

# Glen Innes West Infants School

Term 4 Week 4

Thursday 2<sup>nd</sup> November

Coronation Avenue  
Glen Innes NSW 2370  
Telephone: (02) 6732 2459

Email: [gleninneswp.school@det.nsw.edu.au](mailto:gleninneswp.school@det.nsw.edu.au)

**School Office Hours:**

Monday-Thursday  
8.45am-3.00pm

Office closed Friday.

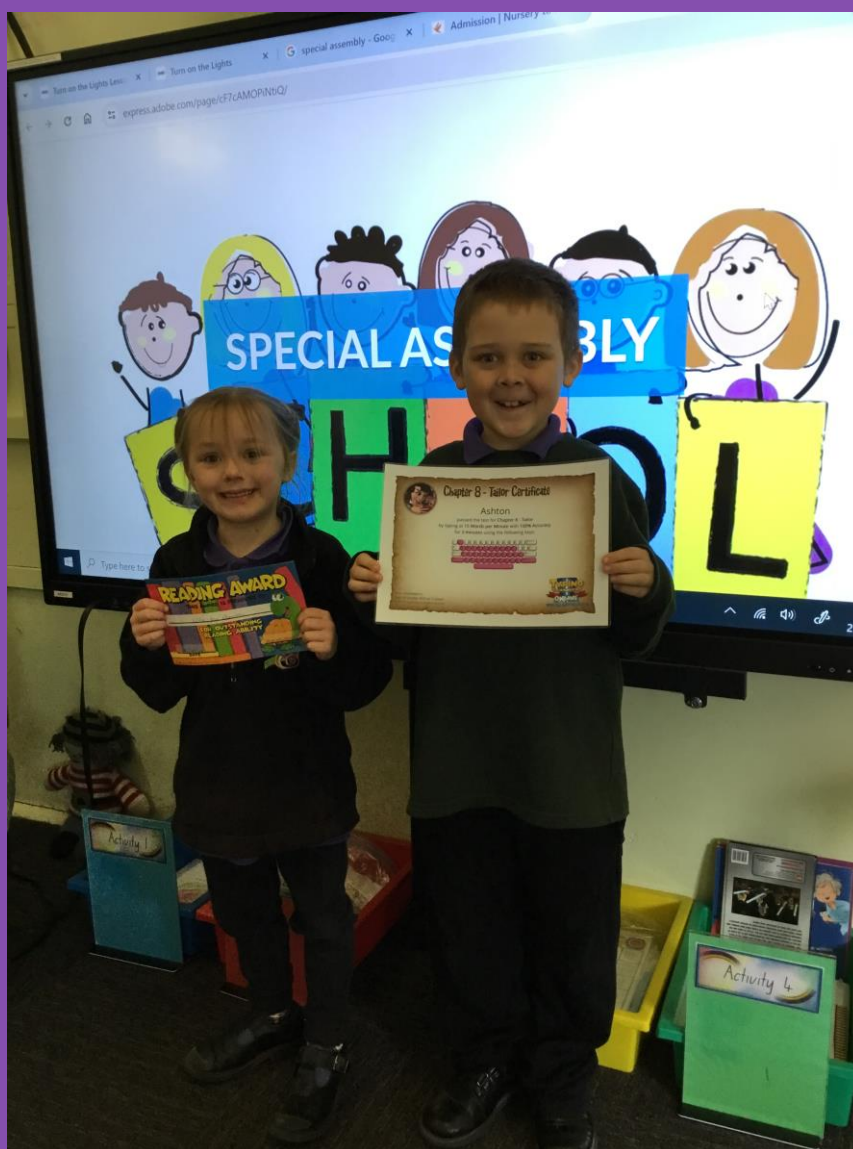
## Week 4

Library Day  
Friday

Free Playgroup on  
Wednesday's  
9:30 - 11

### Important Notice

If your child is sick, do not send them to school. Symptoms may include coughing, sniffing, fever and/or feeling unwell. The current medical advice is that children with any of these symptoms should stay at home. Staff must also stay home if they have symptoms.



Find us on:  
**facebook®**

# Mrs Newsome's News

## **Congratulations to last week's Green Slip Draw winners Ryan, Amelia, Nevaeh and Evanna!**

- 🔥 There was a fire in Railway Street at afternoon tea time yesterday.
- 🔥 Children were asked to go back inside to avoid the smoke.
- 🔥 All children followed the instructions and remained calm.
- 🔥 Mrs Ward and myself kept a very close eye on the Hazards Near Me app as well as any smoke we could see.
- 🔥 The fire was extinguished quickly.
- 🔥 The children were safe AT ALL TIMES and are to be congratulated on their sensible and mature behaviour when dealing with this emergency situation.

Our books have arrived!!!

Thank you to all the parents who have returned their notes for the Inspired Readers Festival.

**THE BUS LEAVES AT 8:45AM SHARP**

**THE BUS RETURNS AT APPROXIMATELY 3:45PM**



## **Dance Spectacular**

A number of Year One and Year Two children will receive a note tomorrow about performing at the Chapel Theatre on Wednesday, 29th and Thursday, 30<sup>th</sup> November. We will be performing two dances.

Please complete and return by the due date.

If children are not performing, they will be part of the audience at the 10am performance on the Thursday.

## **Swim School will take place in Week 9.**

Please complete the notes sent home today so that we can start organising our groups.  
Thankyou to the parents who have completed the form already.



Have a wonderful weekend!

Kind regards,

Katie Newsome

# Term 4 Calendar

<b>Week 1</b>	Mon 9 <sup>th</sup> Oct First day back!	Tue 10 <sup>th</sup> Oct School Photos	Wed 11 <sup>th</sup> Oct	Thu 12 <sup>th</sup> Oct GIPS Transition	Fri 13 <sup>th</sup> Oct Full day kindergarten Transition
<b>Week 2</b>	Mon 16 <sup>th</sup> Oct	Tue 17 <sup>th</sup> Oct Emmaville Central School Transition	Wed 18 <sup>th</sup> Oct	Thu 19 <sup>th</sup> Oct GIPS Transition	Fri 20 <sup>th</sup> Oct Full day kindergarten Transition SATURDAY 21 <sup>st</sup> Oct Lions Convention Singing
<b>Week 3</b>	Mon 23 <sup>rd</sup> Oct	Tue 24 <sup>th</sup> Oct	Wed 25 <sup>th</sup> Oct	Thu 26 <sup>th</sup> Oct GIPS Transition	Fri 27 <sup>th</sup> Oct Full day kindergarten Transition
<b>Week 4</b>	Mon 30 <sup>th</sup> Oct	Tue 31 <sup>st</sup> Oct Emmaville Central School Transition	Wed 1 <sup>st</sup> Nov	Thu 2 <sup>nd</sup> Nov	Fri 3 <sup>rd</sup> Nov Full day kindergarten Transition
<b>Week 5</b>	Mon 6 <sup>th</sup> Nov	Tue 7 <sup>th</sup> Nov Melbourne Cup Mufti Day and wear a funny hat to school.	Wed 8 <sup>th</sup> Nov	Thu 9 <sup>th</sup> Nov	Fri 10 <sup>th</sup> Nov Last Full day kindergarten Transition
<b>Week 6</b>	Mon 13 <sup>th</sup> Nov Dental visit this week	Tue 14 <sup>th</sup> Nov Excursion – Inspiring Readers Festival	Wed 15 <sup>th</sup> Nov	Thu 16 <sup>th</sup> Nov	Fri 17 <sup>th</sup> Nov
<b>Week 7</b>	Mon 20 <sup>th</sup> Nov Sussing out our solar system performance	Tue 21 <sup>st</sup> Nov	Wed 22 <sup>nd</sup> Nov	Thu 23 <sup>rd</sup> Nov	Fri 24 <sup>th</sup> Nov
<b>Week 8</b>	Mon 27 <sup>th</sup> Nov	Tue 28 <sup>th</sup> Nov Dance Spec Rehearsal	Wed 29 <sup>th</sup> Nov Dance Spectacular	Thu 30 <sup>th</sup> Nov Dance Spectacular	Fri 1 <sup>st</sup> Dec
<b>Week 9</b>	Mon 4 <sup>th</sup> Dec Swim School 10:30 to 11:30	Tue 5 <sup>th</sup> Dec Swim School 10:30 to 11:30	Wed 6 <sup>th</sup> Dec Playgroup today is 9-10:30 Swim School 10:30 to 11:30	Thu 7 <sup>th</sup> Dec Swim School 10:30 to 11:30	Fri 8 <sup>th</sup> Dec Swim School 10:30 to 11:30
<b>Week 10</b>	Mon 11 <sup>th</sup> Dec	Tue 12 <sup>th</sup> Dec Presentation Day and Christmas Raffle draw	Wed 13 <sup>th</sup> Dec Playgroup Christmas Party	Thu 14 <sup>th</sup> Dec Rewards Day at the Bowling Club	Fri 15 <sup>th</sup> Dec Last day of school for 2023.

## Weekly Activities for Term 4

Monday	Daily fitness
Tuesday	Daily fitness
Wednesday	Daily fitness Sport Little Possums Playgroup (9:30am to 11am)
Thursday	Daily fitness
Friday	Daily fitness Library Dance Assembly Weekly Green Slip Draw

## Joke of the week!



**What do you get when you cross a snail  
with a porcupine?**

A slowpoke!



My child ..... was absent from  
School on .....for the following reason: .....

.....

Signature of Parent/Guardian: ..... Date: .....





## Keep lunchboxes cool

Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



Source: Tips To Keep Food Safe ([www.swapit.net.au](http://www.swapit.net.au))



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>



Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



# 30 Days of Notable November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>STRIVING FOR BALANCE</b> <b>22-23 JAN</b> <b>25-26 JAN</b> CHRISTCHURCH HAMILTON <a href="http://www.teachersmatter.co.nz">www.teachersmatter.co.nz</a>						
<b>5</b> Savour your favourite chocolate or sweet treat today	<b>6</b> Book a massage, manicure or pedicure this week	<b>7</b> Buy a gift for yourself	<b>1</b> Write a thank-you note for a special person in your life	<b>2</b> Buy yourself some flowers	<b>3</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch	<b>4</b> Cook your favourite meal and enjoy with someone special in your life
<b>12</b> Sit in the sunshine and soak up the rays <small>(and if not today as soon as you can)</small>	<b>13</b> Finish your day with focusing on your favourite things	<b>14</b> Write a list of your great qualities	<b>15</b> Donate some items that you no longer use or need <b>Teachers Matter BookClub</b>	<b>16</b> Buy, download or borrow an inspiring book to read	<b>17</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch	<b>18</b> Take a bubble bath or pampering shower
<b>19</b> Delete 3 apps off your phone that you don't need or are wasting your time!	<b>20</b> Dance like no-one is watching	<b>21</b> Focus on what you are grateful for today	<b>22</b> Ring, hug and/or spend time with the people you love <b>Promoting Student Agency Teachers Matter BookClub</b>	<b>23</b> Get some sunshine (or jump in puddles!) <b>THRIVE Leaders Webinar - High Performing Leaders</b>	<b>24</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch	<b>25</b> It's Karen's birthday today!! Eat cake & enjoy!
<b>26</b> Plan your week, including some pamper and downtime - just for you	<b>27</b> Turn your devices and screens off by 8pm	<b>28</b> Write a list of all your achievements in your life	<b>29</b> Go for a brisk walk in the fresh air <b>Teachers Matter BookClub</b>	<b>30</b> Light an aromatherapy candle and enjoy the aroma	<b>New Books</b>  <a href="http://spectrumenteducation.com/shop-2">spectrumenteducation.com/shop-2</a>	





# My School Lunchbox

Colour the picture and write over the names of the food in the lunchbox.  
Can you draw and write what you will have in your own lunchbox?



water



celery



cheese



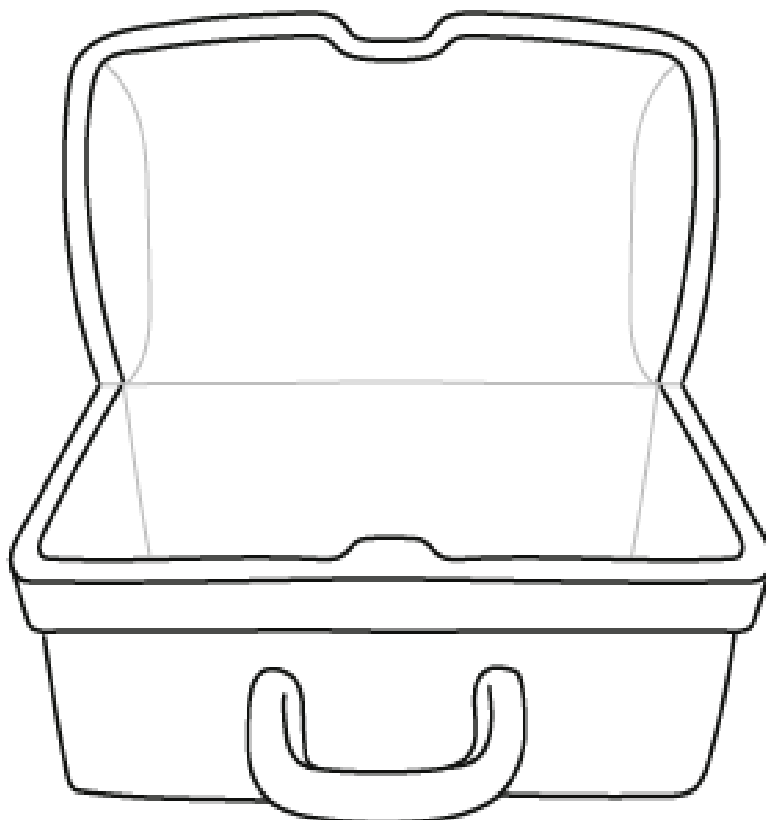
sandwich



strawberries



yoghurt



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# My School Uniform

Colour the uniform in the colours your school uses!

You could even draw the school logo on the book bags and sweaters.

