



## The Sir Henry Parkes Memorial Public School

Term 1, Week 7, 2013

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### Dear Parents and Community Members.....

#### High School Students

I often get asked about how our students go when in high school. Pictured is 3 of our students from last year who have recently been voted into the Student Representative Council at Tenterfield High School.

Pictured are Chloe Morris, Will Evans and Skye Daniels (along with Bo McCotter) after their induction into the SRC. This is another sign of our great school and how well our students achieve even after they have left the school.



#### Term 2

Just a reminder, although early, that there are 2 school development days next term and students will return to school on **Wednesday, May 1<sup>st</sup>, 2013**.

#### Stewart House



All donations, in the red and white envelopes, are due at school by **Friday, May 10<sup>th</sup>**. The school will send your donation to Stewart House and you will be in the running to win a \$4000 holiday to a destination of your choice.

You can also support Stewart House by purchasing a high bouncy ball – great for handball. Cost is \$3. To place an order, please send \$3 in an envelope labelled Stewart House Bouncy Ball to your child's teacher by **Wednesday, March 20<sup>th</sup>**.

#### Grandparents Day

Thank you to those people who have volunteered to make slices or help serve the morning tea. We are still looking for more offers of assistance so can you please let the office know if you are able to help out.

Invitations to Grandparents will be sent out with the children later in the week.

#### Bulb orders

The Staff are running a Bulbs Express fundraiser. The school gets to keep half of all the money collected. This money is used to subsidise excursions and special events.

Orders and money are due back to the front office by **Wednesday, March 27<sup>th</sup>**.

#### Year 6 High School Enrolment

Year 6 enrolment forms for entering Year 7 in 2014 are due by **FRIDAY, MARCH 22<sup>nd</sup>**

### School Debating Teams



Last Thursday, the Persuaders (Ella Wishart, Declynd Morris, Katie Nettle and Rachel Cowin) had a friendly debate against Mingoola Public School.

The focus of the debate was to familiarize the students with the structure and expectations of a debate.

The topic was *School Students Should Not Do Homework* and the Persuaders were on the negative.

This was the teams first debate and all performed their roles exceptionally well.

All students involved in debating will travel to Armidale on **Thursday, March 14<sup>th</sup>** to participate in a debating training day.

### School banking

School banking will start this **Wednesday, March 13<sup>th</sup>**

### School Bonus

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have benefitted from the first wave of payments in January 2013-have you ?

If you receive a family or income support payment, including Family Tax Benefit A, you could be eligible to receive \$410 a year for each primary student and \$820 a year for secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don't have to wait months to make a claim via your tax return.

Check your eligibility by visiting [australia.gov.au/schoolkidsbonus](http://australia.gov.au/schoolkidsbonus) and if you think you might have missed out on the January payment contact Centrelink.

### P&C

Next meeting is on **Tuesday, March 12<sup>th</sup> at 6pm**



The Sir Henry Parkes School is currently selling raffle tickets for the Calcutta draw to be held on Saturday, March 16<sup>th</sup> at the Tenterfield Golf Club.

Tickets are only \$1 each and limited to 3000 so get in quick to secure your chance. Tickets are on sale now at the Front Office at The Sir Henry Parkes School and the Tenterfield Golf Club and will also be sold on the afternoon of the draw if not sold out beforehand.

Also going up for auction at the draw is some NRL memorabilia:

- A fully signed 2XL Mens 2012 Roosters Jersey
- A Jarred Waerea Hargreaves signed 2012 Women in League Jersey

• A fully signed 2013 St George Dragons Jersey  
Come along to the Golf Club on the 16<sup>th</sup>, bid on who you think will win the 2013 NRL comp and support SHPMS.

## Crunch and Sip

### How can I make fruit and vegetables more appealing to my child?



Research has found that children prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp, fresh vegetables.

Try the following tips to encourage children to enjoy fruit and vegetables:

- Buy a variety of seasonal fresh fruit so your child doesn't become bored
- Involve your child in choosing what fruit and vegetables to buy
- Give them a small, hand-sized piece
- Cut large fruit and vegetables into small manageable pieces
- Make 'vegie people' with your child, freeze small pieces of fruit as an icy snack (try pineapple wedges, orange quarters or grapes).

## Health Message

**SLEEP** – sleep is important and essential for ALL people. Having enough sleep is essential:-

- To help the body repair itself;
- For children it is a time of growing (energy to grow);
- For brain development;
- For helping people of all ages make positive decisions, solve problems, control emotions and behavior, cope with change;



• For people to be happier.  
HOW MUCH SLEEP SHOULD I HAVE?

- Preschoolers 11-12hrs
- Ages 5-12yrs at least 10hrs
- Teenagers 9-10hrs
- Adults 7-8hrs.

TIPS FOR A GOOD NIGHT SLEEP

- Ensure you or your child goes to bed earlier enough.
- Be consistent with the time of bed and waking.
- Don't go to bed hungry or stuffed.
- Be relaxed before bed eg. Read a book AVOID computers, television and other electronic devices.
- Ensure the bedroom is a place of rest – dark, cool, comfortable.
- Exercise during the day.
- Reduce stress.



## Regional Swimming

Last Tuesday, 14 students travelled to Armidale for the Regional Swimming Carnival. The water was apparently very warm, however, once out of the pool students experienced temperatures of about 10 degrees.

All students performed exceptionally well with the best results our school has achieved in swimming in years.

The students are congratulated on their wonderful efforts and achievements (the hard training paid off) and a special thank you to their parents who encourage them and provide them with the support needed to be involved in such activities and achieve

remarkable results.

### RESULTS:

Will Holley – 5<sup>th</sup> 8yrs freestyle  
Fletcher Koch – 7<sup>th</sup> 8yrs freestyle  
Bonnie Zappa – 5<sup>th</sup> 8yrs freestyle  
Georgia McKinley – 8<sup>th</sup> 8yrs freestyle  
Nikkala Hillier – 4<sup>th</sup> 9yrs freestyle  
Phoebe Cooper – 2<sup>nd</sup> and a P.B. 11yrs breaststroke and 7<sup>th</sup> 11yrs butterfly  
Ella Wishart – 1<sup>st</sup> 11yrs butterfly, 3<sup>rd</sup> 11yrs backstroke, 8<sup>th</sup> 11yrs freestyle and 8<sup>th</sup> Open 100m freestyle  
Patrick Alcock – 2<sup>nd</sup> 13yrs freestyle  
Jade Shearer – 4<sup>th</sup> 12yrs freestyle, 8<sup>th</sup> Snr backstroke  
Liana Meneguzzi – 5<sup>th</sup> Snr breaststroke  
**Snr Girls Relay** – 9<sup>th</sup> (Phoebe Cooper, Jade Shearer, Liana Meneguzzi and Ella Wishart).

Congratulations to Phoebe, Patrick and Ella who have all been selected to represent the North West region at the State Swimming Carnival to be held in Sydney later this term.

## Harmony Day and Red Cross Fundraiser

On **Thursday, March 21<sup>st</sup>**, our school will participate in class activities to celebrate Harmony Day. This is a day in which we show cultural respect and celebrate the cultural diversity of Australia. We will also use this day as a fundraiser for Red Cross. Red Cross' mission is to reduce human suffering. Red Cross helps people throughout the world. It offers assistance to people in wars and disasters (floods, fires, earthquakes, storms).

They help people medically, emotionally and physically. Red Cross helps provide those in need of shelter, food, clothing, manage emergency centers, locate missing loved ones and help provide information about relevant services. Students are asked to wear red and/or orange and bring in a gold coin donation to support the Red Cross.



## National Ride Safely 2 School Day

National Ride Safely 2 School Day will be held on **Friday, March 22<sup>nd</sup>**. All students, where possible, are encouraged to ride their bike, skateboard or scooter to school or walk to school.

This is a great opportunity to discuss road rules such as the wearing of an approved helmet, how to safely cross and use the road, learn about signs. Students will also be active which improves their physical health. Riding is a safe, healthy and cheap way to be active and it has a positive impact on our environment. Use this day to check the safety of your child's bike - brakes, seat level, gears, tyres, lights, reflectors.

## Junior Golf Development Day

On **Monday, April 15<sup>th</sup>** from 9am-2:30pm there will be a Junior Golf Development Gala Day at Glen Innes Golf Course. Cost is \$25 which covers tuition from PGA and level 1 coaches and a certificate. Must register as places are limited.

Children need to take a water bottle, sunscreen, hat and golf clubs (if they have them) For further information call Gerard Wilkinson on 0419 708 676.

## Social

Last Wednesday, Yrs 2-6 had a social. We had an AMAZING time with bees, bull riders, brides and even special appearances from Beyonce, Bart Simpson and Barbie.

The social raised \$455.20 (money is used to aid our sponsor child in Vietnam and pay for supper and prizes).

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
MAR	7	11	12 * Mr Daniels Away *P&C 6pm	13 *School Banking	14 * Rugby - Glen Innes * Debating - Armidale	15 Rugby - Glen Innes	16/17
MAR	8	18	19 * Grandparents Day	20 *School Banking	21 * Mr Daniels Away * Harmony Day * Red Cross Day	22 * Mr Daniels Away * Whole School Assembly *National Ride 2 School Day	23/24

## CANTEEN

### CANTEEN ROSTER

Wed	13th	Kim Cox, Jen Sutcliffe, (help needed please)
Thur	14th	Bianca Mason
Fri	15th	Karen Cooper, Melissa Oakes
Mon	18th	Marie Thomas,
Tue	19th	Angela Brown
Wed	20th	Kim Cox, Vicki Hill, Liz Bridge

### Homebake (next week)

Mon	18th	Bec Ebbern
Wed	20th	Kristine McCowen
Fri	22nd	Mahia Everson

### DONATIONS (This Week)

Margarine	Sam Murphy
Cruskits	Jen Sutcliffe
Plain Flour	Leanne Hall
Onions	Crystal Liesegang
Carrots	Kim Cox
Sliced Beetroot	Angela Kerrigan, Roberta Koch
Lettuce	Leonie Pederson
Tomato Sauce	Bec Ebbern

### STUDENTS OF THE WEEK:

**INFANTS:** Sophie Oakes, Paul Seary, Rachel Brosig, Adam Thomas, Bella Everson

**PRIMARY:** Richard Duroux, Shania Paris, Kori Eaton, James Beltrame, Monique Hooper, Rachel Cowin, Aaron Simpson

### Year 5 and 6 Camp

Year 5 and 6 camp expression of interest notes are due by **THURSDAY, MARCH 21<sup>st</sup>**. **ALL** students in Years 5 and 6 **MUST** return this note indicating whether they will/will not be attending. If attending, a \$50 deposit must also accompany the note.

### Year 5 and 6 Fundraiser

Year 5 and 6 students are selling chocolates to raise funds to assist with their expenses for their major end of year excursion to Lake Ainsworth Sport and Recreation Centre at Lennox Head. Chocolates only cost \$2 and could be a great alternative Easter gift than the traditional gifts while assisting our students.

### Book Club

Book club has been handed out this week and is due back on **Thursday, March 21<sup>st</sup>** to the front office before 9am



### MEAL DEAL THIS WEEK-"Farm Pack"

Treat yourself to a tasty Egg and Bacon muffin drizzled with BBQ sauce with a popper and a paddle pop icy pole \$5.00



Other choices: 6 Chicken Nuggets \$2.20  
Ham and cheese sandwich \$2.20

### COMMUNITY NOTICEBOARD

#### Childcare

*Free Range Kids Childcare Service is hoping to assist working parents in Tenterfield by offering a structured vacation care program.*

*The program would be based in Tenterfield not Wallangarra but would be run under the umbrella of the Wallangarra Centre. To gain approval for the program and to book an appropriate venue Free Range need expressions of interest from Tenterfield families. If you are interested in Vacation Care for your children please call Jodie on 0746843683 or email [frkqarra@bigpond.com](mailto:frkqarra@bigpond.com)*



# TERM ONE SOCIAL

