



NEWSLETTER

Attachments

*Christmas Carnival

*Gingerbread house

Assemblies

Infants 11:30am 1/2P
Primary 12:15pm 3/4M & 3E

The Sir Henry Parkes Memorial Public School

Term 4, Week 8, 2012

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Phone: 6736 1401

Canteen: 6736 1732

Dear Parents and Community Members.....

Year 6 Transition Days

Today our year 6 students attended the High School for the first of their 3 transition days. The students participated in a range of different lessons to see what it is like during a normal High School day. They then had a BBQ lunch before coming back to school. It was great to see how mature our students were as they enter the final few days of primary school. Well done.

There are still 2 more transition to High school days being organised by Tenterfield Family and Youth Support Service on **Monday 3rd and Tuesday 4th December**. Held at the cinema and the RSL Hall and all students will be meeting here at school and walking down to the venues on both days.

Whooping Cough

We have had a number of new cases of Whooping Cough being diagnosed in the last week. If your child is displaying symptoms of Whooping Cough (flu like symptoms-runny nose, coughing, sneezing, mild fever) then you should keep them home from school while they are being tested.

Unfortunately results can take anywhere between 2-10 days for confirmation. Children should be treated with antibiotics before returning to school. In older students the cough can be described as a dry, persistent cough and can be contagious for up to 21 days. The "whooping" sound is more prevalent in younger students and babies. Information can be obtained from <http://www.whoopingcough.com.au/>

Behaviour Term 4

A reminder that if your child receives three level 3's (or 2x level 4's) in our behaviour "yellow book" this term they may be excluded from events that are happening, for example: swim school, rewards day, presentation day etc. Please discuss with your child the importance of consistent behaviour and doing the right thing.

This is not the time to have a lapse in behaviour!

Gingerbread Houses

The school will be running a Gingerbread House making night on **Friday, December 14th** starting at 5:30pm. Kits will cost \$35 each and payment must be made to the front office before **Wednesday, December 5th** to ensure kits can be ordered. Please see the attached flyer for more info

Dates for 2013!!

- **Wednesday, January 30th**- School resumes for students in years 1-6.
- **Monday, February 4th**- School resumes for Kindergarten students.
- **Thursday, February 7th**- School Swimming carnival.
- **Friday/Saturday/Sunday, February 8th/9th/10th**- Tenterfield Show.
- **Friday, February 15th**- Zone Swimming Carnival.
- **Friday, February 22nd**- Cultural Show at school, "Pass the Poetry (cost \$4.50).
- **Friday, March 1st**- German Band at the Memorial Hall.

Infants Club

Meeting- The final Infants club meeting will be held next **Tuesday, December 4th** at 10:30am. Items to be finalised are the raffle and BBQ. New members most welcome and your attendance is appreciated.

Raffle- Please keep sending in hamper items. We are hoping to make this a multidraw raffle. Thank you to the people who have already made donations.

Library

This is the last week for borrowing books from the library and all books borrowed are to be returned by **Friday, December 7th**.

5/6 Excursion

Alas, we returned from the year 5-6 Brisbane / Gold Coast excursion.

First stop Currumbin Wildlife Park. We enjoyed an Educational Program about the 'Adaptations' of animals in the environment.

After Lunch we learnt about the Queen Bee and her workers at the Super Bee, where students tasted different kinds of honey.

Monday night everyone went to the Superbowl to show off their skills at Ten Pin Bowling.

Day two, still a little weary, we set off for Seaworld and to learn about different breeds of seals and their habitats. Everyone enjoyed the rides and water park.

Tuesday night we headed off to Timezone for 2hrs of amusement and continual fun.

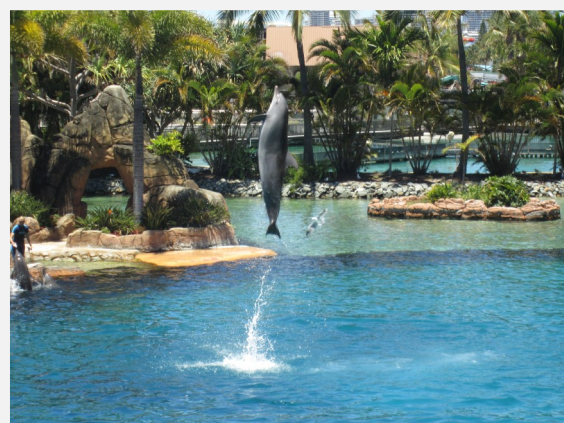
Wednesday morning, off we went to the Police Museum to solve mysteries and puzzles.

After lunch we went to the Science Centre to learn about sound waves and played with a multitude of scientific experiments.

Time for relaxation at the Motor Inn then off to 'Infinity's' at Surfers Paradise, this was definitely a learning experience.

Our last day was at Dreamworld on an extremely hot day, but energy levels were at an all time high, visiting Big Brother House, shopping, dodging spurting water and too many rides.

Miss Coast, Mr Maher and Mrs Thomas would like to thank the students for their exceptional behaviour. Well done everyone.



Crunch and Sip and Health Message

Pineapples –Pineapples are great for the digestion, high in Vitamin C-helps maintain healthy blood vessels, organs, skin, and bones, high in antioxidants which boosts the immunity to fight off colds, high in manganese which helps in energy production, high in Vitamin A and Beta carotene which is essential for healthy eyes.



They have no saturated fats or sodium (salt).

Try cutting the pineapple into small pieces and place in a small container for crunch. For a cool treat at home during summer try freezing the pieces.



WATER – the best liquid refreshment available. Recent studies have reinforced the message that people of ALL ages MUST avoid soft drinks to remain healthy and avoid illnesses such as heart disease, diabetes, some forms of cancer and tooth decay.

These studies have also shown that fruit juice is nearly as bad. While 100% fruit juice may offer some essential vitamins they are also high in sugar (natural sugars).

There are about 10 teaspoons of sugar in a can of coke, 10 teaspoons of sugar in the same size drink of apple juice and 8 teaspoons of sugar in orange juice. There are a massive 15 teaspoons of sugar in the same size drink of grape juice.

You need to use at least 4 apples to make a small glass of apple juice. It is better to eat a piece of fruit as you receive the needed vitamins without the sugar and also feel full.

Intensive Swimming Scheme

The intensive swimming program began yesterday, **MONDAY, NOVEMBER 26th** and will **FINISH on FRIDAY, 7th DECEMBER** (ten days).

Please ensure your child has their swimmers, a towel and sunscreen which must be all labelled.

If required, they may wear a cap and goggles (these ARE NOT TO BE PURCHASED ON THE DAY and students MUST be able to put them on themselves).

Students with long hair are required to put their hair up. Students who have asthma should also have their medication with them.

Cricket and Soccer Challenge Day



Last Friday, 44 students mostly from Years 3 and 4 participated in a fun day learning and developing cricket and soccer skills.

The students were involved in a number of games and really enjoyed the day.

The students also learned that you don't need to have all the proper equipment to play the games and you can have fun by just moving about.

Now is a great time to start playing backyard cricket.

All students received a "goody bag" for their efforts.

State Debating

This **Sunday, December 2nd** until **Wednesday, 5th December**, Chloe Morris will be representing the North West region in the State Debating competition in Sydney. We wish her all the best and safe travelling.

International Day Of People With A Disability

Monday, December 3rd is International Day Of People With A Disability. The day aims to promote understanding of people with a disability and have people with a disability and those without, to realise the skills and abilities these people have and how they can adequately function in society and everyday activities even with just a minor adjustment to equipment or requirements (eg. Sign language, ramps, braille).

As was witnessed in the Paralympics, people with a disability often can achieve more amazing results than most abled bodied people.

How many of you can swim 50m in 25.33sec with 2 arms let alone 1? Matthew Cowdrey did this in 2010.

How many of you can swim 50m without arms or legs? Several swimmers did this at the 2012 Paralympics in London. Please **DON'T** park in a disabled spot as it is a designated area to assist those who have a physical need to be closer to certain areas (it is **ILLEGAL** if you don't have a permit and one day you may need this spot) and don't pat guide dogs while they are working.

Amanda Woods Community Services

Do you have a child with Learning, Behavioural or Emotional Problems?

Ever been frustrated because:

- You get conflicting advice and information?
- You don't know where to go to get good advice or support for you and your child?
- You don't know where to go to get a diagnosis for your child?
- You can't get anyone to listen to what your child needs?
- Don't know what Medicare rebates are available to you and your child?
- Don't know exactly how a Psychologist/Speech Pathologist/OT can help you child?

There is a **FREE** informational webinar on Wednesday, December 5th starting at 7:30pm-9pm all you need is a computer, internet connection and speakers.

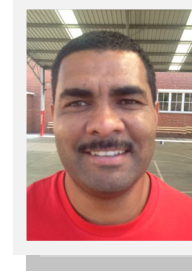
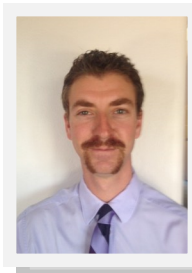
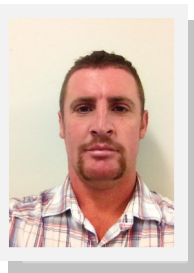
This link is <http://p0.vresp.com/JRY15U>

November

Below are our 4 staff members and their growing efforts. They have done us proud.

This will be the last week for collecting money. Thank you to everyone who has donated so far.

We will let you know in next weeks newsletter how much was raised for this very worthwhile cause



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
NOV/ DEC	8 Swim School	26	27 *Y 6 Transition day at THS	28	29	30 *Assemblies Infants 1/2P Primary 3/4M & 3E	1/2
DEC	9 Swim School	3 * 2 nd Y 6 Transition day	4 *Infants club meeting 10:30am *P&C 6pm *3 rd Y 6 Transition day	5 * Mr Daniels Away * Payment due for Gingerbread House	6	7 * Reports go home	8/9

CANTEEN

CANTEEN ROSTER

Wed	28 th	Aleeca Zellers, Kim Cox, Vicki Hill
Thur	29 th	Monika Freeman, Melissa Oakes
Fri	30 th	Danielle Sheppard
Mon	3 rd	Leeza Wishart, Melinda Campbell
Tue	4 th	Angela Brown
Wed	5 th	Kim Cox, Janice Chawner, Sharon Hollis

Homebake (next week)

Mon	3 rd	If you can help, thank you
Wed	5 th	If you can help, thank you
Fri	7 th	Sam Murphy

DONATIONS (This Week)

Eggs	Jayne Collier
Cruskits	Lisa Beltrame
Lettuce	Melissa Oakes, Jayne Harvey
Carrots	Allison Tonkin
Sliced Beetroot	Natalie Watt
Mayonnaise	Deanne Eaton, Sylvia Ibbett

CANTEEN CHRISTMAS PARTY (THIS SUNDAY)

If you have helped out or supported the canteen in any way and would like to celebrate another successful year, please come and join us on Sunday, December 2nd at the Tenterfield Golf Club Restaurant starting at 6:30pm. Price as per menu
R.S.V.P Vicki by Thursday, November 29th
on 02 67 361 732



MEAL DEAL THIS WEEK-"Snack Pack"

A tasty fresh sandwich.
(egg & lettuce or ham & cheese, your choice)
Plus a popper and a ice cream in a dish with chocolate flavouring and malt topped with a wafer biscuit \$4.50



Other Choice: Tray of lasagne \$2.70
Sausage roll \$2.20

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)

POOL PARTY "WE GO TO RIO"

At Tenterfield swimming pool on Saturday, December 1st
Starting at 5:30pm-9pm

Cost will be \$3 (NOT \$30) Accompanying parents free
All ages welcome

Big new inflatable, music, games and loads of prizes
including best dressed

Theme is "trotto"

A Wintersong fundraiser

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

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.....

CRAFT STALL

Looking for something different

Great range of homemade gifts

Too many items to mention so come and have a look

At the Anglican Church Hall

Saturday, December 1st starting at 2pm onwards

All proceeds raised go to Anglican Youth Ministry.

SUNNYSIDE CHRISTMAS TREE

WHEN: Saturday, December 1st

WHERE: Sunnyside Hall

COST: \$5 per car

Lucky door prizes, raffle, kids games, clowns

and face painting

6pm: Barbeque

8pm: Santa arrives (DST)

(Gift limit \$10 supper plate appreciated)



5/6 EXCURSION

