Newsletter
Week 7 Term 3

Student Wellbeing
Last week staff were introduced to a researched resource for assisting students to develop skills in self-control and resilience to enhance general well-being. The program known as Mental Stillness allows students time and space to take a short break from the busyness of modern life and the world around them and focus on developing calmness and positive thoughts to help mental well-being.

“The Mental Stillness program is a simple, evidence-based, free resource aimed at providing students with skills to enhance their resilience and wellbeing.

The sequence in the program has undergone extensive development and evaluation in Australia as part of the Meditation Research Programme (previously at the UNSW but now at Sydney University).

Systematic and rigorous scientific studies have demonstrated specific effects of the mental stillness experience and its benefits for physical and psychological health.”

Detailed information on this program is available on the web site www.mentalstillness.org Go to Video Modules on the side menu, then to No 3 Mental stillness - 10 minute meditation.

Newsletters Notes Home and School Updates - your feedback would be appreciated
Parents; we are trying to improve our contact with you and have started emailing you a copy of the newsletter, permission notes and any updates. If you are not receiving these emails, please send in your email with your child and we will add you to the list to receive this information. Also, updates are added regularly to the School Facebook page. If you have Facebook on your phone or on your laptop and haven’t yet liked our page please do so by going to the top of your Facebook page (Search for people, places and things) and type in Gilgai Public School and hit ‘like’ to get regular updates.

P & C News
Fathers Day Stall will run from the 2nd Sept to 5th Sept, costing from $3 to $6. Fete raffle tickets were sent home last week. Please return to school office as soon as possible. The P & C will also have their Free of Cost Fathers Day Raffle with all students names going into the draw.
Please keep the recipes coming in for the P & C recipe book to be sold at the fete.

Sick Children - If your child is sick please keep them at home. There is a lot of sickness about and sick children need to be in bed to have the rest they need to recover.

PLACE IN YOUR DIARY
Transition for Year 6 - starts in Week 5 12th August Term 3
Lake Ainsworth Excursion - 3rd November to 7th November 2014

Gilgai P & C Meeting
Next meeting 2nd September at 7pm
All welcome

Playgroup Dates
11th August, 25th August 9th September
School Fete
13th September Term 3 Week 9
The P & C will need donations of; cakes and slices for a cake stall; goods for the White Elephant stall; plants for a plant stall.
Any help you can give to support our students.

INVERELL’S GOT TALENT,
Friday, 24th October, 2014 in the Town Hall

Two sections Junior (school years 5 to 8) and Senior.
Nomination forms available at the school office or Inverell Tourist Information Centre. Auditions/Rehearsals will be held in the Town Hall on Tuesday, 21st October.

More information - contact Tim Newberry, Phone 67232992, Mob. 0427506874.

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Gilgai Public School

Hey Guys,

I was blessed to be able to go out and attend the Gilgai Public School assembly on Monday 18th. I was lucky enough to be a guest speaker to talk about my career. It was amazing to share my stories and hopefully give the kids of Gilgai Public School the motivation to follow their dreams.

Gilgai Public School has approx 60 students which is located just outside of my hometown Inverell.

I am really looking forward to seeing it up next week at Brookwater Country Club in the Isuzu Queensland Open.

Cheers
Brett

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WANTED- Old feed bags (woven chaff, wheat bags) for Mrs T. Please if you have any send them to the school front office. Thank you.

No Preschool this week
NO preschool this week Thursday 28th and Friday 29th August as staff are away at our Annual Mobile Conference in Mudgee.

Thanks see you next week.
Michelle Campbell

PS: Sorry but Pre school will be advertised on the radio because the news went in last week and I only found out on Monday that there was no Preschool.

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<thead>
<tr>
<th>T3 Wk 7</th>
<th>25th August</th>
<th>26th August</th>
<th>27th August</th>
<th>28th August</th>
<th>29th August</th>
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<tr>
<td>AASC last session for T3</td>
<td>Eisteddfod - Choir Playgroup Library Borrowing</td>
<td>Eisteddfod - Marimba</td>
<td>No Preschool in the Hall</td>
<td>No Preschool in the Hall P &amp; C Luncheon</td>
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Preschool will now run on Thursdays and Fridays
Active Afterschool Last Week

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<tr>
<th>T3 Wk 7</th>
<th>1st September</th>
<th>2nd September</th>
<th>3rd September</th>
<th>4th September</th>
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<tr>
<td>No AASC</td>
<td>No Playgroup Library Borrowing Fathers Day Stall</td>
<td>Fathers Day Stall</td>
<td>Preschool in the Hall Fathers Day Stall</td>
<td>Preschool in the Hall P &amp; C Luncheon AFL Gala Day No AASC Fathers Day Stall</td>
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Parents please remember to return your raffle tickets - Thank you
Gilgai Public School FETE

Come have some fun and support our great small school.

Saturday 13th September
10am-1pm

BBQ
Jumping castle
Raffle
Games
Prizes
Cakes
Plants
White elephant
Face painting
& more

Inverell Boys Club Gymnastics display at 12pm