



The Sir Henry Parkes Memorial Public School

Term 1, Week 3, 2013

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Dear Parents and Community Members.....

Swimming Carnival

I would like to personally thank all of the students who attended our carnival last week and helped to make it the fantastic day that it was.

This again shows what a great school we have here with wonderful students. Thanks to all of the parents especially those that helped out and swum in the parent's relay race. Special thanks to Miss Eakin for her great organisation and running on the day.

Life Education Van

Lessons in The Life Education Van have started today with classes being rostered on for sessions.

All classes will have an opportunity to visit the van and meet "Harold" over the next 2 weeks.

This is a very valuable program and extremely important for all students to attend, especially at a cost of only \$3!!

Toilet refurbishment-Update

Both of the girl's toilets (infants and primary) have now been largely completed and the students started using them as of yesterday.

They are still working on the primary boys toilets with a completion hopefully within the next few weeks. They have just started working on the infant's boy's toilet so that will be some time off yet.

The infant's boys are now able to use the demountable toilet that was put in place for the girls and primary boys will continue using the demountable next to their toilet block.

Relieving AP

Miss Karen Eakin will be the relieving Assistant Principal for 2013 working alongside Mrs Tracy Caldwell and Mr Stephen Manser. If there are any problems you are quite welcome to contact any of these people or myself.

Mrs Caldwell will supervise kindergarten and years 1 and 2, Mr Manser years 3 and 4 (including the 2/3 class) and Miss Eakin years 5 and 6 (including the 4/5 class).

Maths questions

Are you in search of an educational game to sharpen your child's maths skills and recall? Maths Monkey's Quest features maths questions on topics ranging from addition and subtraction to ratios and percentages.

It's aimed at children from Years 3 to 8.

<http://www.schoolatoz.nsw.edu.au/about/mobile-applications/maths-monkey-s-quest>

Helping your child with homework

How do you help your child while allowing them to develop independence? Teachers talk about how parents can help children take responsibility for their homework and avoid Thursday night meltdowns.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

Jargon buster

Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA's? This list of common abbreviations or terms will help you to become familiar with the world inside school.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

Homework

This week the teachers will distribute homework. The students in the infants classes will receive their homework on a Monday and it is to be returned by Friday.

The 3/4 classes will distribute homework on a Wednesday allowing the students to work over the weekend.

The 4/5C class will send theirs out on Tuesdays and the 5/6 classes will distribute their homework on a Monday, with students to return by Friday.

Homework is important as it allows the students to revise the work taught in class.

Guitar Lessons

This week Mr Manser will start guitar lessons for students who were working with Mr Smith in 2012. Mr Manser will take over from Mr Smith this year.

The lessons will be on each Friday from 10:15 until recess (unless told otherwise). The students who attended lessons with Mr Smith in term 4 last year will be given the first opportunity to attend these lessons and depending on numbers, other students in years 3/6 may be given the opportunity to join the guitar lessons in the future.

All students are required to bring a guitar and an A4 document folder each Friday. Lessons will begin this week.

P&C

There is a welcome to parents BBQ being held this **Friday, February 15th at 3:30-5:00pm** on the undercover area at the school. This is for any parent wishing to come along and chat informally not only with other parents but the teachers as well.

The P&C would especially like to welcome all our new parents to our school and hope that they can come along if only for a short time on Friday to meet and greet some of the other parents in our school.



The P&C will be holding a Rugby League Calcutta on **Saturday, March 16th** at the golf club. Tickets will be \$1 each and it is well worth people pooling together to form a syndicate. Tickets will be available soon for purchase, so look out for them and start thinking about bidding on your favourite team!!

Crunch and Sip

How much fruit and vegetables do children need?

We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their age, appetite and activity levels.

Children should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day (including raw, cooked and different colours).

This provides a wide range of nutrients. The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.



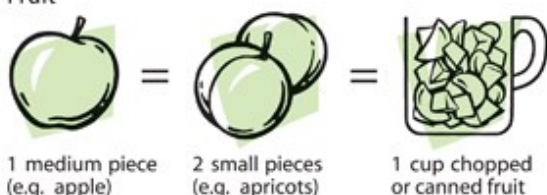
Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

THE RECOMMENDATIONS

What is a serve?

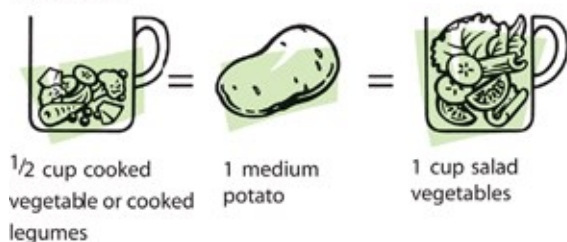
A serve of fruit is equal to an average sized piece of fruit.

Fruit



A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.

Vegetable



Health Message



With beautiful fine weather comes the risk of sun burn and dehydration. Please ensure your child applies sunscreen before coming to school and has a cool bottle of water in their bag (water could be frozen to keep such foods as yoghurt and cheese safe).



School Swimming Carnival

Last Thursday, with beautiful weather, our school held its annual swimming carnival. Students from Years 3-6 participated along with a few competent and confident swimmers from Years 1 and 2. All students who participated are to be congratulated for their excellent efforts, fantastic behavior and most importantly exceptional sportsmanship.

The day could not have been a success without the wonderful efforts of the parents who assisted with time keeping, setting up and packing up and to all the staff who are busy all day (with only a small break while still supervising students) – THANK YOU!



Many students also achieved great results. A team of 25 swimmers have been selected to attend the Zone Swimming Carnival to be held this **Friday, February 15th** in Glen Innes.

NOTES and MONEY MUST BE RETURNED BY WEDNESDAY, FEBRUARY 13TH to your child's class teacher. If your child is not attending or wishes to withdraw from an event/s please contact Miss Eakin A.S.A.P.

RESULTS:

Jnr Girl Champions – Zoe Jenkins and Breanna Chawner

Jnr Girl Runner-up – Bonnie Zapper

Jnr Boy Champion – Kori Eaton

Jnr Boy Runner-up – Fletcher Koch

11yr Girl Champion – Phoebe Cooper

11yr Girl Runner-up – Ella Wishart

11yr Boy Champion- Jacob Chawner

11yr Boy Runner-up – Tyler Sargeant

Snr Girl Champion – Liana Meneguzzi

Snr Girl Runner-up – Jade Shearer

Snr Boy Champion – Patrick Alcock

Snr Boy Runner-up – Chaney Rhodes

RECORD BROKEN by Ella Wishart in the 11yrs Girls' Butterfly. The old record was 27:20sec and it is now 26:13sec.

Year 6 Students v Parents v Teachers relay winner – Teachers (Mr Daniels, Mr Maher and Mr Swan)

Kernot Family Trophy For Participation- Donaldson
Quota Trophy For Champion House – Donaldson

Year 6 Jumpers

Year 6 students can now go to the front office to try on Year 6 jumpers for the correct size.



Petrol Money

As like last year, ALL parents, whether you are the driver or not, are required to pay the petrol cost for each school activity.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S/S
JAN	3	11	12 *Life Ed Van	13 *Life Ed Van	14	15 *Zone Swimming Carnival-Glen Innes *P&C welcome BBQ 3.30pm-Basketball area	16/17
JAN	4	18 *Life Ed Van	19 *Life Ed Van *Oracles poet visit *P&C AGM	20 *School Leaders Excursion-Toowoomba	21	22 *Cultural show "Pass the Poetry" *Mr Daniels-Away *Assemblies	23/24

CANTEEN

CANTEEN ROSTER

Wed 13th Kim Cox, Jen Sutcliffe
Thur 14th Monika Freeman, Bianca Mason
Fri 15th **Help needed please**
Mon 18th Monika Freeman
Tue 19th Angela Brown
Wed 20th Kim Cox, Vicki Hill

Homebake (next week)

Mon 18th Lou Holley
Wed 20th Trudy Campbell
Fri 22nd Angela Kerrigan

DONATIONS (This Week)

Tomatoes Robyn Hillier
Cruskits Jen Sutcliffe
Mayonnaise Leonie Pederson
Block Cheese Sam Murphy
Tomato Sauce Stuart Webb

MEAL DEAL THIS WEEK- "What's cooking"

A tray of tasty beef lasagne plus a popper and a mini pancake with a scoop of ice cream topped with maple syrup \$5.00



Other choices: Sausage roll \$2.40

Hot dog in roll \$2.60

NOT TO BE ORDERED AS PART OF THE MEAL DEAL

Lunch orders

To ensure the smooth running of our canteen we are asking for all orders to be at the canteen no later than **9.30am each day**

Orders after this time will be sandwiches only

Thank you

Bookclub

Issue 1 leaflets have been handed out
 Orders need to be placed in the purple box at the front office

**BEFORE 9am Thursday,
 February 14th**

as orders will be placed that day.

Please ensure that your child's name and roll class are on the order forms and placed in an envelope with the correct money or Bankcard details entered correctly.

COMMUNITY NOTICEBOARD

Aussie Kids 4 Christ Club

AK4C Club is for Children from Pre school age to Yr 6

AK4C will be on every Wednesday
 (except NSW school holidays)

In the Tenterfield Presbyterian Hall
 corner Manners & Logan street

Cost is FREE

Contact: Merelyn Gibbins on 0447 387 921

Or Jim Seymour on 0415 265 454

Pirate Pool Party

Pool party will be on Friday, February 22nd

From 5:30pm to 9.00pm

At the Tenterfield pool

Cost \$3. accompanying adult free

*Large inflatable pool

*Prizes for best dressed

*Lucky door prizes

*Jewels, treasures and 2 real pirate coins to win

Tenterfield Scouts

The Scouts will be running this year for ages 7 to 10 year olds. The focus will be craft and cooking or any other activity that is of interest. Please contact Kerri

Swain if at all interested: 6736 1466/67 364252,

kerri@jandk.com.au.

Art Tuition

Term 1 2013 art tuition for 8-12 years on Saturday mornings starting at 10am to 12noon for children who would like to experience to express themselves artistically.

All materials will be supplied, the class will be for a limit of 10 students and will include storytelling, poetry and music that will enhance each students creative experience.

Cost will be \$15 per 2 hour session or 10% discount on payment for 9 week term. PHONE: 0432 539 881

Swimming Carnival

