



Garden Suburb Public School
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Principal: Louise Dunn



Term 3 Week 4 2021

Week 3 Principals Award - Amber



Amber is an absolute delight to be around. She is always the first to greet teachers and peers with a warm smile and friendly conversation. Amber goes above and beyond to help others and shows initiative to carry out tasks without being asked. She puts 100 percent into her learning and always does her personal best. Amber shows tremendous persistence to approach challenging tasks with a positive attitude and never gives up! She lights up the room with her singing and dancing and it was a pleasure to have her as part of our star struck team. Amber can always be trusted to uphold our school values and is a much-loved

friend and student.

Zone Athletics Carnival

On Tuesday 3rd August, 35 of our GSPS athletes took to the track and field at the Zone Athletics Carnival. It was full of nerves, excitement, encouragement and anticipation. We had some amazing achievements on the day with all students trying their best and representing our school with pride.

Some outstanding achievements include:

- Charlotte from the Astronauts who broke the record in the 11 Years Girls 1500m
- Hayden from the Astronauts who has been awarded Senior Boy 2021 Athletics Champion
- Emily from the Astronauts who has been awarded Senior Girl 2021 Athletics Champion
- Garden Suburb Public School who has been awarded the School Champions (handicap) trophy.

We are delighted to announce that these students will be off to regional: Fred, Lochlann, Harvey, Rainn, Martin, Josh D, Hayden, Emily, Charlotte and Nahni.



We are very proud of all the students who participated including Alexandra, Amber, Ben, Caitlin, Eden, Eli, Elijah, Estelle, Fred, Georgia, Harvey, Jed, Josh, Juniper, Liam, Lilly, Lochlann, Lola, Maddison, Martin, Maya, Nahni, Patrick, Rainn, Ruby, Ryan, Samantha, Savannah, Sienna, Theo and Zoe.

A huge effort by everyone as a team! Well done to all our competitors and their efforts and sportsmanship on the day.



Great Aussie Bush Camp

The school has been in contact with Great Aussie Bush Camp regarding our upcoming camp. Unfortunately, our camp booked for 23rd August to the 25th August is in the period where current COVID-19 restrictions of no overnight stays is in place. We have attempted to reschedule our camp for later in the year, however there are no available bookings remaining for 2021. We have decided to leave our booking in place in case there are any adjustments to current restrictions for regional New South Wales. We will make a final decision by Friday 13th August (Week 5). If there is a cancellation, refund forms will be sent home.

Kind Regards

Mrs Victoria Sturman

Year 6 Jumpers

Unfortunately, we have had difficulties with the manufacturer of the Year 6 jumpers and we have had to find a new supplier. The order has been placed and we have been given an estimated time frame of 2 weeks. There will be some changes with the design to the jumper as they will now be heat printed and not sublimated to help reduce the wait time.

I apologise for the delay and understand the frustration, thank you all for your patience.

ICAS (International Competitions and Assessments for Schools) 2021

ICAS Assessments dates have been updated in response to the COVID-19 developments in NSW to give families peace of mind, as well as the chance to prepare.

Our parent page link is: <https://shop.icasassessments.com/pages/pps>

Our school access code is: ECE468

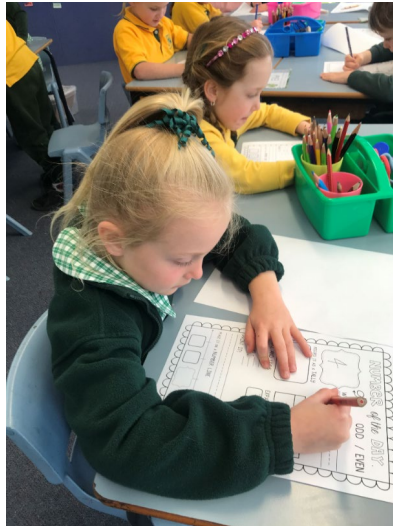
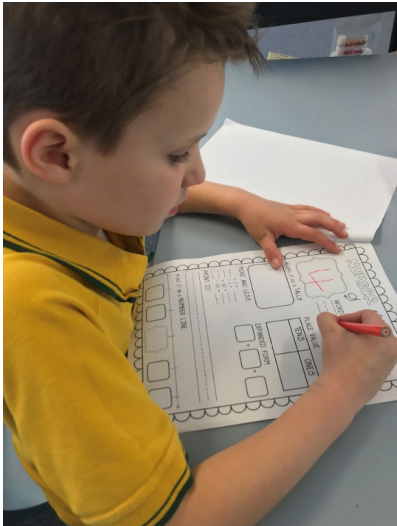
For Parent Payment System (PPS) closing dates, please see in below upcoming events.

Upcoming Events – All events below may or may not proceed dependant on restrictions

9 – 13 August	ICAS Digital Technologies sitting window (closing date has passed)
13 August 2021	PSSA Gala Day
16 – 20 August 2021	ICAS English sitting window (Closing date for parents to purchase via PPS 1 August 2021)
16 August 2021	Science Fair
17 August 2021	SISA (Sports in Schools Australia)
20 August 2021	Hunter PSSA Athletics Carnival
23 – 27 August 2021	ICAS Science & Spelling Bee (Closing date for parents to purchase via PPS 8 August 2021)
23 August 2021	A Matter of Seconds incursion – Water safety program
23 August 2021	P&C Meeting
23 - 25 August 2021	Stage 2 Great Aussie Bush Camp
30 August – 3 September 2021	ICAS Mathematics sitting window (Closing date for parents to purchase via PPS 15 August 2021)
31 August	SISA (Sports in Schools Australia)
14 September 2021	Newcastle Permanent Primary School Mathematics Competition
5 – 15 October 2021	ICAS Writing sitting window (Closing date for parents to purchase via PPS 19 September 2021)
5 -29 October 2021	ICAS Digital (additional dates) Technologies, English, Science, Spelling Bee, Mathematics (Closing date for parents to purchase via PPS 19 September 2021)
6-8 December 2021	Stage 3 Canberra Camp

Classroom News - Aliens

Aliens at work





Positive Behaviour for Learning (PBL)

Our PBL focus for Week 5/6: Mindfulness Matter

- . Learning and using various strategies to promote mindfulness

Message from the office



Lost Property

Labelled lost property items will be sorted and sent home with the students.

There is currently a large amount of unmarked lost property.

Due to current guidelines restricting visits to school grounds, the lost property tubs will be placed at the School entrance on Thursday afternoons for you to check for your lost items.

Please remember to socially distance and stay COVID safe.

Road work - Newcastle Inner City Bypass

The school has been notified that early work has started near the intersection of Lookout Road and McCaffrey Drive. Please be mindful as this may cause delays as they will be working during school drop off and pick up time including between 7am to 6pm Monday to Friday.

Attendance

This is a reminder that if students are unwell, to still update the school during the lockdown period. Attendance is still recorded daily and if your child is too sick to complete the learning from home please advise the school.

Thank you to those parents that update your child's school absence through the Sentral parent portal app. Please be sure to add a complete description of the illness. For example, *'Johnny is unwell with a cough and fever. We are getting a COVID test today.'* The office will contact parents to ensure the full description of the illness is recorded if this is not received.

Thank you for your assistance.

Environment News



School Tree Day was Friday 30th July. Students worked in class groups to plant shrubs along the bank at the bottom oval near Myall Road. They were divided into teams to plant the shrub, place mulch around the shrub and then fill watering cans to water the shrubs.

During discussions with the classes about the importance of trees, I was thrilled to notice so many students knew the role of trees, not only as habitats for many birds, mammals and insects but the important role trees play in the photosynthesis process, using energy from the sun, moisture and carbon dioxide to produce oxygen and glucose.



Totally Trash Free Tuesday's are continuing this term. I will be handing out dazzlers for Trash Free lunches. If students purchase food from the canteen on

Tuesday, they can return the rubbish to the canteen for disposal. The green bins are available for food waste.





Congratulations to all the winners, who were lucky enough to share a milkshake with Mrs Sturman this fortnight.



Enrol now for Kindergarten 2022

If you know of anyone in our community that will be enrolling their students at our school in 2022 please let them know that they can complete an online enrolment application on our website or they can contact the office.





CANTEEN MENU

2021

SANDWICHES

Vegemite/Jam	\$2.00
Cheese	\$2.50
Egg & Lettuce	\$3.00
Ham	\$3.50
Diced Chicken, Lettuce & Mayo	\$4.00
Salad	\$4.00
(let/tom/beet/carrot/cucumber)	
Salad with Ham/Diced Chicken	\$4.50

Toasted Extra	\$0.50
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Choice of White, Wholemeal or Gluten Free Bread for all sandwiches

WRAPS

Salad	\$4.50
Ham/Diced Chicken & Salad	\$5.00
^Chicken Finger with Lettuce, Cheese & Mayo	\$5.00

SALAD BOXES

Salad	\$5.00
Ham/Chicken & Salad	\$6.00
Egg & Salad	\$6.00
Ham/Chicken with Egg & Salad	\$6.50

FROZEN TREATS

Fruit Ice Block (4 flavours)	\$0.50
Frozen Pineapple or Watermelon Kebabs	\$0.20
Frozen Juice Cup	\$1.00
Apple Blackcurrant	
Juicies (3 flavours)	\$1.20
^Moosies - Choc, Blue Moon	\$1.50
^Ice Cream Cups	\$1.00
^Frozen Yoghurt	\$2.50
Choc Vanilla, Watermelon	

EXTRAS

Paper Bag	\$0.20
Sauce - Tomato, BBQ, Mayo	\$0.50

HOT FOOD

Corn on the Cob	\$1.00
Hard Boiled Egg	\$1.00
Garlic Bread	\$2.00
^Chicken Burger with Lettuce & Mayo	\$5.00
^Chicken Fingers (each)	\$0.50
Max 8/order	
^Party Pie (Low Fat)	\$2.40
^Large Pie (Low Fat)	\$3.80
^Sausage Roll (Low Fat)	\$2.40
Fresh Made Pizza	\$3.50
Cheese, Ham & Cheese or Hawaiian.	
Pasta Bolognese	\$5.00
^Nachos	\$5.00
Spring Roll	\$1.00
Hot Chicken and Gravy Roll	\$5.00

SNACKS

Watermelon Tub	\$2.00
Slinky Apple	\$1.00
Fresh Vanilla or Strawberry Yoghurt Cup	\$1.00
Vege Tub (Carrot, Cucumber, Capsicum) with Hummus	\$1.50
Fresh Popped Popcorn	\$0.50
Pikelets - Jam or Margarine	\$0.50
^Fresh Baked Muffin - Choc	\$1.00
^Grainwaves, Sour & Cream	\$1.50
^Red Rock Chips, Sea Salt	\$1.50
^Monster Noodles	\$1.00
Chicken, BBQ	
Cereal Bag (Cherrios)	\$0.50
Crackers and Cheese Cubes	\$1.50

DRINKS

Water - 600mL	\$1.50
Hot Chocolate	\$1.50
Juice - 99% juice, 200mL	\$2.50
Orange, Apple Blackcurrant, Apple	
Milk - Full Cream, 200mL	\$1.50
Milk - Reduced Fat, 200mL	\$2.50
Choc, Strawberry	
Juice Bomb - AppRasp, AppBC	\$2.50
Fruit-based Slushie (2 flavours)	\$2.00



^Occasional Choice Items. They have a health star rating of 3.5 or above.

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Good for Kids good for life

RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?¹

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.¹

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at www.healthdirect.gov.au/sleep-tips-for-children



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



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