



## The Sir Henry Parkes Memorial Public School

Term 4, Week 10 , 2012

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

#### PB Assembly

Thank you to all of those parents who attended our PB assembly last Friday. It is always heartening for children to see their parents, relatives or friends in the crowd when they are receiving an award. It is always lovely to see happy smiling faces when children receive an award. We were lucky enough to continue our relationship with the Salvation Army who had donated some prizes towards the Kindness Awards that are handed out at our assemblies.

Some very lucky children were able to go home with some extra goodies thanks to the Salvation Army in the form of skateboards, gift cards and scooters.

Well done to the children who were recognised as being kind all year.

#### Presentation Day Assembly

Congratulations to all of the students who received awards at today's Presentation Day Assembly. Unfortunately not all children can be given awards and the teachers agonise over which students will receive them.

The recipients are very deserving of their awards and are to be congratulated for the hard work they have put in all year. Well done.

#### Bookpacks

Bookpacks for all grades for 2013 will be available from the canteen as of tomorrow Wednesday, December 12th. Unfortunately the bookpacks for years 3-6 are missing 2 books as the wrong books were sent to us from the company. These will be given to students next year.

Bookpack prices are as follows:

Kindergarten - \$15

Years 1, 2 - \$16

Years 3, 4, 5, 6 - \$20



#### Year 6 Farewell

On Thursday night we will officially farewell the year 6 students at Kurrajong Downs. This is always both a sad and happy time as we say goodbye to some students who have been with us since kindergarten and usher them in to the next faze of their lives in high school.

We know that they will keep with them the values that they have been taught and welcome the opportunities that will be presented to them at high school.

#### Rewards Day

The pool has been booked for Rewards Day and both the K-2 and 3-6 classes attending at different times of the day. Rewards Day will be held on **Monday, December 17<sup>th</sup>** with activities also happening at school.

A big factor to students being able to attend this day are the entries in our yellow book system. The Learning Support Team have already started to look at students who have had multiple entries of level 3 and 4 and are determining whether these students are eligible to attend.

#### Wednesday's visitor

Tomorrow the school will be lucky enough to host a visit by Petero Civoniceva who will address the whole school for a short time.

He will talk to all of the students K-6 about healthy living and a healthy lifestyle and we are extremely lucky to have someone of his calibre willing to address our students.

#### Teachers

In these times when we are spending so much time handing out awards to deserving students it would also be important to recognise the teachers and hard working staff of this school who are extremely dedicated and committed to ensuring that this school is moving forward.

If you have the opportunity, please thank a staff member for all of the hard work they have put in all year to ensure the students of this school have every opportunity to excel.

#### 2013 Homework Planner

Kids and families run more smoothly when there's a plan - so print out the School A to Z's 2013 homework and study calendar, which includes key dates and school holidays.

Find out more <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>

#### Hundreds of holiday activities

There's no time to be bored these school holidays when you have Go Play's list of family and budget-friendly activities at your fingertips. Take a look at the calendar of events, or download the free Go Play app for ideas in an instant.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/school-holidays-5-things-to-do>

#### Helping your child choose right from wrong

In a fascinating podcast, broadcaster James O'Loughlin talks to Dr Simon Longstaff from the St James Ethics Centre about how to raise ethically aware kids.

Ideas discussed include getting involved with your child's school, providing some well-defined boundaries, knowing how to talk to your child and being a role model at home.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-your-child-choose-right-from-wrong>.

#### Free BBQ

This **Friday, December 14<sup>th</sup>** the Infants club will be providing all children K-6 with a free sausage sandwich at lunch time. Each child will receive one sausage sandwich to celebrate the end of the year.



## Crunch and Sip and Health Message

Cherries – a fantastic summer and Christmas fruit which help prevent cancer and heart disease, helps improve sleep, are high in Vitamin A, improving eye sight, help prevent memory loss, reduces the risk of diabetes, aids digestion, rich in Vitamins C, E, fibre, potassium, magnesium, folate and iron, and are a powerful anti-inflammatory which has been shown to help reduce pain and joint soreness particularly after a workout.



Cherries are great by themselves, in salads, in deserts and smoothies.



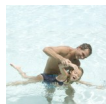
## Water Safety

- NEVER swim alone. Even adults should have someone else with them when swimming.
- When swimming at the beach, swim between the red and yellow flags.
- Never dive into dams, rivers, creeks, the beach, the shallow end of a pool or unknown water. Walk in or place a stick in to test the depth. There may also be hidden objects under the water.
- If you can't swim and someone is in trouble NEVER go in to save them. Throw them a rope, hose, floatation device (eg. Kick board) or go for help.
- If in trouble in the water float, tread water or raise your arm above your head. DON'T wave your arm around as people will think you are waving to them.
- Slip, slop, slap, rap.

## Intensive Swimming Scheme

Congratulations to all the students who participated in the Intensive Swimming Scheme. All students made exceptional progress, tried their hardest, displayed fantastic behaviour and beat me (once again) in a race.

It was a pleasure to take all the students. It is imperative that the students have opportunities to continue to develop these skills. When taking your child swimming, please ensure they are adequately supervised (NEVER leave them unattended even for a few seconds) and have them practice swimming BEFORE they play.



## School Swimming Carnival

Our 2013 School Swimming Carnival will be held on **Thursday, February 7<sup>th</sup>** with the back-up day being **Monday, February 11<sup>th</sup>**. **LOTS** of time to train!



# Christmas Holiday Road Safety Tips



As the Christmas Holidays approach, thousands of families are set to hit the roads for holiday trips. A concern for everyone across the country is always that of road safety over the holiday period. 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.
- \* Ensure all passengers wear a seatbelt.
- \* 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 safe and Happy Christmas

From

The Sir Henry Parkes Memorial Public School

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
DEC	10	10	11 * Presentation Day 9:30am	12 * Visit by Petreo Civoniceva	13 * Yr 6 Farewell	14 * K-2 Xmas Disco	15/16
DEC	11	17 * Rewards day	18	19 LAST DAY FOR STUDENTS	20	21 LAST DAY FOR STAFF	22/23

## CANTEEN

### CANTEEN ROSTER

**Wed** 12th Aleeca Zellers, Liz Bridge, Monika Freeman  
**Thur** 13th Monika Freeman, Michelle Bates  
**Fri** 14th Kim Cox  
**Mon** 17th Monika Freeman  
**Tue** 18th Angela Brown  
**Wed** 19th Kim Cox, Sharon Hollis

**Please note that over the next 6 days we will be very short on supplies. So please be patient with us if your child has to make another choice.**

**UNAVAILABLE:** Fish cocktails, Lasagne and Large pies

### 2013

At the beginning of Term 1 2013 we will have our new menu and price list available. There will be a few changes in some products (very minimal) however our meal deals will increase to \$5.00

### Thanks from Vicki

A big thank you to the mums and dads who have helped out in the canteen, homebake and donations over the past 12 months. Without your help we would not be able to provide this wonderful service five days a week. We are looking forward to another great year in 2013.

Vicki Petrie Canteen Supervisor



### MEAL DEAL THIS WEEK- "THE FINAL DRUM ROLL"

Enjoy 2x yummy drummy's (boneless chicken pieces in drum shape) with a warm dinner roll and a sachet of sweet and sour sauce plus a popper and a bowl of ice cream with mini marshmallows and Christmas magic topping (choc) \$4.50



Other choices: Ham and cheese sandwich \$2.20  
Egg and lettuce sandwich \$2.50

### Infants Club raffle winners

1st: Joseph Brown  
 2nd: Lou Holley  
 3rd: Michael Cutmore  
 4th: Tamika McDonald  
 5th: Skye Daniels  
 6th: Max Collier  
 7th: Michelle Donges  
 8th: Kristy Petrie  
 9th: Samson Pitt  
 10th: Klazema family  
 11th: Michelle Donges

Thank you to everyone who donated a prize and also who bought tickets.

### COMMUNITY NOTICEBOARD

#### Tenterfield - OPEN 20/20 CRICKET COMPETITION

Calling all High School students, Men and Women interested in playing 20/20 cricket.

We seek nominations for 20 players initially to form two social teams. Teams may increase depending on interest.

A trial game will be played in December.

All games will be in the evening.

To nominate or for further information: Contact Steve after 5pm (ph 0401 035 291)

#### KIDS J.A.M

"Heaps of Free Fun" Day

Sunday, December 16th

At Stanthorpe Showground's

All kids must be accompanied by an adult!

Heaps of activities such as pony rides, animal farm, wood workshop, free show bags and helium balloons plus heaps more.....

#### SANTA PHOTOS

Visit Santa at "Tanglewood" Christmas shop and have your child's photo taken with Santa

**WHEN:** Wednesday, December 5th

Thursday, December 6th

Friday, December 7th

Wednesday, December 12th

Friday, December 14th

Between 4pm and 6pm

And

Saturday, December 15th between 3:30pm-5:30pm





# PRESENTATION DAY



2013 LEADERS