



# NEWSLETTER

## Attachments

\*Adolescents  
\*Fun Day  
\*Soccer  
\*Show & Shine

## Assemblies

PB 10:15am

## The Sir Henry Parkes Memorial Public School

Term 1, Week 11, 2013

Website: [www.sirhenryparkes-p.schools.nsw.edu.au](http://www.sirhenryparkes-p.schools.nsw.edu.au)  
Email: [sirhenryparkes-p.school@det.nsw.edu.au](mailto:sirhenryparkes-p.school@det.nsw.edu.au)

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

#### This week

Wow! what a busy week to finish off the term with lots of things happening each day.

On Monday and Tuesday we had a number of staff attending a Beginning Teachers' course, this meant many wonderful casual teachers were within the school.

Our works on the toilets have been completed with extra bubblers placed outside the primary boys' toilets and the cover over the bubblers at the canteen still in progress.

On Wednesday we are having a visit by the Netball Association to work with all girls and the netball team to help them gain an understanding of netball and the skills needed.

We are also having Belinda Murrell a renowned author visiting our school to work with students in years 3-6 throughout the day.

On Thursday we have some students out participating in trials for both netball and touch football as well as having the Personal Best Assembly for this term.

Friday is our Rewards Day for those eligible students and we are having a jumping castle as part of those activities (some students are ineligible to participate in these activities due to poor behaviour or attitude).

#### PB Assembly

Our end of Term Personal Best Assembly for will be held on **Thursday, April 11<sup>th</sup> at 10:15am.**

#### Hand Foot and Mouth Disease

As reported in last week's newsletter, this disease is now quite prevalent around town. We have now had numerous cases reported at school and parents need to be vigilant with any sores they see on children's faces, especially in the mouth.

Symptoms 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 7 to 10 days. Children can sometimes have a high 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. Please remind your children to be vigilant when washing hands etc.

#### School Holidays

The NSW school holidays officially start this weekend and are 2 weeks long. All students will return to school on **Wednesday, May 1<sup>st</sup>**, with the teachers returning on **Monday, April 29<sup>th</sup>**. Please be safe during the holidays with extra traffic and more people around.

Remember stranger danger and road rules and always wear a helmet when on your bike and scooters and wear long pants (preferably motorbike pants) when riding motorbikes on properties. Have fun but be safe.

#### Oracles

Last Friday, the students from years 3/6 attended the primary and high school sections of the Oracles of the Bush.



We had twenty students recite poems in various sections. It was wonderful to see Kelsie Ellis, Grace Freeman and Rosie Snape on stage as our youngest student performers.

The staff and community members were also impressed by the wonderful behaviour displayed by our students in the audience. All of the feedback has been positive. Visitors to town commended the students on the high quality of poetry, both written and those recited, as well as the fantastic artworks that were on display.

Below are the results for The Sir Henry Parkes Memorial Public School students.

**Section 1:** Ellie Petrie received a Highly Commended for her artwork.

**Section 2:** Thomas Lee-McCauley won 2nd Prize and Mackenzie Cox along with Tigermia Lee received a Highly Commended.

**Section 3:** Martin Ibbett, Jemma Sutcliffe and Liana Meneguzzi all gained a Highly Commended.

**Section 7:** was won by Nicole Cowen - "Camping at the River" and Ella Wishart was awarded a Highly Commended for "Sounds of the Bush"

**Section 8:** Breanna Chawner received an encouragement award for "The Bush Choir"

**Section 10:** was won by Jacob Chawner.

#### Anzac Day

Anzac day falls during the second week of the school holidays, **Thursday, March 25<sup>th</sup>**. The school will be marching as we have in previous years and we would like to see as many students as possible attending.

ALL children K-6 can march and are asked to wear full WINTER school uniform.

Students will meet at 10am in the council carpark opposite the Telegraph Hotel. Parents are asked to meet their children at the Memorial Hall at the conclusion of the march.

This is a great community event that our school is proud to participate in and all students are encouraged to attend.



#### Preliminary Notice-Book Fair

Our annual Scholastic Book Fair will be held in week 2 Term 2. **May 6<sup>th</sup>-10<sup>th</sup>**. It will be open to students and parents at the following times **only** as Mrs Mulcahy has a full teaching load during class time.

#### MONDAY-FRIDAY

Recess 11am-11:25am, Lunch 1:15pm-1:45pm  
After School 3:00pm-3:30pm

Students will also have access to the Book Fair during their class library time.

#### P&C



Next meeting of the P&C is tonight  
**Tuesday, April 9<sup>th</sup> at 6pm**  
all are welcome to attend.

## Crunch and Sip

Water is the best drink for children.

Students are able to keep a bottle of plain water on their desk to drink during the day. When students don't drink enough water, they can become dehydrated, which causes headaches, irritability and restlessness in the classroom.

Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones.

Soft drinks, cordials, sports drinks and flavoured mineral waters contain at least 6 teaspoons of sugar in every 250ml glass, which means they contain a large amount of energy.

This can contribute to dental cavities and decay and an excess energy intake (which can lead to overweight and obesity). So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag.

Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox? Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times.

Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays. Sending water to school will help prevent dehydration and help your child work and play all day long.



## Health Message

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

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.



## School Cross Country

Our school cross country will be held on Friday, May 10<sup>th</sup> (Week 2).

**ALL STUDENTS, K-6**, will be leaving the school grounds and therefore **MUST** return their permission note by **Thursday, April 11<sup>th</sup>**.

Parents are welcome and encouraged to attend.



## School Fun-Run Fundraiser

We will be holding an **adidas School Fun-Run** as a major fundraising event this year. The event will be held on **Friday, May 10<sup>th</sup>**.

The **adidas School Fun-Run** is a healthy, fun and active fundraiser that ensures we send the right message to our students about getting active, having fun and maintaining a healthy lifestyle.

The main focus of this event is on participation. Family support is most appreciated as we encourage all students to get involved.

All students have received a Sponsorship Form to help collect sponsorship on behalf of the school. The funds raised will be used to purchase air conditioning for the Bruxner (Primary) Hall.

We ask all parents to read the Sponsorship Form and sign the front page to grant permission for their child to fundraise and participate in this event.

Students who raise just \$10 or more will receive a reward for their effort. In the Sponsorship Form you will also find many other benefits like the chance to win a family holiday to Disneyland!

Students wanting to train for our event and to receive advice from sporting heroes like Sally Pearson and Jonathan Brown, can do so by logging onto **schoolfunrun.com.au/students** and clicking on **mi adizone**.

Finally, we would like to welcome parents and family members to attend the **adidas School Fun-Run** event day at the school on **Friday, May 10<sup>th</sup>** to help cheer on the students. Thank you, good luck and happy fundraising!



## State Swimming Carnival

Last week, Phoebe Cooper, Ella Wishart and Patrick Alcock travelled to Sydney to compete in the State Swimming Carnival.

All three performed exceptionally well and were fantastic ambassadors for our school and community, the zone and region. Ella came 37<sup>th</sup> in both the 11yrs butterfly and backstroke and also achieved a P.B. in butterfly, Phoebe came 33<sup>rd</sup> in 11yrs breaststroke and achieved a P.B. and Patrick finished 21<sup>st</sup> in the 13yrs freestyle and also achieved a P.B.

These are all remarkable results considering they are essentially competing against thousands of children their age, come from an isolated area with little specialised coaching. **CONGRATULATIONS!**

## Author

A Reminder that Belinda Murrell will be visiting our school on **Wednesday, April 10<sup>th</sup>**. There will be books available for sale at \$15 each. Students can have their book signed by Belinda.

## Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them. Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

## Spellcheck

Is your child learning to spell? Struggling with the weekly spelling lists? Here are a few strategies that will help: Find out more:

<http://www.schoolatoz.nsw.edu.au/zh/homework-and-study/english/english-tips/getting-your-child-used-to-writing>

## Homework planner

Kids and families run more smoothly when there's a plan - so print out our 2013 homework and study calendar, which includes key dates and school holidays.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
MAR	11	8 * Rugby League	9 *P&C	10 *Author visit *Netball Dev. day	11 *PB ASSEMBLY 10:15am *Touch trials *Netball game	12 * Rewards Day	13/14 Mr Manser gets married.
MAR		HOLIDAYS					

## CANTEEN

### CANTEEN ROSTER

**Wed.** 10th Kim Cox, Jen Sutcliffe  
**Thur.** 11th Marie Low, Sam Murphy  
**Fri.** 12th Karen Cooper, Melissa Oakes, Nicole Arnold

#### TERM 2

**Wed.** 1st Kim Cox, Toni Lane, Michelle Battersby

### Homebake (next week)

#### TERM 2

**Wed.** 1st Jennifer Donadel  
**Fri.** 3rd Marie Thomas

### DONATIONS (This Week)

**Cruskits** Jen Sutcliffe, Leanne Hall  
**Block Cheese** Kim Cox  
**Tomato Sauce** Bec Ebbern  
**Margarine** Sam Murphy  
**Mayonnaise** Leonie Pederson, Rhonda Fowler  
**Sliced Beetroot** Angela Kerrigan, Roberta Koch

### MEAL DEAL THIS WEEK-"Henry's Sub Feast"

A long roll filled with meatballs in tomato pasta sauce baked in the oven plus a popper and a tub of watermelon & grapes topped with vanilla yogurt  
**\$5.00**



Other Choices:  
Ham & Cheese sandwich \$2.20  
Hot dog in roll \$2.60

### STUDENTS OF THE WEEK:

**INFANTS:** Adele Butler, Lachlan Robinson, Amanda Bridge, Jakeb Gibbins, Robert Bridge.

**PRIMARY:** Jarelle Brown, Haylee Sheppard, Abbey Holley, Tyran Petrie, Saskia Jenkins, Laylah Maher

### 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 needs 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](mailto:frkgarra@bigpond.com)

#### Spotlight Evening

Granite Borders Landcare is teaming up with the rangers from the NSW National Parks and Wildlife to put on a spotlighting evening on **Mt McKenzie on Friday 19<sup>th</sup> April**. Starting at 5:30pm with a FREE social BBQ. Followed by a walk "n" talk to see what is lurking in the bush! Remember to bring a torch, wear sturdy footwear, warm clothing and wet weather gear. It should be a fun evening for all the family.

#### Woodenbong Yowie Country Market

LAST SATURDAY EVERY MONTH  
8am-3pm Woodenbong Hall & Grounds. All weather venue. Country atmosphere. Free Live Music. Sheltered seating. Variety of indoor/outdoor stalls. Hot food. Wheelchair access & Amenities. Insured stall site \$12. Contact: Carey 02 66351176

#### **NEXT EVENT SATURDAY, April 27<sup>th</sup>**

Celebrating our 5<sup>th</sup> Birthday.

Stall vouchers to win, specials, raffles, Mother's Day gifts available. W.A.G. (Woodenbong Arts Group Inc.) displays & interactions, including children's art, Spinning Wheel and Pottery workshops. Opening of the refurbished Children's Playground.

#### Drama

Drama Club will run in **Terms 2&3** for Infants, Primary and Junior High School students.

Please Contact Kerri Swain if interested

[Kerri.swain@bigpond.com](mailto:Kerri.swain@bigpond.com)



# ORACLES

