



Newsletter Term: 4 | Week 4 | Date: Wednesday 2 November 2022

SCHOOL INFORMATION

Tell Them From Me survey

This week the Tell Them From Me survey to parents, staff and students has been sent out. Please be open and honest in your responses - I have thick skin!! I really want GPS to be a place we are all proud of. Could parents please complete this by this Friday 4th November. Follow the link to the survey - [TTFM](#)



Kindergarten Transition for 2023

Kindergarten Transition continues each Friday from 9:00am to 11:30am. This Term the children will stay for Recess, so, remember to pack some food, a hat and a water bottle. This is a fantastic way for your little people to practice the routine of 'Big School' - ready to go for 2023! And, please remember to spread the word if you know any new families.



Swim safe Program

Could parents that have not yet returned their child/children's permission notes for swimming lessons please make sure they are returned to the office by this Friday.

PSSA Touch Football

Unfortunately, PSSA sport Friday's has been cancelled for the last 2 weeks due to the excessive rainfall on the ovals in Dubbo rendering them closed. Our Years 3 to 6 student have been flexible with their sports lesson being held at school.

Posi Schools Program

Amelia & Jackson - SRC Communication Officers were out and about last Thursday reminding everyone that each Thursday is the day for wearing your Posi socks to school. [The PosiSchools program](#) is designed by leading wellbeing education and mental health experts and draws on a range of human sciences including wellbeing and learning sciences. PosiSchools provides evidence-based strategies, skills, and knowledge that help students navigate life more effectively. The content is designed to be adaptable for students with varying capabilities and challenges.



What's On At GPS

- ★ Kindergarten Orientation
Fri 4 Nov 9am to 11:30am
including Recess
- ★ PSSA Sport - Yrs3 to 6
Fri 4 Nov - 9am -
- ★ Playgroup - Fri 4 Nov 10am - 11:30am
- ★ PCYC Gymnastics - K, 1, 2
Tues 8 Nov

Coming Up In Term 4

- ★ Swimming Lessons - Week 7
- ★ Presentation Night - Tue 13 Dec 7pm
- ★ Year 6 Farewell - 15 Dec

Students Last Day Friday 16 Dec

Geurie Playgroup

Friday's

10am to 11:30am

At school.

Spread the word!

Healthy Lunch Box

The importance of packing a healthy lunchbox is immeasurable. Kids are more alert and focused when they're fuelled with healthy food. Higher levels of sustained concentration mean that kids can more readily retain information and therefore learn. What's in their lunchbox can make up to a third of their daily nutrients and provides all of the energy they need to get through an action packed day.

Lunch box suggestions include:

- ★ Fresh fruit
- ★ Crunchy vegetables
- ★ A meat or protein food such as slices of lean meat, hardboiled egg,
- ★ Dairy food such as a cheese stick or slice, grated cheese or yoghurt
- ★ Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers and water.



Join us Geurie for our fabulous HIPPY Roadshow!

Travelling out to Tom Culkin Oval

Wednesday 9th November

11am-1pm

Find out about our amazing FREE HIPPY Program

- Snacks provided
- Games
- Free give aways for the kids
- Craft
- Story time



We're back! 🎉
Playgroup starting
back this Friday
10-11:30 @ Geurie
Public School 🧡🧡



Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box



MAKE WATER
YOUR DRINK

PACK ICE BRICKS
TO KEEP FOOD
COOL

USE A THERMOS
TO KEEP FOOD
WARM



This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Murrumbidgee Local Health District.