Eisteddfod  Tuesday 26th August. Children from Gilgai will be travelling to the Town Hall for the choir section of the Eisteddfod. Then on Wednesday 27th August students will be involved with percussion and marimbas. Students will leave the school at approx. 9.20am and return around lunchtime. Cost will be $2 per day for the bus. A note will go home later with more detail.

Zone Athletics this Friday Please return notes tomorrow. The children will be travelling to Inverell by private transport. Please remember to make sure all children have their hats, sunscreen, lunch and plenty of water. Students not in school uniform will not be allowed to compete.

School Veggie Garden The gardens are looking very healthy and students are looking forward to a good spring harvest.

Year 6 Transition Teachers from Macintyre High will be attending Gilgai School on Tuesday 12th August to speak with students.

Road Safety Many children below the age of 10 years do not have the capability or judgement to handle many pedestrian situations. Children need to be accompanied and closely supervised by a parent or adult carer to keep them safer.
Parents and caregivers have a key role in educating their children about road safety. Children learn about road safety largely by experience. Whenever crossing roads, it is an idea to talk about when and why it is safe to cross the road with your children so they can gain a good understanding of road safety issues.

PLACE IN YOUR DIARY
Dental Talk 12th August
Book Week - Week 6 Term 3
Music Eisteddfod - Week 7 Term 3
Transition for Year 6 - starts in Week 5 12th August Term 3
Lake Ainsworth Excursion - 3rd November to 7th November 2014
P & C Fete - Week 9 Term 3 13th September

School Fete
13th September Term 3 Week 9
The P & C will need donations of cakes and slices for a stall.
Goods for the White Elephant stall
Plants for a plant stall
Any help you can give to support our students

Gilgai P & C Meeting
Next meeting Tonight 5th August at 7pm
All welcome

Playgroup Dates
11th August, 25th August 9th September
Anxiety and avoidance
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.

IDFS – Toy Library Playgroup
The Toy Library is a community based service run by Inverell District Family Services (IDFS)
We conduct a Playgroup in Gilgai at your local school each 2nd Tuesday of each month
starting at 10:00 until 12:00.
Parents are required to stay for the duration of each play session
For a small cost of $2.00 each child you will receive a fun morning out with many quality toys, and equipment suiting the younger child, from large and small bikes – pretend play – construction play – puzzles and books and of course arts and crafts. Parents can catch up with other parents in the local area.

Bring some morning tea & drink for your child - Remember your HATS as well.

There is tea and coffee on offer for parents
So come on, give us a ring or just come along to the next Playgroup session.
Ring 0408467314 for more information.

T3 Wk 4
4th August 5th August 6th August 7th August 8th August
AASC No Playgroup Library Borrowing P & C Meeting 7pm Preschool in the Hall P & C Luncheon Zone Athletics Carnival

Preschool will now run on Thursdays and Fridays
Active Afterschool will run on Mondays for 7 weeks 21st July to 1st September

<table>
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<th>T3 Wk 5</th>
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<td>AASC</td>
<td>Playgroup</td>
<td>Library Borrowing Dental talk to all students</td>
<td>Preschool in the Hall</td>
<td>Preschool in the Hall P &amp; C Luncheon</td>
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Good for Kids good for life

Healthy Drinks
Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?
Water has no added flavours, colours, sugar or energy so it’s the best way for kids to quench their thirst.
Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.
Tips to help children drink more water:
Offer water when children are thirsty
Have a jug of water on the table at mealtimes
Keep water in the fridge so it’s cold
Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
Send a water bottle to school for Crunch&Slip®
Milk is also a nutritious drink that children should consume, as it’s important for strong bones and teeth.
Reference:
Adapted from Healthy Kids: “Choose water as a drink” fact sheet accessed from www.healthykids.nsw.gov.au

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