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Term 1 Week 4 Newsletter

PRINCIPAL'S MESSAGE

With some major world and domestic events happening at the moment, I'm led to think about the importance of feeling thankful for what we do have. Acknowledging and appreciating the blessings, kindness, and positive aspects of one's life, whether they are big or small. Recognizing the good things that we have received, whether they come from other people, from our own efforts, or from circumstances beyond our control has numerous benefits for our mental and emotional well-being. It can increase feelings of happiness, improve relationships, reduce stress, and foster a more positive outlook on life. There are many ways to cultivate gratitude in our lives, regularly expressing appreciation to others, reflecting on the positive aspects of our day, or simply taking moments to pause and be mindful of the blessings around us. Being thankful is a mindset and a practice that can lead to a more fulfilling and contented life. At school, we discuss the good things happening in our lives and around the world as sometimes the positive events can be forgotten, like a butterfly resting on a flower, or a baby learning to walk. Share with your family members something you are thankful for this week and check how you all feel afterwards. It may become part of your family routine.

PLEASE SIGN IN

When you enter the school grounds, please make sure you sign in at the office. Signing in is not required, if you are dropping off or picking up your child at the bench seats near the gate.



IMPORTANT DATES

February 28th: Parent/Carer Teacher Meetings

February 29th: Year 6 students CPR training

March 1st: Clean up Gilgai Day

March 8th: Zone Touch Football Trials in Inverell

March 18th: Vegetable Week

March 21st: Harmony Day

THE P AND C

The Gilgai Public School P and C represent the voice of parents and community. They provide valuable services, such as the canteen, and fund-raising activities at our school. For our P and C to continue to operate, we need more members and volunteers. If you would like to become a member of the P and C, please contact the school. Let us know a day and time that would suit you to attend a meeting. Meetings will be held in the school library, your children are welcome to come along.

SCHOOL CANTEEN

Our canteen will be operating every Friday. Please put lunch orders into the office by Thursday. Volunteer helpers are most welcome.

OUR APPRECIATION

A special thank you goes to the Inverell Community Sewing for Charity group for the beautiful handmade library bags and sensory items donated to our school. They are being put to very good use.

ZONE TOUCH FOOTBALL TRIALS

Expression of Interest notes should now be returned, notes to attend the trials will be handed out this week.

VALENTINES DAY CELEBRATIONS AND FUN IN THE SUN WITH FRIENDS



YEAR 6 TO YEAR 7 2025

'The Moving into Year 7 in a NSW Government School in 2025' booklet will be going home soon. This is the time to express your preference for your child's Year 7 high school placement. Year 6 into Year 7 transition days will occur later this year for both Inverell High School and Macintyre High School. Information about these days will be sent home closer to the date.



Can we assist you?

The Aboriginal Early Years Program assists Aboriginal children between the ages of 2 to 6 years to access quality, early education.

Call today

The Aboriginal Early Years Program offers support for the following:

- ✓ Finding school placements
- ✓ Filling in enrolment paperwork
- ✓ Support for child and family
- ✓ Improving school readiness




Chantelle Paull
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SCHOOL NEWSLETTER

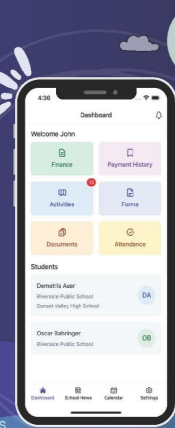
A hard copy of our school newsletter goes home every Wednesday with the eldest child in the family. It is also available on our school's webpage, or you can download our newsletter on the School Bytes parent app.



Parent App

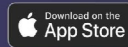

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news

Australian Guide to Healthy Eating




Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.

Use small amounts

Only sometimes and in small amounts