



The Sir Henry Parkes Memorial Public School

Term 4, Week 3, 2013

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Dear Parents and Community Members....

National Disability Data Collection

This week our school will be participating in the Nationally Consistent Data Collection for students with a disability.

The Federal Government through the Department of Education and Communities is determining how many students in Australian Schools have a disability determined under the definition with the Disability Discrimination Act (DDA). This definition is quite broad and includes students that not only have disabilities that most people are aware of but also children that may require additional support such as those with learning difficulties, significant reading difficulties eg, dyslexia etc.

The government will use this information to better target funding and resources. We have attached a letter for the information of all families as we, like other schools, have students that require additional support. There is no information that is sent in the collection process about individual students. The collection does not include names or personal information. The only information we send in is the total number of students we have in the school that have a disability under the definition of the DDA and the level of support that we currently provide for them. If you have any questions please do not hesitate to contact me at the school.

Indigenous Literacy Foundation - Great Book Swap

Our school has registered with the Indigenous Literacy Foundation to hold a 'Great Book Swap' on **Tuesday, October 29th**.

Students are encouraged to bring in books from home that they would like to swap for other books that are brought in. For example if your child brings in two books, they will be able to swap them for two different books. The more students who are involved and the more books that are brought in, will make a greater range of books to choose from. Please only bring in books that are of good quality.

To be involved we ask that a *gold coin is donated*. This money will then be used by the Indigenous Literacy Foundation to support children in remote Indigenous communities. Students are encouraged to start bringing in their books now and class teachers will keep a record of the number of books they bring in.

Youth with a Mission: "Pass it on Tour"

It was fantastic having the 'Pass It On' tour visitors at our school last week. Not only did they run

after school activities down at Shirley park but they also came at lunch time and played handball, soccer, the guitar etc with our students. They also came and lead some of our Scripture lessons. Students had a lot of fun spending time with them. Thank you to all involved!

Kindergarten Transition

This week will be our third Kindergarten Transition day. If your child is age appropriate for Kindergarten next year, and you would like them to join in, it is not too late to contact the school.

This is an excellent opportunity for your child to make new friends, meet teachers and become familiar with our school. Kindergarten transition dates and times are listed below.

Thursday - October 24th and 31st 9am-11:30am.

Thursday - November 7th 9am-3pm

Sports/Group Photos

All group and sport's photo's are now at the front office for anyone who would like to come and place their orders. The photos are **\$14 each, 2 for \$26, 3 for \$36, 4 for \$44 or 5 for \$50. Any additional orders over 5 photography are \$10 each.**

Year 2-6 Social

The last social of the school year for students in Years 2-6 (and the last Primary school social for Year 6 students) will be held on **Wednesday, October 23rd** from 5-7pm in the Bruxner Hall (Primary Hall). The theme is "Fantasy" so come dressed as a mermaid, fairy, wizard, witch, leprechaun, Smurf, unicorn or any fantasy person or creature The cost is \$4.50. Activities include games, dances, modeling while celebrating under the disco lights.

Prizes will be given for best dressed girl and boy in each year, a lucky door prize and prizes for dancing and winners of games.

The money pays for supper, prizes and also supports our school's World Vision Sponsor Child and their community.

Did you know???
IF A CHILD MISSES **2 DAYS OF SCHOOLING PER WEEK**

IT EQUALS:
80 DAYS A YEAR

WHICH IS:
16 WEEKS PER YEAR

AND OVER **13 YEARS OF SCHOOLING THAT'S OVER 5 YEARS**

Health Message

Breast cancer is one of the leading causes of death amongst women in Australia. However, it doesn't just kill women. Did you know men also die from breast cancer? In 2009, there were 13,668 new cases of breast cancer in women and 110 new cases in men. Everyone, women and men, should be consistently doing self-examinations - it's not just an older person's disease. Women aged 40+ years are eligible for free screening mammograms. Just make a booking.

While some risk factors are outside our control, you can reduce your risk of cancer by taking some simple steps, such as:

Get active

Physical activity reduces the risk of breast cancer, colon cancer, and may reduce the risk of other cancers, such as endometrial, lung, pancreatic and ovarian cancers.

The National Physical Activity Guidelines for Australians recommend that, to achieve health benefits, a person should participate in 30 minutes of at least moderate-intensity physical activity on most, preferably all, days of the week.

Maintain a healthy diet, therefore weight

Obesity is a risk factor for a number of cancers including breast, colon, endometrium and kidney. Adequate exercise and a nutritious, varied diet are the best ways to maintain a healthy body weight.

Increasing your intake of high fiber foods such as wholegrains can reduce your risk of certain cancers. The National Health and Medical Research Council's Dietary Guidelines for Australian Adults also advises men and women to limit saturated fat and moderate total fat intake, choose foods low in salt and consume only moderate amounts of sugar and foods containing sugar.

Limit alcohol intake

Drinking alcoholic beverages, whether beer, wine or spirits, is associated with an increased risk of cancers including breast, liver, colon, head and neck cancers. Alcohol should be limited to no more than two standard drinks a day.

Intensive Swimming Scheme

All people should be able to swim at least 50m. The Department of Education provides a 2 week intensive swimming program for students in Years 2-6 to learn to swim (THIS IS NOT A STROKE CORRECTION PROGRAM).

The Department pays for qualified instructors. All parents/carers have to pay for its transport and entry to the pool. Notes have been given to students in Years 2-6 who believe they can not confidently and competently swim the length of the Tenterfield Pool. The program will run from

Monday 18th November until and including Friday, 29th November. ONLY the first 60 students to return notes AND money will be accepted into the program due to space in the pool. If your child did not receive a note please contact the front office for a note or if you have any questions please contact Miss Eakin.

State Athletics

Last Wednesday and Thursday Patrick Alcock and Ella Wishart travelled to the Olympic Stadium in Homebush, Sydney to compete in the 2013 State Athletics Championships. Patrick competed in the boys 13 years 100 meters, finishing 33rd. Ella competed in the girls 11 years discus finishing 10th, long jump finishing 30th, high jump finishing 33rd and shotput finishing 36th. Both Patrick and Ella competed extremely well. *Written by Ella Wishart.*




S.R.C. Fundraiser

On **Tuesday, October 29th** the S.R.C. will be raising funds for The Garven Institute (Research for breast cancer) and for soft fall for the Infants' playground.

Samuel Johnson, an Australian actor with over 20yrs experience (has starred in *The Secret Life Of Us* and *Underbelly*) is riding a unicycle around Australia to raise money for the Garven Institute and also increase the awareness of breast cancer prevention. He has chosen to support this organisation as his sister has been diagnosed with terminal breast cancer.

He will be travelling through Tenterfield on this day and we hope to show our support by raising some money to help find a cure for breast cancer. Students and staff are encouraged to wear **PINK** and give a gold coin donation. There will be certificates for best dressed. For more information on how you can support Samuel and his team visit <http://www.loveyoursister.org/>.

To raise funds for the soft fall, the S.R.C. will be having a BBQ on the same day. Sausages will be \$1 and poppers \$1. 

Cybersmart Detectives

Last Wednesday, 5/6E students participated in a Commonwealth Government Online Initiative regarding being cybersmart. The students worked in small groups trying to discover the person whom the phone belonged. During the process, students learned about the issues related to mobile phones especially messaging/chatting. The students learnt about what information is safe to give out, what information others can gain about you from photos and comments, situations which aren't safe and most importantly when and who to talk to about uncomfortable/strange situations or comments.

Year 5 and 6 Lake Ainsworth Camp

Please ensure you have **Final payment for School Camp made by Wednesday, October 30th**. If you have any questions, please contact the front office.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
OCT	3	21	22 *Millrace/Haddington Visit 10:30am	23 *Yr 2-6 Social 5-7pm *Police visit to talk to students	24 *Kindergarten Transition Day 9-11.30am	25 *World Teachers Day *Regional Trials Debating	26/27
OCT NOV	4	28	29 *Indigenous Book Swap * S.R.C Fundraiser- PINK DAY	30 *Final Payment for Lake Ainsworth	31 *Kindergarten Transition Day 9-11.30am	1 *Assemblies: Infants 11:30am - KJ Primary 12:15pm - 3/4R	2/3

CANTEEN

CANTEEN ROSTER

Wed 23rd Kim Cox, Jen Sutcliffe, Nicole Arnold

Thur 24th **Help needed please**

Fri 25th Karen Cooper, Melissa Oakes

Mon 28th **Help needed please**

Tue 29th **Help needed please**

Wed 30th Kim Cox, Vicki Hill, Liz Bridge

HOMEBAKE (next week)

Mon 28th Lou Holley

Wed 30th Sam Murphy

Fri 1st Sarah Nalder

DONATIONS (This Week)

Block Cheese	Leonie Pederson
Lettuce	Kim Cox
Margarine	Crystal Liesegang, Sarah Nalder
Tomatoes	Rhonda Fowler
Tomato Sauce	Stuart Webb
Sliced Beetroot	Angela Kerrigan, Roberta Koch
Cruskits	Leanne Hall
Mayonnaise	Jen Sutcliffe, Megan Nieson
Carrots	Sam Murphy

Regional Debating

This Friday, Ella Wishart, Rachel Cowin and Aislyn Kerr will travel to Armidale to participate in the Regional Debating Trials. We wish them well and safe travelling.

MEAL DEAL THIS WEEK-" Spud Spot"

Treat yourself to an oven baked potato filled with con carne mince (not spicy) sprinkled with cheese plus a popper and a scoop of ice cream with sliced banana and strawberry topping \$5.00

Other Choices: Ham & Cheese sandwich \$2.20
2x Mini Pies \$2.40

Students of the week

Infants: Sophie Oakes, Kyanne Fowler, Samanta Brown, Indi Maher, Elsie Cross

Primary: Ajaypal Sandhu, Jade Sargeant, Angela Brown, Nicole Cowin, Thomas Newman, Jacob Chawner

Bronze Awards

Infants: Nathan Brodie, Coby Roots, Kelsie Ellis, Mikayla Cox, Michael Cutmore, Katie Eaton, Will Holley, Zephyr Horan, Renne Jenkins, Fletcher Koch, Jayden Swan, Bonnie Zappa, Jayden Trezise

Primary: Declynd Morris, Jordon Petrie, Jarelle Brown, Georgie Duroux, Tiger-Mia Lee, Acacia Robinson, Nicholi Robinson, Anika Rossington, Ajaypal Sandhu

Silver Awards

Infants: Jaynee Soper, Luke Newman, Jahkeem Binge, Joseph Phillips, Clayton Clarke

Primary: Declynd Morris, Jordon Petrie, Jeremy Azzopardi, Richard Duroux, Terri-Ann Lane

Kindergarten Enrolments

We are now taking enrolments for Kindergarten 2014. If you would like an information package and enrolment forms, please see our office staff or phone if you have any enquiries.

COMMUNITY NOTICEBOARD

Claiming the Date: December 14th

Christ Church Anglican invite you to celebrate Christmas with us at a Gingerbread House making afternoon at 2pm on Saturday December 14th. \$27 per house kit including gingerbread pieces, icing, lollies and wrapping. Afternoon tea provided. Guest speaker Naomi McPherson. Great fun activity for families with a delicious gingerbread house to take home. Contact Christy Robinson on 6736 1086 to book your kit.



Cybersmart Detectives

African Dancing in sports class



YOU CAN DO IT WINNERS



STATE ATHLETICS