



# NEWSLETTER

## Assemblies

### Attachments

- **Holiday program letter**
- **Cross country info**
- **Tennis Camp**

**Term 1, Week 10, 2012**

**BE SAFE, BE FAIR, BE KIND, BE CO-OPERATIVE.**

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

### Interim Reports

Term 1 interim reports have gone home with students today for everyone in years 1-6. These are a one page summary of how your child has settled in to the start of the year. Interviews can be requested by both teachers and parents.

If you do not receive one, please contact your child's teacher.

### P & C Meeting

The next P&C meeting will be held tonight (**Tuesday, 27th**) at **6pm** in the primary staff room.

#### Agenda Items

- Hall of Fame
- Car park
- Sports Carnival
- Fund Raising
- Insurance for canteen against food loss
- Infants club contributing for soft fall in Infants Play area
- Toilet upgrade
- Unflued Gas Heaters
- Headlice
- Physical Education

All parents and carers are invited to attend.

### Easter Hat Parade

The Easter Hat Parade will be held on **Thursday, April 5th at 12:30pm**. This will be held on the undercover basketball court area for all students and community members.

K-2 students will walk around the area in groups while all other students cheer them on. Some students in years 3-6 will then join in and model their creations. There are no 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> prizes on this day all students are winners.

Parents and community members are most welcome to come and watch the parade.

There will be sausage sandwiches and drinks for sale on the day.



### PB Assembly

The PB assembly for Term 1 will be held on **Tuesday, April 3rd at 10:15am**. This will be a K-6 assembly held in the Bruxner Hall and all community members are welcome to attend.

PB winners will be contacted this week. There will be a morning tea held after the assembly for all PB winners and their family in the main staffroom.

### Oracles Entries

A number of students have entered poetry in the Oracles of the bush to be held this Friday. Parents will need to pick these students up from school and take them down to perform their poems.

Parents can then bring students back to school at the completion of their competition.

## Common School "diseases"

Following are some common "diseases" that we often see at school including appropriate advice.

### School sores-Impetigo

Small sores that change into blisters that fill up with pus and become crusted. Children need to be kept at home while the sores are being treated by a doctor, these are contagious and sores need to be covered. See a Dr for treatment.

### Ringworms

A small scaly patch on the skin surrounded by a pink ring. Children need to be kept at home until after fungal treatment has begun. See a Dr for treatment.

### Headlice

Itchy scalp, white specks stuck near the base of the hairs, live lice can often be seen in the head. Children should be kept at home until treatment has been done.

### Conjunctivitis

Itchy eyes, often being red and watery, eyelids may stick together on waking.

Children should be kept at home while there is discharge coming from the eye. See a Dr for treatment.

### Chicken Pox

Slight fever, runny nose, a rash that begins as raised spots that blister and scab.

Children are to be kept at home for 5 days from the onset of the rash and until the blisters have dried. See a Dr for treatment.

### Hand, foot and mouth

Mild illness, blisters around the mouth, hands and feet.

Children stay at home until the blisters have dried. See a Dr for treatment.

### Slapped cheek

Mild fever, red cheeks, itchy lace like rash and possible cough, runny nose and sore throat. Children are infectious before the rash appears. See a Dr for treatment.

### Influenza

Fever, runny nose, sore throat, cough, muscle aches and headaches. Children should stay at home until they look and feel better. See a Dr for treatment.

## Personalised Learning Plans

There will be a meeting on Tuesday April 3 starting at 3:30pm (at "Plastic Park") for all Indigenous parents to discuss with the teachers the Personalised Learning Plans for students. We hope to see you there.

## School Photos

Photos will continue next week with all family photos and sports and special events photos to be held next Monday, April 2nd. Children who are in school sporting teams will need to bring their sports uniform to put on for photos.

## ANZAC Day - April 25th,

Falls on a Wednesday, Week 1, Term 2. All children will be asked to attend the local ANZAC Day march in Tenterfield on that day. More Information to follow.

School Leaders will attend the Dawn Service as well.



## Crunch and Sip and Health Message

### How can I make fruit and vegetables more appealing to my child?

Research has found that children prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp, fresh vegetables.



- Try the following tips to encourage children to enjoy fruit and vegetables:
- Buy a variety of seasonal fresh fruit so your child doesn't become bored
- Involve your child in choosing what fruit and vegetables to buy
- Give them a small, hand-sized piece
- Cut large fruit and vegetables into small manageable pieces
- Make 'vegie people' with your child
- Freeze small pieces of fruit as an icy snack (try pineapple wedges, orange quarters or grapes).

## Exercise For A Long Life

Everyone should aim to participate in 30 minutes of moderate activity each day to not only improve their physical, mental and emotional health but also improve their coordination, problem solving and team work skills and make new friends.

Now is a great time to sign up for new sports with many beginning their competition after the holidays such as soccer and rugby league.

Don't forget about other sports on offer in Tenterfield such as Martial Arts (your child may one day represent Australia at the Olympics) or Physical Culture. You don't have to be in a registered team to improve your health. Going for a walk, playing with pets, fencing, riding your bike, gardening are all great activities to get your heart pumping.

Exercise has also been shown to save people heaps of money as you won't miss work from being ill or having to buy expensive medications.

## Fruit Challenge

Congratulations on the continued effort to the fruit challenge.

The school challenge finishes this Friday, but the real challenge begins by keeping this as a life-long eating goal to eat 2 pieces of fruit each day.

Each class winner/s will receive a special certificate recognising their healthy eating. Students can eat this fruit during "Crunch", recess and/or lunch. Students can eat any fruit. Some examples are:- apple, orange, banana, pear, plum, peach, nectarine, kiwi fruit, a bunch of grapes blueberries, strawberries, pineapple pieces.

## State Swimming Carnival

Next week, Ella Wishart will travel to Homebush, Sydney to compete in the State swimming championships.

We wish her well and safe travelling.



## National Ride Safely To School Day

Last Friday was "National Ride Safely To School" Day where children were encouraged, where possible, to ride to school. This was a great day for parents/carers to reinforce the road safety message, great day to check your child's bike (tyres, brakes, chain, lights, seat) and also a brilliant way to get active and strengthen hearts, bones and muscles while making you feel happy and reducing stress.



We had 20 students ride, scooter or skate to school and 33 students walk. These are all activities which are fun, reduces the risks of developing heart disease, some forms of cancers, reduce stress and increase bone and muscle strength.

## Year 5 and 6 Chocolate Fundraiser

Years 5 and 6 students are selling chocolates and lollies to assist with payment for their end of year excursion to the Gold Coast and Brisbane. These can be purchased for \$3 each.



Thank you to all the people who have already generously supported these students. Money and/or chocolates MUST be returned by **Friday, March 30th**.

## Easter Raffle

The Infants Club are asking for donations for the multi-draw Easter Raffle that will be drawn at the Easter Parade. Donations can include Easter eggs, colouring books, mugs or soft toys. They can be left at the Front Office at school. Thank you to those who have already donated.

## Bulb Order



Thank you to those families who returned Bulb Orders. The school gets to keep \$540 which is a massive effort.

Special mention to Doug Fletcher who sold \$300 worth and Crystal Lisengang who sold \$256 worth of bulbs.

## End of term 2, beginning of term 3.

The last day for students for this term will be **Thursday, April 5th**. Term 3 starts for students on **Tuesday, April 24th** with the Monday (April 23rd) being a Staff Development Day and the Wednesday (April 25th) being the ANZAC Day holiday.

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Mar	10	26 * School Photos	27 * Interim reports home * P & C mtg 6pm	28 * Guitar	29 * Special K-2 Scripture 11:50am in Bruxner Hall. Special 3-6 Scripture in class rooms	30	31/1
	11	2 * School sports & Family photos	3 * PB Assembly 10:15am - Prim Hall * PLP meeting at "Plastic Park" 3:30pm	4 *Guitar	5 * Rewards Day * Easter Hat parade - 12:30pm * <b>Last day of Term 1</b>	6 <b>GOOD FRIDAY</b>	7/8

## CANTEEN

### CANTEEN ROSTER

Wed	28th	Kim Cox, Janice Chawner
Thur	29th	Monkia Freeman, Melissa Oakes
Fri	30th	Jody Lieberman
Mon	2nd	Kristine McCowen, Natalie Watt
Tue	3rd	Angela Brown
Wed	4th	Aleeca Zellers, Kim Cox, Liz Kennedy

### Homebake (Next Week)

Mon	2nd	Sarah Daniels
Wed	4th	Deanne Eaton
Fri		HOLIDAYS

### DONATIONS (This Week)

Tomato sauce	Nikki Phelps
Mayonnaise	Joanne Willoughby
Block Cheese	Tonya Blaker, Jen Sutcliffe
Lettuce	Kristy Petrie, Jennifer Rhodes
Tomatoes	Robyn Hillier
Sliced Pineapple	Liz Kennedy
Onions	Amanda Paris
Sliced Beetroot	Melissa Cowin

### MEAL DEAL - Wed.

#### HENRY'S SUB FEAST

Long rill filled with meat balls in pasta sauce baked in the oven plus a popper and a small tub of yoghurt topped with fresh fruit \$4.50

#### Other choices:

Sausage roll \$2:20  
Hot dog Roll \$2:50

### STUDENTS OF THE WEEK:

#### INFANTS:

Jed McCowen, Savannah Caldwell, Robert Cameron, Jade Sargeant, Joshua Beltrame.

#### PRIMARY:

Kasey Gruber, Jayden Zellers, Jemma Sutcliffe, Nikkea Cameron, Courtney Moss, Emma Anderson.

### KINDNESS CERTIFICATE:

Nicole Cowin, Rylee Cooper, Andrew Townsend, Laylah Maher

### BRONZE PENNANT:

Juda Callaghan.

### SILVER PENNANT:

Patricia Willoughby

### PRINCIPAL'S AWARD:

Michelle Townsend

### COMMUNITY NOTICEBOARD

#### KIDS CLUB!!!!

For children from Kindy to Yr 6. Saturday 31st March, at The Sir Henry Parkes Memorial Public School. 12 to 4 pm FREE BBQ lunch provided  
Fun, games and stories all about EASTER  
Contact Hughie McCowen on 67 373 687, 0429 121 915  
Or the Anglican Church on 67 361 086  
This event is run by Christ Church Anglican Tenterfield and the visiting Sydney Missionary and Bible College team.

#### YOUTH CONNECTIONS and FYS 80's DISCO

**When:** 5th April 2012

**Where:** Memorial Hall Tenterfield

**Cost:** Gold Coin Donation

**Infants to Year 6:** 5.30-7.00pm

**High school:** 7.30-9.30pm

Fully supervised

Food and drinks available to purchase on the night.  
Any money raised goes to the local skate park.

#### Tenterfield Junior Soccer Association

Registrations for junior soccer will occur on Saturday April 21 and Saturday April 28, from 9-12 at the oval.  
Cost for children 5-11yrs old will be \$75, children 12-16yrs old will be \$85. Online registrations will be available before this date.

More information to follow in coming weeks.

# School Social fun!



## "My Friends and I" Puppet show

