



School Newsletter

Term 3, Week 4, 2011.

Assemblies

Infants 11.30am
Primary 12.30pm

Attachments

- Bully-proofing kids.
- Infants Club Info.
- Trivia Night Info.

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

Dear Parents and Community Members.....

National Aboriginal Children's Day Celebrations

Thank you very much to the Benevolent Society, Harry White and Helen Duroux for organising activities for us last Friday. The students enjoyed the dancing and related activities.



Oceans of Fun/Kinder enrolments

Tomorrow, Wednesday, August 10th will be a big day at school as our pre-school friends will be joining in with the infants classes to complete activities based around our theme Oceans Of Fun. At this stage we are expecting around 59 visitors to our school.

If you have a child starting kinder next year could you please let the office know as now is the time to start enrolling for 2012. Enrolment forms can be picked up from the front office. We are starting to look at our numbers for next year and need to have an approximate number of incoming kinder students to allow us to start planning activities for 2012.

Itinerant Support Teacher Hearing

Next Monday and Tuesday the "hearing" teacher will visit all classes to talk to students about the importance of hearing. In the younger classes she will

talk to students about nose blowing and complete some "jumping" activities to help students remember the message. In some of the older classes she will discuss how loud music, MP3's, ipods etc can damage our hearing. These are extremely important subjects that need to be remembered by all.

Father's Day BBQ

As previously mentioned we will be holding a BBQ at school on the morning of Friday, September 2nd for Father's Day. If you intend coming could you please let the office know so the P&C can gain an idea of how much food they will need to order (and cook!!) for this day.

Premier's Spelling Bee

The Premier's Spelling Bee will be held **THIS Thursday, August 11th at 9am** in the Primary Hall for students in Years 3-6. Classes have selected students to participate in the event.

JUNIOR SECTION (Yrs 3-4)

3K –Jemma Sutcliffe 3B- Angus Koch, Martin Ibbett and Ella Wishart

4/5E – Erika Hickey and Declynd Morris

4/5J – Cassidi Bird and Tyler Sargeant

SENIOR SECTION (Yrs 5-6)

4/5E- Kaitlan Azzopardi

4/5J – Courtney Smith

5/6M – Sonya Campbell-Astruc, Georgiana Chawner and Malina Hatfield

5/T – Juda Callaghan and Baerto Meneguzzi

Anti Bullying Slogan

Today Juda Callaghan was announced as the winner of the slogan competition with his slogan 'Be Fair, Not a Grizzly Bear'!

All students, staff and visitors to the school have been given a band with this slogan on it. The aim of the band is to make everyone aware of bullying and empowering them to stand up to bullying by providing a whole school approach.

The colour red was chosen because it links with the Resilience part of the 'You can do it' program.

Bully Day activities

As a part of our activities today I am attaching some information from Michael Grose who is one of Australia's leading experts in parenting. This week's special will be about "Bully-proofing Kids" and will come with this newsletter. This of course ties in with our Bully theme day and has some good suggestions on how to talk to your children about this. We will print something each week around a slightly different topic, so enjoy the reading.

Crunch and Sip

Help! My child won't eat fruit or veg!

Children can often be fussy about eating fruit and vegetables. Did you know that children have to be offered a food up to 10 times before they will accept and eat it? **Perseverance is the key!**

Why not try sneaking fruit into a favourite dessert (for example canned peaches in jelly), or grate some vegetables into a meal (such as grated carrot and zucchini into Bolognese sauce)? Or take your child to the supermarket to pick their own sweet, crisp and delicious fruit or vegetables. They are more likely to eat them if they are involved in selecting them. Crunch & Sip can help encourage children to eat fruit and vegetables. When children see their peers enjoying fruit and vegetables in class, they are more likely to eat them too. Crunch & Sip happens in our school at **10am** each day. Make sure you send fruit or salad vegetables and water to school with your child for Crunch & Sip.

Premier's Sporting Challenge

For 10 weeks, students and staff participated in the Premier's Sporting Challenge. Students and staff were encouraged to be active for at least half an hour a day which would result in receiving a bronze award for their efforts. All students in K-2 will receive an encouragement certificate. 2/3K – Bronze, 3B and 4/5E – Silver, 4/5J, 5/M and 5/6T – Gold. Standout staff members include Mr Maher Gold/Diamond, Mr Swan – Silver/Gold, Mrs Gibbins – Silver, Mrs Clancy – Gold, Miss James – Gold, Mrs Petrie – Silver/gold and Carolyn Hall – Silver. Congratulations! Now that the Challenge is over the REAL challenge begins to maintain or improve your activity time, fitness and health. Think of all the benefits – strong heart, muscles and bones, decreased risk of heart disease, cancer and diabetes; improved mental health, increased energy, better sleep and the ability to complete every day tasks with less exhaustion.

Coles Sports Program

Once again, Coles is running their sports equipment drive in which schools collect vouchers and use these vouchers to purchase sporting equipment. For each \$10 spent at a Coles or Bi Lo supermarket, families collect a blue voucher. These vouchers then can be brought to school and placed in the small blue box in the foyer near the front office. So start collecting from families, friends or people in front of you in the queue that don't have children or want their vouchers.

Zone Athletics Carnival

Last Thursday, 34 students participated in the zone athletics carnival held in Emmaville. The students achieved some tremendous results and most importantly tried hard and demonstrated exceptional behavior and sportsmanship. Thank you to all the families who assisted with transport, encouraged and

supported all the students. Students who came first or second in an event and meet the regional qualifying standards will be selected for the regional carnival to be held in Tamworth on Thursday, August 25th.

RESULTS:

Olivia Hogan – 3rd 8yrs 100m

Kirri-Lee Cutmore – 2nd 8yrs 100m

Ella Wishart – 2nd Shot Put and P.B. and 4th 9yrs 100m

Murraya Horan – 3rd Jnr Long Jump

Rylee Cooper – 3rd Jnr 800m

Cassidi Bird – 1st 10yrs 100m and Jnr 200m, 2nd 800m

Skye Daniels – 2nd Jnr 200m and 3rd 10yrs 100m

Georgiana Chawner – 1st 11yrs 200m and 800m, 2nd 11yrs 100m and 3rd Long Jump

Patricia Willoughby – 2nd 11yrs Discus and 3rd Shot Put

Ivy Cross – 4th 11yrs High Jump, P.B. 100m.

Courtney Moss – 1st 11yrs Discus

Malina Hatfield – 1st 11yrs High Jump and Long Jump, 2nd 800m, 3rd 200m and 100m.

Jennifer Butler – 2nd Snr Shot Put

Sophie Sutcliffe – 4th Snr 800m, Long Jump and Shot Put. P.B. in Shot Put.

Daniel Easton – 2nd 8yrs 100m

Kori Eaton – 4th 8yrs 100m

Jacob Chawner – 3rd Jnr 800m. P.B. in 9yrs 100m

Adam Hayne – 2nd Jnr Long Jump, 3rd 9yrs 100m and Jnr 200m and 4th High Jump.

Tyler Sargeant – 3rd 9yrs 100m and a P.B.

Chaney Rhodes – 1st Jnr High Jump and P.B.

Will Evans – 1st Jnr 800m and 10yrs 100m, 2nd Jnr Shot Put and Discus and 4th 200m. P.B. 100m and Shot Put.

Jonathan Parker – 2nd 11yrs Discus and 3rd Long Jump

Sam Gibbins – 1st 11yrs Long Jump, Shot Put and Discus, 2nd 100m, 200m and 800m and 4th High Jump. P.B. in Shot Put and 200m.

Chevez Ethell – 2nd Snr Shot Put with a P.B.

Isaac Fittler – 1st Snr 800m, 4th High Jump and P.B. in 800m.

Joshua Collins – 1st 12yrs 100m, Snr 200m, Long Jump, High Jump and 3rd Shot Put. P.B. 100m, 200m.

Brendan Klazema – 1st 13yrs 100m, 2nd Snr 200m and 800m.

Equal Jnr Boys' Champion – Will Evans Runner-up
Jnr Boys' – Adam Hayne

11yrs Girls' Champion – Malina Hatfield Runner-up

11yrs Girls' Champion - Georgiana Chawner

11yrs Boys' Champion – Sam Gibbins

Snr Boys' Champion – Joshua Collins

RELAYS

1st Jnr Girls – Skye Daniels, Kirri-Lee Cutmore, Rylee Cooper and Cassidi Bird.

2nd Jnr Boys – Adam Hayne, Jacob Chawner, Tyler Sargeant and Will Evans

2nd Snr Girls – Malina Hatfield, Sophie Sutcliffe, Ivy Cross and Georgiana Chawner

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Aug	4	8	9 Matt Schumaker visit with Yr6. Uni English Comp. Mufti bully day (Wear Red). Aboriginal Playgroup.	10 Oceans of Fun. Guitar Lessons.	11 Spelling Bee in Bruxner Hall.	12 Assemblies - Infants 11.30 Primary 12.30	13/14
	5	15 Hearling teacher visit.	16 Hearing teacher visit. Uni Maths Comp. Aboriginal Playgroup.	17 Guitar Lessons.	18	19	20/21

CANTEEN

CANTEEN ROSTER

Wed	10	Vicki Hill, Bev Dorrington
Thur	11	Monika Freeman
Fri	12	Lou Holley, Abbi Maker
Mon	15	Leeza Wishart, Melinda Campbell
Tue	16	Monika Freeman, Angela Brown
Wed	17	Aleeca Zellers, Jen Sutcliffe
Homebake		
Mon	15	Melissa Clancy
Wed	17	Rachel Brown
Fri	19	Kristy Faulkner

DONATIONS (This Week)

Cruskits	Megan Niesen
Tomato Sauce	Melissa Cowin
Block Cheese	Angela Brown
Margarine	Lou Holley
Eggs	Rachel Brown
Sliced Beetroot	Aleeca Zellers
Carrots	Carmel Moore

MEAL DEAL - Wed, Aug 10th - Treasure Chest

Yummy Pirate burger(homemade meat pattie with cheese & tomato sauce plus a popper and ocean jelly and ice cream \$4.50.

Other Choices: Sausage Roll \$2.20
6 chicken nuggets \$2.20

Please note:

On Wednesday we do not offer the everyday menu. You may order the Meal Deal or the two other choices for that day. Thank you.

ABORIGINAL CHILDREN'S DAY



COMMUNITY NOTICEBOARD

Border Blues Little Athletics Centre AGM is on **Tuesday 16th August, 7pm** at the Bowling Club. New members welcome. Ph: 0400 364937 (Michelle McBurney) or 0427 361694 (Juanita Sullivan)

INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



Bully-proofing kids

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.



Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that's still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child's right to feel safe and secure. It can adversely affect children's learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn't be confused with bullying.

Bullying is selective and intentional. It's also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

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Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

- 1. Acting out:** outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
- 2. Acting in:** subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
- 3. Telltale signs:** more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don't have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

- 1. Listen to their story:** It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.
- 2. Get the facts:** Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child's school.
- 3. Recognise & validate their feelings (anger, fear & sadness are common):** Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.
- 4. Give them some common coping skills & defense mechanisms:** Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
- 5. Get the school involved:** If your child continues to struggle with bullying contact your child's school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.
- 6. Help build your child's support networks & their self-confidence:** Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.



Learn more about managing bullying.

I've set up a bullying section on the Parentingideas website with more information to help you prevent bullying, and manage it if it happens. Visit www.parentingideas.com.au/parents

Share your ideas and experience with other parents about managing bullying on my Facebook page. Visit [Facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting) and go to the Discussion page and look for the section on Managing Bullying.

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SIR HENRY PARKES MEMORIAL SCHOOL P&C

INFANTS CLUB

The Infants Club is a separate part of the P&C. The Infants Club raises money that is used solely by the Infants Department.

Money raised is used to subsidise each child on the annual excursion, buy pencils, glue and erasers for each classroom, magazine subscriptions and resources such as the recently purchased stereo.



Fundraising activities run by the Infants Club are the Easter Barbecue, Easter Raffle, Presentation Night Raffle and Cake Days.

The Infants Club meets only one or two times each term and these meetings take place during the day. The meetings are friendly and allow you to meet other parents from the school. Younger children are always welcome.

Please think about joining the Infants Club. New members (both Mums and Dads) are always welcome. Watch the newsletter for meeting dates and times.



SHPMS P&C Association Fundraiser



Trivia Night

(Raising Funds towards a new school football strip)

16 September 2011,

6.30pm for 7pm start at the Primary Hall

Teams of 6-8 ppl, cost \$15pp

Get your team together, brush up on your trivia
and come dressed in your footy clothes for a
great night out.

Lots of Prizes, Heaps of fun

BYO snacks, Bar running so no BYO drinks,

Payment required with booking

Further information: contact Deanne 0401305572

SHPMS P&C Association
Fundraiser—Trivia Night

Drop your completed
team form and money to
the school front office in
a sealed envelope

Team Name:
Team Members

Team Nomination Form

Team Contact

Name

Phone
