Future Leaders

School captains Lydia Aulton and Lily Metcalfe participated in a three day leadership camp at the Lake Keepit Sport and Recreation Centre. The program is designed to develop their talents, communication skills and to challenge their creative thinking and problem solving ability. All of these important skills will assist them to lead their peers and possibly give them an edge and the opportunity to lead at a higher level in their workplace.

The girls worked hard on a School Action Plan which addressed an issue they felt was important to the school community. They presented their plan to other school groups at the camp and fielded some challenging questions about their plan.

There was some time in the busy program for some team challenges as well as some fun activities including; canoeing, raft building, archery under lights, tower building and the Giant swing.

Lydia and Lily were grateful for the privilege to attend the camp and will take back their skills to school to help drive their action plan.
Hilltop Heist Foiled by Heroic Young Girl.
The Cobb and Co stage Coach laden with gold, mail and a family were held up by a band of rough, gun slinging bushrangers when a tree fell on the road. The man and his family jumped out and try to run away but it was too late as they were surrounded by bushrangers. The young girl made a narrow escape and dashes away up the hill and around the trees without being seen by the bushrangers. Within a short time she returns with the help of the local troopers. The troopers let out some shots which caused a distraction. This allowed the family to get to safety. The bushrangers made their escape down a steep track without being arrested. Trooper are investigating the attempted holdup and the suspects were last reported camped at an unused mine site.

By Lily Metcalfe

CAPTAIN’S CORNER

On Monday 15th February we had to get up bright and early to travel to Lake Keepit Sports & recreation Centre. Lily and I met 19 other kids from Hillview Public School, Coonabarabran Public School, St Michaels and Gravesend Public School.

We did a lot of activities such as canoeing and the giant swing and archery. As well as heaps of other activities such as team tightrope, paper plane races and raft building.

We spent some of our time preparing our presentation on our school action plan, our families came to watch our presentation. We had a great time.

Lydia Aulton, School Captain.
NEWS, VIEWS & LOST SHOES

Pre-school—Tuesdays & Thursdays—9.00am—3.00pm
If you know of any child that would like to access the Pre-school Service, contact the school.

⇒ 2nd March Tuckshop  ⇒ 25th March Good Friday
⇒ 4th March Clean up  ⇒ 28th March Easter
   Australia Day           Monday
⇒ 8th March P&C Meeting  ⇒ 8th April last day of
   7.30pm at School Library Term 1

Library
Please note that library is on Fridays with Ms Donnelly this term and village library is on Mondays. Don’t forget to bring your borrowing bag.

Reminders
Music Lessons on Tuesdays: All students in Mrs Cameron’s class need to bring in a ukulele on Tuesdays and practice at home. Ukuleles available to purchase at school $25.00.

Premer GP Clinic
Thursday March 17th
Dr Anne Wakatama
Bookings essential 0267 460 215

Q Fever Vaccination Clinic
2 visits are required
Thursday 25th Feb, skin and blood tests.
Thursday 3rd March, vaccine.
Appointments essential 0267 460 215.
Cost $180.00.

The Premer Branch of the NSW Farmers’ Assoc. Field Day and Crop Competition is set down for
Wednesday 6th April 2015
Tour starts from the Clyde Purkiss Memorial Oval
in Premer at 8.30am.

Morning Tea on route and a BBQ lunch will be served at the Premer Lions Shed at the conclusion of the tour.
Presentation of the prestigious
PREMER SHIELD and the newly introduced
PREMER PLATE will be made to the overall champion sorghum, sunflower and wheat competition winners.
The Mick Gaynor Trophy: Local Farmer of the Year, The WILF HOCKINGS MEMORIAL TROPHY: winner of the combined Mullaley, Tambar Springs and Premer wheat competition and presentation of trophies to the winners of the local canola, wheat, sorghum and sunflower competitions will be conducted.
Enquiries: Phil Whillock 0427 476 217
Simon Thompson 0427 476 228
Term 1—Week 3

Achievement Award: Isabella Parry for application in reading groups.

Courtesy Award: Tony Golledge
Bookwork Award: Tom Golledge
Uniform Award: Penny Morley

Merit Awards

Penny Morley—assisting teachers and cooperating in Multilit.

Bonnie Parry and Hanna Collins—collaborating in formulating and spelling game.

Riley Collins—a good description of painting a horse.

Riley Collins—independent diary writing.

Term 1—Week 4

Achievement Award: Georgie Harrison for being a quiet and conscientious worker.

Courtesy Award: Penny Morley
Bookwork Award: Bonnie Parry

Merit Awards

Lily Metcalfe—Fielding some difficult questions at the leadership camp.

Lydia Aulton—Participating well at the leadership camp.

Quirindi Junior Soccer 2016 Registrations Open Monday 29 February!

Must be completed online at www.myfootballclub.com.au which also includes online payment. There will be one face-to-face Registration Day Saturday 19 March 9.30-11.30am at No 1 Oval. This Registration Day will be helpful for those parents that experience difficulty registering online or would prefer to pay by cash rather than credit card. Registrations with payment need to be completed by 5pm Tuesday 22 March 2016, to enable play in our Grading Days 2 and 9 April.

Registration enquiries may be directed to Rikki Tetley Ph: 0413 137079.

2016 Registration Fees have not been increased and are:

- $70 for 5-7 years (Sub Juniors)
- $85 for 8-11 years (Juniors)
- $95 for 12-14 years (15 years for girls) (Intermediates)

Players must be turning 5yrs in 2016 to take to the field and all age ranges are based on the age your child turns in 2016. All 5-7yr old children will receive a free “small side” soccer ball and shin pads. Further information including details for the Grading Days will be in the Quirindi Advocate, on the Quirindi & District Soccer Association Facebook page and via email to registered players.
Homework

It is important homework is brought in each Friday. This includes readers, times tables and spelling words. Students are repeatedly forgetting to bring in their homework or are not completing their homework.

The homework is not difficult so please support your child’s learning and spend time to listen to each of them read each night.

This week BTN reports will be due on Friday. Some children in Mrs Cameron’s class will be expected to write a report each week along with homework.

For library every child (except Kindergarten) is asked to review a book, poem, piece of music and movie. A sheet will be sent out this term for students choices.

Clean up Australia Day

Clean up Australia Day, Friday 4th March, will be held in the school grounds and village of Premer. We are going to be tidying up our community and planting a grove of trees donated by the P&C.

In years to come the trees should provide a shaded play area for the children. (This Initiative was proposed by the students of our school.) We will also be planting some flowering plants in the garden. If you have any cuttings to make our grounds attractive please leave them at the school by 3rd March.
When ~ Friday 11th March 2016
Where ~ Quirindi High School Hall (entry via Abbott Street)
All Community members welcome from 11am until 2pm

A great opportunity to find out what services are available in your community for you and your family including:

- Transport Services
- Aged Services
- Cancer Support Services
- Education Services
- Children & Family Services
- Health Services
- Youth Services
- Disability Services

The Good Services Mob will also be in attendance to help you with any problems with banks, credit cards, fines, loans, discrimination, health services, electricity, gas and water companies, businesses, contractors, federal government agencies.

A light BBQ lunch will be provided to all visitors.

If you are wise you won’t miss it!!

For further information please contact:
Nicole Harding, Careers Network: 0458 659 666
Rob Irwin, Centacare 6762 9200 or r.irwin@centacareenw.com.au
Recognising the Signs

A Suicide Prevention Forum for Local Community Agencies and Community members.

Presented by
Sian James, Senior Nurse Educator, SJGHC NSW

&

Maria Field, Acting Director of Mission
Richmond Hospital, NSW

- Location: Gunnedah Services & Bowling Club
- When: Thursday 3rd March 2016
- Time: 9:00am to 11:00am followed by question time and discussion
- Presentation content covers
  - Who is at Risk?
  - Support Services Available in your area
  - Factors which influence suicide risk
  - When You Can’t Keep Someone Safe
  - Importance of family, friends and community
  - Supporting those Bereaved by Suicide
  - How can you help?
  - Caring for Yourself

Please complete registration form and return by Monday 22nd February

HealthWISE
NEW ENGLAND NORTH WEST
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers
at Gunnedah Family Support
3 Reservoir Street, Gunnedah
on Tuesdays 23rd February, 1st & 8th March at 10-30am - 1pm

Learn:
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Parents will receive:
• A 1-2-3 Magic & Emotion Coaching Parent Workbook

This course is free
Morning tea provided

What people are saying...
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenter for this course is Karen Worboys who completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training

For more information or register contact Karen on 67 421515

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
Group Triple P
Takes the guesswork out of parenting

New Positive Parenting Course starts soon...at
Gunnedah Family Support..........

Who is this for?
- Parents of children birth-12yrs

Triple P can help you
- Encourage behaviour you like
- Deal with problem behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

DATE: June 3rd, 10th, 17th, 24th
TIME: 10 am – 12pm
VENUE: Gunnedah Family Support
3 Reservoir Street Gunnedah
PRESENTER: Judy Cavanagh

TO PLACE A BOOKING OR FOR MORE INFORMATION PLEASE CONTACT: 67 421515

www.triplep-parenting.net
GIRLS STUFF

UNDERSTANDING PUBERTY AND THE CHANGING
TEENAGE BODY

“WHAT’S HAPPENING TO U”

For Girls in Years 5, 6, 7 & 8

Understanding Changes to your Body
Menstruation
Social and Emotional Changes During Puberty

WHERE: GUNNEDAH FAMILY SUPPORT
3 RESERVOIR STREET
GUNNEDAH

WHEN: 2nd Week of School Holidays
Tues 19th, Wed 20th & Thurs 21st April
BETWEEN 10AM – 1PM

(LUNCH WILL BE PROVIDED)

Contact Karen or Judy on 67 421515

A Parental Consent Form needs to be signed for all participants
Keeping Kids Safe

We hear a lot about abuse in our community – what does it all mean and how do we keep our kids safe?

Gunnedah Family Support is running a:

FREE 6 session program

For all parents, grandparents and carers of children

The program will help you:

😊 Feel more confident about your parenting
😊 Find out what you can teach your children to keep themselves safe
😊 Gain confidence in talking to your children about issues

WHEN: Tuesdays 3rd, 10th, 17th, 24th & 31st May, concluding 7th June 2016

TIME: 10-30am till 1-00pm

WHERE: Gunnedah Family Support
3 Reservoir Street, Gunnedah

MORNING TEA PROVIDED

CONTACT: Karen on 67421515 to book.