

Principal's Message

Teachers are currently very busy preparing student reports. We plan to send reports home in the last week. If any parent would like an interview with their child's teacher, please contact the teacher to make a time to meet. Teachers are only too happy to discuss your child's progress with you.

Congratulations to our new school leaders who presented their speeches at a special assembly on Wednesday. We are proud of all those students who put themselves forward to be voted upon and congratulate those ten students who were nominated in the final round of the selection process. Captains and Vice-captains will be announced at the 3-6 Presentation Night ceremony.

We have decided to elect sport captains this year as well. They will be presented with their badges at Presentation Night also. In the past we have voted for these captains and vice-captains in the first week of school which makes for a hectic start to the year.

The P&C are collecting recipes from our families to be printed in a commemorative recipe book which will celebrate 30 years of the Family Fun & Fireworks Night. Please have a look at the flyer on page 5 and make a contribution. It is a great way to involve all our community in celebrating a wonderful achievement.

Leonie Pearson

Week 7

27 November **12:00pm** 2020 Captains and prefect speeches
4:15pm Mayor's Reception for school leaders

Week 8

2 December International Day of Disabilities
3 December Mulwaree HS Welcome Evening
Goulburn HS Orientation Day
2020 House Captain Elections
4 December Aboriginal students—Otis Media testing
5 December Stage 3—Oliver
4:15 AECG Mtg Mulwaree HS
Last day of Kindergarten Orientation
6 December Choir—Legacy Christmas Party

Week 9

9 December Aboriginal Educational Achievement Awards—Batemans Bay
SRC Movie & Colour Day
6:30pm P&C Xmas dinner
11 December K-2 Aged Care visits
7:00pm Yrs 3 to 6 Presentation Evening
12 December K-2 Presentation
13 December Parent Thank You Morning Tea
Mulwaree HS band performance

Week 10

16 December Year 6 Farewell
17 December Class Parties
18 December **Last day for 2019**

2020

29 January **Years 1 to 6 return**

Our PBL Spotlight this fortnight is "Hands and Feet Off" and as part of what we are discussing here at school, you could discuss the following with your child:

1. How can we manage challenging situations without going hands on?
2. What are the consequences of going hands on?
3. What should we do if someone goes hands on with you?



Hands and Feet Off!

Respect

Responsibility

Co-Operation



AWARD WINNERS

KR	Ellie Sophia Isla	3/4B	Hanna Iylah Izaiah
KN	Zoe Trey Cara	3/4L	Charlie Cooper Kianah
1/2B	Aiden Indy Cody	3/4M	Mace Russell Ben
1/2F	Nate Curtis Eddy	5/6C	Cooper Natalie Angus
1/2S	Chace Ava Luca	5/6H	Olivia Dylan Ashley
		5/6J	Alyssa Acacia Caitlyn



CONDUCT AWARDS & HONOUR RIBBONS

Poppy KN, Lacie KN, Bridie KR, Ellie KR, Janea KR, Briley 1/2L, Veronica 1/2S, Madelyn 1/2S, Lily 3/4L, Jhayelon 3/4S, Riley 3/4L, Gaius 3/4M, Elyssa 5/6J, Reegan 5/6J

SPECIAL AWARDS

Listening	1/2L 3/4M
PBL Award	Lachlan 1/2S Olivia 5/6H
Mathletics	Chelsea 1/2B Lily 1/2B
Mr Webb	Cooper 3/4L Lily 1/2B





Young Artists at Work

Students in 1/2S are showing off their artistic skills creating clay pictures.

Well done Coby, Carter, Maya and Ava!



Super Citizens



These four beautiful boys were caught playing basketball with excellent sportsmanship by Miss Laing. She said she was very impressed with the way they solved disagreements and supported each other to play their best.

Great job Jett, Lachlan, Charlie and Jasper!



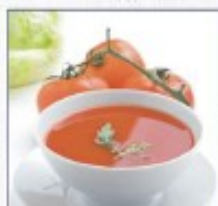
2019 Champions

Congratulations to Charlotte and Katelyn who were recognised for their excellent achievements in sport this year.

Charlotte is the Goulburn and Crookwell District 2019 Senior Girls Swimming Champion and Katelyn is the Goulburn and Crookwell District 11 Years Girl Champion.

Thanks to Sportspower who sponsor the awards.

Recipe Request Form



Goulburn North Public School P & C are publishing our very own COOKBOOK!

2020 marks the 30th year of our Family Fun & Fireworks Night. To celebrate this special occasion, the P&C is delighted to announce that we are professionally publishing our very own stylish cookbook, 'Goulburn North Family Favourites'.

We have chosen this project because it can involve all of our children and their families, we will produce a very special cookbook full of your most loved family favourites (from quick & easy weeknight dinners to special birthday desserts), and because it will make a truly beautiful and personalised gift for your family and friends.

Please help us compile this wonderful cookbook by submitting your favourite family recipes. We hope to receive recipes from ALL families.

It is SO simple to submit your recipes!

1. Go to the www.PublishedAuthors.com.au website and submit your recipes using their really quick and easy online template. Don't delay, as submissions will close 7th February 2020. Click on Submit Recipe and then select Goulburn North Public School.
 - a. We encourage you to submit more than one recipe, as we may delete duplicate recipes.
 - b. Don't have access to the internet? Just send your recipe in to the Front Office & we'll try to find a volunteer to enter it for you.
2. We will soon distribute order forms so you can pre-order your copies of this very special cookbook.
3. Why not advertise your business in our cookbook?
 - a. Email Leonie Mitchell at loniejane@hotmail.com for advertising rates and enquiries.



Autism Community Network

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





Have you ever said anything like this to one of your kids? *"If you eat all your dinner up, I 'll let you use my iPad for five minutes."*

Most kids would empty their plate in an instant with that sort of carrot dangled in their face. But it's a tricky game you play when you start to do deals with kids to win their cooperation. For a start, you need to be prepared to raise the stakes as the novelty of five minutes of iPad use will soon wear off.

This would also mean you need to be prepared to keep dealing with your kids, as they soon learn that if they hang out long enough, Mum/Dad or whoever will offer me a juicy enticement to win my favours.

You get what you negotiate

Keep doing deals with kids enough and they learn that they get what you negotiate. That's fine in the business world, but hard work in families. I've seen mums who deal with kids because they just want peace and quickly. I've also seen dads deal with their kids because they simply enjoy negotiating. They see it as a game. That's hard work for their partner who doesn't use those methods.

Kids who do deals

Sometimes it's kids who do the negotiating. *"You want me to go to bed at 8:00pm do you? Well I'll go to bed at 8:00pm if I can have a tv in my room"* says a born negotiator.

It takes a savvy parent to say, 'Actually no, that's not going to happen.' Sometimes we become involved in child-initiated deals before we're even aware it's happening. Again kids can take advantage of busy, tired or time-poor parents.

The last resort

If doing deals with kids to get cooperation is a strategy you use then it should be a strategy of last resort (*to use when your mother comes to visit; when you are dog-tired; or when you want a cosy Sunday morning in bed*), not the first one you use when you want your kids to behave well.

Here are 5 alternatives to 'doing deals' with kids:

1. Catch them doing the right thing: make a bit of a fuss when your kids behave as you want. Tell your face that you are pleased with your kids so it lights up, and kids get to notice you are happy with their behaviour. This is based on the premise that parent recognition (*"Mum/Dad is happy with me"*) is a driver for many kids.
2. Reward them after the behaviour you want: Avoid saying, *"If you behave well on our shopping trip I'll buy you a matchbox car."* this is bribery, which is tied up with the art of dealing. Instead, show your appreciation with a treat after they have behaved well. The order of events makes a huge difference.
3. Manage like a cat: There are times when a child or teen needs to know that "No means no" rather than "No is just a suggestion". A message delivered with firm body language, a still head and a clear, flat voice without intonation indicates to a child or teen that you are serious and that no further communication is to be entered into. This non-verbal communication is quite cat-like, thus the cat metaphor for parent credibility.
4. Let consequences be your friend: Let your actions, or lack of action, do the talking. Rather than negotiating with kids to pack their toys away, put toys that are left around into the 'mystery bin' for a time. You may need to hold firm to a tantrum when you use this method, but hang tough so your child sees that you really mean what you say and do.
5. Focus on you, not them: Want them to go to bed on time? Then start reading their bedtime story at the agreed time whether they are there or not. (This works well if your child is a reader! Not so good if your child isn't interested in books. It's the principle that counts.) resist call for 'that's not fair!' as not being in bed at an agreed time is not fair to you either! The simple shift from telling them what to do to telling them what you will do makes a massive difference particularly when you have a child who doesn't like to be told what to do.

Nothing works all the time so smart parents know they need to have a number of different strategies at their disposal when they want cooperation from their kids.

PBL Raffle Ticket Winners

- | | |
|----------------|-----------------|
| 1. Kalle 3/4L | 6. Madelyn 1/2S |
| 2. Caolan 5/6J | 7. Chace 1/2S |
| 3. Max 3/4M | 8. Lily 3/4L |
| 4. Riley 1/2B | 9. Reese 3/4L |
| 5. Gaius 3/4M | 10. Ben 3/4M |

Attendance Matters and Every Day Counts!

How about 10 minutes late each morning?

He/she is only missing just...	That equals...	Which is....	& over 13 years of schooling that is.....
10 mins per day	50 mins per week	nearly 1 ½ weeks per year	nearly ½ year
20 mins per day	1hr 40 mins per week	over 2 ½ weeks per year	nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	over 2 ½ years

ASSEMBLY ROSTER Term 4

WEEK	Term 4
7	Peer Support
8	1/2F
9	Peer Support
10	No assembly

SCHOOL HOLIDAY PROGRAM

19 DEC 2019 - 28 JAN 2020

Open from 6.30am to 6pm

HIGHLIGHT:
MOVIES @ LILAC THEATRE

THURS 19 Dec

MOVIES @ LILAC THEATRE

Let's celebrate the end of school by relaxing with our mates watching a movie (G or PG) at Lilac and then going out for lunch!

COST: DAILY FEE + \$30
TIME: 10AM TO 2:30PM

FRI 20 Dec

HARRY POTTER DAY

Eye of rabbit, harp string hum, turn this water into... come and enjoy the magic of Harry Potter day as we make Magic potions, play a game of quidditch and eat delicious treats (if they don't run away first!)

COST: DAILY FEE

MON 23 Dec

LASER TAG DISCO

Today we will go on a virtual reality adventure. Battle your mates in a game of laser tag at our disco or race with our light up hover balls!

COST: DAILY FEE + \$10
TIME: 10AM TO 2PM

TUES 24 Dec

CHRISTMAS EVE

Join us for our Christmas gathering as we make Gingerbread houses, Christmas Rocky-road, with games of candy cane hunt, present toss (who will get the gift) and reindeer headband toss.

COST: DAILY FEE

THURS 2 Jan

CLOWNING AROUND

What clown talents do you have? Join us for juggling, face painting, balloon animals, clown shoes races and then a trip to a clown's favourite place - McDonalds for a play and lunch!

COST: DAILY FEE + \$20
TIME: 11:30AM TO 1:30PM

FRI 3 Jan

CHARLIE AND THE CHOCOLATE FACTORY

Come in for a magical chocolate day. We will be enjoying a Movie, drinking magic bubbles, making chocolate and a chocolate themed game. Can you find the golden ticket?

COST: DAILY FEE

MON 6 Jan

PLANTS VS ZOMBIES

Exploring the video game through interactive experiences with games of zombie vs plant tag, face painting, making pea shooters and more. It will be a crazy day (just like the food we will be making - crazy Dave's Tacos).

COST: DAILY FEE

TUES 7 Jan

GRANDPA VS GRANDMA DAY

How old can you go? Join us for walker races, Bingo, slipper toss and false teeth races (Prizes to be won!).

COST: DAILY FEE
EXTRA: DRESS AS A COOL SENIOR CITIZEN

WED 8 Jan

DAY OF THE DEAD

Today we will be exploring the Mexican culture. Our activities will include making traditional sugar skull sculptures to take home, having a Mexican fiesta, piñata, food and watching CoCo movie

COST: DAILY FEE

THURS 9 Jan

DINOSAUR WARS!

Try on the dinosaur inflatable suits and see who will come out the winner! Join us in also exploring dinosaur egg hatching and fossil digging.

COST: DAILY FEE + \$5

FRI 10 Jan

SUMO DAY

Join us for a day of competitive Sumo wrestling in blow up suits! Make sushi and fried rice cooking as we explore the Japanese culture

COST: DAILY FEE + \$10
TIME: 10 AM TO 2 PM

Bring every day:
HAT + DRINK + LUNCH
ENCLOSED SHOES

Smile a **BIG FAT FUNCLUB**

@Goulburn West | P: 0401 879 925

Visit bigfatmile.com.au/funclub to enrol

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	CLOSED	CLOSED	CLOSED



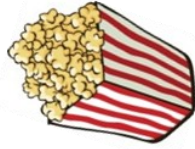
GOULBURN NORTH CANTEN MENU



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



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.

