



NEWSLETTER

Attachments

* School Mascot

Assemblies

Ed Week- K-6 11:30am

The Sir Henry Parkes Memorial Public School

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Term 3, Week 3, 2012

Dear Parents and Community Members,

Gymnastics

Unfortunately the instructor who was due to start gymnastics today is ill and may not be able to do gymnastics at all. We are currently working with the organising group to secure another instructor. We will let you know what happens.

Education Week.

Don't miss out on our activities this week, with the main ones being on **Thursday, August 2nd** and **Friday, August 3rd**.

Thursday is our mini Olympics with every student being asked to come dressed in their house colours. Students will complete a variety of activities on a rotational basis throughout the whole day.

The students will wear house colours to represent 4 out of the 5 colours of the Olympic rings. The teachers have been asked to wear black to represent the 5th ring of the Olympics.

This should be a fun day with activities starting around 9:30am and continuing throughout the whole day.

Friday will see our presentation assembly and open classes starting at 10:30am-11:00am with open classes.

A special presentation assembly will occur in the Bruxner Hall at 11:30am with all classes and stages putting on a performance of some kind. This should be a great spectacle.

Playgroup

The Aboriginal playgroup that meets at Tenterfield Social Development (Tenterfield Family and Youth Support Service) will meet at school on a **Tuesday from 11:30am-1:00pm**.

Mrs Maddocks will be running a "getting used to school" program for all of these children. It is also open to any child who is not currently attending pre-school but will attend kindergarten next year. If this applies to you please see Jenny Melmeth at TIFYSS or ring the school to talk to Mrs Maddocks.

School social

It was wonderful to see approximately 90 students attend the school social on Monday night. Students were very colourfully representing all football codes and teams as they dressed up, painted faces and waved streamers and flags.

A great night was had by all and many thanks go to the teachers who give up their own time to not only run events like this but turn up and ensure all students have a great time.



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

Soap dispensers-toilets

As many parents are aware the school toilets are well overdue for an upgrade both inside and out. We were hoping to hear something in the last few weeks but alas nothing has eventuated.

As a temporary measure in all of the toilets, the school has purchased some soap dispensers and had them installed above the sinks (thanks Dennis). This will give all students access to soap in the toilets, at least as a temporary measure until we hear something definite about the toilet upgrade.

Breakfast Club

As many parents are aware, the school runs a breakfast club program in the Rainbow room each and every day. This is extremely popular with students irrespective of whether they have had breakfast at home or not. In fact, in June 607 students attended breakfast, in May the school did 702 breakfast meals while in March there were 715 students attend breakfast club.

We were lucky enough, at the beginning of the year, to receive a large donation of breakfast cereals as well as Norco donating some milk each week and the Tenterfield Bakery donating some bread.

Otherwise all of these things would come out of the school budget. The P&C has also kindly donated \$250 towards the costs of breakfast club to ensure it will continue into the future.

The school (and students) would like to thank everyone who has kindly donated goods or money to keep this worthwhile program afloat.

My School Kitchen Rules (MSKR)

On **Wednesday, August 1st** the second group of students will attend the High School to start their "cook off" with other students.

Group 2 will be accompanied by Mr Maher who is looking forward to enjoying some culinary delights.

Last week Group 1 made chocolate milkshakes, spicy chicken parcels and chocolate mousse topped with strawberries. As all students are able to eat what they cook I'm sure a lot of students are hoping for tasty, not burnt, offerings.



Crunch and Sip and Health Message

5 reasons to pack a mandarin for Crunch&Sip*

1. They are sweet and juicy. Kids love them!
2. They are nutritious - full of vitamins and fibre
3. They come in their own biodegradable packaging
4. They don't bruise easily
5. They are a perfect size for kids to eat during Crunch&Sip*



Fat Free Foods

It's great to limit the amount of saturated fats we have in our foods, but it's also important to be aware of how much salt and sugar we are eating.

When eating foods that say "fat free", "reduced fat" or "light/lite" check the label to see how much sugar and salt these foods contain.

Although foods may be fat free such as lollies, they will have a high level of sugar which are stored in the body and if not used become fat therefore increasing a person's weight and chances of developing type 2 diabetes, heart disease and some forms of cancer while making everyday tasks more difficult and also causing tooth decay and cavities.

One can of soft drink contains a MASSIVE 8 teaspoons of sugar. It is recommended that people have no more than 25-35grams of added sugar (there are natural sugars in fruits). Avoid adding sugar to cereals and drinks and take care of the foods you select.

If sugar is the first ingredient named on the List of Ingredients select another item such as a banana, orange or apple.

Staff Car Park and Road Safety

Just a reminder, parents/carers are to meet their child/ren at the large tree near the Infants building and exit via the gate near the pedestrian crossing.

Due to safety issues and our School Road Safety Policy students and parents/carers are **NOT** to walk through the staff car park.



Zone Athletics

Next Tuesday, August 7th 40 students will represent our school at the Zone Athletics in Glen Innes. We wish them all well and safe travelling.



Spelling Bee

The school's Spelling Bee involving selected students from Years 3-6 will be held on **Monday, August 13th** at 9:15am in the Bruxner Hall.

Families are very welcome to attend and hear our amazing spellers in action. The top 2 students from Junior (Yrs 3-4) and Senior (Yrs 5-6) will then compete

in the regional final to be held in September. The word lists for the 2012 Premier's Spelling Bee are now available:

<https://www.artsunit.nsw.edu.au/speaking-competitions/spelling-bee/2012-premiers-spelling-bee>

Username: teacher

Password: eucalyptus

Coles Sports For School Program



THANK YOU! An AMAZING amount of Coles Sports For Schools vouchers have already been brought in. To celebrate the Olympics, Coles are giving DOUBLE vouchers for every \$10 spent until **Tuesday, August 14th**.

Vouchers can be placed in the collection box at BiLo or in the box near the front office at school (Please **CUT** the vouchers into single vouchers). We really appreciate your continued support.

Book Club

Book club is due back at school by **9am Thursday, August 9th**.

Football



On **Tuesday, July 24th** the open boys Rugby League team embarked on the long journey to Coonamble for round 4 of the NSW PSSA State Knockout. After only an hour in the bus, the boys pulled up at Glen Innes to start their Touch campaign. They were far too strong for their Glen Innes Public School counterparts winning 9-2 in an excellent demonstration of skill and maturity.

Then, the long road to Coonamble continued passing towns such as Armidale, Tamworth, Gunnedah and Coonabarabran before pulling up at Coonamble at around 6pm.

The School Principal greeted us and cooked a BBQ with drinks and a nice banana cake for dessert. We stayed in the library overnight with plenty of laughs and team bonding.

The next morning, we were given breakfast through the school breakfast club and then preceded to the local ground to take on the home side. The game itself was a see sawing event with scrappy play at times and neither team taking control. With four minutes remaining, it was anyone's game as the scoreboard read 16-12 our way.

Fortunately, we were able to score on the bell to seal the victory 22-12. Standouts were Will Evans and Geoff Swan who played to an extremely high level, while mention must be made of Cory Harding and Ky Eaton who played their best football yet.

The trip home was long and saw us arrive back in Tenterfield at 8pm Wednesday night. The trip was broken up with a quick dip at the Piliga Bore Baths. A special thanks to Townes Earthmoving for allowing us to use their mini bus. Also Mr Geoff Swan for driving and parents/caregivers for their efforts thus far.

The boys will now play Quirindi Public School in the coming weeks in a HOME regional final. The date will be decided in the coming days.

Lost and Found

We have 2 trophy's that have been handed into the front office.

One is from the Tenterfield Quota Eisteddfod for "Kindergarten School Verse Speaking" and the other is from Kilarney Pony Club.

If either of these trophy's belong to you, you can come and collect them from the front office.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
July/ August	3	30 *Social 5:00pm-7:00pm	31	1 EDUCATION WEEK *Gymnastics *MSKR @ THS (Group 2) *Edu Week Assembly @ THS 4pm	2 *Mini Olympic activities with Dean Gilchrist	3 *Open classes 10:30am *Edu Week Presentation Assembly 11:30am	4/5
August	4	6 *Touch Footy against Warialda @ Tenterfield Rugby League Park 11am	7 *Gymnastics *11:30am Aboriginal play group *Zone Athletics @ Glenn Innes	8 *Gymnastics	9 *Mr Daniels – Away	10 *Mr Daniels – Away *MSKR @ THS (Group 1) *TFYSS Bonalbo excursion	11/12

CANTEEN ROSTER

Wed	1st	Deanne Eaton, Kim Cox, Sharon Hollis
Thur	2nd	Monkia Freeman, Sue Clarke
Fri	3rd	Lou Holley
Mon	6th	Monkia Freeman
Tues	7th	Angela Brown
Wed	8th	Aleeca Zellers, Kim Cox, Vicki Hill
Homebake (Next Week)		
Mon	6th	Lou Holley
Wed	8th	Melissa Oakes
Fri	10th	Jayne Collier

DONATIONS (This Week)

Tomato Sauce	Megan Condrick, Lynette Whitby
Blocked Cheese	Trudy Campbell
Margarine	Nicole Arnold, Megan Niesen
Sliced Beetroot	Jessica Gibbins, Roselee Henry, Roberta Koch
Lettuce	Tracy Caldwell
Vegemite	Lisa Gruber

School photo's/ Special Groups

Special group photo's are available from the front office please have all orders back by **Friday, August 3rd**.

- *Year 6
- *Year 6 "Muck up"
- *S.R.C
- *School Leaders
- *Sporting House Captains
- *Rugby League Senior
- *Rugby League Junior
- *Girls Basketball
- *Boys Basketball
- *Girls Hockey
- *Boys Hockey
- *Girls Soccer
- *Boys Soccer
- *Zone Swim Team
- *Netball
- *Debating
- *Senior Choir
- *Junior Choir

The photos are **\$14.00** each, 2 for **\$26.00**, 3 for **\$36.00**, 4 for **\$44.00** or 5 for **\$55.00**.

MEAL DEAL THIS WEEK—"Go for Gold"



Treat yourself to a baked potato filled with con carne mince (not spicy) topped with cheese plus a popper with green & gold jelly with ice cream \$4.50

Other choices: Sausage roll \$2.20
Hot dog in roll \$2.50



COMMUNITY NOTICEBOARD

Children's Art Classes

Grades 4-8
General art 1 1/2 hour lessons 3:30pm-5pm
4 weekly block \$50
Starts soon Phone Karen on 67 360 000
Tenterfield Community College



Family Day Care & After School Care

Family day care and after school care available
KCL qualified
Contact Bethany on 02 67 364 430

MSKR



FOOTY TRIP

