Congratulations Gilgai Students
All students at Gilgai Public showed great talent and school spirit at the Inverell Eisteddfod last Tuesday and Wednesday - congratulations to each and everyone.

AFL Gala Day
On Friday 5th September, 24 students will be travelling into Inverell to take part in the AFL Gala Day at the sporting complex. The cost of the day will be $4. Mr Loy will be the accompanying teacher.

Term 4 Swimming School
Parents please be reminded that swim school will be early next term. Notes will go home later this week or early next week.

AASC
Monday was the last session of AASC this term.

P & C News
Fathers Day Stall will run from the 2nd Sept to 5th Sept, costing from $3 to $6. The P & C are having a Free of Cost Fathers Day Raffle with all students names going into the draw. Don’t forget the P & C Meeting tonight.
The P & C are hoping to have a Gilgai School Uniform trading stall at the fete. If you have uniforms that no longer fit your child, please bring them along and trade or buy uniforms. If you can’t be at the fete and would like to sell uniforms, please send them in a clearly marked bag with all items marked with names and prices.

Nitbusters
We currently have an outbreak of nits and head lice. Nitbusters will be held tomorrow, Wednesday 3rd Sept.

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

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.

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

Playgroup Dates
9th September
Good for Kids good for life

Children should get a least 60 minutes of physical activity every day, including vigorous activities that make them “huff and puff”\(^1\).

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being active at school in PE and break times, active play at home or taking part in organised sport outside of school.

Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to join in.

Below is a home fun activity that you can enjoy with your children that will make them huff and puff by practising the dodge.

Dodging is a locomotor skill that involves a high degree of balance, stability and change in direction\(^2\). It is common to many playground games and activities and is an important skill in the majority of team sports\(^2\).

**Artful Dodger**\(^2\)

One partner stands behind the other.

On “go” the front person runs around changing direction regularly.

On “stop” both players freeze. If the back person can take one step and touch the front person they become the new dodger.

Reference:

\(^1\) “Get active each day” fact sheet accessed from [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)