



# School Newsletter

Term 2, Week 7, 2011.

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

## Assemblies

None this week.

## Attachments

- Crunch & Sip leaflet.
- Note re NAIDOC Celebrations.

## Dear Parents and Community Members.....

### Queen's Birthday Holiday

Just a reminder that next Monday, June 13 is officially the Queen's Birthday Holiday and therefore not a school day. Enjoy the weekend and we will see everyone back happily rested for Tuesday, June 14.

### Visiting Students

This Thursday the school will have an influx of approximately 80 students from varying schools in our region. These students will attend a CAP workshop in the Bruxner Hall. The visiting students and teachers will spend most of the day at our school attending a workshop called "The Thinking Brain".

### Reports

Please be aware that the reports being written are for semester 1 (terms 1, 2) and are assessed against work completed. Some topics may not have been treated in depth and may have only been touched on briefly and planned for later in the year. If you have any concerns please talk to your child's class teacher and request an interview with them.

### Yr 5 visit to Tenterfield High School

All of year 5 (behaviour permitting) have been invited to attend Tenterfield High School on Wednesday, June 15. Students will meet at school and walk down to the High School ready for a 9:15am start. Students will have a tour of the school, have recess (either buying it at the canteen or supplying it themselves), then attend lessons in cooking, visual arts and maths. Students will have lunch and then walk back to school for afternoon lessons. This is a great opportunity for students to spend some time at the High School. Please note some students may be ineligible due to poor behaviour to attend this day.

### Indigenous Dance Workshop

Yesterday the school had a visit from Harry White who taught some of our Indigenous students aspects of culture, equipment and a welcome dance. This was a great experience for our students and we hope to build on this experience and use this during NAIDOC week celebrations. We would like to thank Helen Duroux for organising this visit.



### P&C Wood Raffle

The P&C have received approval to hold a wood raffle in the main street of town on Friday, June 17. If you are available on this day for a few hours to sell raffle tickets then please let the office know. If you would like to donate a cake, scones, biscuits or goods that can be sold at the same time as the wood raffle then that would be greatly appreciated and can be dropped off on the morning down at the raffle table.

### Regional Cross Country

We have a number of students attending the Regional Cross Country in Coolah on Friday, June 17. This will be a challenging and difficult course and we wish all participants the best of luck and, as with everything, only want them to do their best and represent their school with pride.

### School Uniforms

The school is often in need of decent 2<sup>nd</sup> hand uniforms and would like to ask anyone who has some old uniforms that may not fit their children anymore to consider donating them to the school canteen. Maybe you know of someone who has some old uniforms laying around or maybe their children are in high school now and no longer need the uniforms. These can be donated to the school canteen at any time.

### Sincere Thanks

A big thank you to the Clancy family who donated a microwave oven to the Rainbow Room.

### CWA Study a Country

Each year CWA study a country and have a morning tea to celebrate this country. This year the ladies were learning about Iceland. Two classes from our school, 2/3K and 2PB researched information about this country, made posters and constructed a traditional Icelandic house. These homes have turf roofs and sometimes turf walls.

KC, KM, K/1C and 1L made an Icelandic Banner using different paper techniques.



Students having fun learning indigenous dance.

## Crunch and Sip

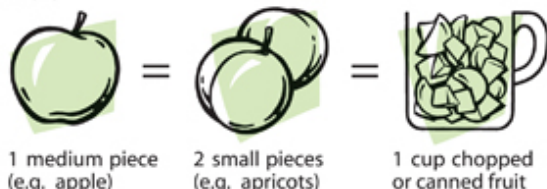
We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their age, appetite and activity levels. The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients. The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

| Age of child (years) | Fruit (serves) | Vegetables (serves) |
|----------------------|----------------|---------------------|
| 4-7                  | 1-2            | 2-4                 |
| 8-11                 | 1-2            | 3-5                 |
| 12-18                | 3-4            | 4-9                 |

## What is a serve?

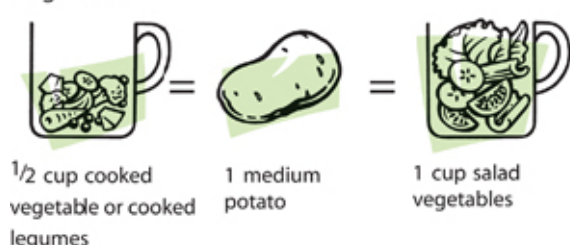
A serve of fruit is equal to an average sized piece of fruit.

Fruit



A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.

Vegetable



## Debating

Unfortunately debating scheduled for yesterday was cancelled. We are hoping that it will be held this Friday. Sorry for the inconvenience. Thank you very much for the food.

## School Athletics Carnival

The school's Annual Athletics Carnival will be held in Week 9, on Wednesday, June 22 at Federation Park. Selection activities continue on Friday afternoons for students aged 8-13yrs.

Discus places will be finalised before the day due to safer concerns and shot put, long jump and high jump will all have finals on the day of the carnival with the top 5-10 students participating. All students aged 8-13yrs are able to participate in their age race (100m sprint), 200m and 800m with relay

teams selected on the day.

Primary students not involved in a field event will participate in various other activities. Infants students (those aged 5-7yrs) will participate in tabloid events which will include high jump, long jump, relays (selected before the day) and their age race (50m sprint).

All families are invited and encouraged to attend to support all the students. If you are able to assist in anyway (setting up, packing up, helping in the canteen whether it be for half an hour, hour or longer) please contact Miss Eakin or Mrs Petrie.

## State Rugby League

Congratulations to Will Evans who was selected as the North West Player of the tournament from the 11yrs Rugby League carnival held last week at Wyong.

## Sports Coaching

Last week, our students had the opportunity to be coached by representative people in their sports of netball, discus and shot put. On Tuesday, approximately 50 students were involved in activities with a NSW Swift player, Courtney Tairi and Netball development officer.

On Friday students in Years 4 and 5 were shown the finer points of throwing a discus and shot put by a 3 time Olympian, Justin Almanzek.

## NAIDOC WEEK

This year, NAIDOC week is being celebrated from July 3 to 10, which is the first week of the school holidays. The theme for this year is

**"Change: the next step is ours"**. Our school will be holding a day of celebration and activities on Wednesday, June 29 in which all people are invited to attend, participate and/or assist.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Origins of the day can be traced back to the 1920s. Today, NAIDOC Week is a celebration of Aboriginal and Torres Strait Islanders cultures and it also provides an opportunity to recognise the contributions of Indigenous Australians in a variety of areas. A note will soon be sent home with further details.

## Book Club

Issue 4 Leaflets have been given out and orders are due back to school by Thursday, June 16.

## NAIDOC Celebrations

Attached to the newsletter is a note regarding the NAIDOC celebrations on Wednesday, June 29. Please fill out if you can assist and return to the school. Many thanks.



# CALENDAR

| MTH          | WK | MON   | TUES  | WED  | THUR  | FRI  | S / S |
|--------------|----|---|---|--|---|--|-------|
| June         | 7  | 6<br>P&C Mtg 6:30pm.<br>Abor. Dance workshop. | 7<br>Gymnastics.  | 8<br>Gymnastics.<br>Guitar Lessons.                          | 9<br>AECG mtg 10am<br>SHP.<br>CAP workshop. | 10   | 11/12 |
|              | 8  | 13<br>Queen's Birthday.                       | 14<br>Gymnastics.   | 15<br>Gymnastics.<br>Guitar Lessons.<br>Yr 5 cooking at THS. | 16  | 17. Debating.<br>Assemblies.<br>Reports Issued.<br>RegXCntry Coolah.<br>P&C Wood Raffle. | 18/19 |
|              | 9  | 20<br>Gymnastics.                             | 21<br>Gymnastics.<br>Basketball.<br>Uni Spelling<br>Comp. | 22<br>Athletics Carnival.                                    | 23  | 24   | 25/26 |
| June<br>July | 10 | 27  | 28<br>Gymnastics.   | 29<br>Gymnastics.<br>NAIDOC Celebrations.                    | 30<br>PB Assembly 10:15.                    | 1. Term 2 finishes.<br>Term 3 resumes for<br>students on July<br>19th.                   | 2/3   |

## CANTEEN

### CANTEEN ROSTER

|      |    |                              |
|------|----|------------------------------|
| Wed  | 8  | Kim Cox, Maria Fittler       |
| Thur | 9  | Monica Freeman, Angela Brown |
| Fri  | 10 | Aleeca Zellers               |
| Mon  |    | HOLIDAY                      |
| Tue  | 14 | Monica Freeman               |
| Wed  | 15 | Vicki Hill, Bev Dorrington   |

### Homebake

|     |    |                |
|-----|----|----------------|
| Mon |    | HOLIDAY        |
| Wed | 15 | Natalie Strong |
| Fri | 17 | Shona Clark    |

### ODONATIONS (This Week)

|              |                         |
|--------------|-------------------------|
| Cruskits     | Jen Sutcliffe           |
| Tomato Sauce | Kristine McCowen        |
| Mayonnaise   | Jody Lieberman          |
| Block Cheese | Sylvia Ibbett           |
| Margarine    | Teena Hawke             |
| Eggs         | Sam Murphy, Yvonne Cole |
| Lettuce      | Polly Sargeant          |
| Tomatoes     | Robyn Hillier           |

### MEAL DEAL - Wed, June 8th FARM PACK

A warm chicken & gravy roll plus a popper with a cup of jelly topped with homemade custard \$4.50

**Other Choices:** Hot dog roll \$2.50  
Sausage roll \$2.20

## STUDENT ACHIEVEMENTS

### STUDENTS OF THE WEEK:

Grace Freeman, Indiana Maher, Jessica Smith-O'Rourke, James Ibbett, Kori Eaton, Bailee Valenti, Hamish Cook, Kajsa Trethewey, Murraya Horan, Hayden Grant.

### BRONZE PENNANT:

Locklyn Newman.

### SILVER PENNANT:

Thomas Lee McCauley, Paddy Hawke, Angus Koch.

### COMMUNITY NOTICEBOARD

**The Australian Government Mobile Rural Servicing Unit** will visit Tenterfield on Wednesday, June 15. It will be parked opposite the Royal Hotel in High Street from 9am to 2.30pm. Farmers, irrigators, small businesses and the general public are encouraged to attend. This is an extension of the rural support that came to town after the floods this year.

#### Tenterfield Netball

There will be **no play on Saturday, June 11 due to the long weekend.**

**Tennis Coaching in Tenterfield** - Monday July 4 to Friday July 8, 2011 with Tony Polack Club Prof. Coach Tennis Aus. 9am to 3pm for ages 7 - 17 Cost \$80/wk or \$25/day. 3pm to 4pm for ages 5 - 6, Cost \$35/Wk or \$20/day. 3pm to 4pm for Adults (beg to competent players) Cost \$40/wk. Quality coaching, matchplay and heaps of fun & prizes. Contact Christine Foster on 6736 2277 or Tony Polack on 0428 454 928 or tpolack@optusnet.com.au Enrolments close Wednesday, June 29.