



The Sir Henry Parkes Memorial Public School

Term 4, Week 6, 2012

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

Email: sirhenryparkes-p.school@det.nsw.edu.au

Phone: 6736 1401

Canteen: 6736 1732

Dear Parents and Community Members.....

Remembrance Day

A big thank you to our school leaders and Mr Manser who were present at the Remembrance Day Ceremony on the weekend. This is an extra duty that they perform and we are always thankful for their dedication and commitment to the role of being a school leader.

Guitar Lessons

Unfortunately Mr Smith is unable to give guitar lessons for the rest of the year. Mr Smith has volunteered his time to teach children of this school. We would like to thank him for everything he has been able to do over the years.

I know both the school and students have been able to learn lots from Mr Smith and we are hoping he will be able to join us again in the new year. Thank you Mr Smith.

5/6 Excursion

A reminder that the students involved in the year 5/6 excursion will be leaving next **Monday, November 19th**. They need to be at school at 6:30am to leave by 6:45am.

They will travel to places like Currumbin, Ten Pin Bowling, Seaworld, Timezone, Police Museum, Southbank, Dreamworld and much much more.

It should be a fantastic excursion for our senior students and a great experience. Thanks go to Ms Coats, Mr Maher, Mrs Thomas and Wayne Brown who volunteer their own time to go on excursions like these and are not paid any overtime or extra benefits for attending. Thank you and have a great time away.

Year 6 Transition Days

Most year 6 parents should have already received an invitation to the Year 6 Orientation Day on **Tuesday, November 27th at the THS**.

This is the official transition day and is aside from any other days that have already been held. Parents are invited to this day to view classrooms from 11:15am-12:40pm while the year 6 students will be involved in lessons.

A note will go home shortly to those year 6 students who want to be involved. Students will meet at SHPMPS as normal and walk down at approximately 10:45am.

There are also 2 more transition to school days being organised by Tenterfield Family and Youth Support Service on **Monday and Tuesday 3/4th December**.

These will be held at the Tenterfield Cinema and the RSL Hall and a note will go home shortly about these days as well.

5 tips for forgiveness from Generation Next

5 foundations of forgiveness

1. Name the transgression. Get the young person to name the experience they are feeling angry about and who or what they cannot forgive. Encourage them to speak to the person involved in a calm way and let them know that "you need to explain and acknowledge what has upset you so that the other person knows it made you feel bad and you can ask them not to do it again".

2. Explore their Feelings. Teach children empathy so they are able to forgive, explain that sometimes people are aggressive and angry because they have suffered someone being aggressive to them and they don't know how to express themselves in another way.

3. Ready to forgive. A child is ready to forgive when they don't want to experience those feelings of anger, frustration, resentment or guilt anymore.

4. Let it all go. When they are ready to forgive explain to them that it must be genuine and heartfelt if they are to feel better and be able to move on. It must come from the heart and cannot be lip service. Don't pressure the child, give them time to come round to feeling that they want to accept that someone has said sorry and they want to forgive from inside.

5. The way of the world. When young people become more aware of the world around them and see the struggles of others they find it easier to forgive.

Help them to understand that there are people in the world who experience wrongs done to them every day.

Forgiveness is an emotional process of clearing past hurts so you can be free to live your happiest life as an adult or child "Kids need to learn that it's okay to be angry," says Dr. Fitzgibbons, "but that staying angry for a long time can be harmful."

Writer Helen Splarn. Editor Dr Ramesh Manocha.

Source: Psychology Today. Kidsmatter

Primary Choir Performance

Last Wednesday the Primary Choir sang at a conference held by Tenterfield Social Development Committee at The School of Arts.

Students sang a song titled "Mean" by Taylor Swift that has an anti-bullying message. This was appropriate as they had just completed a session on Cyberbullying before the choir performed.

Their performance was greatly appreciated with a round of applause when their anti-bullying message was revealed on the backs of students during the instrumental section of the song.

The students were presented with a certificate of appreciation and a big thank you from all the people attending the conference. I would also like to take this opportunity to thank all the members of the Primary Choir for their effort and commitment this year. It has been a pleasure to teach them each week and I am very proud of each and every one of them.

Choir Master, Hayley Coats.

Books in Homes

The 'Books in Homes' program strives to promote the love of reading by all students. They try to achieve this by offering schools the opportunity to purchase book packs for their students.

This term we have been able to participate in this program. The school has purchased every student three books and a library bag each. Earlier this term, students were able to choose their own three books from a catalogue.

The book packs have arrived and will be sent home one day this week. We hope you enjoy reading these wonderful books with your child.

Crunch and Sip and Health Message

Watermelon – Watermelon is 92% water with the other 8% providing excellent nutrients (especially Vitamin A) which boosts the immunity, heals wounds and helps people have healthy teeth and gums. Watermelon helps reduce your risk of developing many types of cancer.

It is also great for the heart and kidneys and has been shown to reduce the effects of asthma, arthritis and diabetes.

Great snack – just cut a small slice or cube and place in a container.

One Way To A Healthy Lifestyle –

AVOID “SMALL SCREEN” ENTERTAINMENT

“Small screen” entertainment = watching or playing TV, computer/video games, iphones etc.

Research has shown:

- Spending too much time watching the TV or playing computer games is linked to being overweight which increases your risk of developing heart disease, some types of cancers, diabetes and some mental health issues such as depression.

- Children who watch more than 2 hours of TV or play the computer for more than 2 hours per day are more likely to have unhealthy eating habits, less likely to eat fruit and less likely to be active.

When watching TV or playing the computer children are more likely to eat unhealthy foods which are high in sugar, salt and saturated fats such as chips, biscuits, lollies and soft drinks.

Australian guidelines recommend that children between the ages of 5-15 DON'T SPEND more than 2 hours on “small screen” entertainment.

TIPS FOR PARENTS

- Think how best children could use the time for their health.
- Set viewing limits. (How long they can watch/play).
- Limit “small screen” activities during sunlight hours. Encourage children to be outside and active.
- Have a list of activities children could be doing instead of being involved in “small screen” entertainment. Eg. Playing at the park or in the backyard, gardening, riding their bike, doing jigsaw puzzles, playing board games, reading a book or comic, writing letters/stories/poems.

Book fair

Thankyou to everyone who took advantage of our BUY ONE GET ONE FREE BOOK FAIR.

Book Club

The final book club pamphlets for the year have been given out to children. They are due back at school **before 9am Thursday, November 21st**. The order will be placed that day.

Public Speaking Competition “On Ya Soap Box”

Last Tuesday, Aislyn Kerr, Courtney Smith and Ember Phoenix, participated in the Regional Public Speaking competition “On Ya Soap Box”.

All 3 students spoke, via video conference (a new experience), exceptionally well on the prepared topic “Money Can't Buy You Everything”. The students are congratulated for their outstanding efforts and achievements.

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.

There will be a **test day on Wednesday, November 21st**. Students are to wear their sports uniform and bring their swimmers, towel and sunscreen on this day.

There are approximately 5 places left. NOTES AND MONEY ARE DUE BY **THURSDAY, 15th DECEMBER**. Any questions please see Miss Eakin.

National Rugby Camp

Students who would like to develop their Rugby Union skills can participate in the National Rugby Camp held in Armidale on **January 13th-16th, 2013**. This is for beginners 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.

Free Oranges

An **ENORMOUS THANK YOU to Bi Lo** who donated 2 large trays of oranges to our school. They were very much appreciated. They allowed many of our students to enjoy some delicious crunch.

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**.

Attendance

Attendance at school is an important part of everyday life and vitally important for every student to receive a good grounding in the basics.

We often find that students who miss a lot of school, miss important instructional time which is very difficult to make up. As we have had a lot of students sick, it is important that as parents you do 2 things.

The first is to either send in a note or contact the office to explain why your child has been away. Our reports will now say Justified and Unjustified in terms of absences so you will know how many times your child has been away and the school hasn't been contacted or given a reasonable explanation. Remember that if your child is away for more than 3 days in a row a Drs certificate should be supplied to the school.

The second is to contact the class teacher to see if there is anything specific you can do to help your child with the work that they have missed.

Please remember that if you know your child is going to be away for 5 days or more an exemption can be given, but only prior to the student being away not afterwards.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
NOV	6	12 *Gymnastic	13 *Gymnastics (Last one)	14 *AECG meeting 9am @ THS	15 *Mr Daniels-away	16 * Mr Daniels-away *Assemblies: Infants 11:30 - 1/2B Primary 12:00 -5/6M & 5/6C and Festival of the Famous presentations	17/18
	7 Yr 5/6 Exc	19	20	21 * Swimming test day	22 →	23 *Cricket & Soccer day	

CANTEEN

CANTEEN ROSTER

Wed 14th Aleeca Zellers, Kim Cox, Liz Bridge
Thur 15th Michelle Bates, Monika Freeman
Fri 16th Fran Horan, (Help needed please)
Mon 19th Monika Freeman
Tue 20th Anglea Brown
Wed 21st Kim Cox, Sharon Hollis
Homebake (next week)
Mon 19th Jen Sutcliffe
Wed 21st Deanne Eaton
Fri 23rd Jody Lieberman

DONATIONS (This Week)

Tomato Sauce Nikki Phelps
Blocked Cheese Kristy Petrie
Cruskits Liz Bridge
Lettuce Jen Sutcliffe
Margarine Tonya Blacker, Jennifer Rhodes
Sliced Beetroot Lou Holley, Melissa Cowin
Mayonnaise Amanda Paris

MEAL DEAL THIS WEEK-"Bangers and Mash"

Enjoy a bowl of yummy mashed potato with pieces of BBQ sausage and gravy plus a popper and a chocolate coated ice cream on a stick \$4.50



Other choices: Lasagne \$2.70
2 mini pies \$2.00

NOT TO BE ORDERED AS A MEAL DEAL

STUDENTS OF THE WEEK: SILVER PENNANT: KINDNESS CERTIFICATE:

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 Wednesday, November 14th,
 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,
 07 4681 6400

SCARECROW COMPETITION

The theme is "CREATIVITY"
WHERE: Drake Public School
WHEN: November 22nd 2012
RULES: Scarecrow to be in (roughly) human form

To be delivered to the school on November 21st 2012
 Must be clearly labeled with the name of the entry and the artist.



CHOIR

say no to



bullying