



NEWSLETTER

Assemblies

Nil

Attachments

NRG Holiday Program

Term 4, Week 9, 2011.

BE SAFE, BE FAIR, BE KIND, BE CO-OPERATIVE.

Dear Parents and Community Members.....

2012 Bookbags

The following bookbags for 2012 are now available from the canteen. Prices will be as last year with no change. Bookbags available are;

Kindergarten (\$15)

Year 1 (\$16) Year 2 (\$16) Year 3 (\$20)

Year 4 (\$20) Year 5 (\$20) Year 6 (\$20)

Unfortunately the years 3 and 4 packs will not contain a blue school pencil (we are awaiting an order to finish these off), however, they will contain a pencil. The blue school pencils will be handed out in class next year.

School Dates

Friday, December 16 is officially the last day for students for 2011. Unfortunately the teachers have 2 more days to go after that. The first day for students in years 1-6 for 2012 is Monday, January 30.

Kindergarten students will undergo Best Start testing over 3 days and will start school together on Thursday, February 2, 2012.

Student Reports

A reminder that student reports will go home this Friday, December 9, so please keep an eye out for these in student bags.

Anti Bullying Day

Today the school held its second Anti-Bullying Day. The day was an out of uniform day and everyone wore red to signify a stop to bullying and standing by while others are being bullied. Each class performed a small "skit" advertising that bullying is not acceptable. It is important for all students to stand up to bullying, especially by telling a teacher.

Summer fire safety

Summer has officially started and with it comes the increased risk of bush and house fires. If you live in a bushfire prone area, ensure you have taken the necessary steps to protect your property and family from fire. Download a fact sheet: www.fire.nsw.gov.au/gallery/files/pdf/factsheets/02_bushfire_prep.pdf

It is now law that caravans and campervans be fitted with working smoke alarms. Check LPG gas bottles for leaks as this is how many barbecue fires start.

Many more tips on how to enjoy a fire-free summer are on the Fire and Rescue NSW website: www.fire.nsw.gov.au
Remember in the event of a house or bushfire always dial 000. If your mobile phone is out of range, dial 112.



The Principal, Staff and Students
cordially invite parents and the
school community
to attend our

Annual Presentation Ceremony

to celebrate the achievements of our students

for 2011 on Tuesday, December 13th,

at 10:00am

in the Bruxner Hall at

*The Sir Henry Parkes Memorial
Public School.*



Insights Reading

This week's article is called "It's a (Christmas) Wrap" and is the last article for this year. It talks about reviewing the year, appreciating everyone, looking forward to events next year and relaxing. Sounds like a good plan for everyone at this time of the year.

K-2 Christmas Social

On Friday, December 9 between 11:30 and 1pm, students in K-2 will have their end of year Christmas Social. To help with the festivities we are allowing the students to come out of school uniform, wearing clothes that have a Christmas theme. Please remember hats must be worn as children will be going outside for normal play. Please ensure no singlet or strap tops are worn and shoes are enclosed. Comfortable shoes are a must for all the dancing that will occur!

2013 School Swimming Carnival

The school's annual swimming carnival will be held on Monday, February 13 for students who are aged 8yrs to 13yrs. The Zone swimming carnival will be held in the same week on Friday, February 17 in Glen Innes.

Kindness Draw

All students who have displayed kindness throughout the year will be entered in a draw which will take place on Monday. The Salvation Army have kindly donated two bikes, one for K-2 and one for Yrs 3-6. Parents of the winners will be notified on Monday afternoon.

Crunch and Sip and Health Message Go Nuts!

Most people think that nuts are high in calories and fat... and they are right! But, if you can restrain yourself from overeating them and only eat raw, unsalted nuts, nuts can definitely be a part of a healthy diet. Nuts are high in protein, fibre and omega 3 and are a good source of healthy fats, antioxidants. Researchers found that people who eat nuts regularly have lower risks of heart disease (such as lowering cholesterol levels) and help reduce risks of developing diabetes.

Approved nuts for heart health are almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachios and walnuts. In addition to nuts, seeds such as flax seeds, pumpkin seeds and sunflower seeds may offer the same heart health benefits. **MODERATION** is the key!

Exercise

It's important to have 30 minutes of exercise each day and with daylight saving (extended period of sunshine) make this even easier. Some great summer activities include swimming, tennis, bike riding, walking, hiking (explore our wonderful and close national parks) and playing at the park. Ensure you **don't** do these activities alone (it's safer and much more fun with more than one person), wear safety equipment and appropriate clothing (eg. Helmets), follow safety rules and laws (eg. Road laws), be sun safe (Slip, Slop, Slap) and properly hydrate (we should drink at least 2 litres of water a day more when exercising).

NRMA Bike Safety Colouring in Competition

This competition is open to children 12 years and under who reside in NSW and ACT. It opens Thursday, December 1 and closes on Tuesday, January 31, 2012. There will be a total of \$4,400 in prizes awarded in five age categories: 4 years and under, 5-6, 7-8, 9-10 and 11-12. First prize in each age category is \$100 NRMA Online Shop gift voucher and 14 runner-up prizes x \$50 NRMA Online Shop gift voucher in each category. Four additional prizes of \$100 will be awarded to children whose work is chosen to include in NRMA Bike Safety Education Posters in 2012.

Parents can download the colouring in sheet and entry form from December 1 (please contact Miss Eakin if you are unable to download this but would like a copy). Once the colouring in sheet is complete (do not bring entries back to school) please post it plus the entry form, ensuring all information is complete and it is signed to:

NRMA Motoring & Services
Att: V. Owens
Level 1, 9 George Street
North Strathfield NSW 2137

Winning entries will be notified by phone by Wednesday, February, 28, 2012.

Intensive Swimming Scheme

The 2 weeks of intensive swimming continues this week up to and including December 9. Please ensure your child/ren have their swimmers, towel, sunscreen, a plastic bag and goggles and cap if required (**ALL labelled**). Girls with long hair **MUST** have their hair tied back. **PLEASE** label all clothing. Students who misbehave will return to school and will not be able to continue with the program due to safety concerns. (No refunds)

At swimming a girl changed into someone else's shirt. She has returned this shirt (white polo school shirt) which means another girl has her shirt. The missing shirt is a size 8. If you have the shirt could you please hand it in to Miss Ealin.

Holiday Camps

Lake Ainsworth (Sport and recreation centre at Lennox Head) is holding two camps.

New Year Getaway 27 Dec - 2 Jan Family (all ages)

Adventure Camp 9 Jan - 13 Jan 7-12 years

Visit <http://www.dsr.nsw.gov.au/lakeainsworth/> or Telephone: (02) 6618 0400 for more information.



More fun at Lake
Ainsworth

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Dec	9	5	6	7 Guitar Lessons	8 Yr 6 Farewell at Kurrajong. Combined Scripture 12:15 - 1pm	9 Reports Home. K-2 Christmas Social.	10/11
	10	12	13 Presentation Ceremony 10am.	14 Rewards Day	15	16 Last day for students.	17/18

CANTEEN

CANTEEN ROSTER

Wed	7	Aleeca Zellers, Jen Sutcliffe
Thur	8	Monika Freeman
Fri	9	Help needed please
Mon	12	Janice Chawner, Robyn Brookes
Tue	13	Monika Freeman, Robyn Hillier
Wed	14	Help Needed Please

Homebake (Next Week)

Mon
Wed
Fri Dec

DONATIONS (This Week)

Cruskits
Mayonnaise
Eggs
Sliced Beetroot
Lettuce
Tomatoes

MEAL DEAL - Wed. Nov 7th - 'Lets Party'

*Our last meal deal for 2011!
Treat yourself to a delicious fresh sandwich, ham & cheese or egg & lettuce (your choice) plus a popper with a cup of ice cream & jelly topped with a mini meringue and santa chocolate \$4.50*

No Other Choices

*Please Note:
Supplies may be limited over the next 8 days so please be patient with us if we have to make changes to lunch orders.*

Student Achievements

STUDENTS OF THE WEEK:

Jayden Zellars, Katie Preston, Ember Phoenix, Katie Hickey, Jilleal Gyemore, Robert Cameron, Nicholas Law, Jess smith O'Rourke, Acacia Robinson, Bayley Daniels, Mackenzie Cox

BRONZE PENNANT:

Jilleal Gyemore, Ella Wishart, Adam Thomas, Jessica Thomas, Olivia Hogan

SILVER PENNANT:

Acacia Robinson

KINDNESS CERTIFICATE:

Christopher Benstead, Hannah Phelps, Joshua Beltrame, Fletcher Koch

GOLD PENNANT:

Ellie Campbell, Kristen Swan, Hannah Sheppard, Angela Moore, Nikkala Hillier, Rosie Clancy

COMMUNITY NOTICEBOARD

FOUND OUTSIDE SCHOOL

A GPS was found outside the school some weeks ago. This has been handed in to the police station. All enquires should be made to police station.

SANTA PHOTO at Tanglewood Christmas Shop Dec 7th, 8th, 9th, 14th and 16th between 4pm and 6pm. Saturday 17th between 3.30 and 5.30pm. 1st prize in the colouring competition is bowling, pizza and drink at Shake, Rattle & Bowl.

INSIGHTS

by Michael Grose - No. 1 parenting educator



It's a (Christmas) wrap!



How will you close up the school year and set the scene to make next year your child's best year ever?

It's that time of year again!

The school year is almost over. The Christmas holidays are just around the corner.

"Where did the last twelve months go?" That's the adult viewpoint.

Kids think, "What took so long?" Different ages, different perspectives.

Kids generally want to plunge into holidays, leaving schoolwork, timetables and teachers behind. That's only natural.

But before they get too far into holiday mode, consider how you'll round out the year, and bring it to a close.

If your child is finishing primary or secondary school then there will be a graduation ceremony that signals the end of one phase of their school lives.

The greater importance given to school graduation ceremonies over the last few decades is recognition of the human need to bring closure to one stage of life, and prepare for the next.

Kids of all ages benefit from parental recognition of their achievements and successes as it sets the stage for the coming school year.

Here are a few ideas to help you close off the old year to prepare for the year ahead:

- 1. Discuss the highlights and the lowlights of the year:** Ask kids to name their highlights, favourite times or most memorable moments of the year just gone. Use age appropriate language and questions that will open them up, rather than shut them down. At the year's end I would ask my school-aged kids to rate the year from 1 to 5, and to identify their best memory, their favourite subject and something new that they encountered. These questions worked for me, but each parent needs to find their own approach.
- 2. Celebrate improvement and success:** Identify one or two areas where they excelled, improved or overcame some challenges. Broaden the focus away from just academic performance and recognise achievement in social, sport or arts areas. It's important for kids who struggle academically to understand that

you value success in a variety of areas.

- 3. Show appreciation:** Consider how they can show appreciation to teachers, coaches or other people who may have assisted them during the year. Not only is it good manners to show gratitude, but some kids need reminding that other people contribute to their achievements.

- 4. Look forward:** It maybe beneficial to give your kids a chance to vent about some aspect of the year that they didn't like, found difficult or challenging. Try to limit this type of discussion so that it doesn't end in a whinge session and point them toward a better future next year.

- 5. Now relax:** It's time for them to set the previous school year aside, put their feet up and chill out over the school break. Remember, if the previous year wasn't one of your child's best, the five to six week break gives him or her a chance to make a fresh start next year.

So it's a wrap! The slate has been wiped clean.

Enjoy the break and see you next year!



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