SCHOOL TERM
DATE 2015
TERM 4
Tuesday 6th Oct - Wednesday 17th Dec 2015.
A big thank you to everyone who support our students with their Fundraising throughout last term and this term!!

35 Days until Christmas

STUDENTS OF THE WEEK

Primary
Betty-Ann Smith
Week 7

Secondary
Kayden Hooper
Week 7

CONGRATULATIONS
Principal News

Yaama,

It has been a very busy fortnight here at Goodooga Central. I would like to say a big thankyou to all the staff who have gone above and beyond in organising a range of different extra-curricular events lately. The Goodooga community is lucky to have such a dedicated, hardworking group of staff at their school.

Fete

On Thursday 19th November a very hot and sweaty group of staff, students, community members and service providers gathered at the school for our School Fete. Despite the heat it was a great turnout with approximately 100 people attending. The Fete’s main aim was to raise money for the Secondary Excursion. I have not got final figures but with the large number of raffle tickets and other items sold I am sure we have gone a long way to funding the excursion. The school is very thankful to all the businesses and organisations who donated prizes and also to all the community members who have supported our fundraising initiatives.

The Fete would not have been the great success it was without the coordination from Malcolm Banks. He worked very hard to fundraise and organise the day. The School is very grateful to the fantastic team at the Tenancy Support and Education Project particularly Andrew Smith who ensured our Fete had a number of service providers and activities for the children. Their continued support is greatly appreciated.

Enrolments

Just a reminder for parents of pre-school children who will be attending school next year. The school needs your enrolments papers ASAP so we can finalise numbers for next year. Please contact the school to talk to myself, Tania or Isabelle.

Flag Design

Thank you to all the community members who participated in our Indigenous Games Flag Design Afternoon. The afternoon was well attended and some fantastic designs were produced. Stay tuned to Facebook for the final design.

Cultural Garden/ Learning Space

Last week we had a great turnout to our working-bee. It was great to see so many community members coming together to help make a great space for our students. The space is not yet complete but we look forward to having an opening day in the near future. I would like to thank all the staff who have helped to coordinate the project.

Yaluu,
Nathan Forbes
Principal
In 2/3/4 we have been producing some fantastic artwork based around worldwide celebrations. For Halloween we painted a moonlit night scene and then added a spooky house with some bats. For our St Patricks Day art we made a pot of gold with a shamrock for good luck! We had a lot of fun creating these artworks and we hope that you enjoy looking at them.
Mindfulness

Recently in Sydney, I attended a workshop on how children and adults deal with everyday stress. I have given a brief report on the workshop, it is very interesting reading. The current buzzword – Mindfulness is becoming increasingly recognised as an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively handle painful thoughts and feelings. It was historically practiced by Eastern Philosophers and can be found in Taoism and in Yoga practice. Mindfulness involves consciously bringing awareness to your here-and-now experiences with openness, interest and receptiveness. It encourages an individual to pay attention in a particular way: on purpose, in the present moment and non-judgmentally. It’s very much like the old saying, “stop and smell the flowers.” Mindfulness challenges us to stop and to be present in the moment and not to brush each opportunity aside for something better. In a sense it challenges us to persevere, particularly when we find things difficult. Children today are continually stimulated. Each moment of the day is a connected moment: connections particularly to devices, screens, TV and music. More and more people are putting headphones on to listen to music while they attend to the everyday things of life. Some people have got to the point where they are unable to function without it as they believe that they will be distracted. Mindfulness challenges this notion and encourages people to be silent. Kabat-Zinn, a world authority on Mindfulness calls it, “The art of conscious living” so that we can enhance our psychological and emotional resilience and in turn increase life satisfaction. Consciously bringing awareness to your here-and-now experience, with openness, interest and receptiveness.”

So why practice Mindfulness? As I mentioned in the last Newsletter, more and more mental health professionals are encouraging us to ‘switch off’ from the stresses and strains of daily life in order to regroup and to be able to cope with whatever comes our way. Practising mindfulness helps you:

- to be fully present, here and now
- to experience unpleasant thoughts and feelings safely
- to become aware of what you’re avoiding
- to become more connected to yourself, to others and to the world around you
- to increase self-awareness
- to become less disturbed by and less reactive to unpleasant experiences
- to learn the distinction between you and your thoughts
- to have more direct contact with the world, rather than living through your thoughts
- to learn that everything changes; that thoughts and feelings come and go like the weather
- to have more balance, less emotional volatility
- to experience more calm and peacefulness
- to develop self-acceptance and self-compassion.

Sport

The 5/6 and secondary students travelled to Lightning Ridge Central School last Friday and competed in another round of competitive sport. Our students won 3 out of the 4 games played, netball and soccer. The competitive spirit and sportsmanship was evident and talking with the students they are really enjoying the inter-action. Congratulations to Tylara Cochrane and Kesha Loughrey who win this week’s sport award for continued effort and participation.
COMING EVENTS 2015

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WORKING BEE

Last Thursday 12th November work started on the new garden and undercover area in the Primary playground. It had been advertised as working bee and it was so pleasing to witness the amount of people that attended and did not stop working till 6.45pm. There was a real sense of community and school pride as dirt was carried, pavers laid, pot plants filled.

A big thank-you to everyone that pitched in and helped.
ATTENTION ALL PARENTS/ CARERS
If your child/children are absent from school could you please contact the school on (02) 682 96257 or send a note with your child to explain absence. This would be appreciated.

Thank you!!

Dhiiyan Guumali - Play Group

Mondays
10.00 am to 12 noon
Lunch & early learning activities provided!

Where : Dhiiyan Guumali (blue room) at the school

DOCTORS!!
Coming to Goodooga Health Service:
Thursday 26th & Friday 27th November - Dr Kath Keenan
Drug & Alcohol Worker will be at the Health Service on every last Friday of each month.

Optometrist – February 2016

Please see Health Service staff for Appointments!!

Are your details up to date?
Have you moved or changed phone numbers? Please inform the front office with any change in your living situation so we contact you if the need arises.

Presentation Day 2015
Family and Friends
Come and celebrate with Goodooga Central School

9.30am
Monday 14th December 2015
Goodooga Centrals school’s Hall
Everyone Welcome!!

Canteen Notice
All monies owning to the canteen need to be finalized by Friday 20th November 2015.

If you have any concerns please see the canteen ladies.

Thank you!

Lunch Orders
Please ensure your child/children have money in their lunch bag when placing an order and lunch orders must be in by 9.30am. Thank You!!
Parents, Caregivers & Community Members

If you have the need to enter the school grounds for any reason including delivering lunch money etc, could you please sign in at the front office as part of our work place safety. Thank you!!

FRESH EGGS FOR SALE

$3.50 a carton

If you would like to purchase some fresh eggs please contact Isabel Orcher on 0448 782 627.

Isabel is willing to deliver the eggs to your home

Thank you!!

Book Club
Due on Tuesday 24th November 2015

WARM WEATHER

With the weather ‘warming up’ please remember to send your children to school wearing a hat & closed in shoes & sunscreen each day. A water bottle is also recommended, which the students are able to keep in their classroom fridge.