From the Principal’s Desk

Congratulations to BJ Nelson for being overall Junior Boy Champion at the Zone Athletics Carnival in Gunnedah earlier this term.

Regional Athletics Carnival

Congratulations to all our students who participated in the Regional Carnival in Tamworth last Friday. Our students performed well with many personal best results being achieved.

Book Week

Last Thursday to celebrate book week students dressed up as their favourite book character. The students and staff all looked fabulous in their costumes.
Lions Club Dinner

Last Thursday night Brianna Kerr, Melissa & Rod Kerr, Madison and Ms Stoltenberg were privileged to attend the Lion’s Club dinner. At this dinner, the captains from Sacred Heart School and Boggabri Public School spoke about their pride in their school and community and how it was important to them. Brianna spoke beautifully and spoke about the importance of supporting her community and the importance of school pride and participation in school events. Congratulations Brianna on a superb job!

A special thank you to the Lion’s Club for their kind invitation to attend their dinner.

Sick Children

There have been a number of viruses doing the rounds in the last couple of weeks. If your child is ill please keep them at home where they are warm and comfortable. The school is not equipped to care for sick children for extended periods of time. This approach may also assist in limiting the spread of these viruses.
**Up Coming Events**

**TERM 3**

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<th>Event</th>
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<tr>
<td>Gunnedah High School Visit Yr 6</td>
<td>Tuesday 1 Sept</td>
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<tr>
<td>Father’s Day Stall</td>
<td>Thursday 3 Sept</td>
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<td>P&amp;C Father’s Day BBQ Breakfast</td>
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<tr>
<td>Speakfest –Gdh South School</td>
<td>Tuesday 8th Sept</td>
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<tr>
<td>Science Fair</td>
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<td>School Assembly Year 3 Presenting</td>
<td>Friday 11th Sept 9.00am</td>
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<td>Uniform Shop</td>
<td>Monday 14th Sept 2.45 – 3.15 pm</td>
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<tr>
<td>Gunnedah High School Visit Yr 6</td>
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<tr>
<td>Small Schools Public Speaking - Sacred Heart School Boggabri</td>
<td>Thursday 17th Sept</td>
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**A reminder to parents to notify the school about your child’s health**

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

**Father’s Day Stall**

Year 6 will once again run a Father’s Day Stall this year. We will hold the stall this Thursday 3rd September. Gifts will range in price from $2 - $10. If you would like to send your child/ren’s money in an envelope before this date, please send it to the front office.

**Science Fair**

Our annual Science Fair will be held on Thursday the 10th of September starting at 11:30. Our Kindergarten students are preparing a class experiment while other students will prepare their project at home. Information was sent home please contact your class teacher if your child did not receive their information.

**Public Speaking**

There are a number of public speaking opportunities for our students coming up this term. The Speakfest which will be hosted at Gunnedah South School on Tuesday 8th September and The Small School Public Speaking Competition which will be hosted by Sacred Heart Boggabri on Thursday 17th September. There is a fee for both of these competitions and parents will need to take their children to the events. Please advise us if you would like your child to participate in these competitions.

All students will prepare a speech this term to be performed in their classes as part of our speaking assessments. Students may use these prepared speeches or write their own at home.
School Fees Smarties to Year 6
School fees are now being received at the front office. They are voluntary but are greatly appreciated to assist the school in paying for supplies. Fees are $40 for the first child (smarties to year 6) and $10 for any additional children.

Fruit & Veg Month
This week Fruit & Veg Month starts. The theme for this year is, ‘Let’s Go Green!’ Not only is Fruit & Veg month focusing on getting kids eating more fruits & vegetables every day, but in particular picking green fruits & vegetables. They are packed full of important nutrients that have been shown to promote good health.

Another vital component of this year’s theme ‘Let’s Go Green’ is sustainability. Using household food waste in composts, worm farms or as animal food, avoiding landfill rubbish.

Each class will be taking part in activities that highlight this year’s focus. At the next school assembly the infants classes will be singing a fruit & veg song. That day we will also dress in our favourite fruit & vegetable colours. So, ‘Let’s go Green!

Head lice
There have been a few cases of head lice reported in the school lately, would you please check your children and treat them if necessary. Speak to the chemist about what treatment is currently the most effective. Covering your child’s hair with a cheap conditioner then combing with a lice comb is also an effective way to treat these unwanted guests.

Woolworths Earn & Learn
The Woolworths Earn & Learn program is running again. Shop at Woolworths and earn 1 sticker for every $10 you spend. Completed sticker cards and stickers can be placed in a collection box at Woolworths our left at the school office. The program closes on Tuesday 8th September. This community program enables us to earn educational resources for our school.

School Party
To reward those classes who have had 100% of students in uniform, we will be having a special class party. Congratulations Year 3 for reaching 100% and for having their class party last Thursday. There are a few other classes who only have 2 or 3 students who are out of uniform, please ensure that your child is in uniform. If they are wearing the blue shirt it needs to be buttoned up with the tie.

The overall school percent is at 94% of students in school uniform. Once we reach 100% we will have a school party. If your child is not in full school uniform for any reason, please let us know so that they can be exempt for that day. There are now only a couple of children in each class who are not in uniform, please ensure that your child is in uniform every day and that they are not responsible for us not having our party. A big thank you to everyone for your support with the uniform.

Education Week Awards
Next Wednesday 9th September, Gunnedah High School will hold the education week awards assembly at 10.00am. This is for all the schools in the Namoi Valley Community of Schools of which Boggabri Public School is a part of. Awards are given in four categories, which includes service to the school by a community member, school community member and a staff member. There is also an award for outstanding achievement by a student. Awardees will be notified and invited to attend the ceremony.

Charna Wood
Principal
P&C News

Canteen Roster for this week
Tuesday 1st September – Maria Grebert
Wednesday 2nd September – Jacqui McInerney
Thursday 3rd September – Kate Bomford
Friday 4th September – Maria Grebert
Monday 7th September – Helen Fielding

If you are unable to make your allocated time please try to find someone to take your place. Do not ring the front office. If there is no one found then students who have ordered for the day will be provided with a vegemite sandwich, and the money from the order returned home.

Father's Day Breakfast
We would like to invite all Dads, from our school and the Boggabri Community, to bring their families for a free breakfast this Thursday 3rd September at the school hall. We will have the BBQ going and will be serving bacon and egg burgers, fresh fruit, coffee and tea from 7.30am to 8.30am. This is our way of saying thank you for the wonderful role you play in the children's lives so come along and join us!

An indication of numbers would be appreciated for catering purposes so please RSVP by returning the attached note to school by Monday 31st August or contacting the school office.

Uniform Shop
The uniform shop will be open on Monday the 14th from 2.45 – 3.15pm. If you have any clothes that you would like to donate to the shop please send them into the front office.

RECIPE BOOK FUNDRAISER......
The P&C has decided to compile a recipe book (last done by the school in 1998) made up of all your tried and tested favourites to then sell as a fundraiser and we NEED YOUR HELP!!!

We are looking for your best recipes - they can be anything from a dip to main meal to dessert or biscuits. Anything yummy that you love to make!!
Recipes can be dropped into the school, handed to a P&C member or posted on our FB page - don't forget to include your name and child's/grandchild's name & class (even the years you attended if you happen to be a past student)
We will also be offering some advertising spaces for local businesses at $10 each if you know of anyone who would be interested.

Community News

Busy Little Hands at Play
Busy Little Hands at Play is held every first and third Tuesday of the month. Next session will be held tomorrow Tuesday 1st September at 10.00am-12noon in the Smart Start room. You can always check dates & times on Facebook – Narrabri Neighbourhood Centre or Busy Little Hands at Play. For more information Phone Kate 67923562 Tues-Thurs or email kate@ndcas.com.

Sport & Recreation Camps
Popular Spring Kid’s and Family Holiday Camps are available through Sport and Recreation and they are filling fast. Find out what’s on including our popular Cooking 4 Kids, Adventurer, Kids’ Club and Duke of Edinburgh camps plus lots of fun. Further details please contact NSW Sport & Recreation 131302 or sportandrecreation.nsw.gov.au/kidscamps

Mobile BreastScreen
BreastScreen's mobile breast cancer screening unit is due to commence screening Behind the Boggabri MPS, Oakham Street from Monday 14th September 2015. Early detection is vital. Call 13 20 50 for an appointment.

Nominations are called for the short summer competition which will run for eight weeks commencing the 6th of October 2015. Nomination nights will be the 8th and 15th of September at The Judi Guest Stadium and will be taken between 5.30pm and 6.30pm.
Miniball (kindergarten to year ) will be played on Tuesday nights. Seniors will be played on Wednesday nights. Fees Junior (5-18) $25.00, Senior Registered Player $35.00 and Senior New Player $55.00. Late registrations will not be accepted. Find us at http://gunnedahbasketball.com.au or on Facebook at Gunnedah Basketball Association Inc.
Build up Frequent Father points

By Michael Grose

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling… the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connection with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner’s) Frequent Father Points going? If they need some topping up then you can start by doing something together that they enjoy.

Having a bit of fun together is the best place to start.

Author’s note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.
What's on in the SMART Chef kitchen this week......

**THURSDAY 03/09/2015**

*Morning Tea*
- Warm Milo - $1.00
- Lemon Syrup Muffin - $1.00

*LUNCH*
- Chicken and Vegie Soup - $2 cup or $3.50 bowl

**FRIDAY 04/09/2015**

*Morning Tea*
- Warm Milo - $1.00
- Ginger nut Biscuits - $1.00

*LUNCH*
- Chicken Lasagne - $3.50