



## The Sir Henry Parkes Memorial Public School

**Term 4, Week 9, 2012**

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

#### Year 6 Transition Days

Yesterday and today our year 6 students attended extra transition days run by Youth Connections. These are designed to give our students extra assistance at understanding what it means to enter high school, how to read timetables and extra information on attending high school.

We would like to thank Youth Connections for running these extra days which will only enhance our student's understanding of high school.

#### Gingerbread Houses

A reminder that the school will be running a Gingerbread House making night on **Friday, December 14<sup>th</sup> starting at 5:30pm.**

Kits will cost \$35 each and payment must be made to the front office **before tomorrow Wednesday December 5<sup>th</sup>** to ensure kits can be ordered.



#### PB Assembly

Our PB (Personal Best) assembly will be held this **Friday, December 7<sup>th</sup>** in the Bruxner Hall at 10:15am. Students, at this stage, do not know if they are receiving an award, however parents have been contacted so they can be present on the day. There will be a morning tea afterwards for all PB winners, their families and staff. The assembly normally runs until approximately 11am.

#### Thank you luncheon

On **Thursday, December 6<sup>th</sup>** the school will be hosting a Thank You luncheon to any parents or community members that have helped out this year at our school.

This would include being a parent helper in the classrooms, driving students to sporting or debating events, helping out at sporting events, timing, scripture teachers etc and anyone who has helped teachers in their day to day classes. If you have helped out in any way we would love to see you on Thursday in the primary staffroom at 1:00pm.

#### Presentation Day Assembly

A reminder that our main Presentation Day assembly for the year will be held on **Tuesday, December 11<sup>th</sup>** in the Bruxner Hall.

Invitations have been sent out to parents of award winners and there will be some RSVP seating in place. The assembly is due to **start at 9:30am** and will run to approximately 11:00am.

Anyone is welcome to attend but seating will be at a premium and space is always paramount when we have so many people in the hall. Please note that this is a celebration of award winners from throughout the year not a concert performance.

#### 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 have been determining whether these students are eligible to attend.

#### Toilet Training advice from Sue Larkey

1. Avoid potties! Start out with the end in mind. Children have trouble generalising and the last thing you want is to have to carry their pottie around with you everywhere you go!
2. Visuals are very important. Make up some visuals to help the child understand the toileting process and to provide a prompt.
3. Prepare lots of FUN activities to do with the child. Making going to the toilet fun takes the pressure off and makes it a motivating place to go.
4. Rewards are one of the most important elements of toilet training – children need a motivator as it is just too easy to continue to go in their nappy. Rewards need to be instant and powerful. Reward IMMEDIATELY and reward the same every time.
5. Base yourself in or right next to the toilet for the first few days of toilet training. Have as many home comforts in the room for the child to make it a fun environment.
6. Remove nappies. Once you start toilet training do not let the child put on any form of nappy until they go to bed at night. If you let them wear them during the day at all they will learn to hold on until they are in their nappy.
7. Toilet time – put the child on the toilet every 30 minutes for 10 minutes at a time, increasing time as they get the hang of it.
8. Teach the child the whole steps of toileting – including putting on underpants, flushing the toilet and washing hands.
9. Some children may have sensory sensitivities related to toileting. Sensory sensitivities need to be respected and worked on.
10. Create good routines around toilet timing. Have set times when the child must go to the toilet.

#### Leaving your child at home alone

Making some clear 'home alone' rules with your child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed.

Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/development/leaving-your-children-at-home-alone>

#### Developing a team spirit

Team sports help kids to learn that things don't go their way all the time, and that they need to respect their peers. They also help kids with resilience and how to respond to setbacks.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports>



## Crunch and Sip and Health Message

Mangoes – a fantastic summer fruit which help prevent cancer and heart disease (lower cholesterol), clear the skin (reduces pimples), one cup of sliced mango provides 25% of your daily vitamin A needs which helps improve eyesight, helps normalize insulin levels in diabetics, improves digestion, great remedy for heat stroke and boosts the immunity helping to prevent flus and colds (high levels of vitamin C).



Can be eaten:

- whole (except the seed and skin);
- cut into slices;
- sliced and frozen;
- in fruit or other salads.



## How to Beat the Heat

For many, summer is a fun season but it can also be dangerous if you don't protect yourself, your family or pets from the sun. Here are some tips:

- Drink plenty of water
- Plan your day around the heat – avoid being outdoors between 11am and 5pm
- Minimise physical activity
- Avoid alcoholic, hot or sugary drinks
- Check on elderly friends, neighbours and relatives, especially if they live alone
- Wear light coloured, loose fitting clothes made from natural fibres like cotton
- Take cool showers or baths

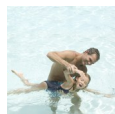


Cool your house by shading windows, shutting curtains and, if it's safe to do so, opening windows at night to let in cool air. If you have an air-conditioner, make sure it is working before you need it. If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema, try to go early, so you're not outside in the middle of the day. For more tips to beat the heat visit [www.health.nsw.gov.au](http://www.health.nsw.gov.au)



## Intensive Swimming Scheme

The intensive swimming program continues this week and will **FINISH THIS FRIDAY, DECEMBER 7<sup>th</sup>** (ten days).



The students are progressing well and we hope they continue with these efforts over the holidays and beyond. 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 Banking

School banking has now finished for the year, Please **do not** send in bank books to school tomorrow.



## November

November raised \$215.30! Thanks to everyone who made a donation.

Unfortunately, it wasn't enough for Mr Maher to dye his "mo" pink or Mr Manser to continue with his, but a great effort by all.

## Confidence in public

Kids need to develop their skills for speaking in front of others long before their 21<sup>st</sup> birthday. If your tips for keeping nerves at bay during public speaking are limited to imagining your audience in their underwear, here is some advice to help your child prepare for their big moment in the spotlight. <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/public-speaking-in-primary-school>

## Motivating lazy children

Why do some children lead a lazybones life, while others tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical? Find out more:

<http://www.schoolatoz.nsw.edu.au/en/wellbeing/fitness/motivating-lazy-children>

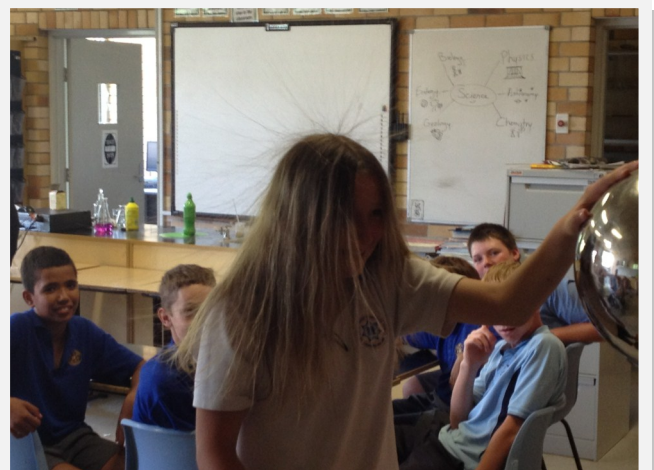
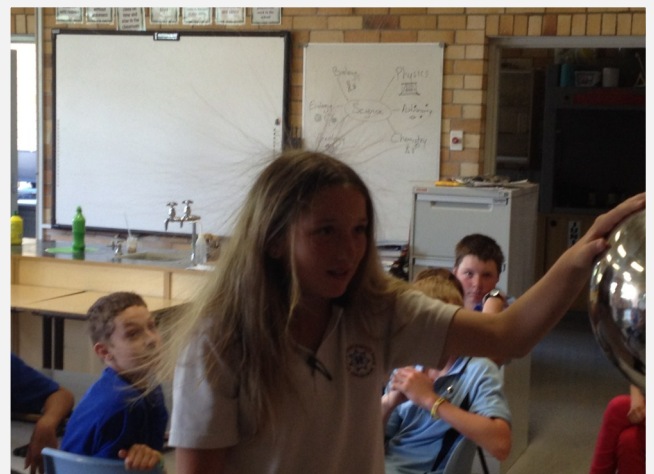
## Infants Club

**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.



## Year 6 Transition at the High School

Sam Chapman at the Year 6 transition day enjoying some static electricity.



# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
DEC	9	3 * 2 <sup>nd</sup> Y 6 Transition day	4 * Infants club meeting 10:30am * P&C 6pm * 3 <sup>rd</sup> Y 6 Transition day	5 * Mr Daniels Away * Payment due for Gingerbread House	6 * Scripture Assembly 12pm * Scripture teachers, classroom helpers luncheon to follow	7 * PB assembly 10.15am * Reports go home * Payment due for Yr. 6 Farwell	8/9
DEC	10	10	11 * Presentation Day 9:30am	12	13 * Yr 6 Farewell	14 * K-2 Xmas Disco	15/16

## CANTEEN

### CANTEEN ROSTER

Wed	5th	Kim Cox, Janice Chawner, Sharon Hollis
Thur	6th	Monika Freeman
Fri	7th	Jody Lieberman (help needed please)
Mon	10th	Kristine McCowen, Natalie Watt
Tue	11th	Angela Brown
Wed	12th	Aleeca Zellers, Kim Cox, Liz Bridge

### Homebake (next week)

Mon  
Wed  
Fri

### DONATIONS (This Week)

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

### STUDENTS OF THE WEEK:

Georgia Hollis, Piper Clarke, Georgia McKinley, Sophie Halliday, Olivia Bates, Hayley Carpenter, Abbey Holley, Adam Hayne, Katie Preston, Cory Harding, Thomas Newman, Aaron Simpson

### SILVER PENNANT:

Jed McCowen, Ryan Sutcliffe, Robert Cameron, Indiana Maher, Savannah Caldwell

### BRONZE PENNANT:

Jackson Bates, Jahkeem Binge, Samantha Brown, Anita Cochran, Joseph Truran, Myiekah Cutmore, Geoff Swan

### KINDNESS CERTIFICATE:

Simran Sandhu, Samson Pitt

### 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

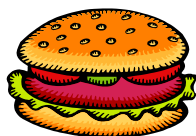
And

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



### MEAL DEAL THIS WEEK-"Henry's Classic Burger"

A fresh bread roll with a tasty BBQ steakette topped with cheese and tomato sauce plus a popper and a mug of jelly and ice cream \$4.50



Other choices: Sausage roll \$2.20  
or  
Ham and cheese sandwich \$2.20





KL CLASS AWARD FROM SCHOLOASTIC BOOK CLUB



FESTIVAL OF THE FAMOUS



STATE TITLES



TOUCH FOOTY TEAM MAKING THE TOP 5 IN THE STATE



PEER SUPPORT



KINDY TRANSITION DAY



REGIONAL SOCCER



CHOIR



5/6 EXCURSION

SOME OF THE HIGHLIGHTS FROM TERM 4