



NEWSLETTER

Attachments
 *Disability Support Group
 *SHPMS NRL
 *Cross Country note

Assemblies
 Infants: 11:30am
 Primary: 12:00pm

The Sir Henry Parkes Memorial Public School

Term 1, Week 10, 2013

Website: www.sirhenryparkes-p.schools.nsw.edu.au

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Phone: 6736 1401

Canteen: 6736 1732

Dear Parents and Community Members.....

PB Assembly

The Personal Best Assembly for this term will be held on **Thursday, April 11th at 10:15am**. If your child/ward is receiving a PB award you will be notified via telephone 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 and every teacher.

Daylight Saving

Daylight saving officially finishes this **Sunday (April 7th) at 3am**. At 3am clocks are officially turned back one hour to 2am Local Standard Time. If like me you don't plan on being up at 3am to change the clocks it's always a good idea to change the clocks back one hour before going to bed Saturday night.



Hand Foot and Mouth Disease

There have been some reported cases around town and in preschool of the commonly called Hand, Foot and Mouth disease. Hand, foot and mouth disease is generally a mild illness caused by the coxsackie virus. It is not a serious illness and is not at all related to the foot and mouth disease that affects animals.

It mainly occurs in children under 10 years of age but can also occur in older children and adults. When symptoms do occur, they include blisters that start as small red dots which later become ulcers.

Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days. Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two.

Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is transmitted from an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters. It usually takes between three and five days after contact with an infected person before blisters appear.

Oracles

The school has decided that all children in years 3-6 will be able to attend the Oracles performances on **Friday, April 5th**. The school will pay the entry fee for any children who have not submitted work. This is a very valuable community event and the school feels it is important to support the community. The Oracles are being held at the Memorial Hall and a note will go home shortly for those students.

Premier's Reading Challenge

Have your kids signed on for the Premier's Reading Challenge? Get a head start with reading time.

Booklists are here:

What's your child reading right now? Find out more: <https://products.schools.nsw.edu.au/prc/booklist/home.html>

April school holidays

Have you got April school holidays organised yet? It's not too late to book for a Sport and Recreation Kids' Camp. Watch the video to see how much fun these kids are having. Find out more: <http://www.dsr.nsw.gov.au/kidscamps/>

School will break up on Friday, April 12th and school will return for Term 2 on Wednesday, May 1st.

Easter Parade Thank You

Thank you to everyone who joined us for the Easter Parade last Thursday. It was a very successful event with well over \$1000 being raised by the Infants Club.

This money will go towards subsidising the major Infants excursion later in the year.

Special thanks must go to Mrs Robyn Hillier for organising the BBQ, and a HUGE thank you to Mrs Caldwell for organising such a great day.

Thanks also to Mr Dennis Hillery, Mr Troy Hillier and Mr Derek Gater for their help in setting up and cooking the BBQ. Thanks to the other parent helpers, school leaders and staff members that also sold tickets and served at the BBQ.

Author Visit

Next **Wednesday, April 10th** the school will host a visit by author Belinda Murrell. Belinda will conduct sessions with all students from years K-6, as well as conduct a special session for 15 young writers from years 3-6. This is a great opportunity for our school. Many thanks to Leeza Wishart for all her hard work in ensuring Belinda is able to visit our school.

P&C



Our next fundraiser will be a street stall and wood raffle on the first Friday back in Term 2. (**3rd May**)

If anyone can help get wood, man the street stall or do some baking,

please contact Deanne Eaton on 0401305572.

Attached is a return slip, please fill out and return to the Front Office.

Next meeting Tuesday, April 9th at 6pm.

Crunch and Sip

Help! My child won't eat fruit or veg!

Children can often be fussy about eating fruit and vegetables. Did you know that children have to be offered a food up to 10 times before they will accept and eat it? Perseverance is the key!

Why not try sneaking fruit into a favourite dessert (for example canned peaches in jelly), or grate some vegetables into a meal (such as grated carrot and zucchini into Bolognese sauce)?



Or take your child to the supermarket to pick their own sweet, crisp and delicious fruit or vegetables. They are more likely to eat them if they are involved in selecting them.

Crunch and Sip can help encourage children to eat fruit and vegetables. When children see their peers enjoying fruit and vegetables in class, they are more likely to eat them too.

Crunch and Sip happens in our school at 10am each day. Make sure you send fruit or salad vegetables and water to school with your child for Crunch and Sip.



Health Message

Fruit and Veggie Challenge – K-6 students are participating in a fruit and veggie challenge. The challenge began last **Wednesday, March 27th** and will conclude on Wednesday, 10th April.

Students are encouraged to eat as many serves of fruit and vegetables as they can (recommend 2 serves of fruit and 5 serves of vegies). Students will receive points for the amount of serves they eat while at school (Crunch, recess and lunch). Class winner/s will receive a special certificate.



Staff Versus Students Hockey Match

Last Thursday, we held our annual staff v students hockey match. Most of the staff and students had either not played or only started playing this year.

The match was very even despite the teachers scoring early through Mr. Maher.

Mr. Maher scored another goal and the students were tenacious with Tamika McDonald scoring a goal. The final score was 2-1 with the teachers (+ Terri-Anne Lane) winning the match. Congratulations to all involved!

Sounding out aloud

Making phonics fun. Help your child learn to read by sounding out their words. Here are some tips to help your child gain confidence reading.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/phonics-helping-your-child-with-letters-and-sounds>

Halogen Foundation Young Leaders

Last Wednesday, twenty of our student leaders and aspiring leaders departed at 6am, for the Brisbane Convention Centre to attend The Halogen Foundation Young Leaders Conference.

This event aims to develop strong leadership values amongst young Australians. The program consists of speakers, multimedia presentations and interactive learning for young people who aspire to lead themselves and others well.

Our students listened to Creel Price (Entrepreneur), Kay McGrath (Journalist and News Presenter), Paul Hockey (First man with a disability to climb Mt Everest) and Ruben Meerman (Catalyst Scientist). It was pleasing to see all of our students acting in a responsible and receptive manner.

Well done to the following students for being so actively involved in the conference and representing our school so well.

Isabella Franchi, Ethan Graham, Chaney Rhodes, Tyler Sargeant, Jemma Sutcliffe, Amber Butler, Ryan Miller, Aymon Rhodes, Erika Hickey, Aaron Simpson, Courtney Tonkin, Aislyn Kerr, Matilda Gruber, Wade Kirby, Declynd Morris, Adam Hayne, Billy Henry, Katie Preston, Katie Nettle and Ella Wishart.

Thank you to Ms Lyn Potter who also came with us and gave up her time. It was much appreciated.

Boy's Shed



Each week, a group of male primary students come together to participate in activities to develop their skills. This group is called The Boy's Shed.

We have been working on learning a variety of circus skills including juggling, spinning plates, baton throwing and using diabolos.

We have also started to get organised to complete string art. Towards the end of next term the boys will perform their circus tricks on stage for everyone to see!

Well done to Alex Butler, Mathew Carpenter, Talen Kelly, Cory Harding, Jordan Petrie, Loughlin Brack, Andrew Townsend, Anthony Luxford, Thomas Newman, Nikkea Graham, Brendan Duroux and Shaun Brodie.

A special thank you to Carolyn Hall who provides the circus equipment and teaches the circus tricks.

Netball Visit

Next **Thursday, April 11th** the school will have a netball development officers visit the school.

They will conduct netball sessions for all Primary girls as well as the school netball teams.

This is a great opportunity for the girls to be shown the fundamentals of the game.



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
MAR	10	EASTER MONDAY	2 SCHOOL BACK *Guitar	3	4	5 *Assemblies *Oracles of the Bush	6/7
	11	8 * Rugby League	9 *P&C	10 *Author visit *Netball Dev. day	11 *PB ASSEMBLY 10:15am *Touch trials *Netball trials	12 * Rewards Day	13/14

CANTEEN

CANTEEN ROSTER

Wed	3rd	Kim Cox, Toni Lane, Michelle Battersby
Thur	4th	Marie Low
Fri	5th	Bev Dorrington, Sue Clarke
Mon	8th	Natalie Watt, Kristine McCowen
Tue	9th	Angela Brown
Wed	10th	Kim Cox, Jen Sutcliffe

Homebake (next week)

Mon	8th	Terri Rossington
Wed	10th	Nicole Arnold
Fri	12th	Marie Thomas

DONATIONS (This Week)

Eggs	Tamai Davidson
Cruskits	Margaret Ellis
Block Cheese	Carmel Moore
Tomato Sauce	Amanda Paris
Margarine	Jane Collier, Deanne Eaton
Carrots	Polly Sargeant
Sliced Pineapple	Melissa Oakes
Sliced Beetroot	Natalie Watt
Tomatoes	Robyn Hillier
Lettuce	Jennifer Rhodes

MEAL DEAL THIS WEEK-" Woofy Roll"

A yummy hot dog in a roll topped with tomato sauce & cheese plus a popper and fresh fruit salad & ice cream \$5.00



**Other Choices: 6 chicken nuggets \$2.20
Sausage roll \$2.40**

Order a meal deal this week for your name to go into a draw to win 1 of 5 prizes *Skipping rope *Frisbees
*Velcro ball sets *Large rubber balls

Youth Week - 5th to 14th April 2013

BE ACTIVE, BE HAPPY, BE YOU... "One Life One Chance"
The Youth Week Party is three years old now inspired by The sudden Loss of Tenterfield's Brendan Sweetman. Organisers believe it is really important for youth to get together and celebrate life!

Wintersong (Tenterfield's Musical Youth Initiative) is Lighting up the Youth Party this Year with Neon, Neon!

So Come along and see the wonderful creations they have in store!
Tenterfield Family and Youth Support Services will be providing the energy with food and drinks as well as a massive interactive game from **5pm**, before the party starts!

DJ Seven will pull out all the stops with a nightclub atmosphere, Smoke machines and MORE NEON!

Ages 14 to 24 are invited to Be Active, DANCE the night away, Be colourful, The night will be a light from **7pm-11** at The Show Ground Shearing Pavilion on **Saturday the 13th of April!**
Security will be present and this is a Drug and Alcohol Free Event!

The Week will kick off with an Open Day, Yard Sale and BBQ on the lawn on the **6th of April at Tenterfield's Community Radio Station Ten Fm** everyone is welcome to come see how the cogs turn and maybe even sign up as a DJ!

Tenterfield Hub also Hosts a Cyber bullying workshop on Youth Weeks Wednesday the 10th so RSVP by Phoning 6736 2619. This will be a great week with loads of Cinema Passes up for grabs!

If you would like to be involved in Youth Week, Ad to the event, Showcase your business or community Group to our local youth, or for more info Ring Bec on 0424 258 076.

COMMUNITY NOTICEBOARD

Soccer

The Tenterfield Junior Soccer Association will be holding its AGM tonight Tuesday, April 2nd at 6:30pm.

This will be held at the Tenterfield Bowling Club and all interested people should attend.

Many hands make light work and the soccer season cannot progress without your assistance.

Auction

Charity Auction, Friday 5th April at the Tenterfield Tavern
Come along to support a local family (Kim Thompson) battling cancer by bidding for the right to shave some heads!!

~~ Stephanie Barton, Shelley Rhodes and Tyler Sargeant ~~
Numerous other items up for grabs, so lets support a good cause!

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 0746843685 or email

frkgarra@bigpond.com



EASTER HAT PARADE and HOCKEY MATCH



YOUNG LEADERS COURSE