**Goulburn Eisteddfod**

Entries are now open for the Dance and Speech and Drama sections of the 2014 Goulburn Eisteddfod. Entries in the Speech and Drama sections range from prepared reading to group drama and prepared speeches. Age groups range from 5 years and under to adult. Entries close 4th August. The syllabus is available from the Goulburn Library, the Goulburn Tourist Information Centre and via email at: Goulburn.eisteddfod@gmail.com

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**Playcricket.com.au**

How much fruit and vegetables do children need?

Most Australians only consume about half the daily-recommended servings of fruit and vegetables. Use the information below to ensure your kids are getting enough fruit and veg. Eating fresh seasonal produce, maintaining a garden, as well as purchasing frozen or canned varieties can help you achieve this.

**Vegetables**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 years</td>
<td>3/4</td>
</tr>
<tr>
<td>6-12 years</td>
<td>5/6</td>
</tr>
</tbody>
</table>

A standard serving of vegetables is about 75g (100-200L) or:

- ½ cup cooked vegetables or legumes
- ½ medium potato or other starchy veg
- 1 cup green leafy or raw sided vegetables
- 1 medium tomato
- ½ cup cooked beans or pulses

**Fruit**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 years</td>
<td>1</td>
</tr>
<tr>
<td>6-12 years</td>
<td>1</td>
</tr>
</tbody>
</table>

A standard serving of fruit is about 150g (200L) or:

- 1 medium apple, banana, orange or pear
- 1 cup diced or canned fruit (no added sugar)
- 2 small apricots, 1 small banana or peach

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**Well Done Rugby Boys!**

West Goulburn Rugby Union Team finally went down in a courageous game against a much bigger John Warby PS side: 40 – 7. This was the quarter final game of the State Rugby Union knockout so it was a credit to the boys to be there. The boys never gave up and displayed excellent Rugby skills.

Much thanks needs to be given to the coaches; Ben Pearson (Head Coach), Murray Dougal and Gavin Rowlie, who gave up their time to coach the boys at school and at the games. I need to extend a big thank you as well to parents for transporting the boys to all the games.

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**Principal’s Report**

Well done to our Rugby Union team who made the state quarter finals, and never gave up in their loss to John Warby PS at Campbelltown. Mrs Brown tells me the JWPS boys were a very good team and their size was a big factor in their win. Thanks to parents, coaches and Mrs Brown for their support of the boys. We are proud of them.

After strong community discussion, the hall plans are now going to tender. I would like to thank a very supportive parent group for their efforts.

This is Public Schools Education Week. I am a life long, very passionate supporter of the opportunities education brings to our children. I thank our staff, students and parent community for having high expectations everyday and doing so much to support student learning.

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**Issue 2, Term 3**

Monday 28th July, 2014
Library Consultations

Mrs Neville is available in the library from Wednesday - Friday at various times throughout the day for students to drop in and get assistance in completing any class assignments, homework, the Premier’s Reading Challenge or for tips on finding information or guidance on locating an appropriate book to read.

Mrs Neville will be available at the following times:

**Wednesday:**
12 – 1pm (class time)  
2 – 3.30pm (class time)

**Thursday:**
8.30 – 9.20am (before school)  
1.55 – 2.20pm (class time)

**Friday:**
1.55pm – 2.55pm (class time)  
3.20 – 3.50pm (after school)

Book Week is coming!

The 2014 Book Week celebrations will take place this term in Week 7 (25-29 August) with the book character parade and trivia quiz being held on Thursday, 28 August.

Due to unavailability of the hall, things will be a little different from the previous years. Whilst the character parade will still go ahead, this year only K-2 students will take part. However, any interested 3-6 students who come to school on the day dressed up will also be invited to parade. There will also be two separate trivia quiz afternoons held in the afternoon session (one for K-2 and the other for years 3-6). Parents are invited to stay during the break to enjoy a picnic lunch with their children and to spend time perusing the collection of books available at the Book Fair in the library.

It would be great if children could also come with the book they are representing through their costume.

**12pm** Book Week character parade for K-2 under the large COLA (and any interested 3-6 students)

**1pm** Picnic lunch with students and Book Fair in the library

**2pm** 3-6 trivia quiz in the temporary hall  
K-2 trivia quiz in Mrs Bill’s classroom

Premier’s Spelling Bee 2014

Over the next few weeks students in Years 3-6 will participate in the Premier’s Spelling Bee. This is done in the classroom at the teacher’s discretion.

Your child will be informed in advance of when this is happening.

The Premier’s Spelling Bee is an opportunity for students from NSW public primary schools to increase their literacy skills while engaging in an educational and enjoyable activity.

There is a Junior Division for students in Years 3 & 4 and a Senior Division for students in Years 5 & 6.

The official word lists for the 2014 Premier’s Spelling Bee, provided by Macquarie Dictionary, are now available on the following website:


In order to access the wordlist the following username & passwords are required:

Username: teacher  
Password: decade

Please note that the email address in last week’s newsletter for the working bee was incorrect. The correct address is:  
gwps_workingbee@yahoo.com.au

**Premier’s Spelling Bee Co-ordinator**  
Miss Sheekey