



NEWS

Celebrating Excellence – Congratulations Tyler!

We are thrilled to congratulate Tyler Beale for receiving the **Dharu Regional AECG Deadly Award!**

Tyler’s dedication, achievements, and positive impact on our school and community have been rightfully recognised, and we are incredibly proud of this well-deserved honour!



Glenfield Park School Fete – Friday, 21st November

Our much-loved School Fete is just around the corner, and we can’t wait to celebrate with our school community! Join us for a fun-filled day of games, activities, food, and entertainment for the whole family.

Make your fete experience even easier by purchasing:

Fete Dollars (\$\$) & **Raffle Tickets** – for your chance to win exciting prizes. Tickets can be purchased via School Bytes or directly at the front office.

Don’t miss out on the fun—mark your calendars  and get your tickets early!



UPCOMING EVENTS

14th November CoS NAIDOC Day
21st November GPS School Fete

CHARACTER STRENGTH OF THE WEEK

Spirituality: Feeling connected to something bigger than yourself.



Here’s some activities to try: There are many age-appropriate activities to help kids explore spirituality, mindfulness, and inner awareness in a safe and engaging way. Here’s a range of ideas:

- **Mindfulness and Meditation Activities** – Teach kids to notice their breath. For example, “Smell the flower, blow out the candle.”
- **Gratitude jar** – Each day, kids write something they are thankful for on a slip of paper.
- **Garden meditation** – Plant seeds and reflect on growth and patience as plants develop.
- **Art & craft** – Painting or drawing emotions or spiritual concepts like kindness, love, or peace.
- **Spiritual journals** – Encourage kids to write or draw thoughts about their feelings, dreams, or what gives them peace.



NONNA’S COOKING CORNER



Beef Burgers

Ingredients:

- 500 grams premium beef mince
- 1 onion finely diced
- 1 egg
- 1 teaspoon mixed herbs
- 1 cup mixed grated/finely diced veggies (grated zucchini & finely diced mushrooms)
- 1 cup grated cheddar cheese



Method

1. Combine all the ingredients in a large bowl and mix well.
2. Roll into 12 balls an flatten either by hand or with a hamburger patty flattener.
3. Cook in a frypan with some olive oil over medium heat 3-4 minutes each side or until brown.

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