Dear Parents,

It was another busy, fun-filled week at Gundaroo!

We had our District Swimming Carnival at the AIS yesterday and all students made Gundaroo proud! It was a wonderful day with many students gaining PBs! A HUGE thank you to Mrs Dunkerley and the parents who were able to come along and help with the carnival (timers, recorders, transporters, spectators, coffee and lunch deliverers). Please see the District Swimming update for results.

On Thursday K/1 had their Teddy Bear Picnic. They made delicious morning tea for their Teddy Bears and set them up in the bushes for a lovely picnic. After playing several games, the children returned to join their Teddies and ate the remains of the morning tea. All students played and dined beautifully.

Friday saw the beginning of our Cross Country training. It was a bright sunny morning and the students did incredibly well despite the heat! We will continue to train on Friday mornings up until Cross Country on the 8th April, so please ensure your child wears suitable shoes and brings plenty of water.

Recently staff have noticed that students are bringing a variety of toys to school. We have a beautiful range of toys at school that students have access to and we are in the process of ordering more. We ask that students leave their own toys at home to avoid distractions and upsets due to loss or damage.

This week Mr Trethowan is away in Sydney for three days for a Principal’s Induction, followed by a Queanbeyan Principal’s Network meeting on Thursday, and then a Lego Robotics in-service the following Monday. Mrs Nicola and Mrs Le Mesurier will be in replacing Mr Trethowan on these days. We are sure he is missing us greatly!

This coming weekend, staff will be travelling to the South Coast for a weekend of collaboration and staff development. Part of this time will include expanding our knowledge of how the brain works during the learning process.

In 1/2 we are learning about mindsets and how our brain can be developed just like a muscle. Just like a weightlifter or a basketball player, to be a brain athlete you have to exercise and practise. We have been expressing how we feel as we learn new things. As we learn new things, it should be challenging because it isn't, we aren't learning and our brain is not growing. For a very interesting read on this topic, please see the attached reading Mindset Works (2014) You Can Grow Your Intelligence: New Research Shows the Brain Can Be Developed like a muscle.

Have a wonderful week!

Terri Greenhalgh
Have an iPad??
Children love to play on ipads and they can also be a fantastic tool to help your child learn. The following apps are FREE and can be a fantastic resource to help with your child’s education:

- Sight Words
- Letter School
- Sight Words Ninja

Save these dates in your shiny, new 2016 diaries!

Please note the two following dates in your shiny new 2016 diaries.

Saturday 12th March - P&C Fundraiser - Catering morning tea for the Veteran, Vintage and Classic Motorcycle Club of the ACT at Gundaroo Park.

Saturday 19th March - Bush Dance at Gundaroo Public School

More details regarding how you can be involved to come out soon!

Staying Hydrated at School

You might think you’re all muscle but about two-thirds of your body is made up of water! Being properly hydrated helps your body function at its best. Dehydration can cause headaches, fatigue, crankiness and poor concentration, making learning extremely difficult.

What’s the best drink to quench a thirst? Water!

How much to drink?
The recommended daily amount of fluids is:

5 glasses (1 litre) for 5 to 8 year olds
7 glasses (1.5 litres) for 9 to 12 year olds
8 to 10 glasses (2 litres) for 13+ years

Please ensure your child brings their drink bottle (with their name clearly labelled) to school every day! With the recent hot days and regular physical activity, students will need plenty of water!

For further information, visit: http://www.healthykids.nsw.gov.au/

Birthdays!

Holly D—24th February

Doorstep Dinners Lunches - Starts Tomorrow!

24th February - Pasta and Sauce Day
9th March - Sourdough Roll Day

23rd March - Asian Noodle Day
6th April - Soup with Sourdough Rolls
An insight into 1/2 as we learn about sound, number and length.

A Crunch & Sip tip!
Choose apricots with a sweet fragrance and a golden to deep orange colour as this is when they are at their sweetest. Let your child know that the carotenes in the apricot will help them see in the dark and they’ll be asking for apricots every day for Crunch&Sip.

Talking Tickets

“Genius is one percent inspiration, ninety-nine percent perspiration.”
-Thomas Edison (inventor of the electric light bulb)

Student Learning Resources
As you would be aware, we are no longer using text books in class. However, we have decided to continue our online subscriptions to Mathletics, Spellodrome and Reading Eggs. Additionally, the school pays for many of the books and stationery your children use. We ask for your support in helping to cover some of the cost of the resources used this year.

Please see the note attached to this newsletter for payment details.

If you have any questions, please don’t hesitate to contact Mr Trethowan.
District Swimming Update.

With students from Gundaroo packed into cars and rearing to go we set off, banner in hand to see how we would fare at the QPSSA District Swimming Carnival on Monday. Several children achieved a new pb and many children had a sense of achievement at competing at such a level.

<table>
<thead>
<tr>
<th>Who</th>
<th>Which Race</th>
<th>Beat PB by how much:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niamh</td>
<td>100 Freestyle</td>
<td>7sec</td>
</tr>
<tr>
<td>Maddy Burgess</td>
<td>50 Breaststroke</td>
<td>10 sec</td>
</tr>
<tr>
<td>Frida</td>
<td>50 Breaststroke</td>
<td>6 sec</td>
</tr>
<tr>
<td>Greta</td>
<td>50 Breaststroke</td>
<td>8 sec</td>
</tr>
<tr>
<td>Greta</td>
<td>50 Backstroke</td>
<td><strong>Broke the 1 min mark</strong></td>
</tr>
<tr>
<td>Lily</td>
<td>50 Backstroke</td>
<td></td>
</tr>
<tr>
<td>Jenna</td>
<td>50 Backstroke</td>
<td><strong>Down to 1.02 min</strong></td>
</tr>
<tr>
<td>Maddy Barrett</td>
<td>50 Free</td>
<td><strong>1 sec off, down to 51.09</strong></td>
</tr>
<tr>
<td>Shelby</td>
<td>50 Butterfly</td>
<td>23 sec</td>
</tr>
<tr>
<td>Lara</td>
<td>50 Butterfly</td>
<td>5 sec</td>
</tr>
</tbody>
</table>

The support and barracking for our students rivalled Queanbeyan South, West and East, and Sutton, Jerrabomberra, Bungendore and Captains Flat.

The day finished off with our relay teams doing us proud and special note must be made of Marcus who stepped in to complete 2 laps of the 50m pool. Some very tired children returned for a well deserved rest.

**Great job Gundaroo District Swim Team and a massive thankyou to all of the staff and parents that helped out on the day.**
TEDDY BEARS PICNIC

K/I made their Teddy Bear’s delicious morning tea and set their Teddies up in the bushes for a lovely picnic. After playing several games, the children returned to join their teddies and ate the remains of the morning tea. All students played and dined beautifully.
Gundaroo Social Soccer 2016

Gundaroo Social Soccer will be running again in 2016. We are seeking expressions of interest from parents and community members who would be willing to assist each Saturday. Volunteers are required to help organise the day, coach, and lead activities.

Junior Bullocks

We are seeking expressions of interest for players, 10 – 12 years old who would be interested in playing in a Junior Bullocks team in the Canberra competition. Volunteers are also required to assist with coaching and managing this team.

Please contact Bec Harris
becharris@y7mail.com
or

NETBALL

The Netball Centre at Lyneham is the venue for Morning Ladies Netball. While scores are kept, it’s VERY social and players/teams are desperately needed to keep the Monday

Games are played at 9.30 and 10.20 (approx. $10/game depending on team numbers) with free tea and coffee afterwards. If you can get a team together - great! Individuals can call the centre and put their names down and a team will be found/created.

All are welcome, from beginners to those that haven’t played for weeks, months or years and our ages range from 20’s to almost 60.

Please call the Centre on 6241 4355 if you’re ready for a morning of fun and exercise.
Hockey Come & Try
Registration Days

Saturday 19th March
TTM National Hockey Centre

Saturday 19th March
Blundell Park, Queanbeyan

Sunday 20th March
Tuggeranong Hockey Park

9:00AM — 12:00PM

New & current players welcome | Registration available on the day |
Local clubs involved | 4-17 year olds welcome | Come & go at anytime!

www.hockey.org.au
shelley.watson@hockeyact.org.au
02 6257 2374