



NEWSLETTER

Attachments

- * Nit Flick
- * Foster Care

Assemblies

The Sir Henry Parkes Memorial Public School

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Term 3, Week 4, 2012

Dear Parents and Community Members,

Gymnastics

After many problems with our gymnastics program I have been assured that we **will start next week.**

The program will run on Tuesday's and Wednesday's as planned and because we have started late will run into term 4. Students will need to remember to bring appropriate clothing and shoes to change into before the lesson.

Education Week

Last Wednesday our choir did a fantastic job singing at the high school. They sung 2 songs which absolutely enthralled the audience including the wonderful actions and superb timing that they all showed.

It was amazing to see our students perform with such grace, timing, poise and confidence. Well done to the choir and to Ms Coats for a great job.

Our school presented 4 awards on the night. They were:

Geoffrey Swan- Outstanding Student Achievement

Kim Cox- Outstanding Contribution to a School by a Member of the School Community



Louise Holley- Outstanding Contribution to a School by a Community Member

Lynette Potter- Outstanding Contribution to the School by a Staff Member



"Photos courtesy of Tenterfield Star"

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

Nit Flick Weekend

The P&C have decided to help beat nits in our school to have a Nit Flick weekend on the first weekend in September. The school fully supports this initiative from the P&C and urge all parents to get behind this strategy to try to eradicate nits from our school. Please see the attached flyer for more information.

Mini Olympic Day

What a fantastic day we had last Thursday with the team from Sportspro led by Dean Gilchrist.

The students were active all day rotating around a variety of activities, competing, having fun and enjoying a great day. The day started with both students and teachers marching onto the oval behind coloured banners before taking the Oath to participate in the days' activities. The day ended with all students forming the Olympic rings and racing the teachers in a mini hurdles relay.

Touch Football-A Touch of Class

Yesterday, the boys touch team played Warialda Public School at Rugby League Park.

The game was a high scoring affair with both teams going try for try throughout the game. The game ended with our boys being on top 12-7.

Our boys 'rolled up' well and laid a good platform for them to work the edges. Considering it was blowing a gale, the boys did well to throw the ball around as much as they did.

All nine boys played well with Chaney Rhodes scoring four touchdowns and Tyler Sargeant defending strongly.

The boys now take on Gulargambone Central School in the third round of the PSSA knockout. It will be a tough game as they were regional finalists' last year. Fortunately, they have offered to meet us at Gunnedah which will cut the trip by a few hours.

A date will be determined over the next few days.

Animal Safari

Students from Kindergarten, Year One and Year Two classes will have some visitors on **Wednesday, 22nd August**. Local Pre School and Day Care Centres will be coming to participate in an Animal Safari Fun Day. Students will rotate around different activities which will include art, craft games and stories.

All students starting next year are welcome to attend. If not attending Day Care or Pre School, please let the front office know if your child will be attending. More information will be included in next week's newsletter.

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®



Sugar

It is recommended that people have no more than 25-35grams (6-9teaspoons) of added sugar (1teaspoon=approx. 4grams) a day.

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. Below is the sugar content of some foods.

These foods also contain high levels of fat and salt.

*1Pop Tart = 4teaspoons of sugar

* 1 cup Nutrigrain= nearly 3 teaspoons of sugar

* Most cans of soft drinks contain at least 8 teaspoons of sugar. A can of Coke=10teaspoons of sugar.

* 4 Oreo cookies= 3 ½ teaspoons of sugar

* Roll-up = 1 ½ teaspoons of sugar

* Choc-chip or yoghurt covered muesli bar= 2 teaspoons of sugar

* 250ml of tomato sauce= 15 teaspoons of sugar

* 1tablespoon BBQ sauce = 2 1/2teaspoons of sugar

These foods are okay to eat, but remember they are **"sometimes foods"**.

Premier's Sporting Challenge

Congratulations to all classes who participated in the Premier's Sporting challenge. Students in K-2 were challenged to run around or play a game at least once during the day while students in years 3-6 and staff were challenged to participate in 30 minutes of activities every day.

Congratulations to all students and staff who participated in the challenge and continue to be active.

RESULTS:

3E – Gold

3/4M – Gold

4J – Silver

5/6C – Gold

5/6M – Gold

5/6T - Gold



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 carpark.

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 **Sunday, August 14th**. Vouchers can be placed in the collection box near the front office (Please **CUT** the vouchers into single vouchers). We really appreciate your continued support.



Exemptions from school

A reminder that if your child is going to be away from school for any length of time an exemption can be filled out at the front office.

This would mean that the absences do not count against your child and do not count against the overall school absence rate.

As most parents are aware if a child falls below 80% attendance rate then the school has an obligation to fill out a Home School Liaison Referral. This is irrespective of whether parents have informed the office of the reason for being away. Therefore it is beneficial for parents to fill out exemptions for their child for any length of time.

Asthma awareness

Does your child suffer from asthma? Asthma affects about 1 in 9 school-aged children.

The Asthma Foundation has great information for parents of children who suffer from asthma.

For more information on how you can support a child with asthma, go to

<http://www.asthmafoundation.org.au/>.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	4	6 *Touch Footy against Warialda @ Tenterfield Rugby League Park 11am	7 *Aboriginal Play Group 11:30am *Zone Athletics @ Glen Innes	8 * Regional Football Final @ Tenterfield Rugby League Park 1:30pm	9 *Mr Daniels – Away	10 *Mr Daniels – Away *MSKR @ THS (Group 1) *TFYSS Bonalbo excursion	11/12
August	5	13 *Premiers Spelling Bee 9:15	14 *Gymnastics *11:30am Aboriginal play group	15 *Gymnastics	16 * Girls Soccer - Here	17 *Assembly Infants 11:30, Primary 12:30	18/19

CANTEEN ROSTER

Wed	8th	Aleeca Zellers, Kim Cox, Vicki Hill
Thur	9th	Monkia Freeman, Melissa Oakes
Fri	10th	Danielle Sheppard, Ally Stuart
Mon	13th	Monkia Freeman, Leeza Wishart
Tues	14th	Angela Brown
Wed	15th	Kim Cox, Janice Chawner, Sharon Hollis

Homebake (Next Week)

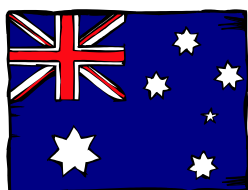
Mon	13th	Melissa Cowin
Wed	15th	Crystal Liesegang
Fri	17th	Nicole Arnold

DONATIONS (This Week)

Tomato Sauce	Melissa Oakes, Crystal Liesegang
Blocked Cheese	Marie Thomas
Mayonnaise	Alison Tonkin
Sliced Beetroot	Natalie Watt, Sylvia Ibbett
Lettuce	Deanne Eaton, Jayne Harvey
Vegemite	Lisa Beltrame
Eggs	Jayne Collier

MEAL DEAL THIS WEEK- "Go Aussie Go"

Tasty Egg and Bacon muffin with BBQ sauce plus a popper with a bowl of custard and jelly \$4.50



Other choices: Hot dog in roll \$2.50
Ham and cheese sandwich \$2.20

COMMUNITY NOTICEBOARD

Aussie Kids 4 Christ Club

AK4C Club is for kids in Kindy to Year 6
registration day will be Wednesday, August 8th 2012 at 4pm - 5pm

AK4C will be on every Wednesday (except NSW school holidays)
@Tenterfield Presbyterian Hall
corner Manners & Logan street

Kids will enjoy games-singing-bible lessons and afternoon tea

Contact: Jim Seymour on 0415 265 454
or Merelyn Gibbins on 0437 681 628



Parenting course

Come to parenting now in Tenterfield
Wednesday, August 29th 2012
Starting from 10am to 2.00pm
(Light refreshment provided)
Cost is nil (bookings are essential)
Contact: 67 387 200 or 67 362 619



Border Blues Little Athletics Centre

AGM is on **Tuesday 14th August, 7pm** at the Tenterfield Bowling Club.
New members welcome.
Ph: 0400 364937 (Michelle McBurney) or 0427 361694 (Juanita Sullivan)



TOUCH FOOTBALL



MINI OLYMPICS

