THANK YOU WOOLWORTHS
Woolworths Supermarket have kindly donated fruit to the school and don’t the students look happy about it - again thank you to Woolworths. Gilgai Public School appreciate your support.

AASC - Active after School Community
AASC will run on Tuesdays only from week 3 (20th May to 24th June, Week 9)

Zone X Country
Good luck to Gilgai students who will be competing at Ashford this Friday in the Zone X Country.

Book Fair 2014 is a Reading Oasis - A cool place to discover hot books!
Its not too late!! Any students still wishing to purchase books from the Book Fair can do so this Thursday 22nd May. Pre-school will also have the opportunity to look and purchase books on Thursday.
Keeping Students Healthy and Well

Make sure your child washes his/her hands
Regular hand washing is the simplest, most effective way to get rid of cold and flu bugs.

Keep children who are sick at home so as not to infect others.
Do what you can to boost your child’s immunity naturally.
Offer your child a variety of healthy foods so he/she gets the nutrients he/she needs. Make sure he/she gets plenty of sleep each night as well as lots of physical activity every day. Although there's no proof that taking Vitamin C can prevent a cold, there is evidence that it helps make cold symptoms less severe and may shorten the duration of a cold.

Water Bottles
The general consensus is that you should probably give your water bottle a rinse at the end of each day of use. To do this, you can rinse the bottle and cap under the tap with warm water and a little bit of soap (you can substitute soap and water for vinegar, or baking soda and water), and then let it air dry with the bottle top off. You can also do a more thorough cleaning with a bottle brush. Parents remember it is very important to encourage your child to drink plenty of water each day and have a good healthy breakfast.

Warm clean clothing
Always remember to send your child with a jumper. If they don’t want to wear it make sure it’s in their bag. Clothes can harbour germs, so a bacterial rinse may help kill any germs that may still be in jumpers that have been placed in school bags that children have removed after playtime.

Lake Ainsworth
Please keep your payments coming in - thank you

PLACE IN YOUR DIARY
Lake Ainsworth Excursion - 3rd November to 7th November 2014
School Book Fair - Thursday 22nd May - Week 4
P & C Fete 13th September - Term 3 Week 9

CHAPLAIN’S CORNER
The pressure of perfectionism
If your child is a perfectionist you’ll know all about the pressure they put on themselves. Pressure to be the best every time, pressure to never make a mistake, both of which make it really hard to risk failure by trying something new or challenging.

Don’t add to their anxiety by getting frustrated with them or trying to force them into a new way of thinking. Coach a perfectionist by calmly getting alongside and gently challenging the beliefs that aren’t helping. Ask questions like “What’s the worst thing that could happen if things don’t go to plan?”, or “Does feeling disappointed or embarrassed really mean it’s all over, or can you pick yourself up and try again?”. If you can model a relaxed approach when things are less than perfect, they will find it easier to cope with life’s ups and downs.

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<tr>
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<th>19th May</th>
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<tr>
<td>T2 Wk 4</td>
<td>No Playgroup in Hall AASC</td>
<td>No AASC</td>
<td>Pre School in the Hall Book Fair Open</td>
<td>P &amp; C Luncheon Zone X Country at Ashford</td>
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ACTIVE AFTER SCHOOL will run on Tuesdays only from 20th May to 24th June

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<td>T2 Wk 5</td>
<td>No Playgroup in Hall AASC - Tennis</td>
<td>No AASC</td>
<td>Pre School in the Hall</td>
<td>P &amp; C Luncheon</td>
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Gilgai P & C Meeting
Next meeting 3rd June at 7pm
All welcome

Playgroup Dates
20th May, 3rd June, 17th June