



# NEWSLETTER

## Assemblies

PB Assembly 10:15

Attachments  
Safety On Wheels.

Term 3, Week 10, 2011.

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

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

### K-2 Excursion

An absolutely fantastic day was had by all K-2 students, parent helpers and teachers who attended this excursion last Thursday. Ten pin bowling was a hit with many strikes and spares being apparent in many of the lanes. It was great to see students who had not bowled before having a go and more importantly having lots of fun. At the end of ten pin bowling the manager announced over the microphone that this was the best bunch of students he had ever had at bowling!! The wave pool was a huge hit with all concerned with lots of bleary eyed students bobbing in and out of the water. The staff at the pool commented on how they were looking forward to having our school attend, as the children are always polite and the excursion well organised. An excellent job was done by Mrs Caldwell (and the K-2 teachers) who organised the excursion.



A chilly 7am start!



All aboard the bus.....



Fun with friends



Mick gets ready to bowl

### NAPLAN results

The school will spend some time looking at the NAPLAN results to guide us with what we might need to look at for next year and beyond. At this stage though here are some early results:

- Our Indigenous students in yr 5 had a growth in all areas above the state average. The best performing area was Grammar and Punctuation where the average school growth was 144.8 marks which is well above the state growth of 80 (this is an amazing score).
- The best performing areas in yr 3 were Grammar and Punctuation and Numeracy where they performed above the state and received the schools highest score for at least 4 years.
- One of the yr 5 best results was in Numeracy where the school average growth of students was 103.3 marks which is above the state average growth of 94.3.

### Insights Reading

This week's reading is about Coaching Kids in Social Situations. This is an especially good article for parents with boys as we often find out that boys don't cope as well in social situations as girls. The article talks about rehearsing what to do, reminding them of the right responses and revisiting the correct behaviours.

### School Holidays

A reminder that this Friday, September 23<sup>rd</sup> is the last day of school for 2 weeks. All students and staff start again on Monday, October 10<sup>th</sup>. There is no staff development day at the beginning of Term 4. The school would like to wish everyone a safe and relaxing holiday and remember to always be safe, don't talk to strangers, let adults know where you will be and wear the right safety equipment when riding bikes, skateboards and scooters.

### Regional Spelling Bee

Last Thursday, our Junior Champions Angus Koch, Cassidi Bird and Senior Champions Georgiana Chawner and Juda Callaghan travelled to Glen Innes for the regional Spelling Bee Final. Angus made Round 3 of 5 and Cassidi made Round 4 and came sixth out of 34 students. In the senior section Georgiana made Round 1 and Juda made round 10 AND came 1<sup>st</sup>. He will now travel to Sydney in November to compete against the best spellers in the state. Congratulations to all these students and the best of luck to Juda.

## Crunch & Sip

### Dress up with colour

Did you know that there are 5 colour groups for fruits and vegetables?

- 1) White/brown 2) Yellow/orange
- 3) Purple/blue 4) Green 5) Red

Try to keep a variety of colours on hand so you can benefit from all of the nutrients these colour groups provide.

### Prepare the feast

Prepare fruits and vegetables so they are ready for round-the clock snacking.

- Cube melons and place them in a covered dish in the refrigerator.
- Wash berries and place them in bowls ready to put on cereal and yoghurt.
- Make a big tossed salad. Tossed salad lasts in a bowl for up to 2 days when it is not dressed.
- Bananas, peaches, plums and tomatoes can be placed on the counter in a bowl (refrigerate when ripe).
- Shuck corn and wrap in plastic. All you have to do is microwave for 2-3 minutes per ear.
- Keep potatoes, along with fat free sour cream and light margarine on hand for snacks and meals.

### Fruit and Vegetable Quiz

Provide the answers to these questions:

- 1) 8 of these berries have more vitamin C than one orange
- 2) The \_\_\_\_\_ is a variety of the peach. They are smooth while the peaches are fuzzy. Both are high in vitamin A.
- 3) This vegetable is also a grain.
- 4) This fruit has been used in civilization for a long time and is classified for table, wine or raisins. The red variety has received attention in the press for its heart-beneficial phytochemicals.
- 5) This sweet, delicious red melon can be served sliced or cubed for snacks and desserts; best of all, it contains just 80 calories per 2 cups!

### Answers:

- 1) Strawberries 2) Nectarines 3) Corn 4) Grapes 5) Watermelon

## NSW Bike Safety Week

N.S.W. bike safety week began on Saturday, September 17<sup>th</sup> and finishes on Friday September 25<sup>th</sup>. What a great time to service your bicycles (check brakes and tyres, ensure reflectors and lights are working, oil the chain, check your helmet), teach your children road safety and now that the weather is warming up get out and have a ride. Riding is not only great fun but also is great for your body and mind and provides a fantastic opportunity to spend time with your children and also educate them about being road wise. Remember to check your bike and helmet and wear appropriate, light or bright coloured clothing (DON'T

wear clothes which could get caught in the chain or wheels). HAPPY RIDING!

## Year 2-6 School Social

Tomorrow, Wednesday, September 21<sup>st</sup> the Year 2-6 social will be held in the Bruxner Hall from 5pm to 7pm. The theme is "Superheros", cost is \$4. Come dressed as your favourite superhero (undies on the outside of the costume) ready for some great dances, games and supper.



## Year 5 and 6 Lake Ainsworth Excursion

The Year 5 and 6 camp is just over 2 months away. Please keep paying off your camp.

## Coles Sports Program

The program is continuing so keep those vouchers coming. The more vouchers we collect the more sports equipment we can purchase. Keep collecting from families, friends or people in front of you in the queue that don't have children or don't want their vouchers. The program runs until the middle of October.

## Red Cross S.R.C. Fund-raiser

Last Wednesday, the Student Representative Council (S.R.C.) held a fundraiser for the Red Cross. The school filled the red cross on the flag and raised \$275.15. Congratulations and thank you for the donations!



## 5 Cent Foundation

Our school has a "5 cent foundation" which raises money for a sponsor child, her family and community in Vietnam. Her name is Thi Khanh Linh Ho and she is 6 years old. The 5 cent foundation relies on students and staff bringing in 5 cent coins (or any coins) and placing them in the tins provided (each class now has a tin). This money is then used to support our sponsor child by improving nutrition, providing clean water; helping to build schools; supplying teachers; providing books and pencils and help building health centres and providing medicine. The money also helps families and communities break the cycle of poverty and gives their children the chance to reach their full potential. Other projects may include helping families manage their money, develop farms and skills and job training.



# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
	10	19 P&C mtg 6.30.	20	21 Guitar Lessons. Social Years 2-6.	22 PB Assembly 10:15am. Book Club orders due in to school.	23 Rewards Day. Term 3 ends.	24/25
<b>Oct Term 4</b>	1	10 School resumes for teachers and students.	11	12	13 Kindy Orientation	14	15/16

## CANTEEN

### CANTEEN ROSTER

<b>Wed</b>	21	Help Needed Please
<b>Thur</b>	22	Monika Freeman
<b>Fri</b>	23	Janet Lockwood, Lou Holley
<b>Term 4</b>		
<b>Mon Oct</b>	10	Leeza Wishart, Melinda Campbell
<b>Tue</b>	11	Monika Freeman, Angela Brown
<b>Wed</b>	12	Aleeca Zellers, Jen Sutcliffe

### Homebake (Next Week)

<b>Term 4</b>		
<b>Mon Oct</b>	10	Roselee Henry
<b>Wed</b>	12	Aleeca Zellers
<b>Fri</b>	14	Carmel Moore

### COMMUNITY NOTICEBOARD

Swimming Club Registrations will be held on Thursday, September 22nd from 4:30 to 5:30pm at the local pool. Cost \$55 per member. Contact Mark Cooper on 0411 864 042 for further information.

**FREE ENTRY** to Harry Potter Movie Marathon on Thursday, September 29th from 10am - 4:30pm. Come dressed in your favourite Harry Potter character. Prizes for best dressed. Sponsored by Tenterfield Family & Youth Support Services. 6736 2619



4/5E with the 'flag of money' raised for Red Cross

### MEAL DEAL - Wed, Sept 21st PICNIC PACK

Enjoy a yummy fresh sandwich, ham & cheese or egg & lettuce (your choice) plus a popper and a cup of jelly & ice cream \$4.50.

**Other Choices:** Sausage Roll \$2.20  
6 Chicken Nuggets \$2.50

Thank you to all parents, grandparents and staff for your support over the past term. Have a great holiday.  
Vicki Petrie.



### Win a family pass to the NRL Telstra Premiership Grand Final







One Community is offering all PSC participants the chance to win a family pass (4 tickets) and 2 signed Premiership jerseys (1 for you and 1 for your school) to the upcoming NRL Grand Final.

To win a family pass (4 tickets) to the NRL Grand Final, tell us in 100 words or less why you would like to attend the 2011 NRL Grand Final on Sunday 2 October. Answers should be e-mailed to [psc@det.nsw.edu.au](mailto:psc@det.nsw.edu.au) by 12pm Friday 23 September 2011. **To be eligible to win you must include your full name, year and school.**




The lucky winner will be contacted via their school.

# Holiday Road Safety Tips

During the holidays there are more people using our roads at this time meaning there is a higher risk for accident, injury or even death. Motorists are urged to be extra cautious especially at night and when passing through residential areas, due to the unpredictable actions of pedestrians. Here are some useful road safety tips you can take in to make sure your journey is a safe one:

-  Don't set off on a long trip at the end of a day's work.
-  Sleep well before travelling. Don't drive at times you would normally be asleep.
-  Take a 15 minute break outside your car every two hours. There are almost 100 community driver reviver sites that operate throughout NSW during holiday periods.
-  Eat well balanced meals at regular times. You need the energy for brain activity and concentration while driving.
-  Do not use your mobile phone while driving. Turn off your mobile phone or keep it on silent.
-  Pack some quiet activities for the children in the car such as portable DVD players, books, small computer games, portable music player with headphones.

***Please remember that children are inexperienced road users and that it's important they are supervised in the traffic environment. Please remember to:***

-  Hold your child's hand while in the car park, on the footpath and when crossing the road.
-  Always buckle up in your seatbelt and follow the new national child restraint laws for 0-7 year olds. Help your children exit the car using the rear passenger door on the footpath side.
-  Ensure your child wears a helmet and rides in a safe place away from the road while on a bike, scooter or skateboard.

**HAVE A HAPPY AND SAFE HOLIDAY  
FROM THE SIR HENRY PARKES  
MEMORIAL PUBLIC SCHOOL**

# INSIGHTS

by Michael Grose - No. 1 parenting educator



## Coaching kids in social situations



**"Kids are born with L plates when it comes to social skills. Boys, in particular, need a little help and prompting about how to act appropriately around other kids."**

A mum approached me after a recent seminar with an interesting question about her son's behaviour amongst his peers.

She said her son is lovely but loud. He was a little too enthusiastic with his friends. So much so, that his buddies felt downright uncomfortable around him and sometimes gave him the cold shoulder. He also liked to be the boss, and didn't like being a follower in social situations.

**Here was a perfect opportunity for this mum to do some coaching to help her son negotiate social situations.**

Sure, it's great to get excited but kids from 2 to twenty-two need to learn that they have to **tone their enthusiasm down around certain people and in certain situations**. That's what the socialization process requires. Besides, popular children generally know when to follow the lead of others, how to share their possessions and that they won't always have their own way. This ability to share comes with maturity, but sometimes children need some gentle parental help in this area.

Here are three techniques to use to help your child to behave well around others, and maintain friendships as well.

- ✓ **Remind:** Be pre-emptive with your teaching. Before they visit their friends give them a couple of pointers that are relevant to them about their behaviour. *"Remember, to say hello quietly and ask them if they'd like to play with you."*
- ✓ **Rehearse:** It's useful to practise with kids how they should act in social situations. *"Okay, Jeremy tell me what you will say when you go to Grandma's. Let's practice saying hello."*
- ✓ **Revisit:** Give kids feedback after the event but keep it positive and upbeat. *"That was great the way you let the other kids lead the way. Your friends love it when you let them be boss."* Kids benefit from being told what works well in terms of their social behaviours, even if their attempts at being good only approximate what you are after. **It takes a little time for some kids to get things right!**

**Effective parents** are teaching parents. A lot of the lessons kids pick up from their parents are through mimicry. That's why modeling is one of your greatest allies. They need to spend some time with you so they can pick up good manners, the

importance of sharing and other social niceties. Boys, in particular, need a little help and prompting about how to act appropriately around other kids.

There are times when parents need to make sure their lessons hit home and that includes when you coach kids how to be social and consider the needs of others.



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