



THE GEMFILE

Newsletter of Dalgety Public School

'The Jewel of the Monaro'

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Principal: Ms Marg Hayes

Term 3 Week 5 Thursday 15th August 2013

Downhill Skiing: If your child wakes up sick etc please notify Marg on the school mobile 0447 843 963. As this is a Department of Education excursion please notify Marg of changes to the transport arrangements. If your child is travelling with another parent please contact them to arrange pick-up. **NOTE: Could all students please arrive fully prepared for each ski day, this includes all appropriate ski gear and appropriate WARM clothing including a windproof jacket. Please apply sunscreen in the morning.**

Transport for remaining two Fridays. (Friday 16th and Friday 30th August).

Peter/Kate Heeley	6456 4681	Georgia, Jessee
Desleigh	6456 6783	Maddy, Gem
Leah/Lachlan	6456 5360	Ayla, Jenna, Emily, Oscar
Jo	6456 5177	Jack, Josh, Tom
Casey		Bryce, Riley, Alyssa
Claire		Charlie
Myolene		Zara

School is as normal on Friday 23rd August.

Assembly Item – Week 5

It's Okay To Be Different – Most people don't think it's okay to be different when it is. If a person feeling left out and different it can force them to do things they wouldn't usually do. This is called peer group pressure. If people would just except that it's okay to be different it would stop so many bad things from happening. Everyone is different, no one in this world is exactly the same, and even twins are a bit different. By Maddy

Cross-Country Skiing: Dalgety Public School cross country ski days at Perisher Nordic trails commence **next Wednesday 21st August 2013, followed by Wed 4th Sept and Wed 11th Sept** (subject to sufficient snow and appropriate weather). Students from another rural school may join us on some of the days.

Students will meet at the Paddy Pallin Shop (junction of the Thredbo Rd and Kosciuszko Rd, 5 kms from Jindabyne) at 8.30am to pick-up ski hire. Once ski hire is finalised we will proceed to Perisher National Parks Shelter (opposite the fire and ambulance stations). We will then ski on the cross country ski trails for lessons and games, mini tour, igloo building etc with regular breaks for water, snacks and lunch. The exact format of the day will depend on the final numbers and weather. Expected departure is approximately 2.30pm from Perisher, returning ski hire at Paddy Pallin on the journey home.

Transport for Cross-Country Skiing

Myolene		Zara, Jamie L (not 4 th)
Claire and Anthony		Charlie
Jo		Jack, Tara
Leah	6456 5360	Jenna, Ayla, Emily, Oscar
Casey		Bryce, Riley, Alyssa
Sarah	6456 5119	Maddy, Gem
Peter and Kate	6456 4681	Georgia, Jessee, Josh, Tom (in the mornings)
Mrs Bartell		Jessee, Josh, Tom in the afternoons from Jindabyne to Dalgety
Cassie – Wed 11th Sept	6456 5381	Josh, Tom
Desleigh – Weds 4th & 11th Sept	6456 6783	Maddy, Gem

Transport costs (\$10 per day per student - to be paid directly to the driver) to cover park entry and petrol costs. All vehicles will need a valid park entry ticket.

We may need some parent assistance with taking extra cross-country ski gear from Paddy Pallin to Perisher and back.

WATER/SNACKS/LUNCH

Children need to bring their own lunch, plenty of snacks and at least 1 litre of water in a large comfortable backpack that they can carry themselves with their spare jumper, spare gloves, sunscreen and any clothes they take off. Children need to have their own water and be able to access it at all times as cross country skiing is a very thirsty activity.

Each child needs to be wearing or carry in their backpack the following ESSENTIAL CLOTHING:

- ✓ Windproof, waterproof jacket with hood
- ✓ Windproof, waterproof pants
- ✓ Warm woollen socks
- ✓ Woollen or synthetic long trousers (jeans and cotton pants are unsuitable as they get wet and cold)
- ✓ Long sleeve thermal or long sleeve t shirt (must be long sleeve)
- ✓ Warm woollen or thermal shirt or vest
- ✓ Fleece top or woollen jumper
- ✓ Woollen beanie or balaclava
- ✓ 1 pair of light thin gloves in case the weather is warm AND 1 pair of waterproof ski gloves (students must wear gloves at all times when skiing, so a thin pair of gloves are very useful when it's warm.)
- ✓ Sun hat and SPF15+ Lip chap stick
- ✓ **Sun glasses are essential and need to be worn at all times when in the snow.**
Goggles often fog up XC skiing so sunglasses are a much better option.
- ✓ Lunch & plenty of snacks
- ✓ 1 Litre of water

When cross-country skiing it is a good idea to wear layers, as you get warm and can cool down just as quick. Change of clothing (especially socks - to be left in vehicles)

PARENTS – If you have indicated that you would like to join us on one or all of the cross-country ski days could you please send in your ski hire payment of **\$10.00** (please note change in price) per person per day to the school office by Monday **19th August**. Thank you.

Please contact me if you have any questions.

Marg