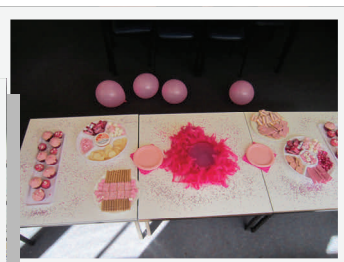




# RED CROSS DAY



# HARMONY DAY



# STAFF PINK DAY



# NEWSLETTER

## The Sir Henry Parkes Memorial School

Term 1, Week 9, 2013

Dear Parents and Community Members.....

### Toilet Update

The infant's boys toilet has now been completed to a stage where it can be used by students. This means that all of the toilets are finished and are ready for use.

There is still work to be completed including cement work outside the primary boys toilet, and a bubbler, some external brick work cleaning and touch up.

### PB Assembly

The Personal Best Assembly for this term was held on **Thursday, April 11<sup>th</sup> at 10:15am**. If your child is receiving a PB award you will be notified via text from the front office before the assembly.

Only 1 child per class is able to receive a PB award and this is always a difficult decision for each class teacher.

### Good Friday/Easter Monday

This weekend is a long weekend and the school will be closed on **Good Friday (March 29<sup>th</sup>) and Easter Monday (April 1<sup>st</sup>)**, with students returning to school on **Thursday, April 2<sup>nd</sup>** for 2 school weeks then school holiday from the afternoon of **Friday, April 12<sup>th</sup>**.

### Staff Carpark

Just a reminder that parents should not be dropping off or picking up children through the staff carpark, not only is this an unsafe area for staff but many delivery trucks use this area and there are many blind spots when trucks are backing out of the carpark.

One of our school rules is "Be Safe" and we would like to remind all community members to Be Safe when on school grounds.

### Oracles

The school has decided that all children in year 4 and above will be able to attend the Oracles performances on **Friday, April 5<sup>th</sup>**. The school will pay the entry fee for any child who **have not** submitted work.

This is a very valuable community event and the school feels it is important to support the community. Students will go home shortly for those students.

### Safety Locks

Between 2011 and the end of 2012, 39 children aged nine or younger were hospitalised in NSW as a result of a window fall. New lock laws in apartment buildings will help to keep our kids safe.

Child safety locks are now required to be installed on all apartment windows. <http://www.theaustralian.com.au/breaking-news/new-window-lock-laws-for-nsw-strata/story/0,293576,3226596394666,00.html>

### Head Lice

Mention head lice and most of us instantly think of an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous.

Here's everything you need to know to rid your child of head lice and nits. <http://www.health.nsw.gov.au/environment/headlice/Pages/nitbusters.aspx>



Crunch and Sip

Eat a Rainbow!

Crunch and Sip has been very popular in our school, with students keenly awaiting their break to eat fruit and vegetables each day. But did you know that different varieties and colours of fruit and vegetables provide different nutrients that help children to grow well and be healthy?

For example a red fruit or vegetable (such as a strawberry or tomato) has different vitamins to a white fruit or vegetable (like a banana or parsnip).



This is why it is a good idea to encourage your children to “eat a rainbow”! Why not change the type of fruit or vegetables you are sending for Crunch and Sip every few days or week? Children love crisp, colourful vegies and sweet, juicy fruit, and changing the variety makes sure they don’t get bored with the same choice over and over.

So mix up the colours for Crunch and Sip every week!

Health Message



BREAKFAST – the most important meal of the day! All people should ensure they have breakfast. Breakfast means exactly that – to break the fast our bodies have had while sleeping. Having breakfast ensures our bodies and minds are ready for a new day.

Having appropriate and an adequate amount of food provides our bodies and minds with energy to focus/concentrate on and complete the required activities to a high level. Breakfast also improves our mood, enables us to start our day well and helps provide our bodies with much needed vitamins and minerals.

Studies have shown that eating breakfast also helps people maintain a healthy weight. Those who DON’T eat breakfast are more likely to be overweight which often leads to other illnesses such as diabetes, some forms of cancer, heart disease.

IDEAS FOR BREAKFAST

- Cereal such as Weet-Bix, porridge, oats (Avoid high sugar and high salt cereals such as Nutri-grain, Fruit Loops, Cornflakes and avoid adding sugar to cereals);
- Toast – preferably multigrain;
- Hot breakfast such as eggs (boiled or poached are best), baked beans;
- Fruit;
- Smoothie;
- Yoghurt
- or a combination of these.

State Swimming



Next week, Phoebe Cooper, Patrick Alcock and Ella Wishart will travel to Sydney to compete at the State Swimming Carnival. We wish them all the best and safe travelling.

Harmony Day, Red Cross and School Hall Air Conditioning Fundraiser



Last Thursday our school participated in class activities to celebrate Harmony Day. Harmony Day is a day in which we show cultural respect and celebrate the cultural diversity of

Australia. We also used this day as a fundraiser for Red Cross. Students were all dressed in red and orange and brought in a gold coin donation raising **\$317.55** for Red Cross. The Student Representative Council (S.R.C.) also held a **BBQ** at lunch time to continue to raise money for an air conditioner for the primary hall. The BBQ raised nearly **\$300** .  
THANK YOU!!!

PSSA School Netball Team

Ms Coats and Mrs Hillier have been conducting netball training sessions for several weeks and would like to congratulate the following students in being selected to represent our school in Glen Innes on Thursday, April 11<sup>th</sup>. Well done to Merinda McIntosh, Ella Wishart, Hayley Peterson, Monique Hooper, Katie Preston, Amber Butler, Isabella Franchi, Liana Meneguzzi and Abbey Holley. We have also selected a reserve team that will train with the school team to continue to develop their ball skills for next year.

This team includes Nikkala Hillier, Bree McCowen, Breanna Chawner, Ellie Campbell, Bonnie Zappa, Katie Nettle, Chloe Hickey and Jemma Sutcliffe. Congratulations to all the girls who participated in the netball training sessions.

Soccer

Last Friday students from the Sir Henry Parkes Memorial Public School soccer teams travelled to Armidale to represent the Northern Districts team. This team was selected two weeks ago when we hosted Glen Innes Public and other small schools at some trial games on our school oval.

From these trials the following boys were selected: Chaney and Aymon Rhodes, Ethan Graham, Kori Eaton, Bayley Daniels, Adam Hayne, Laughlin Brack as well as Luke Pitkin from Mingoola Public School.

The girls selected were; Murraya Horan, Phoebe Cooper, Jaimee McKinley, Samantha Croft, Katie McQuirk, Jade Shearer, Monique Hooper and Isabella Franchi.

On Friday the games were held at the University of New England, Armidale. The competition was fierce with students from Moree, Armidale and Inverell Districts competing. The boys and girls played well against Moree and Inverell but Armidale had very strong teams.

Ethan Graham was the only Sir Henry Parkes boy to be selected in the possibles and probables.

Unfortunately Ethan was not selected for the next round. Our School did have quite a number of girls selected into the possibles and probables round. This saw Jaimee McKinley, Phoebe Cooper and Murraya Horan selected to compete at the final North West trials tomorrow in Armidale.

The girls will participate in games and drills with students from Tamworth and Gunnadah Teams. From this a final North West Team will be chosen. If any of the three girls are selected they will have the opportunity to travel to Bankstown to compete at the State Championships.

The students and Mr Manser would like to thank Mrs Karen Cooper who came on the excursion and took great care of the girls as well as cleaned the bus late on Friday afternoon. You are appreciated.

Guitar Lessons

Due to the Easter Long Weekend, Guitar lessons with Mr Manser will be held **next Tuesday afternoon at 2pm**. All participating students are required to bring their guitars and music folders.

MTH	WK	MON	TUES	
MAR	9	25 *Rugby League-Tamworth	26 *Rugby League-Tamworth	27 *B
MAR	10	EASTER MONDAY	2 SCHOOL BACK *Guitar	3

CANTEEN

CANTEEN ROSTER

Wed	27th	Kim Cox, Sharon Hollis, Lea Ros
Thur	28th	Michelle Bates, Kris McKinley
Fri		GOOD FRIDAY
Mon		EASTER MONDAY
Tue	2nd	Angela Brown
Wed	5th	Kim Cox, Toni Lane, Michelle Ba

Homebake (next week)

Mon		EASTER MONDAY
Wed	3rd	Melissa Oakes
Fri	5th	Tamai Davidson

DONATIONS (This Week)

Mayonnaise	Michelle Battersby, Sylvia Ib
Cruskits	Lisa Beltrame
Block Cheese	Marie Thomas
Tomato Sauce	Heather Brown, Kristine Mc
Margarine	Jody Lieberman, Tonya Bla
Carrots	Fran Horan
Lettuce	Marie Low

STUDENTS OF THE WEEK:

INFANTS: Ashah Hillier, Headley Donges, Olivia Ba Oakes, Tobi Lieberman.

PRIMARY: Renee Jenkins, Sophie Halliday, Gabriell Nicole Cowin, Merinda McIntosh, Katie Preston.

MEAL DEAL THIS WEEK-”Fresh is B

A delicious fresh sandwich of your cho  
(Egg & lettuce and Ham & cheese)  
plus a popper with a bowl of mini pancakes  
with maple syrup and ice cream \$5.0



Other choices: 6 Chicken Nuggets \$2.  
Lasagne \$3.00