



NEWSLETTER

Attachments
* Raffle tickets

Assemblies

The Sir Henry Parkes Memorial Public School

Website: www.sirhenryparkes-p.schools.nsw.edu.au

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Dear Parents and Community Members....



Remembrance Day

Some of our school leaders and Mr Manser will be involved in Remembrance Day events this Sunday 11/11/2012.

The school has been involved in past years with the school leaders laying a wreath and being involved in the activities. The ceremony will commence at 10:30am and will finish at 11:05am.

The school would like to thank the school leaders who are able to be present on the day.

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 or online applications are available by accessing 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

Bookfair

A reminder that bookfair is on this 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.

P&C Meeting

The next P&C meeting is scheduled for tonight Tuesday November 6th 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.

Calendar Events

Thursday December 6th-Scripture Assembly, Thank you luncheon for scripture teachers and parent helpers.

Friday December 7th-PB Assembly 10am, Reports go home.

Tuesday December 11th-Presentation Day starting at 9:30am.

Thursday December 13th-Year 6 Farewell at Kurrajong Downs.

Monday December 17th-Rewards Day.

Presentation Day Assembly

Parents will be notified before the assembly date if their child is receiving an award on this day. The day will be held in our school hall and space is at a premium.

There will be reserved seating for parents of students who are receiving an award but this will be limited to 3 seats per family. If possible please limit prams or leave

them in the hallway or outside to allow for more space.

Senior Choir

Tomorrow the senior choir will be singing at the School of Arts at approximately 12:30pm. This is a great opportunity for them to showcase their talent to a wider audience.

Thanks go to Ms Hayley Coats for all of the hard work she has put into the choir, they are a credit to our school and to each and every parent.



Holiday planning

Holiday camps are a great way for kids 7-12 years or 13 and over—to have an adventure and make new friends in a supervised environment. Packages include accommodation, activities and meals.

Bookings are now open at camps across NSW.

Find out more: <http://www.dsr.nsw.gov.au/kidscamps/>

Changing schools

Research shows that when parents take the time to get children ready for a change of school they settle in quickly. Find out what to do if you're planning to make the move, whether across town or interstate. Go to: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/smoother-the-way-when-your-child-changes-schools>

Infants club raffle

The infants club will be running an end of year monster raffle that will be drawn on Presentation Day.

Tickets are \$1 each and are attached to the newsletter and can be handed in at the front office.



We are calling for donations of Christmas items or non-perishable food. If you prefer to make a gold coin donation, Infants club members will purchase additional items.

All food, Christmas items and gold coin donations can be handed into the front office.

We are planning to have a number of prizes so all donations will be gratefully accepted. Thank you for your continuing support.

November

Well its that month of the year again where people in the community grow unusual facial hair in order to raise money for "Beyond Blue", a charity targeting men's health and in particular mental illness.

This year, Mr Maher, Mr Swan, Mr Hillier and Mr Manser will forfeit their rights to be cleanly shaven and pass the hat around for a great cause. The money tin will come around classrooms during eating time each day and any donations would be very appreciated.

Week 6 Assembly

In week 6 we have 5/6C performing a play (15mins), 5/6M (10mins) and festival of the famous performances. So the primary assembly will be **starting at 12pm**.

Crunch and Sip and Health Message

One Way To A Healthy Lifestyle

EAT MORE FRUIT AND VEGIE– all people should have at least 2 pieces of fruit and 5 serves of vegetables a day.

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice. One small glass of juice provides a child's recommended daily amount of vitamin C.



Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight due to the high levels of sugar.

How to help kids and teens eat more fruit and vegies

Eating more fruit and vegies every day can sometimes be a struggle. However, research shows that we're more likely to do so if they're available and ready to eat. Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.



Some ideas to try:

- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season – they taste better and are usually cheaper.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegetables - such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
- Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins and cakes made with fruit or vegies.
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.

- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack—keep the fruit bowl full and have diced fruit in a container in the fridge.

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, 26th November until Friday, 7th December for 1hr each day.

Unfortunately, there are limited places and only the first 60 students with notes and money returned will be accepted. There are approximately only 15 places left. Any questions please see Miss Eakin.



Cricket Clinic

On Friday, 26th October, all students, along with students from Mingoola, Bonshaw and Jennings participated in a cricket clinic at our school. The clinic was lead by Cricket NSW and was free. Most sessions ran for one hour with the students developing their catching, throwing and batting skills.

All students received a "goody bag" which included posters, Milo and a soft ball. Please continue to practice these skills at home. Summer is coming and that means time for "BACKYARD CRICKET!" A game for boys and girls.

On Friday, 23rd November, students in Years 3 and 4 will travel to Shirley Park to participate in the "Cricket and Football Blast Challenge Day". These students will be in teams of 10 with 8 players on the park at once. They will develop their fitness, coordination, fine motor, problem solving, communication and team work skills as they play several games of soccer and cricket. Students will also learn how to continue to have a healthy and active lifestyle. The event is FREE and they will also receive a giveaway pack.

National Rugby Camp

Students who would like to develop their Rugby Union skills can participate in the National Rugby Camp to be in Armidale January 13th-16, 2013. For beginner to advanced. There will be top quality coaches and high profile players. Scholarships are available. For more information visit <http://www.nationalrugbycamps.com.au/> or see Miss Eakin.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Oct	5	5	6 *BOOK FAIR *P&C-6pm	7 *Mr Daniels-Away * BOOK FAIR *NO Guitar	8 *BOOK FAIR	9 *BOOK FAIR	10/11
	6	12 *Gymnastic	13 *Gymnastics	14 *Guitar	15	16 *Assemblies: Infants 11:30 - 1/2B Primary 12:00 -5/6M & 5/6T and Festival of the Famous * Mr Daniels-away	17/18

CANTEEN

CANTEEN ROSTER

Wed	7th	Kim Cox, Janice Chawner, Sharon Hollis
Thur	8th	Monkia Freeman
Fri	9th	Karen Cooper, Jody Lieberman, Monkia Freeman
Mon	12th	Monkia Freeman
Tue	13th	Angela Brown
Wed	14th	Aleeca Zellers, Kim Cox, Liz Bridge

Homebake (Next Week)

Mon	12th	Melissa Cowin
Wed	14th	Lisa Gruber
Fri	16th	Nicole Arnold

DONATIONS (This Week)

Tomato Sauce	Leanne Hall
Blocked Cheese	Katrina Ballangarry, Michelle Donges, Carolyn Hall
Mince	Mary Klazema
Cruskits	Jody Lieberman
Lettuce	Kim Cox, Robyn Hillier
Margarine	Shona Clark
Eggs	Rhonda Fowler
Carrots	Leonie Pederson
Mayonnaise	Polly Sargeant

MEAL DEAL THIS WEEK-"Show time"

Enjoy a mini dagwood dog on a stick plus a popper and a bowl of pancakes with maple syrup and ice cream \$4.50



Other choices: Hot dog in roll \$2.50
6 Chicken nuggets \$2.20

STUDENTS OF THE WEEK: Luci Donges, Myiekah Cutmore, Acacia Robinson, Dwana Evans, Amelia Wishart, Kristen Swan, Grace Butler, Sophie Ryan

SILVER PENNANT: Adam Thomas, Rosie Cross, Nessa Butler, Ryan Miller, Byron Spittles, Jayden Zellers

KINDNESS CERTIFICATE: Cory Harding

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

Peer Support

