



NEWSLETTER

Attachments
* Fruit and Veg

Assemblies
Infants 11:30am 1/2J
Primary 12:30pm

The Sir Henry Parkes Memorial Public School

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Term 3, Week 7, 2012

Dear Parents and Community Members,

Toilet Upgrade

As some of you are aware our school will hopefully soon be receiving a much needed toilet upgrade to all of the toilets (both infants and primary).

This was reported in last week's Tenterfield Star newspaper and is a much welcomed announcement. In the coming weeks Deanne Eaton (P&C President) and myself will be meeting with representatives from the Department and Asset Management to determine what the upgrade may look like.

Our first meeting will be this Friday and we will hopefully gain an idea on what this upgrade will involve and what we will be able to achieve out of it.

At this point a costing amount has not been set so we are unsure of how much work we will be able to achieve. This is a great announcement for our school.

Peer Support program

Last Monday the school started a peer support program in conjunction with the High School. A number of year 10 students, who have been trained in peer support programs, attended our school and ran programs in small groups with our Stage 3 students (Years 5,6).

This program will run for a number of weeks (7) on a Monday. This is a great program for our Stage 3 students and is wonderful to have the support of the high School in this venture.

Touch Football

This week our boys touch football team will travel to Gunnedah to play their next round. We wish them all the best, and like always, ask them to just play to the best of their ability with pride and with the good sportsmanship, that we know they possess.



Nit Flick Weekend

Is this weekend!! Please help our school by washing your children's hair in approved products as well as washing sheets and pillow cases.

If you have applied for products through the P&C they are available for collection from the Front Office. Please collect them this week.

Some free samples are still available and the P&C will be randomly handing out products to children before the weekend. This is a great initiative from the P&C and many families will benefit from free products.

Mr Daniels away

Unfortunately I will be away for the bulk of next week as I attend a Prestigious Leadership course. Only a small number of Principals from the New England area have been accepted to participate and I feel quite honoured that I have been selected. Mr Manser will be relieving Principal while I am away.

Toy Catalogue

A reminder that orders and payment are due back by next **Wednesday, September 5th**.

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

Anxiety in young people-written by Helen Splarn

Did you know that 10% of children have problems coping with anxiety?

Some children are very easy going and nothing seems to bother them. However many other children worry about all sorts of things and when these normal everyday worries turn into anxiety it can be very difficult for a young person to participate in and experience school and life in general.

It can also interfere with their overall mental health and wellbeing, learning and development.

How can you help?

Listen and reassure children

Stay calm

Don't be over protective

Seek professional medical help

Work together

(Exert taken from www.generationnext.com.au)

Cake Day

The Infants Club will be holding another Cake Day on **Friday, September 7th**.

This time it is Year One who will be providing the yummy goodies. Thank you for your continuing support.

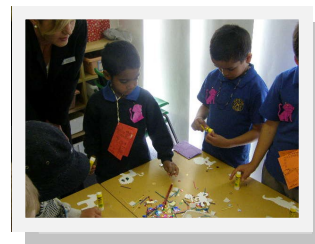


Animal Safari

What a fantastic day we had last Wednesday. We had just over 60 pre schoolers come and have a taste of "big school". All the children were involved in craft, stories and smartboard activities.

A very special thank you to Mrs Petrie and the ladies helping in the canteen. There were 198 lasagnes and 40 burgers ready for lunch.

An awesome effort



'Happy Feet 2' and 'Babe: Pig in the City'

Our students are lucky to have the chance to go and enjoy a movie, free of charge, at The School of Arts.

The movies have been supplied by National Film and Sound Archive's School Screen Program. They are providing students with the chance to appreciate movies filmed and directed in Australia.

The excursion will take place on **Wednesday, September 12th**. Students from Kindergarten to Year 2 will be viewing 'Babe: Pig in the City' at 10:00am. Students from K-6S,3E, 3/4M, 4J, 5/6C, 5/6M will be viewing 'Happy Feet 2' at 12:30pm.

Permission notes have already been sent home. Please sign and return them to your child's teacher.

Crunch and Sip and Health Message



People of all ages are encouraged to eat 2 serves of fruit and 5 serves of vegies a day. Eating fruit and vegetables helps provide people with all the needed minerals and vitamins for their bodies to function well – strong hearts, muscles and bones, healthy hair and nails and organs functioning well.

Eating fruit and vegetables also helps people maintain a healthy weight while helping to regulate a person's cholesterol and sugar levels which helps reduce the risk of people developing heart disease, diabetes and many forms of cancers.



Fruit 'n' Veg Month

Fruit 'n' Veg Month started yesterday and concludes on **Friday, September 21st**. During this month, children are continued to be challenged to eat fruit and vegies.

The student/s from each class who eat the most fruit and vegetables will receive a certificate and a prize. Students from K-4 will also be involved in a colouring competition with Years 5 and 6 having to design a poster to promote healthy eating. Each class will have a winner and then a stage winner will be selected with all winners also receiving a certificate and a prize. These activities will be run at school.



Attached to the Newsletter is a *Fruit 'n' Veg Month* competition for families which is to be completed at home and then sent to the Healthy Kids Association. If you have any questions please contact Miss Eakin.

Zone Debating Final

On **Thursday, August 30th** our school debating team, *The Persuaders* (Georgiana Chawner, Juda Callaghan, Chloe Morris and Aislyn Kerr) will debate Ben Venue Public School in the Zone debating final for the Premier's Debating Challenge at 12pm in the Bruxner (Primary) Hall. We wish them well!



Regional Athletics Carnival

This **Friday, August 31st** 19 students will participate in the Regional Athletics Carnival in Tamworth. We wish them well and safe travelling.



Year 5 and 6 Excursion To Gold Coast and Brisbane

Final payment is due **Wednesday, September 19th**.

If you are having any financial difficulties please inform to school.



Coles Sports For School Program



THANK YOU! An AMAZING amount of Coles Sports For Schools vouchers have already been brought in. Please send in all vouchers by **Wednesday, August 29th** so we can finalise our amount and purchase our sporting equipment.



K-2 Coffs Harbour Excursion

It is getting closer and closer to our exciting excursion to Coffs Harbour. If your child has already paid the deposit, the remaining \$15 is due no later than **Friday, September 7th**.

School Mascot Competition

Hopefully everyone is enjoying the opportunity to use their creativity in making a school mascot. Remember to have them at school by **Tuesday, September 4th**. Everyone is looking forward to seeing the masterpieces.

Tenterfield Teachers Association

Tenterfield Teachers Association invites Teachers, members of the P&C and Parents to The Sir Henry Parkes Memorial School on **Tuesday, August 28th** at 3:45pm for a 4pm start. Anthony Galluzzo and Tim Clay will update you on *Local School, Local Decisions* and the *Gonski Review*. Afternoon tea will be supplied.

Book club

Order forms have been given out this week and orders are due back **before 9am on Thursday, September 6th**.

PB Assembly

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

Fun with friends and family

Want to encourage your child to try something new outside of school? Try the range of options provided by NSW Sport and Recreation – from camps and sailing to a variety of disability sport activities.

Go to: What's on around NSW – Sport and recreation <http://www.dsr.nsw.gov.au/active/whatson.asp>

Spelling it out at home

The School A to Z website's popular mobile Spelling Bee game can now be played on your home computer.

The game is designed for both junior and senior primary school students, and features words from the Macquarie Dictionary. Parents might be tempted to test their skill on the harder levels.

Go to: Spelling Bee <http://www.schoolatoz.nsw.edu.au/homework-and-study/educational-games/spelling-bee>

Coming to grips with measurement

It may come as no surprise to learn that a child's early awareness of mass and volume is often based on watching their parents.

Seeing mum or dad measure and pour ingredients for a recipe or weigh items at the fruit shop will often become part of their play.

Find out what you can do at home to help your child measure mass and volume.

Go to: Helping your child measure mass and volume <http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/helping-your-child-measure-mass-and-volume>

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	7	27 *Peer Support 11:30am-12:30pm *Fruit and veg month starts *Peer Support for Yr5&6	28 *Gymnastics *Aboriginal Playgroup	29 *Gymnastics *Touch footy @ Gunnedah *Mr Daniels away *Guitar-Infants Hall *Teachers Assoc. Meeting	30 *Out of Uniform for camp quality -Yellow *Debate-at SHPMPS	31 *Assembly: Infants 11:30am -1/2J Primary 12:30pm *Athletics -Tamworth	1/2 Nit Flick
August/ Sep	8	3 *Peer Support for Yrs 5&6 *Mr Daniels away	4 *Gymnastics *Mr Daniels away * Sausage Sizzle	5 *Guitar *Gymnastics *Toy Catalogue Due *Guitar-Infants Hall *Mr Daniels away	6 *Book club orders due *Mr Daniels away	7 *Cake Day-Yr 1 *Coffs Harbour payments due * MSKR-Final both groups	8/9
SASS Recognition Week							

CANTEEN ROSTER

Wed	29th	Kim Cox, Deanne Eaton
Thur	30th	Sue Clarke
Fri	31st	Help needed please
Mon	3rd	Help needed please
Tues	4th	Angela Brown
Wed	5th	Aleeca Zellers, Kim Cox, Vicki Hill

Homebake (Next Week)

Mon	3rd	Melinda Campbell
Wed	5th	Crystal Liesegang
Fri	6th	Jody Lieberman

DONATIONS (This Week)

Tomato Sauce	Nikki Phelps
Blocked Cheese	Jennifer Rhodes
Cruskits	Jen Sutcliffe
Sliced Beetroot	Melissa Cowin
Onions	Amanda Paris
Lettuce	Kristy Petrie
Mayonnaise	Louise Holley
Margarine	Tonya Blaker
Carrots	Liz Bridge

Sausage Sizzle

The school will be having a Sausage Sizzle on **Tuesday, September 4th** to raise money for our School Girls Soccer team to travel to Cessnock.

\$1 per sausage sandwich



COMMUNITY NOTICEBOARD

SPRING FLOWER SHOW

Saturday, September 8th
Uniting Church Hall- 12 Noon
Admission \$2
Light Refreshments Available \$5
JUNIOR Section C

Pre - Schoolers- Under 6

51. My Favourite Garden
52. My Favourite Flower
53. Arrangement for my bedroom
- 13 Years- 16 Years
54. Spring Flower
55. Basket of Flowers

ALL AGES

56. Plant in a Pot
- For more info contact : 67 362 805
or 67 361 316

AK4C (Aussie Kids 4 Christ)

AK4C is on every Wednesday @ 4pm
@ the Presbyterian Hall.
Call Merelyn Gibbins on 0437681628 for more information

Blue Light Disco

Stanthorpe Blue Light Association are having a Blue Light Disco on Friday, September 7th for under 18's
Civic Centre Stanthorpe

Prep-Year 3 - 5:30pm 7:00pm
Year 4-Year 7- 7:15pm-8:45pm
Cost \$5

Music provided by top beat and a jumping castle will be present for Primary ONLY.

Crisp buses will be running from Wallangarra on the night at a cost of \$6 for pick up times call Crisp Buses.

MEAL DEAL THIS WEEK- "Berry nice meal"

A bag of chicken chippies (oven baked) plus a popper with a scoop of ice cream topped with fresh strawberries and berry swirl marshmallows \$4.50



Other choices: Hot dog in roll \$2.20
2 mini pies \$2.00



ANIMAL SAFARI

