



## The Sir Henry Parkes Memorial Public School

Website: [www.sirhenryparkes-p.schools.nsw.edu.au](http://www.sirhenryparkes-p.schools.nsw.edu.au)  
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 Phone: 6736 1401 Canteen: 6736 1732

**Term 4, Week 4, 2012**

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

**Dear Parents and Community Members,**

### Selective High School Testing

The school now has information packages available for parents wishing to consider Selective High School Placement in year 7, 2014 (this means your child would currently be in year 5).

There are 17 fully selective and 25 partially selective High Schools which include Armidale High School, Duval High School, Peel High School, Farrer Memorial Agriculture High School and Hurlstone Agriculture High School amongst others. There are limited application packages available from the office otherwise online applications are available by accessing [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement).

Enquiries should be directed to the Selective High School and Opportunity Class Placement Unit on telephone 9707 6249 or via email [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)

### Picking up Students

Just a reminder that if you are collecting your child early from school it is imperative that you inform the front office and sign your child out. If you are delivering something to them, again it is very important to go via the front office and inform staff so that we are aware of your presence within the school.

This is a requirement if there is a fire or evacuation needed or more importantly for stranger danger reasons. Items can be given to the front office to deliver to your child at the most appropriate time so that lessons are not interrupted.

### Golf Day

A big thank you to everyone who came out and enjoyed the great day on Sunday. With over \$2500 worth of prizes it was a golf day not to be missed.

The P&C did a great job on the day with thanks going to Deanne Eaton, Robyn and Troy Hillier, Christine Maddocks, Carolyn Hall, Lyn Potter, Lou Holley and Lea-Anne Butler who spent the day cooking the BBQ, taking raffle tickets, organising food and running the drinks cart.

Also big thanks to Mr Stephen Manser who spent a lot of time organising prizes and donations and the setup for the day.

We also must thank the Tenterfield Golf Club for all of their assistance not only on the day but leading up to the event. This was a great fundraiser for the P&C and School and will hopefully become an annual event.

### P&C Meeting

The next P&C meeting is scheduled for

**Tuesday, November 6<sup>th</sup> at 6pm** in the main staffroom.

We should hopefully have a break down from the golf day and discussion as to what the money will be put towards.

### Toy recycling

With Christmas fast approaching, have you considered donating your youngest child's unwanted toys to charity? Many families feel the pinch over this time and donations to all charities are much appreciated. A new resource for quality used goods is *Second Chance Toys* ([www.secondchancetoys.com.au](http://www.secondchancetoys.com.au)) an Australia-wide community initiative to rescue and recycle gently used plastic toys by donating them to children in need. Check out the website for more information, or donate at your local op shop, charity or drop off bin.

### State Principals Conference last week

Last week Mr Daniels attended the state principal's conference with over 500 principals from around the state. In what was an extremely informative week, guest speakers included Ron Delezio (father of Sophie who was badly burned and injured initially in a car running into her preschool and then a few years later in a crossing accident) who had an incredibly heart-warming speech on what happened to his daughter and subsequent heartache they felt; Dr Pasi Sahlberg (Director General of the Finnish education system) who spoke about the similarities and differences in the two systems - last year in Finland over 7000 people applied to be teachers with only 700 being accepted, children in Finland don't start school until they are 7 and finish at 14; Dr Bob Brown (former Senator and environmentalists) who showed how passionate he was about the environment and Tasmania; Dr Jonathon Welch who initiated the Choir of Hard Knocks and was a judge on the TV show Battle of the Choirs and amongst others Dr Joanna McMillan who is the nutrition expert for the Today and Current Affairs shows on channel 9.

### Rainforest Heroes app:

Is your child researching the rainforest ecosystem? This new, free iPad app helps students capture their discoveries—at the zoo or from home—and save them as a report. Go to:

<https://itunes.apple.com/us/app/taronga-zoo-rainforest-heroes/id558373157?ls=1&mt=8>

### Asthma Action Plan

If your child has asthma and you want to feel as confident as possible about leaving them in child care. Here's a checklist on what you need to do, and what you can expect of others. Go to:

[http://www.asthmafoundation.org.au/Childcare\\_info\\_for\\_parents.aspx](http://www.asthmafoundation.org.au/Childcare_info_for_parents.aspx)

## Crunch and Sip and Health Message

Oranges – a brilliant citrus fruit which provides us with vitamin C, fibre, calcium and beta carotene which helps prevent colds, reduces cardiovascular disease and strengthens bones and teeth.



If an orange is partly green don't worry. These are actually the ripest oranges. Oranges and orange blossoms were once used in England and Italy to make perfume and cosmetics.

- Try cutting oranges into quarters and freezing them.
- Place in salads or
- Slice and set in jelly.

If drinking orange juice only drink freshly squeezed orange juice as other juices have added sugars and oranges already have natural sugars.

## One Way To A Healthy Lifestyle

**DRINK WATER**– all people should have at least 8 glasses of water each day. Depending on your size, the human body is made up of 55% to 78% water.



Drinking water has been shown to help people maintain a healthy weight, reduce the risk of developing some forms of cancer, relieve headaches, less likely to be sick, reduces cramps and improves moods.

Try having a bottle of water near you each day and sip away. Have a glass at each meal time. Don't wait until you are thirsty as this is a sign of dehydration.

## Intensive Swimming Scheme

Students in Years 2-6 have received a note about two weeks of intensive swimming. The program targets students in Years 2-6 who **can not** competently and confidently swim the length of the pool using freestyle. The program is heavily subsidised by the N.S.W. Department of Sport and Recreation who cover the cost of qualified instructors. Students only need to pay for transport and entry to the pool (or they can use their pool pass).



The program will run from **Monday, 26<sup>th</sup> November until Friday, 7<sup>th</sup> December** for 1hr each day. **Unfortunately, there are limited places and only the first 60 students with notes and money returned will be accepted.** Any questions please see Miss Eakin.

## Festival of the Famous

At the end of last term we held our first 'Festival of the Famous' program. This involved students from years three to six. Unfortunately, some of the selected student were absent. We would like to give these students the opportunity to present their project, so these students will present in the following weeks.

This Friday Rylee Cooper, Ky Eaton and Roshan Caldwell will present at the formal assembly. In week six, Georgiana Chawner, Skye

Daniels, Bayley Daniels and Roshan Caldwell will make their presentations.

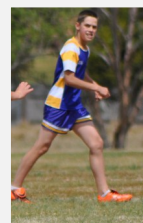
We look forward to watching these entertaining presentations of famous Australians.

## Bookfair

A reminder that Bookfair is on next week in the library. It will run from **Tuesday to Friday** so please take the time to visit the library during recess or lunch times.

## Touch Football Photos

\* Jacob Cox-Watching intently



\*Declynd Morris-Driving Forward

\*Chaney Rhodes-Proud of the team "Top 5"



\*Adam Hayne-Strong in defence



\*Michael Benstead-Relaxing before the big game

\*Zac Lieberman-Uses his speed to chase an opponent



# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Oct	4	29 *Gymnastics	30 *Gymnastics	31 *Guitar	1 *The last Kinder transition day 9:00am-11:30am	2 *Mr Daniels-Away *Assemblies: Infants 11:30 - KC Primary 12:15 - 5/6T & 4J	3/4
	5	5	6 *BOOK FAIR *P&C-6pm	7 *Mr Daniels-Away * BOOK FAIR *Guitar	8 *BOOKFAIR	9 *BOOK FAIR	10/11

## CANTEEN ROSTER

Wed	31st	Aleeca Zellers, Kim Cox, Trudy Campbell, Vicki Hill
Thur	1st	Monkia Freeman, Melissa Oakes
Fri	2nd	Danielle Sheppard, Help needed please
Mon	5th	Leeza Wishart, Melinda Campbell
Tue	6th	Angela Brown
Wed	7th	Kim Cox, Janice Chawner, Sharon Hollis

## Homebake (next week)

Mon	5th	Roberta Koch
Wed	7th	Crystal Liesegang
Fri	9th	Jayne Collier

## DONATIONS (This Week)

Tomato Sauce	Deanne Eaton
Blocked Cheese	Marie Thomas
Sliced Beetroot	Natalie Watt
Cruskits	Sylvia Ibbett
Lettuce	Jayne Harvey
Margarine	Allison Tonkin, Melissa Oakes
Eggs	Jayne Collier
Mayonnaise	Lisa Beltrame, Crystal Liesegang

## MEAL DEAL THIS WEEK-"Halloween"

Enjoy a long roll filled with eyeballs (meatballs) in spaghetti sauce sprinkled with cheese plus a monster juice (popper) and vampire jelly & Ice cream \$4.50



Other choices: Sausage roll \$2.20  
2 x mini pies \$2.00

## BOOK FAIR-WEEK 5

OPENING DAYS

**Tuesday, November 6th  
to  
Friday, November 9th**



**TIMES**

**11:00am-11:30am  
1:15pm-1:45pm**

## COMMUNITY NOTICEBOARD

### AK4C (Aussie Kids 4 Christ)

AK4C is on every Wednesday @ 4pm  
@ the Presbyterian Hall.  
All children aged between 5 & 12 are welcome  
Call Merelyn Gibbins on 0437681628 for more information

### WEEKEND TENNIS CAMP IN TENTERFIELD

Saturday November 17th to Sunday November 18th  
with TONY POLACK – High Performance Tennis Coach  
( only one in Northern NSW with this qualification )  
Sat - 2pm to 5pm and Sun 8.30am to 2pm (lunch ½ hr )  
For ages 7 to 17 – Cost \$55.00 or \$25/Sat or \$35/Sun  
Sun – 2pm to 3.00pm. Ages 5/6. Cost \$15.00  
Privates/semi privates avail by arrangement.  
To enroll Ph Christine Foster – 67362277 or  
Tony Polack – 0428454928/tpolack@optusnet.com.au  
Enrolments Close Wed November 14 – be early  
Search polackstenniscoaching.com.au  
Let's keep building tennis in Tenterfield

### BLUE LIGHT DISCO

Stanthorpe Blue Light Disco on Friday, November 9th  
(Under 18's ONLY)  
Prep-Year 3 5:30pm– 7:00pm  
Year 4-Year 7 7:15pm-8:45pm  
Year 8-Year 12 9:00pm-10:30pm

COST \$5 per person

For other inquiries call Stanthorpe Police Station,  
4681 6400



# KINDER TRANSITION DAY

