



# THE GOORA GAZETTE



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Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
Email [somerton-p.school@det.nsw.edu.au](mailto:somerton-p.school@det.nsw.edu.au)  
Web [www.somerton-p.schools.nsw.edu.au](http://www.somerton-p.schools.nsw.edu.au)

educating hearts and minds

# Mrs McGuinness' Message

The school holidays are only days away, and we hope everyone has a relaxing and refreshing two-week break.

It was wonderful seeing so many smiling faces at our Easter Hat Parade and Easter Egg Hunt. We had great fun during the parade. Thank you to all the students for putting so much into their Easter Hats, they all looked amazing.

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It is with great delight to announce that Mrs Knapman will be returning at the start of Term 2. She will be joining us on Mondays and Tuesdays.

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Get ready for an exciting day ahead! On Thursday 11<sup>th</sup> April, we are celebrating all the positive behaviour and hard work that the students have been displaying this term.

Students are invited to wear mufti to school. Please remember no singlet tops or sandals.



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With Anzac Day falling within the school holidays, we are planning for our students to participate in the march. Please contact the school office **ASAP** to confirm if your child/ren will be marching on the day. This will allow us to allocate student jobs such as carrying the flag, laying our school wreath and reading the Ode.

**25 APRIL**

**ANZAC DAY SERVICE**  
**SOMERTON WAR MEMORIAL HALL**

ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
SOMERTON WAR MEMORIAL HALL  
FOR THE  
ANZAC DAY SERVICE  
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MORNING TEA  
WILL FOLLOW THE SERVICE  
YOU ARE WELCOME TO BRING A PLATE



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"Don't forget to brush your teeth, gums & tongue, after breakfast & before bed"

More information

NSW Health  
Hunter New England  
Local Health District



## Lunchbox Myths

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#### 4. GLUTEN FREE

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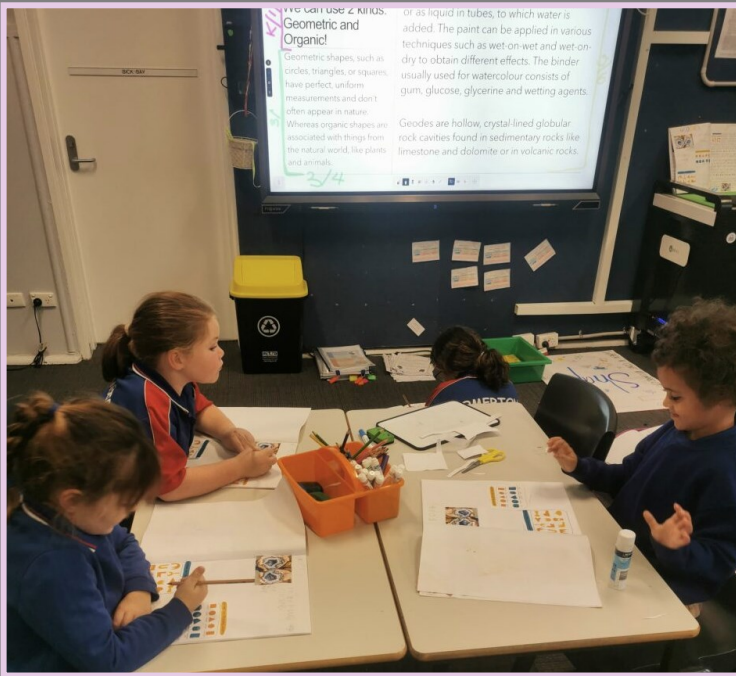
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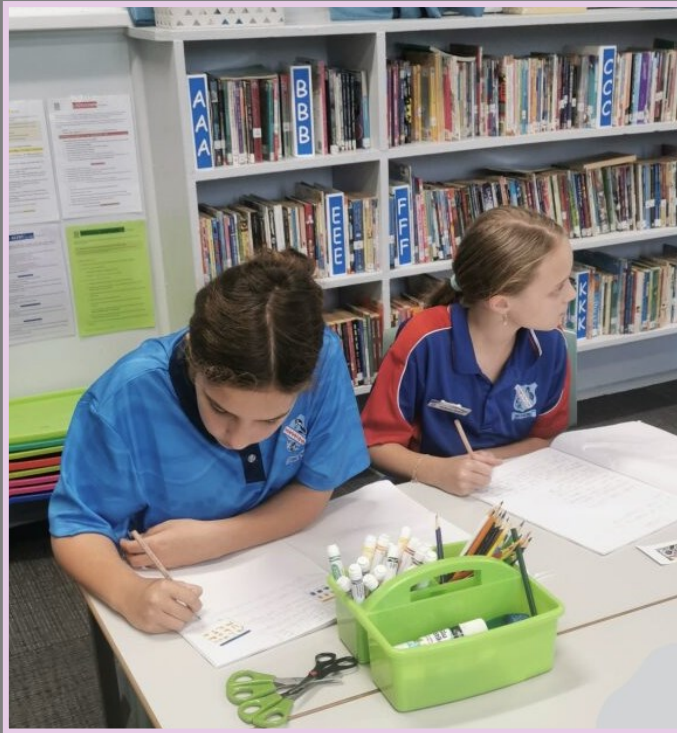


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**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



### Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

### We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their local schools. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

#### Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities

### Opportunities for Aboriginal businesses

As part of our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices, and trainees. Our Aboriginal Senior Program Officers are on hand to help sign up Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.



**At the moment we are looking for preventative maintenance providers in the Moree, Inverell, Armidale, Tamworth and surrounding areas, specifically for the following services:**

- Multi Tradespeople
- Electrician
- Lift Technician
- Plumber (including roof and gas)
- Glazier
- Painter
- Arborist AQ3 / AQ5
- Pest Control
- Brick Layer
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Gutter Cleaning
- Carpenters
- Pool technician and cleaner
- Refrigeration Mechanic
- Playground Specialist
- Tiler

### **Do you have a Trade?**

We're always looking for local businesses to support our schools. See below for how to register.

### **How can I participate?**

We're looking for a wide variety of maintenance services and trades to work with us.

Reach out to our team to find out more who will guide you through the process of signing up to work with us. To register your interest, you will need your ABN and license details and your pricing. It's as simple as that!

On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
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0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



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8.00AM  
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### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
\$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
TAMWORTH**

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
[WWW.CENTRALNORTHCRIKETSNSW.COM.AU](http://WWW.CENTRALNORTHCRIKETSNSW.COM.AU)

Manilla Community Pre-School Inc

**WE HAVE**  
**LIMITED SPOTS**  
**STILL AVAILABLE!**

CALL US TODAY!

**IS YOUR CHILD**  
**PRESCHOOL**  
**AGE? 3-5 YEARS**

**6785 1475**  
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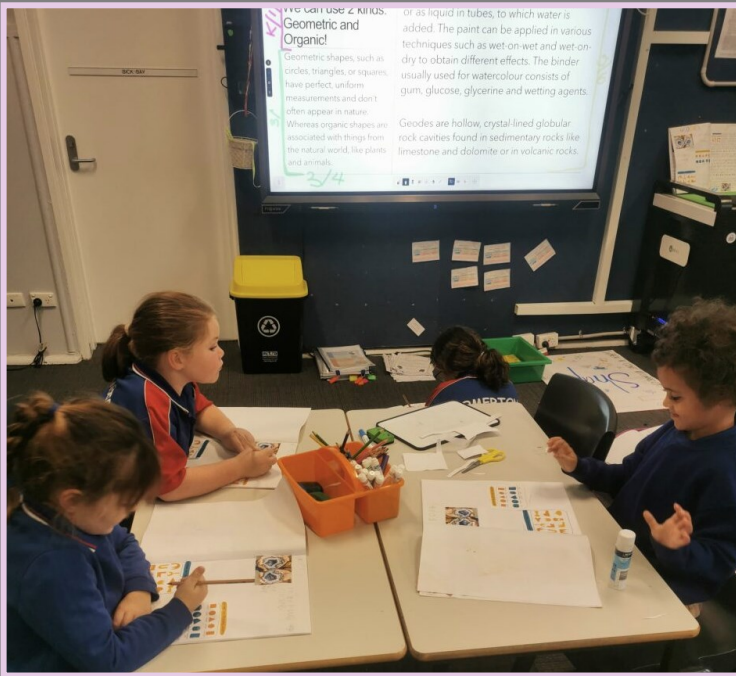
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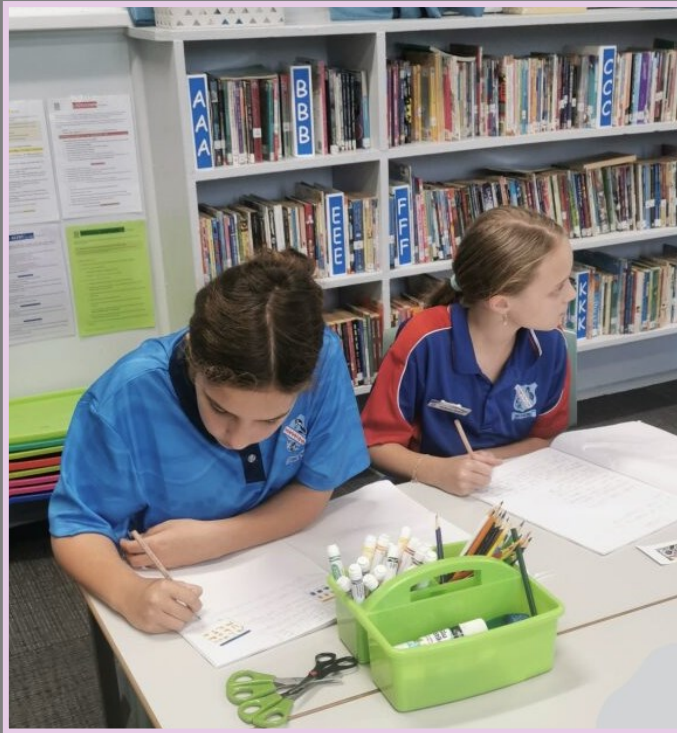


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**Communication.**

**School Community Charter**



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- Glazier
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- Arborist AQ3 / AQ5
- Pest Control
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Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

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Senior Program Officer  
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0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
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FOR THE  
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MORNING TEA  
WILL FOLLOW THE SERVICE  
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Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
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REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
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**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
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AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
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Manilla Community Pre-School Inc

# WE HAVE

## LIMITED SPOTS STILL AVAILABLE!

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### IS YOUR CHILD PRESCHOOL AGE? 3-5 YEARS

## 6785 1475

[manpreschool@aapt.net.au](mailto:manpreschool@aapt.net.au)





# THE GOORA GAZETTE



inside this issue



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- ANZAC Day
- New Date - Cross Country
- Parent -Teacher Conferences
- Grip Leadership
- Stage 3 Canberra Excursion
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- Mrs McGuinness needs your help
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- Photos - Harmony Day
- Community Classifieds
- School Community Charter
- Work Available - Calling local Businesses & Tradespeople



Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
Email [somerton-p.school@det.nsw.edu.au](mailto:somerton-p.school@det.nsw.edu.au)  
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educating hearts and minds

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"Don't forget to brush your teeth, gums & tongue, after breakfast & before bed"

More information

NSW Health  
Hunter New England  
Local Health District



## Lunchbox Myths

### Commonly Confused 'Healthy' Lunchbox Snacks:

The supermarket shelves are filled with lunchbox snacks, conveniently packaged ready to be popped straight into your child's lunchbox. However, clever packaging, marketing and health claims make it hard to know which snacks are healthy and which ones are better left on the supermarket shelves.

Here are some of the common claims to be aware of:

- 1. FOOD PACKAGING WITH PHOTOS OF FRESH FRUIT, VEGETABLES AND WHOLEGRAINS.**  
Companies often use photos of fresh fruit, vegetables and wholegrains on their packaging to make us assume these ingredients make up the majority of the product. However, this is often not the case. Don't be fooled by the images on the front. Instead, read the [nutrition information panel](#) to find out the ingredients. Did you know that ingredients must be listed in order from largest to smallest by weight?
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Be careful when products claim to be 'free' of a certain nutrient. Companies often make these claims even when it is irrelevant, e.g. fruit juice will always be fat free, yet stating this makes their product sound healthier. It is important to use the [ingredients list](#) and [nutrition information panel](#) to help check if the food is a good choice rather than using claims such as 'fat free' or 'sugar free'.
- 4. GLUTEN FREE**  
Gluten free does not necessarily make for a healthier product. Unless your child is diagnosed with coeliac disease or a gluten intolerance, there's no benefit in buying gluten free options. These are usually more expensive and can be lacking in vitamins and minerals.
- 5. MADE WITH REAL FRUIT**  
Many products claim to be 'made with real fruit'. However, they may contain very little or be very highly processed (e.g. a fruit leather or fruit string). Look at the [nutrition information panel](#) to check if fruit is one of the first listed ingredients. If not, the chance of the food providing any nutrition benefits is low.



Artwork: "The heart of a child"  
by Lara Went, Worimi Artist





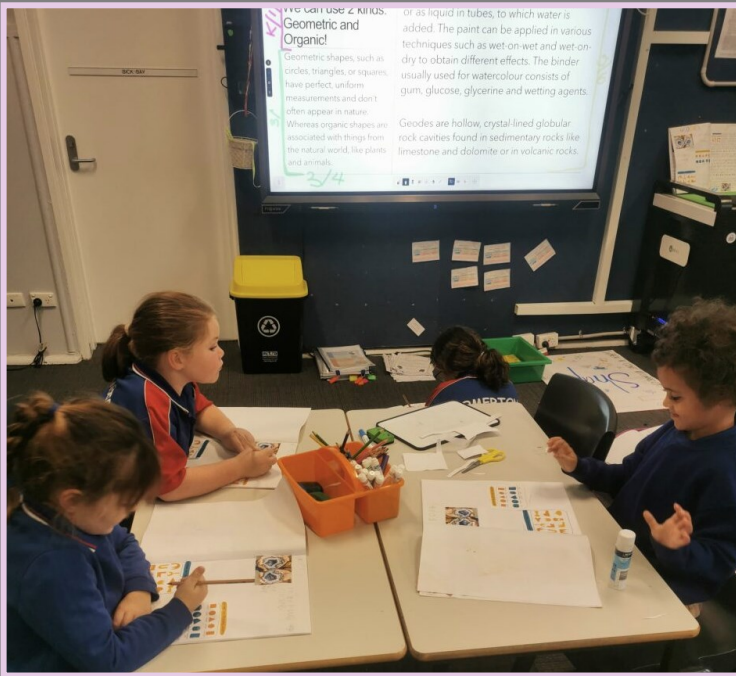
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## Message cont'd.....

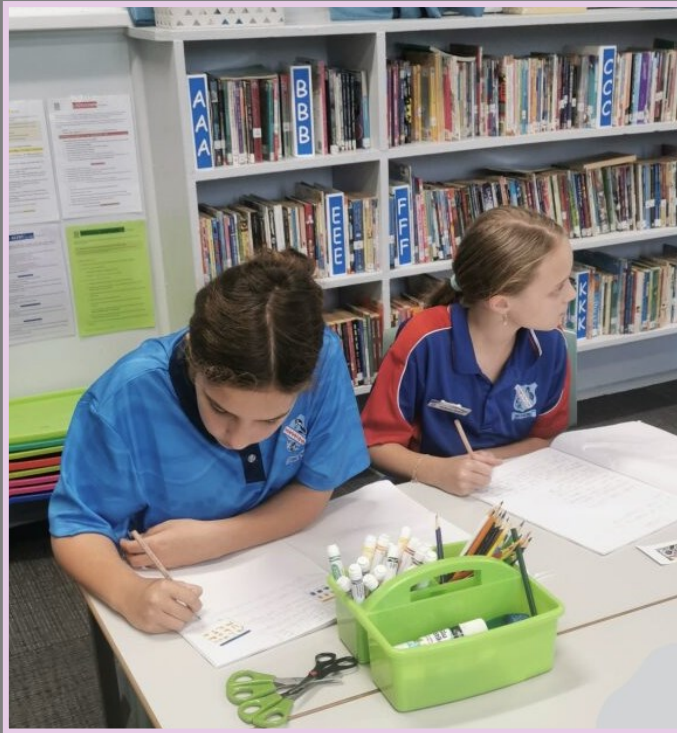


WK	Upcoming Events	
11	Thursday 11 <sup>th</sup> April	PBL Rewards Day – Mufti
	Friday 12 <sup>th</sup> April	Bective Cross Country @ Attunga P.S
		Last Day of Term
<b>Term 2</b>		
1	Monday 29 <sup>th</sup> April	School Development Day
	Tuesday 30 <sup>th</sup> April	Students Return
		Parent/Carer – Teacher Conferences
2	Thursday 9 <sup>th</sup> May	MAGS Morning Tea <small>(Mothers, Aunts, Grandma &amp; Someone Special)</small>
	Friday 10 <sup>th</sup> May	Walk to School Safely Day
3	Tuesday 15 <sup>th</sup> May	GRIP Leadership – Stage 3
4	Monday 20 <sup>th</sup> May	Canberra Excursion – Stage 3
	Tuesday 21 <sup>st</sup> May	Canberra Excursion – Stage 3
	Wednesday 22 <sup>nd</sup> May	Canberra Excursion – Stage 3
	Thursday 23 <sup>rd</sup> May	Canberra Excursion – Stage 3
	Friday 24 <sup>th</sup> May	Canberra Excursion – Stage 3 – return

**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**



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WCCS  
WATERLOO CRICKET CLUB SPORTS CENTRE

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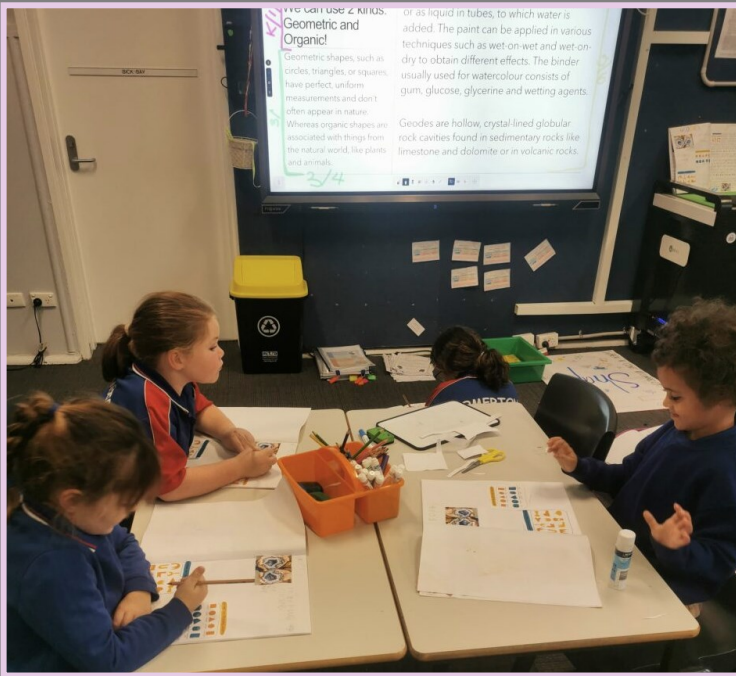
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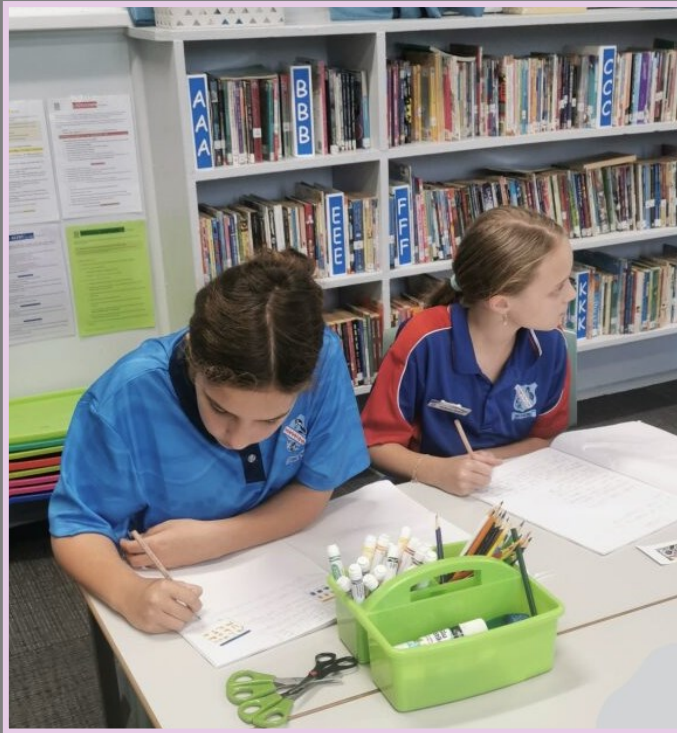


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Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

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**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



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On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
North Western Asset Management Unit  
0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
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FOR THE  
ANZAC DAY SERVICE  
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MORNING TEA  
WILL FOLLOW THE SERVICE  
YOU ARE WELCOME TO BRING A PLATE



### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
\$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**WCCS**  
WOMEN'S CRICKET COACHING SERVICES

## STEVE WAUGH COACHING CLINIC TAMWORTH

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
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Manilla Community Pre-School Inc

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LIMITED SPOTS  
STILL AVAILABLE!

CALL US TODAY!

## IS YOUR CHILD PRESCHOOL AGE? 3-5 YEARS

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# THE GOORA GAZETTE



inside this issue



- Principal's Message
- PBL Rewards Day
- ANZAC Day
- New Date - Cross Country
- Parent -Teacher Conferences
- Grip Leadership
- Stage 3 Canberra Excursion
- Construction Work
- Mrs McGuinness needs your help
- Upcoming Events
- Photos - Friday Fun Day
- Photos - Harmony Day
- Community Classifieds
- School Community Charter
- Work Available - Calling local Businesses & Tradespeople



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Fax 02 6769 7400  
Mobile 0448 246 279  
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educating hearts and minds

# Mrs McGuinness' Message

The school holidays are only days away, and we hope everyone has a relaxing and refreshing two-week break.

It was wonderful seeing so many smiling faces at our Easter Hat Parade and Easter Egg Hunt. We had great fun during the parade. Thank you to all the students for putting so much into their Easter Hats, they all looked amazing.

After the parade students enjoyed the Easter Egg Hunt and fun was had by everyone in our special game of 'Catch the Egg'.

It is with great delight to announce that Mrs Knapman will be returning at the start of Term 2. She will be joining us on Mondays and Tuesdays.

## PBL Rewards – Thursday 11<sup>th</sup> April

Get ready for an exciting day ahead! On Thursday 11<sup>th</sup> April, we are celebrating all the positive behaviour and hard work that the students have been displaying this term.

Students are invited to wear mufti to school. Please remember no singlet tops or sandals.



## Anzac Day – Thursday 25<sup>th</sup> April

With Anzac Day falling within the school holidays, we are planning for our students to participate in the march. Please contact the school office **ASAP** to confirm if your child/ren will be marching on the day. This will allow us to allocate student jobs such as carrying the flag, laying our school wreath and reading the Ode.

**25 APRIL**

**ANZAC DAY SERVICE**  
**SOMERTON WAR MEMORIAL HALL**

ALL STUDENTS & COMMUNITY MEMBERS ARE WELCOME TO ASSEMBLE AT SOMERTON PUBLIC SCHOOL 8.00AM TO MARCH TO THE SOMERTON WAR MEMORIAL HALL FOR THE ANZAC DAY SERVICE

~  
MORNING TEA WILL FOLLOW THE SERVICE

YOU ARE WELCOME TO BRING A PLATE





# Mrs McGuinness'

## Message cont'd.....

### **New Date - Bective Cross Country – Friday 12<sup>th</sup> April**

Attunga's Recreation Ground, situated behind Attunga Public School on Palmer Street, will play host to the annual Bective Cross Country event this year.

The distance the competitors will run are:

4-5 years run 500m

6-7 years run 1km

8-10 years run 2km

11-13 years run 3km

While students are not participating in their races, they will take part in other sport activities. The course familiarisation will occur at 10am and the first group of runners, consisting of 6/7-year-olds will start at 11am.

Students need to be at school by 9:15am, as the bus will leave exactly at 9:20am so we can reach Attunga PS to participate in the walk the course.

### **Parent/Carer – Teacher Conferences**

A big thank you to those who have nominated their preferred day and time for the upcoming parent/carers – teacher conferences scheduled for Tuesday 30<sup>th</sup> April and Thursday 2<sup>nd</sup> May.

If you haven't yet nominated your preferred time and day, please contact the school office as soon as possible. We will do our best to accommodate your schedule and provide available options for these important meetings.



These conferences are valuable opportunities to discuss your child's progress and address any questions or concerns you may have.

### **Grip Leadership – Tuesday 14<sup>th</sup> May**

On Tuesday 14<sup>th</sup> May, Year 5 & 6 will be travelling to Tamworth to participate in GRIP Student Leadership Day being held at Tamworth War Memorial Town Hall. The theme for this year's conference is 'Step Forward'. Students will have the opportunity to participate in interactive activities, discussions, leadership games and entertainment. Students will travel by bus and be accompanied by Mrs McGuinness. They will need to be at school by 8:20am ready to leave by 8:25am, as the day starts at 9:15am.

### **Stage 3 – Canberra Excursion, Monday 20<sup>th</sup> May – Friday 24<sup>th</sup> May**

Students in Years 5 & 6 received the permission notes and itinerary for our upcoming excursion to Canberra. This promises to be an educational and exciting trip, and we are so grateful to our P&C for their generous subsidy, making this experience possible for our students.

If you have any questions or require additional information about the excursion, please do not hesitate to contact Mrs McGuinness.



# Mrs McGuinness'

## Message cont'd.....

### Construction Work

Construction work on our undercover walkways will be continuing throughout the upcoming school holidays. For safety reasons, we will not be participating in the 'Share Our Space' program during this time. It is greatly appreciated that everyone refrains from entering the school grounds during this period.

Your cooperation and understanding are greatly appreciated as we work to enhance our school facilities.

### Mrs McGuinness needs your help!

She needs any unwanted china cups for an upcoming project, so if you have any that you no longer need, please drop them off at the school office.



"Don't forget to brush your teeth, gums & tongue, after breakfast & before bed"

More information

NSW Health  
Hunter New England  
Local Health District



## Lunchbox Myths

### Commonly Confused 'Healthy' Lunchbox Snacks:

The supermarket shelves are filled with lunchbox snacks, conveniently packaged ready to be popped straight into your child's lunchbox. However, clever packaging, marketing and health claims make it hard to know which snacks are healthy and which ones are better left on the supermarket shelves.

Here are some of the common claims to be aware of:

#### 1. FOOD PACKAGING WITH PHOTOS OF FRESH FRUIT, VEGETABLES AND WHOLEGRAINS.

Companies often use photos of fresh fruit, vegetables and wholegrains on their packaging to make us assume these ingredients make up the majority of the product. However, this is often not the case. Don't be fooled by the images on the front. Instead, read the [nutrition information panel](#) to find out the ingredients.

Did you know that ingredients must be listed in order from largest to smallest by weight?

#### 2. FOOD LABELLING

Food companies often display words such as 'wholesome', 'superfoods' or 'all natural' to grab our attention and make us think these foods must be a healthy choice. It's important not to rely on the catchy words used on the front of the packet to determine if a food is a healthy choice, and instead use the [nutrition information panel](#).

#### 3. 'FAT FREE' OR 'SUGAR FREE'

Be careful when products claim to be 'free' of a certain nutrient. Companies often make these claims even when it is irrelevant, e.g. fruit juice will always be fat free, yet stating this makes their product sound healthier. It is important to use the [ingredients list](#) and [nutrition information panel](#) to help check if the food is a good choice rather than using claims such as 'fat free' or 'sugar free'.

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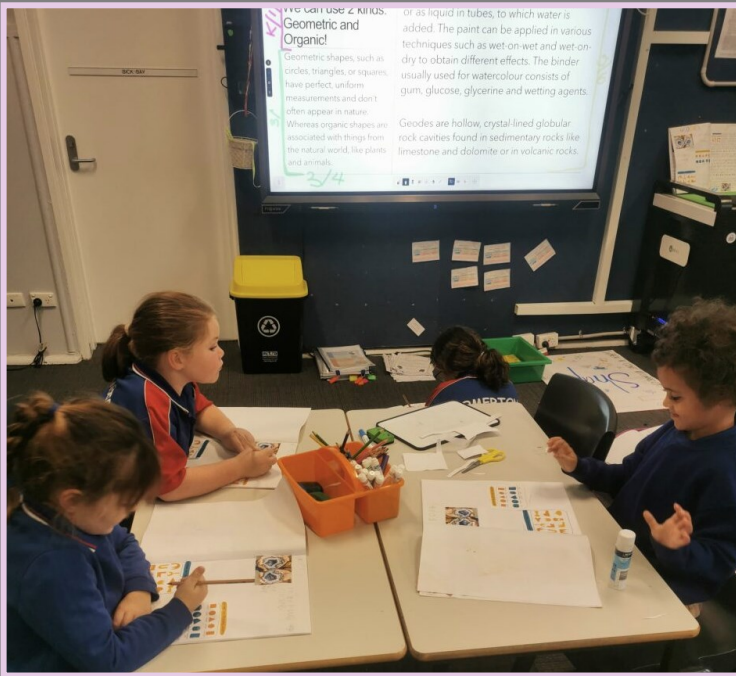
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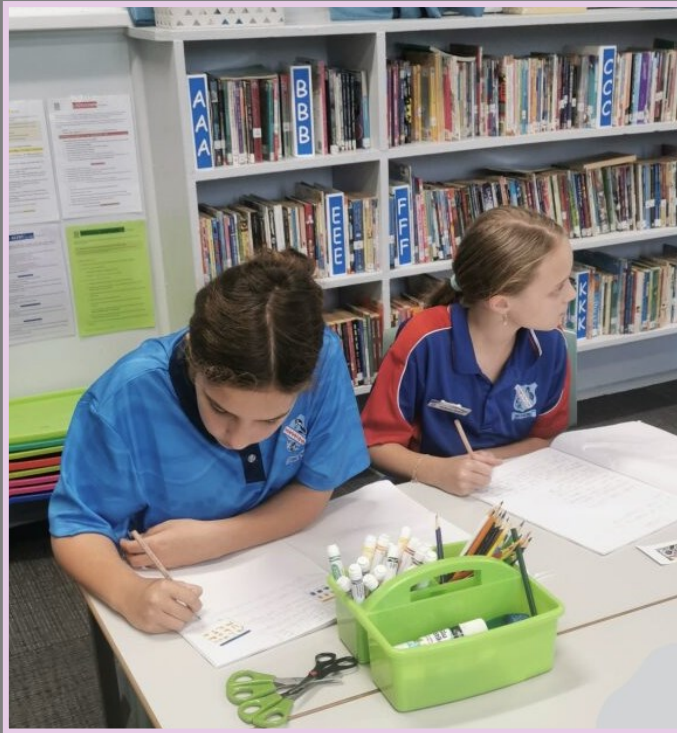


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Or contact:

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## THE GOORA GAZETTE



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**ANZAC DAY SERVICE**  
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MORNING TEA WILL FOLLOW THE SERVICE

YOU ARE WELCOME TO BRING A PLATE





# Mrs McGuinness'

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More information

NSW Health  
Hunter New England  
Local Health District



## Lunchbox Myths

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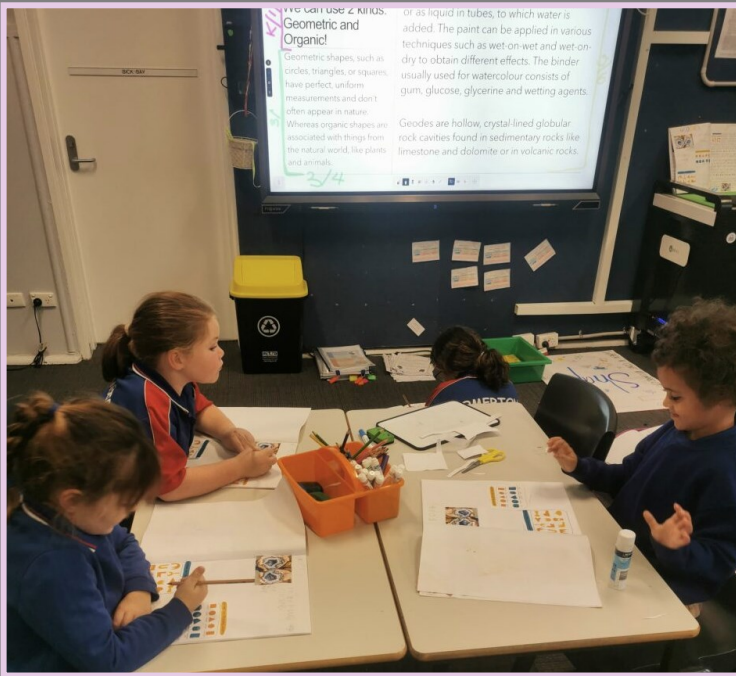
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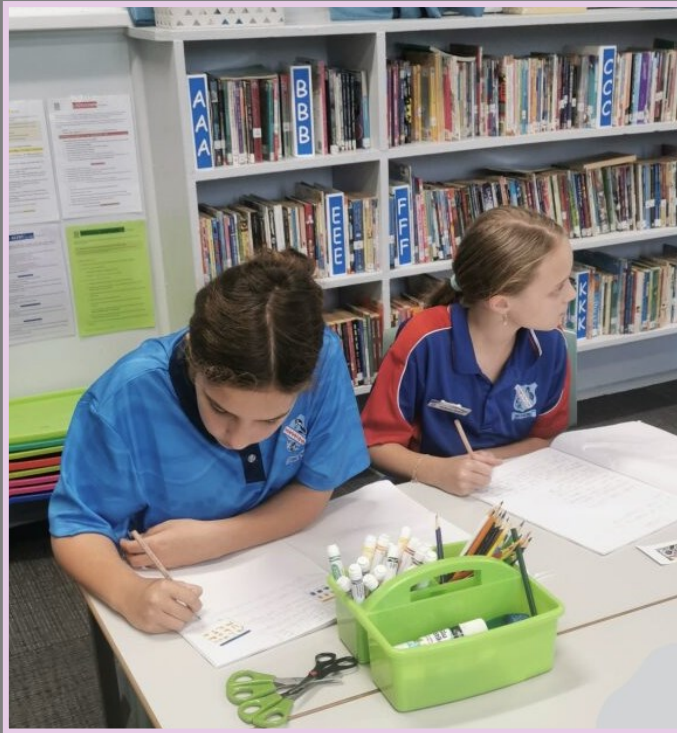


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**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

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- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



### Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

### We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their local schools. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

#### Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities

### Opportunities for Aboriginal businesses

As part of our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices, and trainees. Our Aboriginal Senior Program Officers are on hand to help sign up Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.



**At the moment we are looking for preventative maintenance providers in the Moree, Inverell, Armidale, Tamworth and surrounding areas, specifically for the following services:**

- Multi Tradespeople
- Electrician
- Lift Technician
- Plumber (including roof and gas)
- Glazier
- Painter
- Arborist AQ3 / AQ5
- Pest Control
- Brick Layer
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Gutter Cleaning
- Carpenters
- Pool technician and cleaner
- Refrigeration Mechanic
- Playground Specialist
- Tiler

### **Do you have a Trade?**

We're always looking for local businesses to support our schools. See below for how to register.

### **How can I participate?**

We're looking for a wide variety of maintenance services and trades to work with us.

Reach out to our team to find out more who will guide you through the process of signing up to work with us. To register your interest, you will need your ABN and license details and your pricing. It's as simple as that!

On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
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[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



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8.00AM  
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### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
\$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
TAMWORTH**

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
[WWW.CENTRALNORTHCRIKETSNSW.COM.AU](http://WWW.CENTRALNORTHCRIKETSNSW.COM.AU)

Manilla Community Pre-School Inc

**WE HAVE**  
**LIMITED SPOTS**  
**STILL AVAILABLE!**

CALL US TODAY!

**IS YOUR CHILD**  
**PRESCHOOL**  
**AGE? 3-5 YEARS**

**6785 1475**  
[manpreschool@aapt.net.au](mailto:manpreschool@aapt.net.au)





# THE GOORA GAZETTE



inside this issue



- Principal's Message
- PBL Rewards Day
- ANZAC Day
- New Date - Cross Country
- Parent -Teacher Conferences
- Grip Leadership
- Stage 3 Canberra Excursion
- Construction Work
- Mrs McGuinness needs your help
- Upcoming Events
- Photos - Friday Fun Day
- Photos - Harmony Day
- Community Classifieds
- School Community Charter
- Work Available - Calling local Businesses & Tradespeople



Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
Email [somerton-p.school@det.nsw.edu.au](mailto:somerton-p.school@det.nsw.edu.au)  
Web [www.somerton-p.schools.nsw.edu.au](http://www.somerton-p.schools.nsw.edu.au)

educating hearts and minds

# Mrs McGuinness' Message

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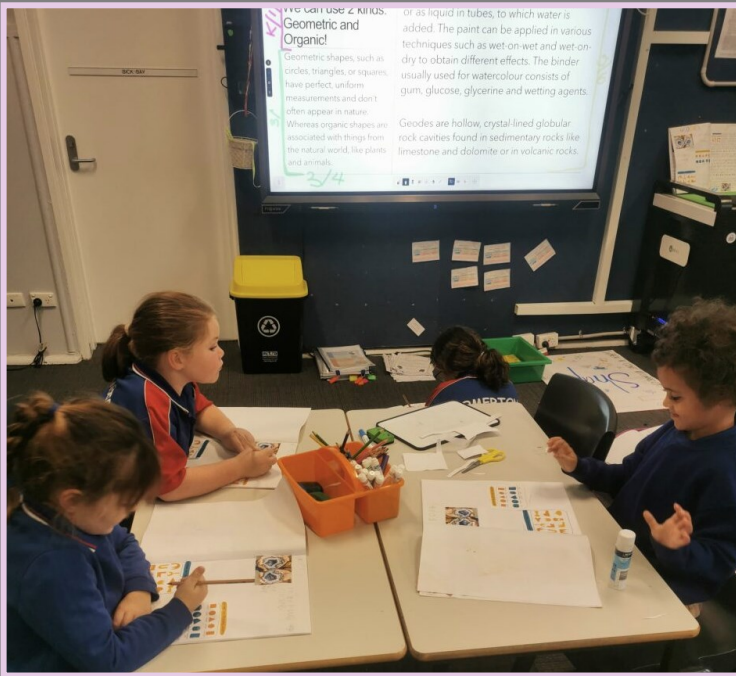
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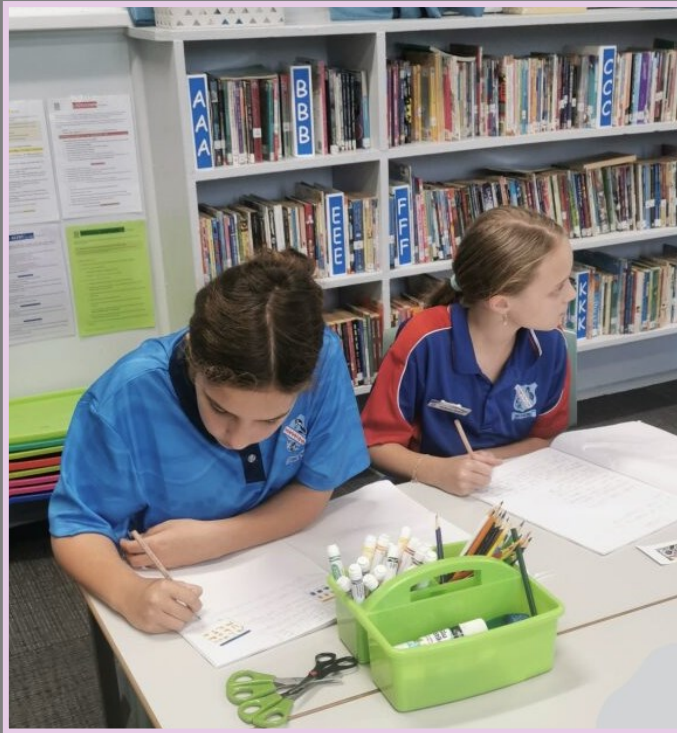


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### **Get in touch**

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Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
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0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
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TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
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FOR THE  
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Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
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REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**WCCS**  
WOMEN'S CRICKET COACHING SERVICES

## STEVE WAUGH COACHING CLINIC TAMWORTH

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
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REGISTER AT:  
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Manilla Community Pre-School Inc

# WE HAVE

## LIMITED SPOTS STILL AVAILABLE!

CALL US TODAY!

### IS YOUR CHILD PRESCHOOL AGE? 3-5 YEARS

**6785 1475**  
[manpreschool@aapt.net.au](mailto:manpreschool@aapt.net.au)





# THE GOORA GAZETTE



inside this issue



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- Community Classifieds
- School Community Charter
- Work Available - Calling local Businesses & Tradespeople



Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
Email [somerton-p.school@det.nsw.edu.au](mailto:somerton-p.school@det.nsw.edu.au)  
Web [www.somerton-p.schools.nsw.edu.au](http://www.somerton-p.schools.nsw.edu.au)

educating hearts and minds

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More information

Health NSW Hunter New England Local Health District



## Lunchbox Myths

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Did you know that ingredients must be listed in order from largest to smallest by weight?

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Food companies often display words such as 'wholesome', 'superfoods' or 'all natural' to grab our attention and make us think these foods must be a healthy choice. It's important not to rely on the catchy words used on the front of the packet to determine if a food is a healthy choice, and instead use the [nutrition information panel](#).

#### 3. 'FAT FREE' OR 'SUGAR FREE'

Be careful when products claim to be 'free' of a certain nutrient. Companies often make these claims even when it is irrelevant, e.g. fruit juice will always be fat free, yet stating this makes their product sound healthier. It is important to use the [ingredients list](#) and [nutrition information panel](#) to help check if the food is a good choice rather than using claims such as 'fat free' or 'sugar free'.

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Gluten free does not necessarily make for a healthier product. Unless your child is diagnosed with coeliac disease or a gluten intolerance, there's no benefit in buying gluten free options. These are usually more expensive and can be lacking in vitamins and minerals.

#### 5. MADE WITH REAL FRUIT

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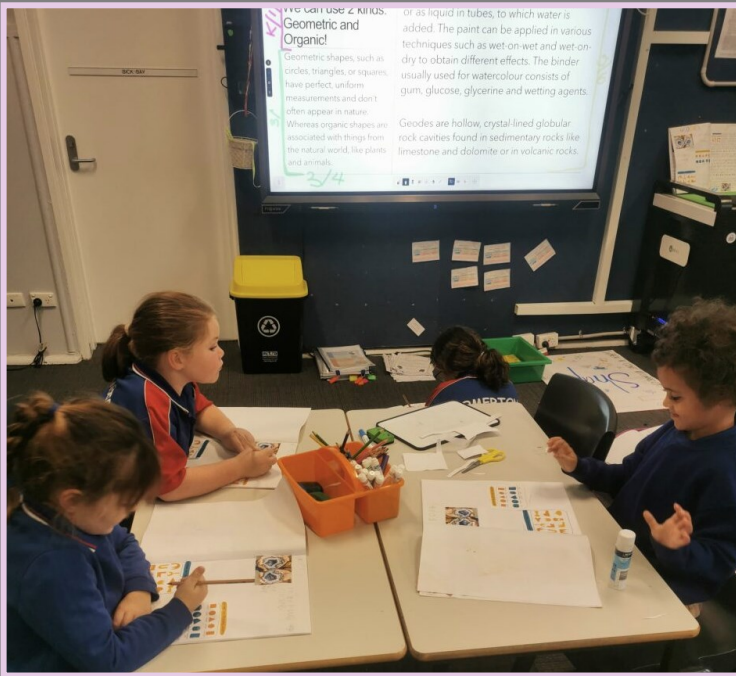
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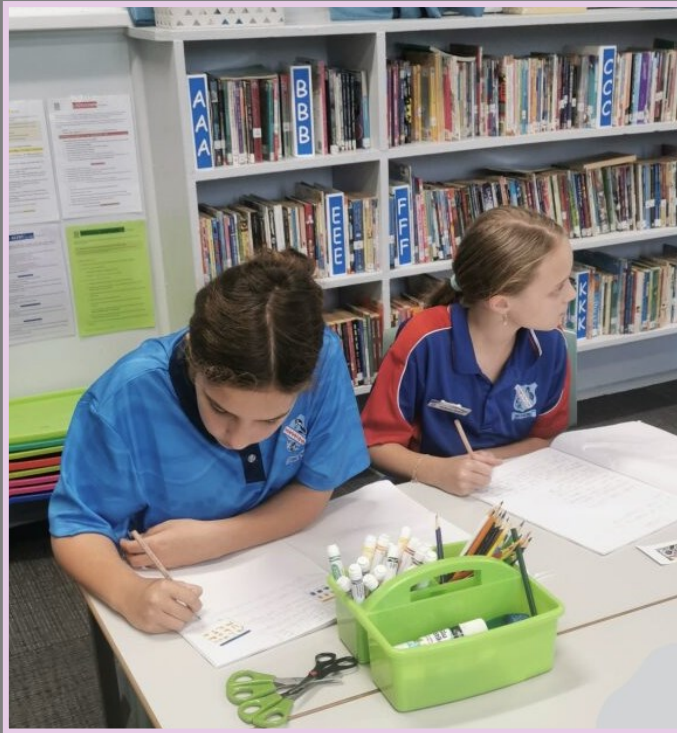


WK	Upcoming Events	
11	Thursday 11 <sup>th</sup> April	PBL Rewards Day – Mufti
	Friday 12 <sup>th</sup> April	Bective Cross Country @ Attunga P.S
		Last Day of Term
<b>Term 2</b>		
1	Monday 29 <sup>th</sup> April	School Development Day
	Tuesday 30 <sup>th</sup> April	Students Return
		Parent/Carer – Teacher Conferences
2	Thursday 9 <sup>th</sup> May	MAGS Morning Tea <small>(Mothers, Aunts, Grandma &amp; Someone Special)</small>
	Friday 10 <sup>th</sup> May	Walk to School Safely Day
3	Tuesday 15 <sup>th</sup> May	GRIP Leadership – Stage 3
4	Monday 20 <sup>th</sup> May	Canberra Excursion – Stage 3
	Tuesday 21 <sup>st</sup> May	Canberra Excursion – Stage 3
	Wednesday 22 <sup>nd</sup> May	Canberra Excursion – Stage 3
	Thursday 23 <sup>rd</sup> May	Canberra Excursion – Stage 3
	Friday 24 <sup>th</sup> May	Canberra Excursion – Stage 3 – return

**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



### Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

### We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their local schools. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

#### Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities

### Opportunities for Aboriginal businesses

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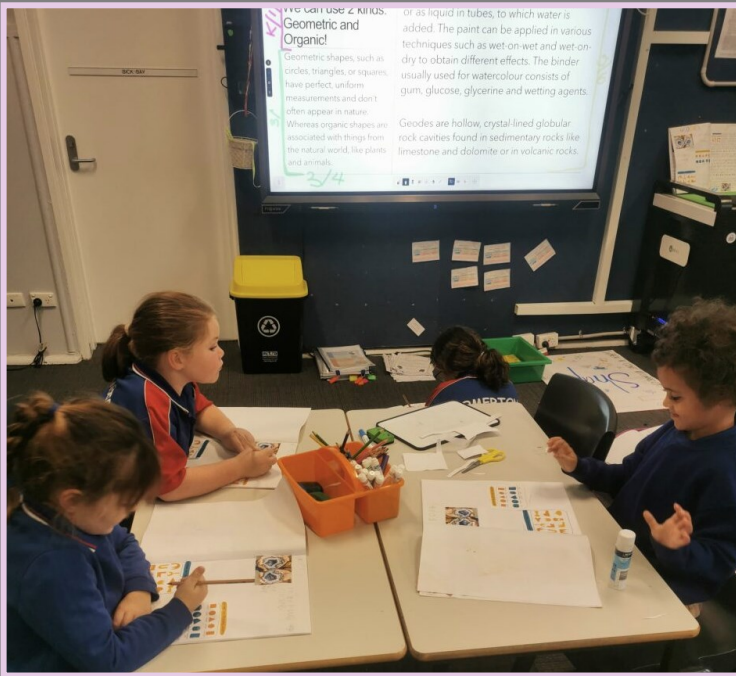
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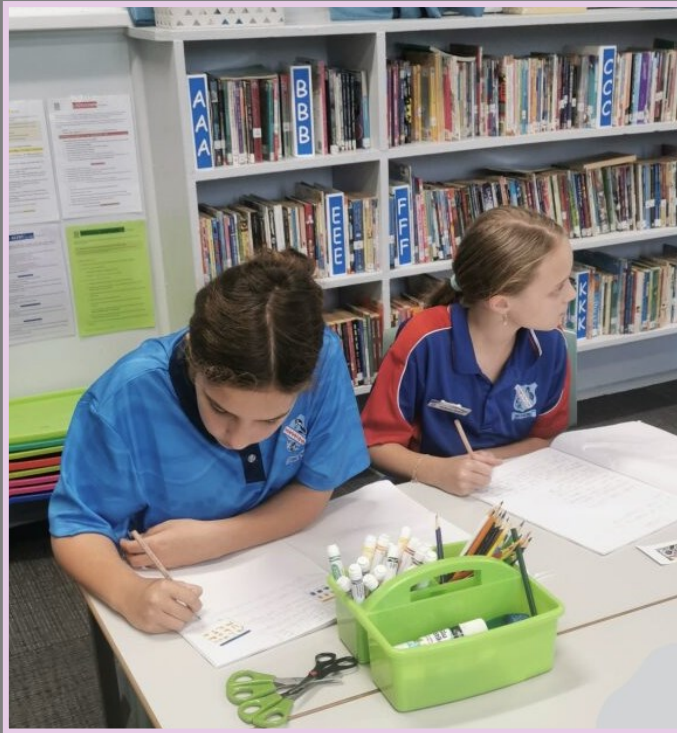


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Friday Fun Day





# Harmony Day 2024





# School Community Charter

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The best education happens when parents and schools work together.

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Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

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**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**



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### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
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0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
SOMERTON WAR MEMORIAL HALL  
FOR THE  
ANZAC DAY SERVICE  
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MORNING TEA  
WILL FOLLOW THE SERVICE  
YOU ARE WELCOME TO BRING A PLATE



### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex **Cost:**  
Wednesday 8th May - \$100 or  
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REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
TAMWORTH**

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
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Manilla Community Pre-School Inc

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AGE? 3-5 YEARS**

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# THE GOORA GAZETTE



## inside this issue

- Principal's Message
- Parent -Teacher Conferences
- Mrs McGuinness needs your help
- Community Classifieds
- PBL Rewards Day
- Grip Leadership
- Upcoming Events
- School Community Charter
- ANZAC Day
- Stage 3 Canberra Excursion
- Photos - Friday Fun Day
- Work Available - Calling local Businesses & Tradespeople
- New Date - Cross Country
- Construction Work
- Photos - Harmony Day



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Fax 02 6769 7400  
Mobile 0448 246 279  
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educating hearts and minds

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MORNING TEA WILL FOLLOW THE SERVICE

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## Message cont'd.....

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Attunga's Recreation Ground, situated behind Attunga Public School on Palmer Street, will play host to the annual Bective Cross Country event this year.

The distance the competitors will run are:

4-5 years run 500m

6-7 years run 1km

8-10 years run 2km

11-13 years run 3km

While students are not participating in their races, they will take part in other sport activities. The course familiarisation will occur at 10am and the first group of runners, consisting of 6/7-year-olds will start at 11am.

Students need to be at school by 9:15am, as the bus will leave exactly at 9:20am so we can reach Attunga PS to participate in the walk the course.

### **Parent/Carer – Teacher Conferences**

A big thank you to those who have nominated their preferred day and time for the upcoming parent/carers – teacher conferences scheduled for Tuesday 30<sup>th</sup> April and Thursday 2<sup>nd</sup> May.

If you haven't yet nominated your preferred time and day, please contact the school office as soon as possible. We will do our best to accommodate your schedule and provide available options for these important meetings.



These conferences are valuable opportunities to discuss your child's progress and address any questions or concerns you may have.

### **Grip Leadership – Tuesday 14<sup>th</sup> May**

On Tuesday 14<sup>th</sup> May, Year 5 & 6 will be travelling to Tamworth to participate in GRIP Student Leadership Day being held at Tamworth War Memorial Town Hall. The theme for this year's conference is 'Step Forward'. Students will have the opportunity to participate in interactive activities, discussions, leadership games and entertainment. Students will travel by bus and be accompanied by Mrs McGuinness. They will need to be at school by 8:20am ready to leave by 8:25am, as the day starts at 9:15am.

### **Stage 3 – Canberra Excursion, Monday 20<sup>th</sup> May – Friday 24<sup>th</sup> May**

Students in Years 5 & 6 received the permission notes and itinerary for our upcoming excursion to Canberra. This promises to be an educational and exciting trip, and we are so grateful to our P&C for their generous subsidy, making this experience possible for our students.

If you have any questions or require additional information about the excursion, please do not hesitate to contact Mrs McGuinness.



# Mrs McGuinness'

## Message cont'd.....

### Construction Work

Construction work on our undercover walkways will be continuing throughout the upcoming school holidays. For safety reasons, we will not be participating in the 'Share Our Space' program during this time. It is greatly appreciated that everyone refrains from entering the school grounds during this period.

Your cooperation and understanding are greatly appreciated as we work to enhance our school facilities.

### Mrs McGuinness needs your help!

She needs any unwanted china cups for an upcoming project, so if you have any that you no longer need, please drop them off at the school office.



"Don't forget to brush your teeth, gums & tongue, after breakfast & before bed"

More information

NSW Health  
Hunter New England  
Local Health District



## Lunchbox Myths

### Commonly Confused 'Healthy' Lunchbox Snacks:

The supermarket shelves are filled with lunchbox snacks, conveniently packaged ready to be popped straight into your child's lunchbox. However, clever packaging, marketing and health claims make it hard to know which snacks are healthy and which ones are better left on the supermarket shelves.

Here are some of the common claims to be aware of:

- 1. FOOD PACKAGING WITH PHOTOS OF FRESH FRUIT, VEGETABLES AND WHOLEGRAINS.**  
Companies often use photos of fresh fruit, vegetables and wholegrains on their packaging to make us assume these ingredients make up the majority of the product. However, this is often not the case. Don't be fooled by the images on the front. Instead, read the [nutrition information panel](#) to find out the ingredients. Did you know that ingredients must be listed in order from largest to smallest by weight?
- 2. FOOD LABELLING**  
Food companies often display words such as 'wholesome', 'superfoods' or 'all natural' to grab our attention and make us think these foods must be a healthy choice. It's important not to rely on the catchy words used on the front of the packet to determine if a food is a healthy choice, and instead use the [nutrition information panel](#).
- 3. 'FAT FREE' OR 'SUGAR FREE'**  
Be careful when products claim to be 'free' of a certain nutrient. Companies often make these claims even when it is irrelevant, e.g. fruit juice will always be fat free, yet stating this makes their product sound healthier. It is important to use the [ingredients list](#) and [nutrition information panel](#) to help check if the food is a good choice rather than using claims such as 'fat free' or 'sugar free'.
- 4. GLUTEN FREE**  
Gluten free does not necessarily make for a healthier product. Unless your child is diagnosed with coeliac disease or a gluten intolerance, there's no benefit in buying gluten free options. These are usually more expensive and can be lacking in vitamins and minerals.
- 5. MADE WITH REAL FRUIT**  
Many products claim to be 'made with real fruit'. However, they may contain very little or be very highly processed (e.g. a fruit leather or fruit string). Look at the [nutrition information panel](#) to check if fruit is one of the first listed ingredients. If not, the chance of the food providing any nutrition benefits is low.



Artwork: "The heart of a child"  
by Lara Went, Worimi Artist





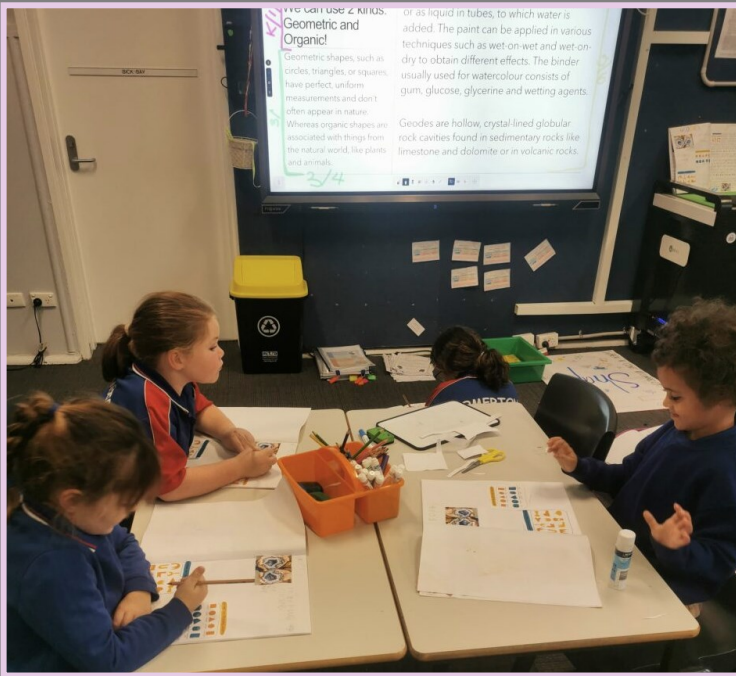
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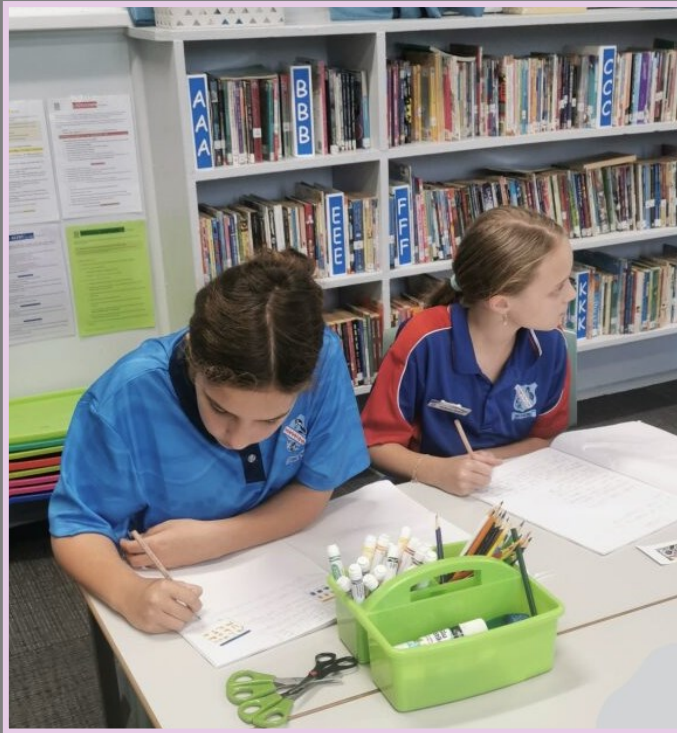


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While students are not participating in their races, they will take part in other sport activities. The course familiarisation will occur at 10am and the first group of runners, consisting of 6/7-year-olds will start at 11am.

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More information

Health NSW Hunter New England Local Health District



## Lunchbox Myths

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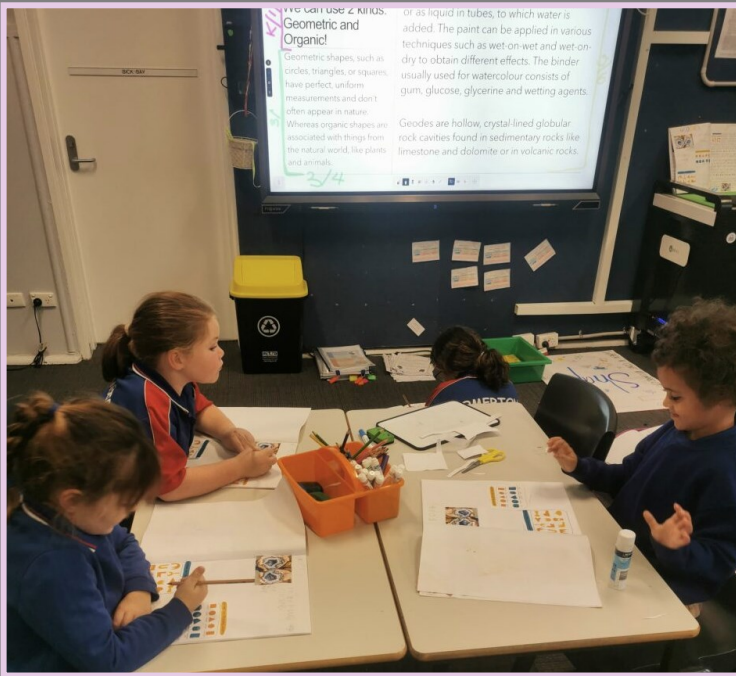
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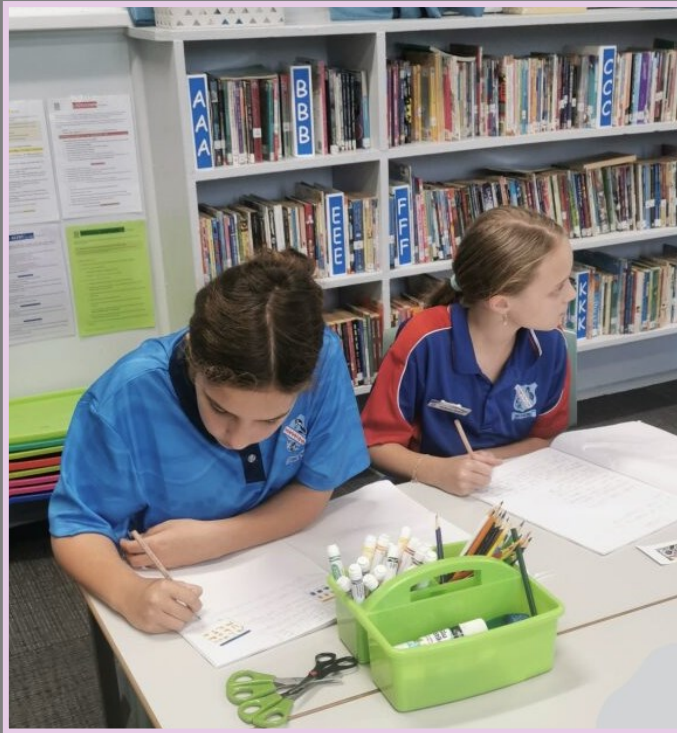


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**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

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### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



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- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

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**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



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- Multi Tradespeople
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- Lift Technician
- Plumber (including roof and gas)
- Glazier
- Painter
- Arborist AQ3 / AQ5
- Pest Control
- Brick Layer
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Gutter Cleaning
- Carpenters
- Pool technician and cleaner
- Refrigeration Mechanic
- Playground Specialist
- Tiler

### **Do you have a Trade?**

We're always looking for local businesses to support our schools. See below for how to register.

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We're looking for a wide variety of maintenance services and trades to work with us.

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On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
North Western Asset Management Unit  
0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
SOMERTON WAR MEMORIAL HALL  
FOR THE  
ANZAC DAY SERVICE  
~  
MORNING TEA  
WILL FOLLOW THE SERVICE  
YOU ARE WELCOME TO BRING A PLATE



### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex **Cost:**  
Wednesday 8th May - \$100 or  
Wednesday 3rd July \$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
TAMWORTH**

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
[WWW.CENTRALNORTHCRIKETNSW.COM.AU](http://WWW.CENTRALNORTHCRIKETNSW.COM.AU)

Manilla Community Pre-School Inc

**WE HAVE**  
**LIMITED SPOTS**  
**STILL AVAILABLE!**

CALL US TODAY!

**IS YOUR CHILD  
PRESCHOOL  
AGE? 3-5 YEARS**

**6785 1475**  
[manpreschool@aapt.net.au](mailto:manpreschool@aapt.net.au)





# THE GOORA GAZETTE



## inside this issue

- *Principal's Message*
- *Parent -Teacher Conferences*
- *Mrs McGuinness needs your help*
- *Community Classifieds*
- *PBL Rewards Day*
- *Grip Leadership*
- *Upcoming Events*
- *School Community Charter*
- *ANZAC Day*
- *Stage 3 Canberra Excursion*
- *Photos - Friday Fun Day*
- *Work Available - Calling local Businesses & Tradespeople*
- *New Date - Cross Country*
- *Construction Work*
- *Photos - Harmony Day*



Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
Email [somerton-p.school@det.nsw.edu.au](mailto:somerton-p.school@det.nsw.edu.au)  
Web [www.somerton-p.schools.nsw.edu.au](http://www.somerton-p.schools.nsw.edu.au)

educating hearts and minds

# Mrs McGuinness' Message

The school holidays are only days away, and we hope everyone has a relaxing and refreshing two-week break.

It was wonderful seeing so many smiling faces at our Easter Hat Parade and Easter Egg Hunt. We had great fun during the parade. Thank you to all the students for putting so much into their Easter Hats, they all looked amazing.

After the parade students enjoyed the Easter Egg Hunt and fun was had by everyone in our special game of 'Catch the Egg'.

It is with great delight to announce that Mrs Knapman will be returning at the start of Term 2. She will be joining us on Mondays and Tuesdays.

## PBL Rewards – Thursday 11<sup>th</sup> April

Get ready for an exciting day ahead! On Thursday 11<sup>th</sup> April, we are celebrating all the positive behaviour and hard work that the students have been displaying this term.

Students are invited to wear mufti to school. Please remember no singlet tops or sandals.



## Anzac Day – Thursday 25<sup>th</sup> April

With Anzac Day falling within the school holidays, we are planning for our students to participate in the march. Please contact the school office **ASAP** to confirm if your child/ren will be marching on the day. This will allow us to allocate student jobs such as carrying the flag, laying our school wreath and reading the Ode.

**25 APRIL**

**ANZAC DAY SERVICE**  
**SOMERTON WAR MEMORIAL HALL**

ALL STUDENTS & COMMUNITY MEMBERS ARE WELCOME TO ASSEMBLE AT SOMERTON PUBLIC SCHOOL 8.00AM TO MARCH TO THE SOMERTON WAR MEMORIAL HALL FOR THE ANZAC DAY SERVICE

~  
MORNING TEA WILL FOLLOW THE SERVICE

YOU ARE WELCOME TO BRING A PLATE





# Mrs McGuiness'

## Message cont'd.....

### **New Date - Bective Cross Country – Friday 12<sup>th</sup> April**

Attunga's Recreation Ground, situated behind Attunga Public School on Palmer Street, will play host to the annual Bective Cross Country event this year.

The distance the competitors will run are:

4-5 years run 500m

6-7 years run 1km

8-10 years run 2km

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While students are not participating in their races, they will take part in other sport activities. The course familiarisation will occur at 10am and the first group of runners, consisting of 6/7-year-olds will start at 11am.

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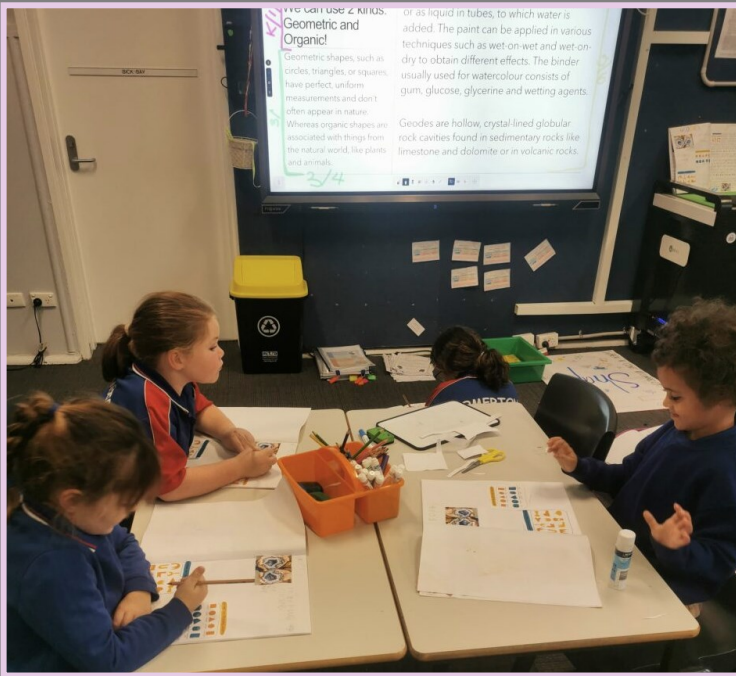
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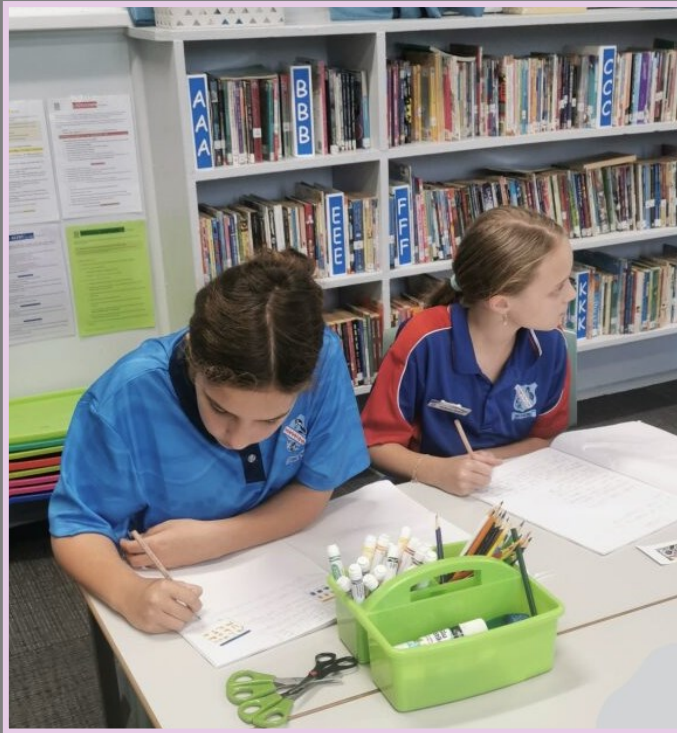


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North Western Asset Management Unit  
0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
SOMERTON WAR MEMORIAL HALL  
FOR THE  
ANZAC DAY SERVICE  
~  
MORNING TEA  
WILL FOLLOW THE SERVICE  
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### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
\$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**STEVE WAUGH COACHING CLINIC  
TAMWORTH**

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
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Manilla Community Pre-School Inc

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## LIMITED SPOTS STILL AVAILABLE!

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# THE GOORA GAZETTE



## inside this issue

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- *Photos - Friday Fun Day*
- *Work Available - Calling local Businesses & Tradespeople*
- *New Date - Cross Country*
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- *Photos - Harmony Day*



Phone 02 6769 7520  
Fax 02 6769 7400  
Mobile 0448 246 279  
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educating hearts and minds

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More information

NSW Health Hunter New England Local Health District



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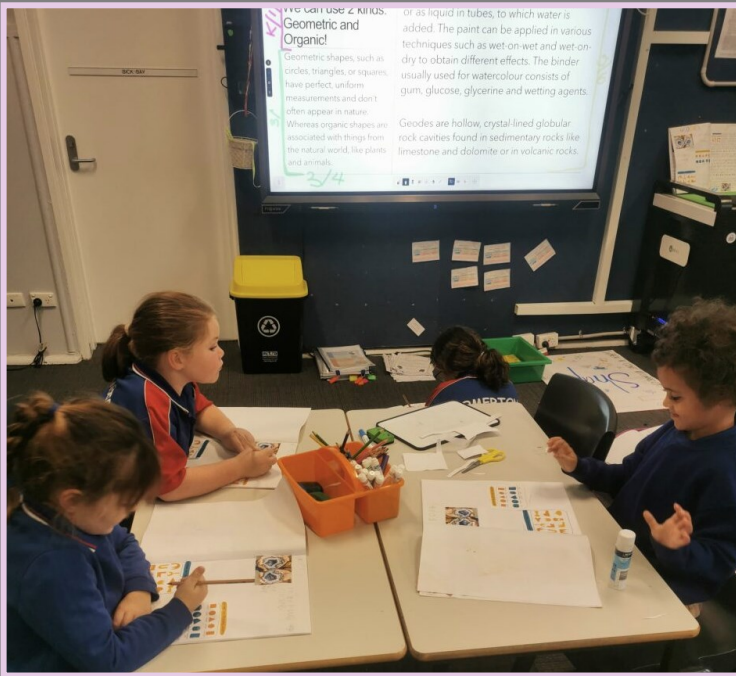
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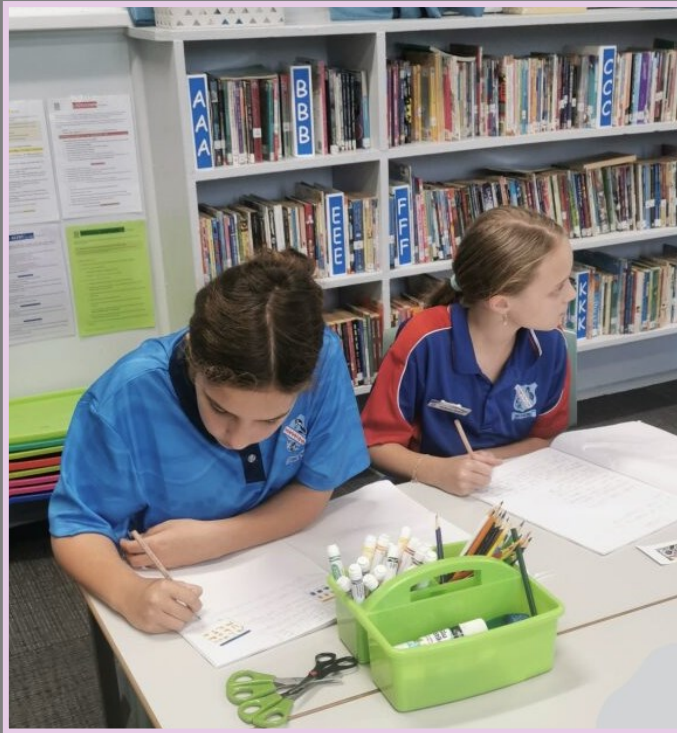


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**Please note that all dates are subject to late changes**



Friday Fun Day





# Harmony Day 2024





# School Community Charter

## Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



### Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

### We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their local schools. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

#### Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities

### Opportunities for Aboriginal businesses

As part of our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices, and trainees. Our Aboriginal Senior Program Officers are on hand to help sign up Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.



**At the moment we are looking for preventative maintenance providers in the Moree, Inverell, Armidale, Tamworth and surrounding areas, specifically for the following services:**

- Multi Tradespeople
- Electrician
- Lift Technician
- Plumber (including roof and gas)
- Glazier
- Painter
- Arborist AQ3 / AQ5
- Pest Control
- Brick Layer
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Gutter Cleaning
- Carpenters
- Pool technician and cleaner
- Refrigeration Mechanic
- Playground Specialist
- Tiler

### **Do you have a Trade?**

We're always looking for local businesses to support our schools. See below for how to register.

### **How can I participate?**

We're looking for a wide variety of maintenance services and trades to work with us.

Reach out to our team to find out more who will guide you through the process of signing up to work with us. To register your interest, you will need your ABN and license details and your pricing. It's as simple as that!

On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

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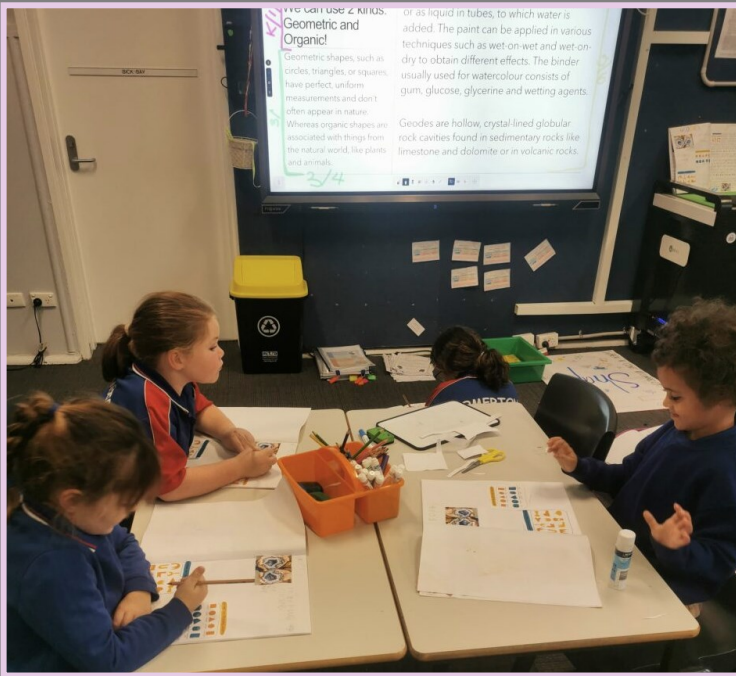
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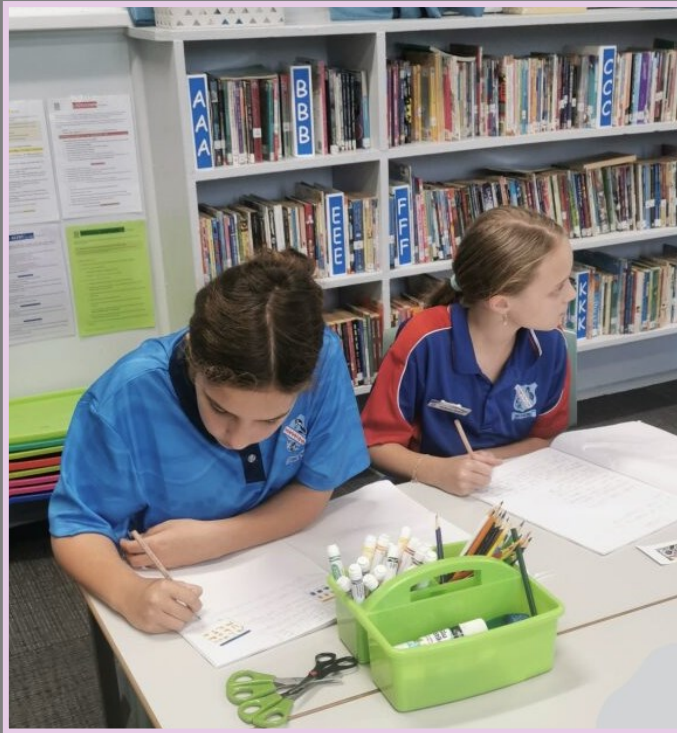


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### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.





We create collaborative learning environments

We all play a part

We work in partnership to promote student learning

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability
- Inappropriate and time wasting communication.



**Collaborative.  
Respectful.  
Communication.**

**School Community Charter**



## We want to work with businesses within our New England Communities



### Work is available maintaining our schools

School Infrastructure NSW manages a large maintenance program for more than 2,000 schools across all parts of NSW. To do this work, we are engaging local **small to medium businesses**, including Aboriginal owned businesses and Aboriginal employees, to maintain the schools within their local community.

### We want to go local

We have changed our approach. We now directly manage our school facilities and have enlisted the support of new facilities maintenance contractors and tradespeople to work directly with us. We want to engage **local businesses** to support their local schools. This is an opportunity for small to medium businesses to deliver meaningful work to their school communities.

#### Why go local? We want to:

- be more responsive to maintenance issues reported by schools
- ensure we are working with local trades and spending our money in our local communities
- provide better working conditions for local tradespeople, including market rates and faster payment terms
- increase employment opportunities for apprentices and trainees in local communities

### Opportunities for Aboriginal businesses

As part of our engagement of local contractors, we are also seeking to grow the number of local Aboriginal businesses we work with and increase employment opportunities for Aboriginal employees, apprentices, and trainees. Our Aboriginal Senior Program Officers are on hand to help sign up Aboriginal businesses, and local contractors who already employ or are looking to employ Aboriginal employees, apprentices, and trainees.



**At the moment we are looking for preventative maintenance providers in the Moree, Inverell, Armidale, Tamworth and surrounding areas, specifically for the following services:**

- Multi Tradespeople
- Electrician
- Lift Technician
- Plumber (including roof and gas)
- Glazier
- Painter
- Arborist AQ3 / AQ5
- Pest Control
- Brick Layer
- Brick layer
- Fire management
- Sheet metal
- Concreter
- Gutter Cleaning
- Carpenters
- Pool technician and cleaner
- Refrigeration Mechanic
- Playground Specialist
- Tiler

### **Do you have a Trade?**

We're always looking for local businesses to support our schools. See below for how to register.

### **How can I participate?**

We're looking for a wide variety of maintenance services and trades to work with us.

Reach out to our team to find out more who will guide you through the process of signing up to work with us. To register your interest, you will need your ABN and license details and your pricing. It's as simple as that!

On approval you'll be setup in our systems and onboarded, with induction covering how to work with us and use our systems. It's easy to work with us! Reach out using the details below.

### **Get in touch**

To register your interest please reach out to our team. The New England area is managed by our North Western Facilities Maintenance Team. Please email us on [nwnsw.fmct@det.nsw.edu.au](mailto:nwnsw.fmct@det.nsw.edu.au) and we can tell you more.

Or contact:

Adam Hawkes  
Senior Program Officer  
North Western Asset Management Unit  
0436 864 209  
[Adam.hawkes3@det.nsw.edu.au](mailto:Adam.hawkes3@det.nsw.edu.au)

Justin Thompson  
Senior Program Officer  
North Western Asset Management Unit  
0477 632 496  
[Justin.Thompson14@det.nsw.edu.au](mailto:Justin.Thompson14@det.nsw.edu.au)

# COMMUNITY CLASSIFIEDS

## 25 APRIL

ANZAC DAY SERVICE  
SOMERTON WAR MEMORIAL HALL



ALL STUDENTS & COMMUNITY  
MEMBERS ARE WELCOME  
TO ASSEMBLE AT  
SOMERTON PUBLIC SCHOOL  
8.00AM  
TO MARCH TO THE  
SOMERTON WAR MEMORIAL HALL  
FOR THE  
ANZAC DAY SERVICE  
~  
MORNING TEA  
WILL FOLLOW THE SERVICE  
YOU ARE WELCOME TO BRING A PLATE



### TAMWORTH TERM 2 - WEDNESDAYS

Gipps Street Sporting Complex  
Wednesday 8th May -  
Wednesday 3rd July  
5:30pm - 7:00pm

Cost:  
\$100 or  
\$50 with AKV



REGISTER HERE



[www.northernnswfootball.com.au](http://www.northernnswfootball.com.au)



**WCCS**  
WOMEN'S CRICKET COACHING SERVICES

## STEVE WAUGH COACHING CLINIC TAMWORTH

STEVE WAUGH  
GREG SMALL  
AUSTIN WAUGH

**MONDAY 15TH APRIL 2024**  
9:30AM-3:30PM  
RIVERSIDE 1, CARTER ST TAMWORTH  
AGES 8-16 YEARS MALE AND FEMALE  
**\$75.00**  
25% DISCOUNT APPLIED AT CHECKOUT IF REGISTERING MORE THAN ONE CHILD FOR THE FAMILY.  
LUNCH IS SUPPLIED FOR ALL. BRING ALONG  
WATER, SNACKS, CRICKET KIT & SUNSCREEN.  
REGISTER AT:  
[WWW.CENTRALNORTHCRIKETSNSW.COM.AU](http://WWW.CENTRALNORTHCRIKETSNSW.COM.AU)

Manilla Community Pre-School Inc

# WE HAVE

LIMITED SPOTS  
STILL AVAILABLE!

CALL US TODAY!

IS YOUR CHILD  
PRESCHOOL  
AGE? 3-5 YEARS

6785 1475

[manpreschool@aapt.net.au](mailto:manpreschool@aapt.net.au)