent Participant

**Date & Time:** Tuesday, 12 March 2024, 10:30 am – 3:00 pm AEDT

**Location:** Club Cowra, 101-103 Brisbane Street, Cowra, NSW 2794

Register with this link: [Wesley LifeForce Suicide Prevention Half Day Workshop - Cowra NSW Tickets](#). Tue 12/03/2024 at 10:30 am | Eventbrite

Email [lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au) or call 1800 100 024 for more information

This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.



**Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government**

## Term 1 (Jan – Apr 2024)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
W8 Term 1 17	18	19	20 Newsletter	21 Harmony Day	22 Sport AFL: Infants 9:15-10:15am, Primary 10:30-11:30am	23
W9 Term 1 24	25	26	27	28 Easter Hat Parade 7:00am - 4:30pm 2024 Year 6 Grip Leadership Conference	29 Good Friday	30
W10 Term 1 31	April 1 Easter Monday	2	3 Newsletter	4 Assembly - Infants performance	5 Sport AFL: Infants 9:15-10:15am, Primary 10:30-11:30am	6
W11 Term 1 7	8	9	10 Cowra Small Schools Cross Country	11 9:00am - 3:00pm HPGE Day at Eugowra Public School	12 Sport AFL: Infants 9:15-10:15am, Primary 10:30-11:30am Term 1 end	13



## Term 2 (Apr – Jul 2024)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
W1 Term 2 28	29 <div>📅 Staff Development Day</div> <div>Term 2 start</div>	30	May 1	2	3	4
W2 Term 2 5	6	7	8 <div>📧 Newsletter</div>	9	10	11
W3 Term 2 12	13	14	15	16	17 <div>🏃 District Cross Country</div>	18
W4 Term 2 19	20	21	22 <div>📧 Newsletter</div>	23	24 <div>🏃 Back Up District Cross Country</div>	25
W5 Term 2 26	27	28 <div>🏃 Cowra SS Athletics Carnival</div>	29	30	31	June 1
W6 Term 2 2	3	4	5 <div>📧 Newsletter</div>	6	7	8
W7 Term 2 9	10 <div>🎂 King's Birthday</div>	11	12 <div>🏃 Western Cross country</div>	13	14	15
W8 Term 2 16	17	18	19 <div>📧 Newsletter</div>	20	21	22
W9 Term 2 23	24	25	26	27 <div>📷 School Photos</div>	28	29



# THANK YOU

2023/2024 SCHOOL SUPPORTERS

*Phil & Sue Morrow*  
*East Coast Stock Feeds*  
*Shelley Bloomfield*  
*Bruce Walker*



## ACKNOWLEDGEMENT OF COUNTRY

**We acknowledge the traditional owners and custodians of this land. We pay our respects to their Elders, past, present and emerging.**

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

Contact:  
(02) 6344 8307

Email:  
[gooloogong-p.school@det.nsw.edu.au](mailto:gooloogong-p.school@det.nsw.edu.au)