



The Galston Gumnut

Galston Public School Newsletter

Wednesday 24th June 2020

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Respect

Responsibility

Personal Best

Week 9, Term 2

Calendar Dates	
Week 9, Term 2	
Friday 26 th June	Principal's Morning Tea
Friday 26 th June	K-6 Honour Assembly 2:05pm
Week 10, Term 2	
Tuesday 30 th June	P&C Meeting via Zoom 7pm
Friday 3 rd July	Lockdown Practice Drill 12pm
Friday 3 rd July	Last day of Semester 1

From the Principal

WHS Drills – Lockdown and Evacuation

Each term, students and staff complete Lockdown and Evacuation drills in preparation for the rare chance that a real emergency occurs. This week, teachers will be talking students through both of these procedures and we will finish up on Friday with a run through of the different sirens they will hear should we require them in an emergency. Next Friday (3rd July), all classes will complete a lockdown drill within their classrooms. Families may wish to speak with their children about these drills, emphasising that they are a practice and not the real thing.

With student and staff safety our main priority, these drills are extremely important in making sure we are all aware of our different roles should the need arise.

Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

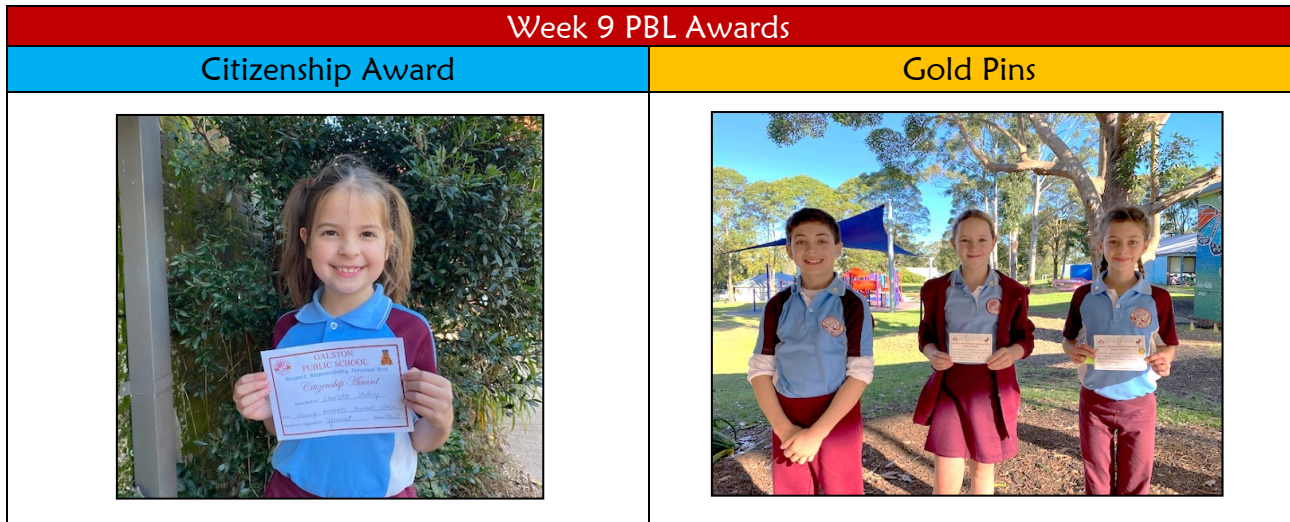
The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

With one week of learning to go, we look forward to winding up Semester 1 with our final assessments, teachers finishing reports and everyone enjoying a well-earned rest and recharge...

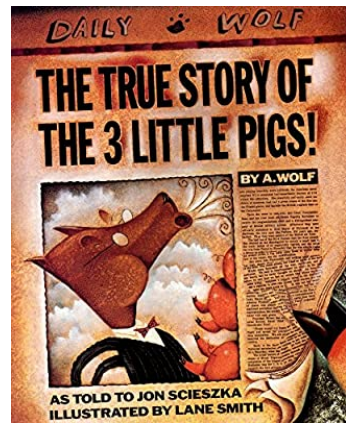
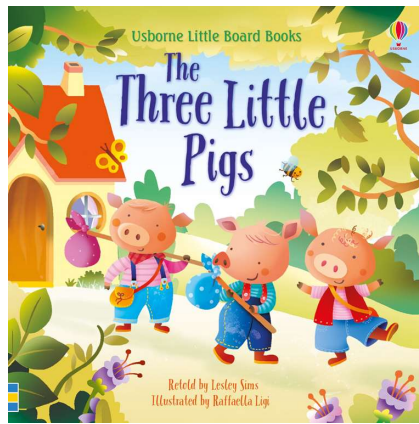
Allan Ison



News From K-1B

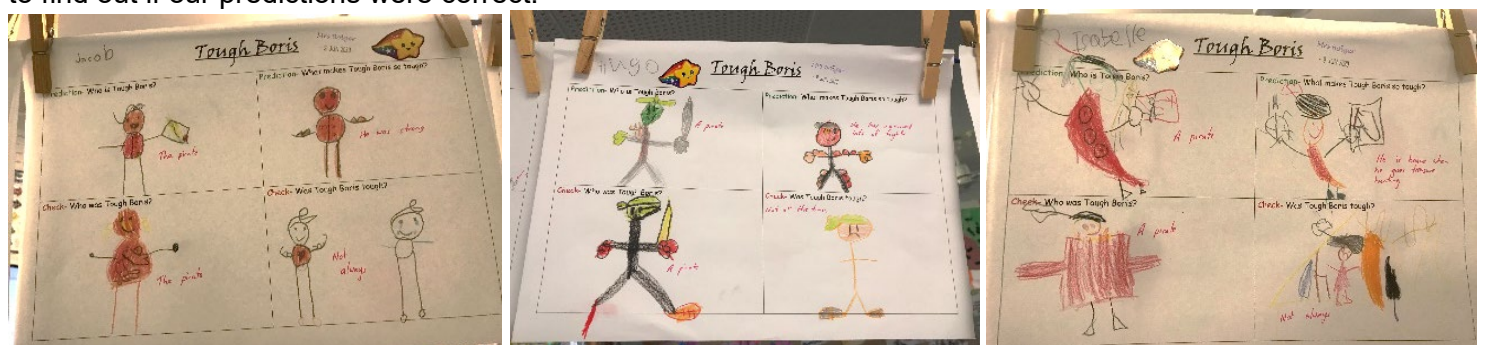
Yay for being back in the classroom and learning together again! As Term 2 draws to an end, K-1B can reflect on the term that was and be proud of their efforts and achievements both during online learning and since returning to learning face to face. We certainly haven't lost our smiles or our zest for learning 😊

We have been busy developing our writing. This term Year 1 have been learning about persuasive texts. We have been looking at the words that people use to make others think or believe the same way as they do. We have been using some books to help us begin to understand persuasive texts and how they are written. We read *The Three Little Pigs* and discussed what had happened to them from their point of view. Then we read *The True Story of the 3 Little Pigs!* where the Big Bad Wolf was telling us his side of the story and trying to convince us that the pigs were being mean to him and that all that had happened was just a misunderstanding! You might like to read them yourself to decide.



Kindergarten have been busy working on learning to structure sentences and to write the sounds that they can hear in words. It is amazing to see their writing develop and to see their ideas come to life on the page.

We have also been investigating what "good readers do" to help them understand what they have read. One of these things is Predicting. We made predictions about the book *Tough Boris* by Mem Fox. Then we read the story to find out if our predictions were correct.



In maths, we have been busy practising our number recognition, forwards and backwards counting as well as our addition and subtraction skills. Year 1 have been busy practising their skip counting by 2s, 5s and 10s. We have been learning about time. We created some very cute teddy bear clocks! They are telling half-past and o'clock time.

We have also been learning about 2D shapes and using language such as vertices, edges, sides to describe the shapes and we have learnt about quadrilaterals and what shapes are quadrilaterals. We used 2D shapes as our inspiration to create some crazy cubbies.



Now we are in need of a break, to rest and recharge for Term 3!

Erin Bolger – K-1B

P&C News

Next P&C Meeting

As we are not having a meeting in July due to the school holidays, we are going to have our next meeting on Tuesday 30th June, at 7pm. This will be another Zoom meeting, and a link enabling access to the meeting will be sent out next week. Please join us if you can.

P&C Positions

Our next P&C Annual General Meeting will be held on Tuesday 8th September, and with luck we can hold this at the Galston Club, as we have done in recent years. All executive and committee positions are on a volunteer basis and we have always been lucky to have some wonderful parents put their hands up for these. I would like to take this opportunity to highlight 2 key positions that will need to be filled this year:

- **P&C President** – after over 5 years of various roles on our P&C I will be stepping down this year. If anyone is keen to take on this role, please feel free to contact me to find out more.
- **Fundraising** – Kris and Jodie have spent many years supporting our various fundraising activities at the school, however will also be stepping down this year. This is a great opportunity to support our school with fundraising.

Kim Alsdorf – P&C President, kim@galstonpandc.org.au

Canteen News

Great news: our Canteen will be back up and running from Term 3! At this stage, the Canteen will only be open on Fridays, but we hope to be able to reinstate Mondays soon.

Our first day open for **lunch orders and counter sales** will be **Friday 24th July**. A temporary Friday menu is attached to this newsletter for your information and any changes have been reflected in Flexischools.

You will notice that in Term 3 we are offering students and staff some menu items that are usually only available on a Monday, being Rice Bolognese Balls (Arancini) and Meatballs and Pasta. There is also a new menu item OzBake Cheese Pizza as a vegetarian option, and we will also have our very popular Sushi menu available, which I'm sure will be a huge success even though it is winter.

As always, we rely on our wonderful volunteers to ensure that the Canteen can open, so below is the link to Sign Up Genius and the roster.

<https://www.signupgenius.com/go/70A0D4BA8A823A6F58-friday4>

The roster includes a part where you can volunteer to pick up the ordered sushi at approximately 11am on a Friday from Sushi Mura in Dural Mall. *Note you are not required to pay for the sushi when collecting it as the Canteen has an agreement with Sushi Mura. All you need to do is ask for the Galston Public School order and drop the sushi into the Canteen so it can be distributed to the students / staff at lunchtime.*

Please also note: with the COVID-19 physical distancing and health regulations, we are only able to have 3 volunteers in the Canteen at any time, and only 2 of those volunteers are able to work on counter sales at recess and lunch. Volunteers will be required to physically distance from each other while working in the Canteen, sanitise their hands, and also wear gloves (which will be provided) at all times.

As with children attending school, if you have volunteered for a shift in the Canteen but feel unwell on the day or show any flu-like symptoms, please contact me as soon as possible so a substitute can be arranged.

Pamela Ferris – *Canteen Committee* (0413 048 028)



Uniform Shop

The Uniform Shop will be filling uniform orders placed through Flexischools weekly. If you do not have a Flexischools account, please contact the Uniform Shop so that other arrangements can be made. Orders will be packed and sent home with students at the start and end of each week.

Any enquiries please contact us via uniformshop@galstonpandc.org.au.

Kristie Chambers and Belinda Crofts – *Uniform Shop Coordinators*



**GALSTON PUBLIC SCHOOL
TEMPORARY FRIDAY MENU
Term 3, 2020**



Hot Food

Meatballs & Pasta <i>Home Style</i>	(E)	\$4.50
Rice Bolognaise Balls (Arancini)	(O)	\$1.00 each
Macaroni & Cheese <i>Home Style</i>	(E)	\$3.50
Bangers & Mash <i>Home Style</i>	(E)	\$4.50
Butter Chicken & Rice	(E)	\$4.50
Chicken Burger	(O)	\$3.90
Muscat Burger	(O)	\$6.00
Crumbed Chicken Tenders	(O)	\$1.60 each
OzBake Cheese Pizza Wrap NEW	(E)	\$4.00
OzBake BBQ Chicken Pizza Wrap	(E)	\$4.00
OzBake Meat & Cheese Pizza Wrap	(E)	\$4.00
Sausage Roll	(O)	\$2.90
Beef Pie	(O)	\$3.90

Sushi (No Variations)

Teriyaki Chicken & Avocado	(A)	\$4.00
Teriyaki Chicken & Cucumber	(A)	\$4.00
Tuna & Avocado	(G)	\$4.00
Tuna & Cucumber	(G)	\$4.00
Vegetarian	(G)	\$4.00
Baby Tuna Sushi (8 Pack)	(G)	\$4.00

Toasties

Cheese	(V) (E)	\$2.30
Cheese & Ham	(E)	\$2.90
Cheese & Tomato	(V) (E)	\$2.90
Cheese, Ham & Tomato	(E)	\$3.30

Extras

Corn on the Cob	(GF) (V)	\$0.50 each
Garlic Bread	(V) (O)	\$0.35 each
Hash Brown	(V) (O)	\$1.00 each
Tomato or BBQ Sauce	(GF)	\$0.25 each

Salad

Salad Box (<i>Lettuce, Tomato, Cucumber & Grated Cheese</i>)	(V) (E)	\$3.00
Extras: Ham, Cheese, Hard-Boiled Egg		\$0.60 each
Crumbed Chicken Tender (Cut)	(O)	\$1.60 each
Dressing: Balsamic, French, Mayonnaise		\$0.30 each

Sandwiches & Rolls

Vegemite	(E)	\$1.70
Cheese	(E)	\$2.20
Ham	(E)	\$2.40
Cheese & Tomato	(E)	\$2.80
Egg & Mayonnaise	(E)	\$2.70
Salad (<i>Lettuce, Tomato, Beetroot, Cucumber, Grated Carrot</i>)	(E)	\$2.80
Salad & Ham	(E)	\$3.50
Bread Roll White (Extra)		\$0.65
Extras: (<i>Beetroot, Lettuce, Tomato, Cucumber, Grated Carrot</i>)		\$0.60 each
Extras: Ham, Cheese		\$0.70 each
Extra: Crumbed Chicken Tender (Cut)		\$1.60 each
Extra: Mayonnaise		\$0.30

Drinks

Spring Water 600ml	(E)	\$1.00
M2Go Chocolate Milk 250ml	(E)	\$2.50
Juice Bomb 99% Sparkling Juice Raspberry or Blackcurrant	(E)	\$2.40
Appletiser 99% Sparkling Apple Juice	(E)	\$2.50
Popper 100% Juice Apple or Paradise Punch	(E)	\$1.30
Sipahh Straw with Milk	(E)	\$1.30
Cup of Milk	(E)	\$0.70

Snacks

Gingerbread Folk	(GF) (V)	\$2.00
Tasty Cheese & Crackers	(H) (V)	\$1.70
Vanilla Custard	(GF)	\$1.50
Cheese Toastie (1/2) <i>Recess Only</i>	(E)	\$1.20
Jatz Mini's	(E)	\$1.00
Mamee Chicken Flavoured Snacks	(O)	\$1.00
Pikelet & Strawberry Jam	(V) (E)	\$0.60
Raisin Toast (1/2 slice) <i>Recess Only</i>	(E)	\$0.50
Sultanas 40g box (DF)	(GF) (E)	\$0.50
Choc Mint Fudge (DF)	(GF) (O)	\$0.40
Breadsticks (DF)	(E)	\$0.20

Frozen Snacks - Available at Lunch Only

Juicies - Tropical or Wildberry (DF)	(GF) (E)	\$1.00
Moosies - Chocolate or Blue Moon	(GF) (O)	\$1.20
Twisted Frozen Yoghurt - Chocolate	(GF) (O)	\$2.20

Miscellaneous

Hi Bounce Ball (Handball Assorted Colours)	\$3.00
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ALLERGIES & FOOD RATINGS

(GF) – Gluten Free (H) – Halal
(DF) – Dairy Free (V) – Vegetarian

GF, DF and H indicators are based on information from suppliers or packaging.

We do our best to source menu items that have minimal additives and preservatives.

Menu changes will be notified in the school newsletter.

Menu items are rated according to the NSW Healthy School Canteen Strategy.

(E) – Everyday Food (O) – Occasional Food

Galston OOSH Vacation Care Schedule



Monday 6th July Messy Day

Join us for a day of messy games and activities. Do not forget to wear your old clothes.

what a mess!

Tuesday 7th July Galston Skate Park

We are off for a walk to the skate park at Galston. Don't forget your wheels and your helmet!

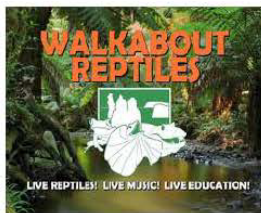
Wednesday 8th July Cake Decorating Day

Let's get our creative minds going wild on all things cakes and cupcakes and then reward ourselves by eating them.

Thursday 9th July

Walkabout Reptiles – Incursion

Back again for an exciting show of all thing's reptile. Will you be brave enough to hold a snake?



Friday 10th of July Garden and Builder Day

A Big Thank You to Matt from Purpose Built Building and Maintenance, we will be building a new special something for our garden out the front of the cottage.



Located: Galston Public School in the cottage on Arcadia Road.

Children are to wear closed in shoes.

Please ensure allergen free food is provided daily for your children. Only Afternoon Tea will be provided every day



A perfect day for a lazy Monday and some popcorn at the cottage



Monday 13th July - \$60 Movie Day

Tuesday 14th July \$60 Fagan Park Excursion

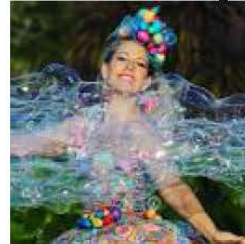
Let's take our wheels to Fagan Park to ride around for the day. Don't forget your helmet! Feel free to leave your wheels locked away at OOSH overnight ready for tomorrow too.

Wednesday 15th July \$60 Wheels Day On School Grounds

Seeing as though we love our wheels, let's throw another wheels day in!

Thursday 16th July \$80 Bubble Girl – Incursion

Join us for a bubble party! We have invited "Bubble Girl" to visit and show us all things bubbles.



Friday 17th July \$60 Pyjama Day

Today we will be celebrating our awesome fundraiser for foster children. If you haven't donated already please do at <https://the-pyjama-foundation.giveeasy.org/campaigns/galston-oosh/>



GALSTON OOSH



Please book online at

<https://galstonoosh.fullybookedccms.com.au/family>

Phone: 0467 563 533 or email

galstonoosh@gmail.com for any queries.

Dear Families,

Galston OOSH are fundraising for The Pyjama Foundation and we need your help.



The Pyjama Foundation provide children in foster care the opportunity to change the direction of their lives with learning, life skills and confidence. Through the Love of Learning program, volunteers called 'Pyjama Angels' are recruited, screened, trained and then matched with a child in care and spend time with them once a week, focusing on learning-based activities. Pyjama Angels read books aloud with their child, play educational games and help children with their homework. Most importantly, the volunteers give foster children a chance to reach their life potential, despite a fragile start. Children in care have the lowest education outcomes nationally. By improving their learning skills, The Pyjama Foundation is making a positive, life-long impact.

Please help me help The Pyjama Foundation by giving what you can to this great cause. We are looking to raise \$500 and we need your help with a donation, of any size. You can also "share" my page with your friends or leave a comment or "like it". It all helps!

Simply click the link below to view my fundraising page and donate:

<https://the-pyjama-foundation.giveeasy.org/campaigns/galston-oosh/>

Once you have donated you will receive a tax receipt straight away to your email address. All donations made from this link will go straight to The Pyjama Foundation.



Thank you for your support.

Galston OOSH

The advertisement features a blue geometric background. At the top, the text 'Download our school app for free!' is written in large, white, bold letters. Below this, a hand is shown holding a white smartphone displaying the School Stream app interface. To the right of the phone, the text 'Why download the app?' is followed by three bullet points: 'Receive instant notifications for important news.', 'Easily register absentees and excursions.', and 'Keep up to date with events and set reminders.' Below these points are the 'Download on the App Store' and 'GET IT ON Google Play' logos. At the bottom, there are 'Download instructions' and social media links for Facebook and Twitter.

Download our school app for free!

Why download the app?

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.

Download instructions:

- Go to the App Store and download "School Stream" to your phone.
- Open the app and type the school's name into the search bar to load the school's profile.
- Make sure you agree to Push Notifications when prompted.

schoolstream

facebook.com/SchoolStream
twitter.com/SchoolStreamApp

Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

EAT THE BEST, LEAVE THE REST !

Healthy eating is just as important as being active. The more healthy foods you eat, the more energy and strength you have to take on your activities. A healthy and active body also needs plenty of water so remember to drink plenty every day - your body needs it!

Healthy foods give our bodies the fuel they need to:

- Grow big and strong
- Repair themselves
- Keep us healthy

Healthy food makes us feel good!



Health
Northern Sydney
Local Health District



Nutrition Snippet

The simplest way

...to bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.

Apple and date muffins



Ingredients: 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tsp mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

Method: Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to eat extra veg every day.

Think a daily dose of five veg sounds like a lot? It's not, with these quick and easy ways to eat extra veg every day!



Baked beans on toast for breakfast (legumes count as veg).

Veg snacks: carrot and celery sticks; corn on the cob (hot or cold); leftover baked pumpkin or sweet potato (great on sandwiches too).

Spread **avocado** on toast or sandwiches.



Veggie sandwich: cucumber slices sandwiched together with reduced-fat cream cheese.



Salad on sandwiches: grated carrot, lettuce, tomato and cucumber; or tabbouleh.

Veg-oodles: long thin strands of grated zucchini, carrot, sweet potato or parsnip mixed with wheat-based pasta or noodles.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

