



NEWSLETTER

Attachments

- * Animal Safari
- * Toy Catalogue

Assemblies

Infants 11.30am 1/2P
Primary 12.30pm (no performance)

The Sir Henry Parkes Memorial Public School

Website: www.sirhenryparkes-p.schools.nsw.edu.au

Email: sirhenryparkes-p.school@det.nsw.edu.au

Phone: 6736 1401 Canteen: 6736 1732

Term 3, Week 5, 2012

Dear Parents and Community Members,

Gymnastics

Finally!!! Gymnastics started today with classes really enjoying the opportunity to tumble, twist and jump in a supervised program. Classes will operate on a Tuesday and a Wednesday for the rest of this term (6 weeks including this week) and continue into next term for a few weeks.

	Tuesday	Wednesday
9:05am-9:45am	5/6M	3/4M
9:45am-10:25am	K-6S	4J
10:25am-11:00am	KL	5/6C
11:35am-12:15pm	5/6T	KC
12:20pm-1:00pm	3E	1/2J
1:50pm-2:30pm	1/2B	1/2P

Nit Flick Weekend

To help beat nits in our school, the P&C have decided 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. This is only 3 weekends away so please set aside the weekend of **September 1st** for a nit flick weekend. Products are available from the P&C by filling in the flyer on last week's newsletter.

Mr Daniels away

Unfortunately I will be away for the bulk of next week as my wife will be having an operation. Mrs O'Brien will be filling in for me on Tuesday, Thursday and Friday and Miss Eakin on Wednesday.

P&C Meeting

The next meeting is set down for **Tuesday August 21st at 6pm**. Unfortunately I will not be in attendance but Mr Manser will be attending to represent the school.

Kindergarten Transition Days

Any child wishing to start school in 2013 in Kindergarten will be invited to attend our transition days starting next term. These are available for any parent who is considering sending their child to our school starting kindergarten in 2013.

Days are **Thursday, October 11th, 18th, 25th and November 1st**. If you know of anyone wishing to attend, please pass on these dates to them, times will be from 9:00-11:00am on each day.

PB Assembly

Please note, that due to gymnastics being on, on Tuesday's and Wednesday's the PB assembly for this term will be held on **Thursday, September 20th**.

Toy Catalogues

The Infants staff are running our annual toy catalogue. The school gets to keep 20% of the total amount purchased.

Please return orders and payment by **Wednesday, September 5th**.

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

Depression-Exert from Andrew Fuller

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some types of depression. Unfortunately, once someone has experienced depression, they are at far greater risk of feeling that way again. Some signs of depression are:

Loss of interest in usual activities – their get up and go, has got up & gone.

Increased use of drugs and alcohol.

Sleep problems.

Changes in energy levels – either sluggish or agitated and restless.

Changes in eating patterns – either disinterested in food or over eating.

Speaking about death and hopelessness.

Increased and inexplicable irritability.

Your own feelings of anxiety about your child.

It is worth getting some help if your child or adolescent is appearing to be depressed. One way to do this is to say, "I'm worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not". Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.

Animal Safari

On **Wednesday, August 22nd** we will be holding an "Animal Safari". This is when we invite any child starting school in 2013 to come and visit our school and do activities and enjoy a special meal deal.

If your child (or someone) you know is starting in 2013 and has not already received a note from the preschool, TCCC or Free Range, please RSVP to the school by **Friday, August 17th**. Any child not attending preschool, TCCC or Free Range must be accompanied by an adult. Activities start at 11:30am and conclude at 1:30pm.

Names on Hats and Jackets

Just a reminder to please write your child's name on all items of clothing, and please also check that you don't have clothing that belongs to another child. There have been occasions when children have mistakenly taken home other children's hats and jackets.

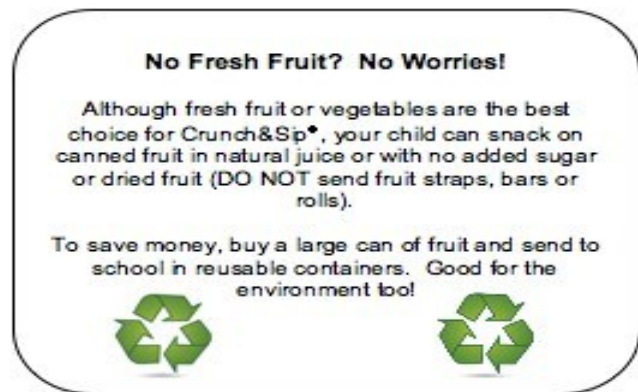
K-2 Coffs Harbour Excursion

Our excursion to Coffs Harbour is not too far away. If you paid the initial \$10 deposit for your child to attend the excursion, there is only \$15 more to pay. Final payments are now being accepted.

School Mascot

A challenge was set for students to create a 3D school mascot. Students may choose to use newspaper, plaster, foam etc to create their mascot. In addition to creating the mascot, students must be able to explain what aspects of the school it represents. This is not compulsory, more for a little creative fun. Mascots are due to school on **Tuesday, September 4th** so voting can start. Good luck...

Crunch and Sip and Health Message



Salt (SODIUM)

It is recommended that people have no more than 2300mg (2.3g per day). However, we don't actually need to eat salt because there is enough for our needs naturally present in fresh foods. Eating too much foods can lead to heart disease (high blood pressure, heart attacks and strokes).

Cornflakes (30g) – 1170mg

Chocolate biscuit – 160mg

1 slice white bread – 630mg

Bacon – 1870mg

Ham – 1260mg

Salami (3slices) – 1850mg

Soy Sauce – 7325mg

Tomato Sauce (25g) – 340mg

BBQ Sauce (10g) – 850mg

Onion soup mix – 3132mg

1 slice of pizza – 4.3g

240g slice of shepherds pie – 3.4g

Where possible, avoid adding salt to foods and choose salt reduced foods (your taste buds WILL get used to the changed taste and your heart will thank you).

Spelling Bee

Yesterday, 20 students from Years 3-6, participated in the School Spelling Bee after being selected from their class.

Class representatives were:

3E – Toby Watt, Dominic Clarke and Crystal Soper

3/4M- Ella Wishart, Jacob Chawner, Martin Ibbett, Roshan Caldwell and Zoe Jenkins

4J – Hamish Cook, Jemma Sutcliffe and Katie McQuirk

5/6C – Juda Callaghan, Locklyn Newman, Erika Hickey, Courtney Smith and Georgiana Chawner

5/6M – Bailey Redfern, Connor Hogan and Jade Shearer

5/6T – Samantha Chapman



Each of these students performed extremely well spelling words in front of a large audience. Two students were then selected to represent the school in both the Junior (Yrs 3 and 4) and Senior (Yrs 5 and 6) Regional Spelling Bee final to be held at Martins Gully Public School on **Wednesday, September 12th**.

Junior champions were: Ella Wishart and Martin Ibbett. Senior champions were: Georgiana Chawner and Juda Callaghan. Congratulations to all students who participated both in their class selections and then in the school final.

Library and Museum Visit

From **Monday, August 20th to Friday, August 24th** all K-2 students and students in 3E, 3/4M, 4J, 5/6C and 5/6M will be visiting the library and the museum (only primary classes) to view the Australian award winning books for Book Week Celebrations and learn about Tenterfield's rich history with the establishment of Australia as a nation.



The excursion costs nothing. Please ensure notes are returned by **THIS FRIDAY, AUGUST 17th**.

Debating

Congratulations to our debating team, the *Persuaders*, who will have a "debate off" against Ross Hill Blues tomorrow at Glen Innes to determine who will debate Ben Venue Public School in the zone final. We wish them well and safe travelling.



State Touch Football

Four of the Rugby League side have travelled to the central coast to represent the North West team in the State Championships. Will Evans, Geoff Swan, Tyler Sargeant and Chaney Rhodes have all made the team and will cherish this opportunity and experience.

The school touch side will take on Gulargumbone Central School in the third round of the NSW PSSA State Knockout which coach Mr Simon Maher believes they could equal or better their results in the Rugby League. Good luck boys.

Rugby League

Unfortunately, the open boys Rugby League team from The Sir Henry Parkes Memorial Public School has gone down to Quirindi Public School in a nail biter after the bell in the NSW PSSA Knockout Regional Final. The first half saw the locals go into the break down 4-0 after the visitors scored a try against the run of play. Our boys had plenty of opportunities in the first half, but were unable to convert them into points with the visitor's defence holding firm.

A try to Will Evans levelled the scores after the break. The conversion hit the upright and bounced back leaving both teams locked at 4 a piece.

In the closing minutes of the game, our boys had several opportunities as they set up camp deep in the opposition half, but were unable to cross the line. A last minute field goal from Geoff Swan sent the team and crowd into a frenzy.

At the bell, the locals lost possession and allowed the visitors to score after a solid run down the sideline. This put the Quirindi side up 8-5 after a failed conversion attempt.

Mr Maher said "I am very proud of how far the boys have come and the spirit in which they've played in every game. They all played out of their skin today and they should all hold their heads up high".

We would like to congratulate Will Evans and Geoff Swan on an amazing year. They are truly great talents and names to watch out for in the future.

I would also like to thank everyone that has helped in some way through the year, such as parents, teachers, players, Townes Earthmoving for their bus, the P & C for the new uniforms, amongst so many others. Special thanks to Mr Geoff Swan for his help with the team also. We will now focus on the touch footy over the coming weeks and set some goals for those players.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	5	13 * Premiers Spelling Bee 9:15	14 *Gymnastics *11:30am Aboriginal play group	15 *Gymnastics *Debating at Glen Innes *Guitar—Infants Hall	16 *Girls Soccer - Here 12pm	17 *Assembly Infants 11:30 1/2P Primary 12:30	18/19
August	6	20	21 *Gymnastics *Mr Daniels-Away *P & C 6pm	22 *Gymnastics *Mr Daniels-Away *Animal Safari *Guitar—Infants Hall	23 *Mr Daniels-Away *ICAS Maths test	24 *Mr Daniels-Away *MSKR Group 2 @ THS 8:45am *Daffodil Day	25/26

CANTEEN ROSTER

Wed	15th	Kim Cox, Janice Chawner, Sharon Hollis, Ally Stewart
Thur	16th	Monika Freeman, Michelle Bates
Fri	17th	Karen Cooper
Mon	20th	Monika Freeman
Tues	21st	Angela Brown
Wed	22nd	Aleeca Zellers, Kim Cox, Liz Bridge

Homebake (Next Week)

Mon	20th	Melinda Campbell
Wed	22nd	Lisa Gruber
Fri	24th	Tamai Davidson

DONATIONS (This Week)

Tomato Sauce	Shona Clark, Leanne Hall
Blocked Cheese	Carolyn Hall, Leonie Pederson
Cruskits	Jody Lieberman
Mince	Mary Klazema
Lettuce	Kim Cox, Robyn Hiller
Margarine	Michelle Donges, Rhonda Fowler

MEAL DEAL THIS WEEK- "Rice is Nice"

Enjoy a box of fried rice served with 2 mini spring rolls and a sachet of sweet and sour sauce plus a popper and a scoop of ice cream with chocolate topping \$4.50



Other Choices: 6 Chicken Nuggets \$2.20
2 mini pies \$2.00

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 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.

COMMUNITY NOTICEBOARD

Aussie Kids 4 Christ Club

AK4C Club is for Children from Kindy to Year 6
AK4C is on every Wednesday afternoon from 4pm to 5pm
(except NSW school holidays)
@Tenterfield Presbyterian Hall

Children will enjoy games, singing, bible lessons and afternoon tea

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

Woodenbong Yowie Country Market

LAST SATURDAY EVERY MONTH
8am-3pm Woodenbong Hall & Grounds
Country atmosphere. Free Live Music. Sheltered seating. Variety of indoor/outdoor stalls. Hot food. Face Painting. Children's Playground. Wheelchair access & Amenities.
W.A.G. (Woodenbong Arts Group Inc.) displays & interaction.
Insured stall site \$12
Contact: Carey 0266351176
NEXT EVENT SATURDAY 25th August.

Weekend Tennis Camp In Tenterfield

Saturday August 25th to Sunday August 26th
with **TONY POLACK – High Performance Tennis Coach**
(only one in Northern NSW with this qualification)
Sat - 2pm to 5pm and Sun 8.30am to 2pm (lunch ½ hr)
For ages 7 to 17 – Cost \$55.00 or \$25/Sat or \$35/Sun
Sun – 2pm to 3.00pm. Ages 5/6. Cost \$15.00
Privates/semi privates avail by arrangement.
To enroll Ph Christine Foster – 67362277 or
Tony Polack – 0428454928/tpolack@optusnet.com.au
Enrolments Close Wed August 22nd – be early
Search polackstenniscoaching.com.au
Let's keep building tennis in Tenterfield

Zone Athletics Carnival

Last Tuesday, 39 students travelled to Glen Innes to compete in the Zone Athletics Carnival. All students are congratulated on their wonderful efforts, achievements, behavior and most importantly their sportsmanship.

Thank you to the parents who supported and encouraged all the students and a special thank you to the Eaton's who transported and set up the school tent and to those parents who assisted with transport – without you students would not have the opportunities they have.

RESULTS:

Kasey Gruber – 3rd 8yrs 100m
Bree McCowen – 4th 8yrs 100m
Luke Bates – 3rd 8yrs 100m
Jamie Benstead – 4th Jnr Discus
Tyran Petrie – 1st 9yrs 100m
Kirri-Lee Cutmore – 2nd 9yrs 100m, 3rd Jnr 200m, 3rd Jnr 800m
Olivia Hogan – 3rd 9yrs 100m
Monique Hooper – 2nd 10yrs 100m, 2nd Jnr 200m
Ella Wishart – 1st Jnr Shot Put, 1st and P.B. Jnr discus, 2nd Jnr Long Jump, 2nd Jnr High Jump, 4th 10yrs 100m
Jaimee McKinley – 3rd Jnr High Jump
Phoebe Cooper – 2nd Jnr 800m
Hamish Cook – 2nd Jnr Long Jump, 3rd Jnr 200m
Tyler Sargeant – 1st Jnr 800m, 2nd Jnr 200m, 1st Jnr High Jump, 2nd and P.B. Jnr Shot Put, 3rd and P.B. 10yrs 100m
Jacob Chawner – 2nd and P.B. Jnr High Jump, 3rd Jnr 800m
Skye Daniels – 4th 11yrs 100m, P.B. by 1metre in 11yrs Shot Put
Rylee Cooper – 2nd 11yrs 800m
Hayley Peterson – 1st 11yrs 800m, 3rd 11yrs 100m, 3rd 11yrs 200m
Murraya Horan – P.B. Long Jump
Adam Hayne – 3rd 11yrs 200m, 3rd 11yrs 100m, 3rd 11yrs Long Jump, 4th 11yrs 800m
Chaney Rhodes – 1st and P.B. 11yrs High Jump
Will Evans – 1st 11yrs 800m, 1st 11yrs 200m, 1st 11yrs 100m, 1st and P.B. 11yrs discus, 2nd 11yrs High Jump, 3rd 11yrs shot put
Courtney Moss – 2nd and P.B. Snr Discus, 4th Shot Put
Patricia Willoughby – 3rd Snr Shot Put
Michelle Townsend – 4th Snr 800m
Emma Anderson – 4th Snr 200m, 4th 12yrs 100m
Olivia Croft – 2nd Long Jump, 3rd Snr 200m, 3rd and P.B. 12yrs 100m
Georgiana Chawner – 1st with new Zone record of 2:55min (old record 2:57min) Snr 800m, 1st Snr 200m, 2nd 12yrs 100m, Equal 1st and P.B. High Jump, 4th Snr Long Jump
Jacob Cox – 1st Snr Long Jump, 2nd 800m, 3rd Snr 200m, 4th 12yrs 100m
Zac Lieberman – 2nd and P.B. 100m, 2nd Snr 200m, 4th Snr High Jump
Connor Hogan – 3rd Snr Discus, 4th Snr Shot Put
Geoffrey Swan – 2nd and P.B. 4th Snr Long Jump
1st Jnr Girls' Relay – Ella Wishart, Monique Hooper, Jaimee McKinley and Kirri-Lee Cutmore
2nd Jnr Boys' Relay – Tyran Petrie, Jacob Chawner, Hamish Cook and Tyler Sargeant
1st Snr Girls' Relay – Olivia Croft, Emma Anderson, Courtney Moss and Georgiana Chawner
2nd Snr Boys' Relay – Will Evans, Jacob Cox, Geoffrey Swan and Zac Lieberman

Jnr Girl Champion – Ella Wishart
Jnr Boy Runner-Up – Tyler Sargeant
11yrs Boy Champion – Will Evans
Snr Girl Champion – Georgiana Chawner
Snr Boy Runner-Up – Jacob Cox

The Sir Henry Parkes Memorial Public School won the Terry Butler Shield for being the Northern New England Zone Champion School.

CONGRATULATIONS TO THE WHOLE TEAM!

