



The Sir Henry Parkes Memorial Public School

Term 2, Week 4, 2013

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Dear Parents and Community Members....

Events

The start of some busy times ahead with many sporting teams and carnivals happening in the next few weeks.

Today the boys went away for the Legends of League competition, Friday of course is our Athletics Carnival, next Friday is the Zone Cross Country here at school, we have hockey in a few weeks and our debating teams are in operation in the next 2 weeks.

We will also have basketball coming up sometime in the near future. We wish all of our students good luck in their endeavours and know that they will always try to do their best and represent the school with pride.

Awards

Many of our students receive awards at assembly including merit awards, student of the week, sports and special awards. These all contribute towards our Bronze, Silver and Gold awards.

Many of our (primary) students will be eligible for some of these awards and they need to bundle them together and give them to their class teachers so they can be signed on the back and the appropriate award given at the next assembly.

Students need 5 awards for a Bronze a further 7 awards for a Silver (total of 12 awards) and a further 9 awards (total of 21) for a Gold. Time to start checking those awards!!

Making School Easier

Teacher and mum **Katherine Bricknell** has already helped several of her kids navigate primary, high school and tertiary education, and has some great, practical advice for other parents.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-to-make-high-school-easier>

The sum of us

Be honest: are you a bit afraid of maths? And are you passing that on to your kids? Maths and science guru Adam Spencer suggests a better approach. (No time to listen to the podcast? Then read our at-a-glance summary)

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/the-sum-of-us>

Bouncing Back

Does your child bounce back from disappointment, or do they need to learn to be more resilient - and how do you teach them, so they can deal with life's challenges? Watch the video.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/developing-resilience-in-your-child>

Weekly scheduling

Learning how to make time for homework, study, chores, part-time jobs and so on is a vital skill for all kids, but it's one that we need to teach them by example. It's just a

word document, but you can now create your own weekly schedules to whip your family into shape.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template>

Book Fair

Many thanks to students and parents for supporting our recent book fair. It was the most successful one we have had with sales over \$1900. This will allow Mrs Mulcahy to choose books to the value of approx \$590 for the library. A great result thank you!!!!



North West Touch Football Trials

Last Friday, six students travelled to Armidale to participate in the North West trials for touch football. They had a busy day playing five games.

Congratulations to Tyler Sargeant and Chaney Rhodes who have been selected to represent the North West region at the State Touch Football Championships to be held in Coffs Harbour in late July.

NAIDOC WEEK T-Shirts

Last Friday, all students K-6 received a note regarding the purchasing of t-shirts for NAIDOC Week. The general sizes for children are YXS (6-8yr olds), YS (8-10yr olds), YM (10-12yr olds), YL (12-14yr olds) and YXL (16yr olds).

Shirts are only \$4 and **NOTES AND MONEY MUST** be returned to your child's classroom teacher by **THURSDAY, May 30th**.

P&C



Thank you to all the volunteers who baked goods, manned the street stall and made cash donations at our P&C Street Stall. Also a big thank you to Vanessa Finnerty for cutting, loading and unloading the firewood. We raised **\$1340** from the day which has been donated to the Tonkin family to assist them at this very sad time.

The next fundraiser is another street stall/wood raffle to be held on the first Friday of term 3. This street stall is raising money to pay for some new educational murals to be painted on the infants concrete area. Any assistance with baking or manning the street stall would again be greatly appreciated.

The next P&C meeting will be held at **6pm on Tuesday 18th June** (the same day as Mark Cooper turns 50 we hear, happy birthday Mark!)

Crunch and Sip



Mandarin – a tasty and healthy snack. Mandarins are rich in Vitamins A and C, antioxidants, calcium, phosphorus and dietary fibre. All of these things help prevent some forms of cancer, help fight viruses and the development of viruses (eg. colds), aid vision and keep bones and teeth strong.

Generally mandarins are easy to peel – just show your children how. You can also make mandarins an easy snack for children by having them peeled for your children and in a small container.

Health Message



It is getting colder and days are getting shorter, BUT it is important to remember to get outside for 20 minutes of sunshine each day. The sun provides us with Vitamin D which helps our bones absorb calcium which in turn strengthens our bones and teeth.

Please also try to remember to SLIP (slip on a shirt), SLOP (slop on some sun cream) SLAP (slap on a hat) and WRAP (wrap/put on some sunglasses).



Zone Cross Country

The Zone Cross Country will be held on **Friday, May 31st at The Sir Henry Parkes Primary School.**

44 students have been selected to represent the school. Notes and \$5 levy **MUST** be returned to classroom teachers by Wednesday, May 29th.

Students must also ensure they have satisfactory attendance, attitude and achievement to participate.



School Fun-Run Fundraiser

Now that the run is complete, please collect all money, complete your sponsorship form including selecting your prize and **return the form with money** to your child's classroom teacher **BEFORE THURSDAY, MAY 30th**. The funds raised will be used to purchase air conditioning for the Bruxner (Primary) Hall.



School Athletics Carnival

The school athletics carnival will be held **THIS FRIDAY, MAY 24th Week 4, at Federation Park** with the back-up day being Wednesday, May 29th. The day is a **compulsory day for all students from K-6** and they will have the opportunity to be involved in a variety of events and activities. All students aged 8-13 years may participate in their age race (100m), 200m and 800m.

Students aged 8-13 years have also been notified if they are in finals for shot put, long jump or high jump and if they are to represent their Sport House in the relays. If students are not in field event finals they will be participating in various games. An information note and a permission note have been given to every student. **ALL** students must return their note and if they are catching the bus \$1 to their classroom teacher by **TOMORROW, WEDNESDAY, MAY 22nd**.

Students are not to go near the road or creek and must see a teacher if they are going to the toilet and take a friend. If students are leaving early they must see Mrs Gibbins or Mrs Mulcahy in the tent.

If you can assist in the canteen for an hour, 2 hours or even the whole day please see Vicki Petrie. All parents/carers are very welcome and encouraged to attend. Parents/carers are also encouraged to make a relay team to race against Year 6 students and the staff. **SEE YOU FRIDAY!**



Year 2-6 Social

Last Wednesday, the Student Representative Council held a social for Year 2-6 students. Over 80 students attended with everyone having lots of fun with numerous games, dances and catwalk modelling. The students and some staff looked amazing with entertainers including Delta Goodrem, John Wayne, Wilma Flintstone, Karate Kid, Ninjas, cowboys (Woody from Toy Story) and cowgirls, Snow White and many others. The entry fee not only covered the students' supper but also helped our sponsor child in Vietnam.

A special thank you to the staff who gave up their time to assist with the social and an **ENORMOUS THANK YOU** to Miss Rivett for running the night.

Walk Safely To School Day

Walk Safely To School Day is on Friday, May 24th BUT, we are having our school athletics carnival. Instead we are encouraging students and parents to walk safely to school on **THIS Thursday, May 23rd**.

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

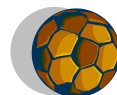
- *Walking with them the whole way to school

- *If they get the bus, walk past your usual stop and get on at the next stop

- *If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, **Active Kids are Healthy Kids** so get planning your own Walk Safely to School Day journey for **Thursday, May 23rd 2013!** For more information visit www.walk.com.au



Soccer Development Clinic

On Monday, July 8th (2nd Monday in the school holidays), Sport and Recreation will be holding a soccer development clinic at Shirley Park, Tenterfield. The clinics are for boys and girls aged 6yrs to 12yrs with an aim of providing opportunities for children to develop their soccer skills in a fun and enjoyable environment. Interested students received a note last Friday, but if you did not receive a note and would like your child to attend please collect a note from the front office.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
MAY	4	20	21 *Legends of League	22 *Debating-Mingoola *Kindy to Preschool	23 *Walk safely to school *Public Education Day	24 *Athletics Carnival	25/26
MAY	5	27	28	29	30 *Debating-Gum Flat * Money Due for Fun Run	31 *K-6 Assembly-12pm *Zone X Country-- Here *Mr Daniels-Away	1/2

CANTEEN

CANTEEN ROSTER

Wed	22nd	Kim Cox, Sharon Hollis, Lea Rossington
Thur	23rd	Monika Freeman, Michelle Bates
Fri	24th	ATHLETICS CARNIVAL
Mon	27th	Marie Thomas
Tue	28th	Angela Brown
Wed	29th	Kim Cox, Toni Lane, Michelle Battersby
<u>Homebake (next week)</u>		
Mon	27th	Carmel Moore
Wed	29th	Melissa Cowin
Fri	31st	Jane Collier

DONATIONS (This Week)

Mince	Mary Klazema
Block Cheese	Jenny Petrie
Eggs	Fran Horan
Margarine	Marie Thomas
Mayonnaise	Michelle Battersby, Sylvia Ibbett
Sliced Beetroot	Kristine McCowen
Lettuce	Marie Low
Onions	Jody Lieberman
Cruskits	Tonya Blaker
Tomato Sauce	Heather Brown, Lisa Beltrame

MEAL DEAL THIS WEEK-"On a Mission"

Enjoy a tasty mini wrap filled with crumbed chicken, cheese and mayo plus a popper and a mug of jelly and ice cream \$5.00

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

Athletics Carnival FRIDAY

There will be **NO CREDIT FACILITIES** available at the carnival, so please make sure your child has money.

STUDENTS OF THE WEEK:

INFANTS: Matilda Ebbenn, Kevin Ibbett, Clayton Clarke, Annabel Roffey, Savannah Caldwell

PRIMARY: Georgie Duroux, Tahlia Zellers. Zoe Jenkins, Katie Nettle, Chloe Hickey, Courtney Watt

BRONZE AWARD:

SILVER AWARD: Amelia Sheppard, Olivia Oakes, Nikkala Hillier

COMMUNITY NOTICEBOARD

Junior Basketball

Junior Basketball will commence on Wednesday, May 29th, due to the Memorial Hall being used for the voting.



Junior Netball

Junior netball will start this Saturday, May 25th starting at 9:30am at The Federation park netball courts.



Salvation Red Shield Appeal

The Salvation Red Shield Appeal is still looking for collectors. If you can help please contact the Salvos
On: 67 362 077 or turn up on the day at 9am.

Also The Salvation Army are having a Golf Day

- *4 person ambrose
- *Sunday, May 26th
- *11:30am shoutgun start
- *Non-golfers welcome
- *Cost:\$20/person

KCL Family Day Care

We have Vacancies
Enquire on 02 67 211 811

- *Pay as little as \$8
- *Flexible hours
- *Home based caring environment

Kelpie x Labradors

Black and white markings ready for pick up on June 15th
FREE to good home
Phone 0431 304 480





TERM 2 SOCIAL