

North News

Union St Goulburn
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Week 3 Term 4



Week 4

- 4 November** 2020 Kindy Orientation starts
- 6 November** State Athletics—Go Katelyn
- 7 November** State Athletics
- 8 November** Mulwaree HS Yr 6 transition

Week 5

- 11 November** 6:30pm P&C and Fireworks Mtg
- 14 November** Planetarium 4:00pm
District Medal Presentations—Sports Power
- 15 November** Planetarium

Week 6

- 18 November** Stage 3 Camp
Swim School starts
- 20 November** Stage 3 Campers return

Week 7

- 27 November** Mayor's Reception for school leaders

Week 8

- 3 December** Mulwaree HS Welcome Evening
International Day of Disabilities
- 4 December** Goulburn HS Orientation Day
- 5 December** 4:15 AECG Mtg Mulwaree HS
Last day of Kindergarten Orientation
- 6 December** Choir—Legacy Christmas Party

Week 9

- 11 December** K-2 Aged Care visits
Yrs 3 to 6 Presentation Evening
- 12 December** K-2 Presentation
- 13 December** Thank You Morning Tea

Week 10

- 16 December** Year 6 Farewell
- 18 December** **Last day for 2019**
- 2020**
- 29 January** **Years 1 to 6 return**

Principal's Message

We often hear of people using social media for negative reasons such as putting someone down, criticising and complaining about someone or a policy but the school Crazy Hair Day and the associated head shaving shows how it can be used for good. Much of the publicity about the day occurred through social media and because of the available technology we were able to receive donations from as far away as the USA. It shows how it can be used to make life better.

Special thanks to Mr and Mrs Horder who organised the Ice-cream Day, the kids and staff think you are legends! Thanks also to Janelle Anable (from Cut and Curl), Sally Falk and Chief Inspector John Sheehan who did a great job shearing the victims! It was great to see the support of our local police officers. (Photos and more information on page 3.)

Thanks for supporting our sun-safe hat campaign. We almost have 100% some days which is amazing, thank you!

Leonie Pearson

Special Group School Photos

Special group photos can be ordered from the office for \$16.00 each.

- School Captains and Prefects
- House Captains
- SRC members

If you would like to order any of these photos, orders will be taken at the office, along with payment in cash only until 4.11.19.

The PBL spotlight this fortnight is "We Respect our Environment" and as part of what we are discussing with your child at school, you can help support this spotlight by:

1. Discussing how do we show respect for different environments around us e.g. home, school, park environments
2. Showing your child what items at home can be recycled and composted
3. Giving your child a list of things they can do to help with chores around the house



We respect our Environment!

Respect

Responsibility

Co-Operation



AWARD WINNERS

KR	Jarrold Madeline Laurell	3/4B	Ben Ricky Piper
KN	Jack Cara Zoe	3/4L	Nishuti Finn Logan
1/2B	Riley Billy Khloe	3/4M	Christian Liam Keely
1/2F	Eddy Mason Maddison	5/6C	Lachlan Angus Toby
1/2L	Charlotte Toby Caleb	5/6H	Noah Vivian Cody
1/2S	Carter Hunter Rubi	5/6J	Talea Corben Reagan

SPECIAL AWARDS

Mr Webb **Cody 1/2B Corben 5/6J**



CONDUCT AWARDS & HONOUR RIBBONS

Lucas 1/2B, Maya 1/2S, Archer 5/6C,
Charlotte KN, Noah KN, Alexander KR, Noah KR,
Jarrod 1/2B, Kade KR, Ashton 1/2B,
Maddison 1/2F, Nate 1/2F, Holly 3/4B, Finn 3/4L,
Logan 3/4L, Max 3/4M





The Humeshavers

Raised over \$13 000



A few months ago Lucy 1/2F told her mum, Bianca, that she wanted to shave her hair off to raise money to fight cancer. Lucy's grandmother had undergone chemo therapy in her fight against the disease and lost her hair. Lucy asked her mum if she would shave her hair too, and she said she would. Bianca is a member of the police force and was able to enlist her colleagues' support for the big event.

Bianca and Lucy asked if the shave could happen at an assembly, and so the 25th October was chosen as the day.

Because Lucy was so brave, Ms Pearson said she would shave her hair too in support and Emily, Lucy's sister, said she would cut her hair.

Leading up to the big day, Mrs Lambert's husband DJ said he would shave his hair if we raised more than \$5 500. That amount was reached a week before shave day so DJ was in.

Nadia Kitching from Goulburn Family Cosmetic Dental Practice joined the group because they reached \$10 000.

Mr Webb was coerced into shaving his beard off when over \$11 000 was reached. He was encouraged to shave his hair off on the day, in good spirit.

Thank you to Janelle Anable from Cut and Curl, Sally Falk, a retired hairdresser, and Chief Inspector John Sheehan from the Goulburn police station, who cut everyone's hair.

This event shows what can be achieved when a community works together. Congratulations to everyone who participated and who donated to the cause.



Crazy Hair Day



Taralga Zoo Excursion



PBL Raffle Ticket Winners

- | | |
|------------------|----------------|
| 1. Riley 3/4L | 6. Penny 3/4B |
| 2. Georgia 3/4L | 7. Elija KR |
| 3. Maddison 1/2F | 8. Lucas 3/4M |
| 4. Riley 3/4L | 9. Hannah 1/2F |
| 5. Cooper 3/4B | 10. Gem 3/4L |

Mulwaree High School Year 6 Taster Day

Don't forget that Mulwaree High School's second taster day is on Friday 8th November from 9am - 3.15pm.

Students need to make their own way to and from the school and should be in PE uniform.

Students should come equipped with a notebook and pen, recess and lunch or money for the canteen, and any personal healthcare equipment, eg, asthma puffer.

ASSEMBLY ROSTER Term 4

WEEK	Term 4
1	Peer Support
2	3/4L
3	Peer Support
4	3/4M
5	Peer Support
6	1/2B
7	Peer Support
8	1/2F
9	Peer Support
10	No assembly



Did you know?

Skin cancer is the most common cancer in Australia.

Two out of three Aussie kids at school today will be diagnosed with skin cancer later in life—some of them with deadly melanomas.

At least 95% of all skin cancers are caused by ultraviolet (UV) radiation from the sun. Unprotected exposure of your child's skin to UV radiation significantly increases their risk of developing skin cancer later in life. High sun exposure in the first 10 years more than doubles melanoma risk.

The good news is almost all skin cancers are preventable. Creating good sun protection habits for life helps reduce exposure to UV radiation and risk of skin cancer and eye damage.

Attendance Matters and Every Day Counts!

1 or 2 days absent a week doesn't seem like much but.....

If your child misses.....	That equals....	Which is.....	And over 13 years of schooling that is.....
1 day per fortnight	20 days per year	4 weeks per year	nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	over 2 ½ years
2 days per week	80 days per year	16 weeks per year	over 5 years
3 days per week	120 days per year	24 weeks per year	nearly 8 years

How about 10 minutes late each morning?

YOU COULD PLAY WOOLWORTHS CRICKET BLAST FOR FREE!
Claim your voucher today

ACTIVE KIDS
NSW GOV AU



Woolworths CRICKET BLAST

HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Goulburn & District Junior Cricket Association
It's not too late to register for Junior Blasters for 5 - 8 Year Olds
Register now at Playcricket.com.au
Only \$99 for 8 Weeks - Free with Active Kids Voucher
Program runs for 8 weeks on Friadys from 5-6pm starting 2nd Nov
Contact Amy Edwards johnandamiedwards@gmail.com ph 0407 950 952, Danny Yeadon yeaddon006@gmail.com 48221529

Woolworths CRICKET BLAST

HAVE A BLAST. BE PART OF THE CREW!

Get into Woolworths Cricket Blast. It's a fun and active program for kids of all abilities – whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make awesome new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Parents warm up, you can join in too!



JUNIOR BLASTERS
AGES 5-8 | 60 MINS | 8 WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with backpack and choice of bonus item!



STARTER KIT



RETURNER KIT



MASTER BLASTERS
AGES 7-10 | 90 MINS | 6+ WEEKS

Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.

Sign up now for your Master Blasters Pack!



YOU COULD PLAY WOOLWORTHS CRICKET BLAST FOR FREE!

Thanks to the NSW Government, every student (K-12) is entitled to 2x \$100 Active Kids vouchers each calendar year. **Remember to use your voucher when you sign up at playcricket.com.au**

Register Now at Playcricket.com.au
Search for **Goulburn & District Junior Cricket Association**

*BASED ON PROGRAM RRP OF \$99. MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



AUTISM SUPPORT FOR FAMILIES IN GOULBURN

See www.autismcommunity.org.au for more details



A COMMUNITY OF SUPPORT FOR AUTISM

SUPPORT | AWARENESS | INCLUSION

The Autism Community Network (ACN) is a charity focused around building a strong community of support for autism. We use our combined knowledge and experiences as carers or individuals in the 'autism community' to help each other. We never charge to help anyone and work to create leaders in each community.

With over 1,600 families across 18 LGAs in Sydney and now regional NSW we work to create a society where people impacted by autism can lead rich, full and rewarding lives.

We support the needs of the community through varied ways.

- Provide support groups, social groups, kids clubs and information days
- Use volunteers with lived experiences to run most of our activities, people who understand the needs and issues firsthand
- Connect people through Secret Status Facebook pages to communicate with the network, on a local area level, or within 'Common Ground' groups.
- Connect people from same cultural or language backgrounds for mutual support
- Our website contains no ads, services or businesses listed are member recommended from personal experiences.
- We promote credible research projects to enable people to support those working to create a better, more inclusive future for our children.

For more information: 02 9543 9036
info@autismcommunity.org.au
www.autismcommunity.org.au



Goulburn North Canteen

Term 4 2019

We need volunteers to help in the canteen. If you are available please call
Jaime Brunton on 0401 026 700.

Term 4 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 14—18 October	CLOSED	Carol Ann	Janelle Tracey	CLOSED	Jaime Helper Needed
Week 2 21—25 October	CLOSED	Jaime	Janelle Monique	CLOSED	Jaime Helper Needed
Week 3 28—1 Oct/Nov	CLOSED	Jaime Carol	Janelle Alana	CLOSED	Wendy Helper Needed
Week 4 4—8 November	CLOSED	Ann Mel	Janelle Cassie	CLOSED	Jaime Helper Needed
Week 5 11—15 November	CLOSED	Carol Helen	Janelle Tracey	CLOSED	Jaime Wendy
Week 6 18—22 November	CLOSED	Jaime	Janelle Monique	CLOSED	Jaime Helper Needed
Week 7 25—29 November	CLOSED	Carol Helen	Janelle Alana	CLOSED	Jaime Wendy
Week 8 2—6 December	CLOSED	Ann Mel	Janelle Cassie	CLOSED	Jaime Helper Needed
Week 9 9—13 December	CLOSED	Carol Helen	Janelle Tracey	CLOSED	Jaime Wendy
Week 10 16—18 December	CLOSED	Jaime	Janelle Monique	CLOSED	CLOSED



GOULBURN NORTH CANTEN MENU



Open: Tuesday – Wednesday – Friday
Lunch orders to be in by 9:30am

AVAILABLE DAILY - SNACKS

No need to order

- 20c Rice Cracker
Plain or w/ Butter, vegemite or cheese
- 20c Pancakes
Plain or w/Butter or Jam



- 50c Apple Slinky
- 50c Popcorn
- 50c Fresh Fruit
- 50c Cheese Toastie (*half sandwich size*)
- Muffin of the day
- 50c *Small*
- \$1 *Large*

- \$1 Red Rock Deli Sea Salt
- \$1 Sunbites Grainwaves
- \$1 Custard Cup
Plain or w/ fruit
- \$1 Yoghurt Cup
Plain or w/fruit
- \$1 Veggie Cup w/dip
- \$1 Fruit Cup w/dip



Keep our school tidy...
please put your rubbish in the bin.

AVAILABLE DAILY – SANDWICHES

FRESH OR TOASTED

Please Order for Lunch

- \$1.50 One Filling 50c Additional Fillings
- \$2.00 Two Fillings 50c Roll or Wrap
- \$2.50 Three Fillings

Available Fillings:

Spread - Vegemite, Jam, Honey
Meat - Ham, Chicken, Beef
Salad - Lettuce, Tomato, Cheese, Carrot,
Cucumber, Onion, Pineapple, Beetroot.
Sauces - Tomato, BBQ, Sweet Chili, Mayo



AVAILABLE DAILY - HOT FOOD

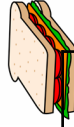
Please order for Lunch

- \$1 Cheesy Garlic Bread
- \$1 Hot Noodles (*chicken/beef*)
- \$5 Chicken or Beef & Gravy Roll

AVAILABLE DAILY – DRINKS & ICEBLOCKS

No need to order

- \$1 Water 600ml
- \$1 Hot Milo
- \$1 Just Juice
- Apple, Apple & Blackcurrant,
Orange, Paradise Punch
- \$1.60 Berri Pop Top Juice
- Apple, Apple & Blackcurrant,
Orange
- \$2 Moove Flavoured Milk
Chocolatte, Strawberry
- 50c Quelch Fruit Stick
- \$1 Moosie



TUESDAY LUNCH SPECIALS

- \$3 Pizza
Cheese, Ham and Cheese or BBQ Chicken
- \$3 Pasta
Penne Bolognese
- \$3 Lasagne

All home made with fresh ingredients

WEDNESDAY LUNCH SPECIALS

- \$5 Chicken Burger
w/ Lettuce, Cheese & Mayo
- \$5 Chicken Deluxe Burger
w/Lettuce, Tomato, Cheese, Pineapple
- \$5 Cheeseburger (*w/sauce*)
- \$5 Cheeseburger
w/Salad & Sauce

FRIDAY LUNCH SPECIALS

- \$2 Small Pie
- \$4 Large Pie
- \$3.50 Sausage Roll
- 50c Nuggets

- 20c Sauce (*Tomato or BBQ*)
- 5c Lunch Bag (*if not provided*)



CANTEN MANAGERS:

Jaime Brunton – 0401 026 700
Janelle Anable – 0412 830 415
gnpscanteen@gmail.com
Facebook: Goulburn North
Public School P&C



Find us on

Facebook

We are always in need of volunteers and we appreciate anytime that can be dedicated to help keep our canteen open. If you can help, please contact Jaime or Janelle.

