Welcome back to a busy, exciting Term 4. We have planned a range of activities and functions to ensure all our students have a well-rounded educational experience this term. Swimming School, Grandparents Day, Socials, Fun Days and our formal Presentation Night play an important part in your child’s education at Gilgai Public School.

Gilgai Public School continues to be a great school, as we start this Term I am reminded that we all can make a positive difference to our school and thank-you for your continuing support.

**Bush Fire Plans**
Please take note of the schools procedures in the event of a bush fire emergency.
The school will be evacuated early, with parents being contacted to collect their children from the school. If there is no time to contact parents, or parents can’t be contacted, students will be transported into Inverell, where the DOCS office is responsible to assist the school with notifying parents. If you need any more details, please contact the school office.
The school will also be conducting emergency evacuation drill this week.

**Kindergarten 2015**
If you haven’t returned your kindergarten enrolment form please do so as soon as possible.

**Term 4 Swimming School**
Parents please be reminded that swim school will run Weeks 2 and 3. (Starting 13th October)
Remember swim shirts and girls need to have their hair pulled back in a ponytail. The cost is $30 per student for the program this money must be paid in full this week.

**P & C News**
Meeting tonight at 7pm all welcome.

**Nitbusters**
Will be run this week.

**PLACE IN YOUR DIARY**
Swim School Weeks 2 and 3
Lake Ainsworth Excursion - 3rd Nov to 7th Nov 2014

Anxiety and avoidance

---

**Gilgai P & C Meeting**
Tonight 7th October at 7pm
All welcome

**Playgroup Dates**
7th October, 21st October 4th November, 18th November, 2nd December
One of the most common ways children deal with fears or worries is by going to great lengths to avoid feeling them. Tantrums, defiance, and nervous habits or rituals are just some of the creative methods an anxious child might use to stay well clear of what they worry about.

Whether it’s a fear of being humiliated, of being told off, of the dark, or of sharks, avoidance stops a child from having valuable experiences that would allow their brains to reassess the level of danger they actually face. If avoiding is becoming a pattern in your family, consider this: sometimes the kindest thing a parent can do is gently nudge a child out of the comfort zone. Never throw them in the deep end; their trust in you is too important. Do get alongside, encourage, and empathise with the feelings that arise when we face our fears.

---

**Gilgai Public School Kindergarten Orientation 2014**

The Kinder Orientation program is a seven week program commencing Term 4 every Thursday afternoon, where the pre-schoolers are invited into the Infants Classroom.

Pre-schoolers have an opportunity to meet their teachers for next year, familiarise themselves with the classroom and meet the other students.

- **Session 1** - Thursday 16/10/14 2-3pm
- **Session 2** - Thursday 23/10/14 2-3pm
- **Session 3** - Thursday 30/10/14 2-3pm
- **Session 4** - Thursday 6/11/14 2-3pm
- **Session 5** - Thursday 13/11/14 2-3pm
- **Session 6** - Thursday 20/10/14 2-3pm
- **Session 7** - Thursday 27/11/14 Children to bring lunch 1 -3pm

---

<table>
<thead>
<tr>
<th></th>
<th>6th October</th>
<th>7th October</th>
<th>8th October</th>
<th>9th October</th>
<th>10th October</th>
</tr>
</thead>
<tbody>
<tr>
<td>T4 Wk 2</td>
<td>Holiday</td>
<td>Playgroup</td>
<td></td>
<td>Preschool in the Hall</td>
<td>Preschool in the Hall P &amp; C Luncheon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Library Borrowing</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Preschool will now run on Thursdays and Fridays Transition Starts on Thursday 16th October

<table>
<thead>
<tr>
<th></th>
<th>13th October</th>
<th>14th October</th>
<th>15th October</th>
<th>16th October</th>
<th>17th October</th>
</tr>
</thead>
<tbody>
<tr>
<td>T4 Wk 2</td>
<td>No AASC</td>
<td>No Playgroup</td>
<td>Swim School</td>
<td>Preschool in the Hall</td>
<td>Preschool in the Hall P &amp; C Luncheon</td>
</tr>
<tr>
<td></td>
<td>Swim School</td>
<td>Library Borrowing</td>
<td>Swim School</td>
<td>Swim School</td>
<td>Swim School</td>
</tr>
</tbody>
</table>