



The Sir Henry Parkes Memorial Public School

Term 2, Week 5, 2013

Website: www.sirhparkes-schools.nsw.edu.au
Email: sirhparkes-p.school@det.nsw.edu.au
Phone: 6736 1401 Canteen: 6736 1732

Dear Parents and Community Members....

Athletics carnival

Last Friday the school attempted to hold its athletics carnival hoping that the rain would not come over and wash us out. Unfortunately our wishes did not come true and a huge downpour managed to end our day and soak students' parents and teachers.

As a consequence the school will be using its back up day of **Wednesday, May 29th**. This was on the original note that parents signed and will hopefully give us the best chance of finishing our carnival. There will be some changes for the day:

Students are to come to school and the school will pay for the use of buses over to the oval.

A limited canteen will be available so students will need to bring extra food to nibble on (see canteen report).

School sports uniform is to be worn on the day.

The carnival should be finished in time for students to catch buses back to school.

Attendance-holidays

Many parents take the opportunity to have family holidays outside of school holiday time or encounter emergency situations like a loved one being sick. In these cases we would ask parents/carers to come to the office and fill out an exemption form so the attendance is not counted against the child and the school.

Exemptions are very important and can be used for family emergencies however the school must be notified before the students are away.

Winter Uniform

The school is officially in Winter Uniform and are asking all students, parents and carers to ensure that the correct uniform is worn each day.

At each assembly a "uniform bear" is given out to the class with the students in it that have worn the correct uniform the most during those weeks.

For BOYS this includes long grey pants and for GIRLS it includes long blue socks or stockings. Our students look fabulous when they are all wearing the correct uniform so please help us to ensure all students are in correct uniform.

Assembly at THS

Yesterday I attended a formal assembly at Tenterfield High School. It was great to see so many of our ex-students performing well, looking happy and making new friends.

Many of our ex-students received awards from both the P&C and the school and were commended for their work in class and their behaviour.

Well done to all of those students.

Queen's Birthday Holiday

Just a reminder that **Monday, June 10th** is the Queen's Birthday long weekend and students do not attend school on this day.

Making music together

Music education produces many benefits, including strengthening children's abilities in reading, maths, and verbal intelligence.

New research suggests it may also teach something less tangible, but arguably just as important - the ability to empathise.

Find out more: <http://www.psmag.com/culture/making-music-together-increases-kids-empathy-41627/#.T5j1f7R1SQM.facebook>

Helping your child with homework

Video: **Teachers talk** about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

Cyberbullying - what the experts say

While research into cyberbullying is still in its infancy, the one thing we do know is the online environment is really just a new setting for age-old issues.

Cyberbullying is an extension of face-to-face bullying. It's all about relationships.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say>

Weekend family snow sports camp

"Affordable holiday" and "skiing" in the same sentence? Yes, if you're quick. Sport and Recreation offers weekend getaways in the snow from July – September.

Find out more: <http://www.dsr.nsw.gov.au/jindabyne/>

Toilet works

The school is continuing to have some works completed around the boys and girls primary toilets. We are having a cement "curtain" put around the toilet block to try to alleviate water running under the building and issues with rising damp.

They will also be cementing at the front of Mr Hillery's shed, under the water tanks and creating a path to Mr Hillery's shed.

This will cause some disruption to students who ride their bikes and walk through the laneway. There will be no access between Mr Hillery's shed and the side of the primary girls toilet. Students will have to walk their bikes around the toilet block for a few weeks until this is completed.

P&C



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



Crunch and Sip

Pears – pears are now in season and a great snack, especially for Crunch and Sip. There are over 3000 varieties of pears grown around the world and pears are native to Asia and Europe. Pears offer plenty of fibre (aids digestion), contain a fair amount of vitamins A, C, K, B2, B3, and B6 (helps prevent development of many cancers), folate (aids healthy pregnancy), boron (helps retain calcium to prevent osteoporosis) and antioxidants immune boosters – fight off and prevent flus and colds).

Pears also provide energy, they are low allergenic which means those who are sensitive to foods can often safely eat pears and are recommended by many doctors when weaning babies.



Health Message

Unfortunately, it is the season for colds and flus. To try and avoid catching these illnesses ensure you eat a variety of fruits and vegetables (2 serves of fruit and 5 serves of vegetables a day), drink plenty of water, exercise for 30 minutes a day, dress appropriately, get out into the sun for 20 minutes a day and have adequate sleep (children approximately 10 hours, adults 7-8 hours).

If you have family who are sick ensure they cough into their elbow not hand (if you cough into your hand you are always using your hand for all activities such as opening a door, reading a book etc), blow their nose, put the tissue in the bin and then wash their hands.



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 THIS THURSDAY, MAY 30th**.

The funds raised will be used to purchase air conditioning for the Bruxner (Primary) Hall.



Walk Safely To School Day

Last Thursday, we held Walk Safely To School Day. Walk Safely to School Day asked that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around.

Despite the wet and cool weather, 35 students walked to school – CONGRATULATIONS!

Remember, **Active Kids are Healthy Kids** so keep on moving!



Premier's Debating Challenge

Last Wednesday, The Persuaders debating team (Saskia Jenkins, Ella Wishart, Katie Nettle and Katie Preston) travelled to Mingoola to participate in the first round of the Premier's Debating Challenge.

The topic was "That Kids In Years 5 and 6 Should Have A Job One Afternoon A Week" and the Persuaders were the negative team.

All students communicated well and made

some quality, persuasive arguments and displayed great improvements in their structure and presentation of their team's opinion. This resulted in the Persuaders winning the debate.

CONGRATULATIONS! Thank you to Katie Preston who quickly filled in for a sick student.

Next week, both debating teams, The Persuaders and The Arguers (Declynd Morris, Aislyn Kerr, Jade Wright and Jaimee McKinley), will travel to Gum Flat to continue to participate in the Premier's Debating Challenge. All teams are guaranteed 4 debates.



Multicultural Public Speaking Competition

Last week, interested students in Years 3-6 were given an information sheet regarding The Multicultural Public Speaking Competition. If your child has not received a note and would like one please contact Miss Eakin.

NAIDOC Day T-Shirts

All orders (**notes and money**) for NAIDOC Day shirts **MUST** be returned to school by **THIS THURSDAY, MAY 30th**.



Zone Cross Country

The Zone Cross Country will be held this **Friday, May 31st** to be held here at The Sir Henry Parkes Memorial Public School. 44 students have been selected to represent the school.

Notes and \$5 levy MUST be returned to classroom teachers by TOMORROW, WEDNESDAY, MAY 29th. Students must also ensure they have satisfactory attendance, attitude and achievement to participate.

Footy News

Last Tuesday, the boys seven-a-side rugby league team travelled to Glen Innes for the annual Legends of League carnival. They were to play 5 games against teams from Glen Innes Public, St. Josephs Glen Innes and St. Josephs of Tenterfield. The boys chalked up a 14-0 win over their local rivals, St. Josephs in the first game. From there, the boys went on to win all remaining games comfortably. At the end of the day, our boys scored 84 points and only conceded 8 in a remarkable defensive effort. On the day, all nine players were outstanding.

They played well structured footy and good results followed. A special mention to Bayley Daniels who was the youngest member of the team and played well above his size. As there were no finals, our boys were named champions and will go onto the regional finals in Gunnedah on June 27th.



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
MAY	5	27	28	29 *Athletics Carnival	30 *Debating-Gum Flat *Money Due back for Fun Run *NADOIC shirt money due back	31 *K-6 Assembly-12pm *Zone X Country- Here *Mr Daniels-Away	1/2
JUNE	6	3 * Mr Daniels- away	4 *Mr Daniels-away	5	6 *Debating- here	7 *Boys hockey- Armidale	8/9

CANTEEN

CANTEEN ROSTER

Wed 29th ATHLETICS CARNIVAL
Thur 30th Marie Low
Fri 31st Bev Dorrington, Sue Clarke, Jayne Harvey
Mon 3rd Help needed please
Tue 4th Angela Brown
Wed 5th Kim Cox Jen Sutcliffe
Homebake (next week)
Mon 3rd Deanne Eaton
Wed 5th Melissa Oakes
Fri 7th Tracy Caldwell

DONATIONS (This Week)

Cruskits Deanne Eaton
Block Cheese Carmel Moore
Eggs Tamai Davidson
Margarine Jayne Collier
Sliced Beetroot Natalie Watt
Tomato Sauce Amanda Paris, Margaret Ellis
Onions Jennifer Rhodes
Carrots Polly Sargeant

ZONE CROSS COUNTRY

Due to the cross country being at our school on Friday we will have a limited menu available.

Orders as usual before 9:30am.

Large Meat pie \$3.00
 Sausage Roll \$2.40
 Hot dog in roll \$2.60
 6 chicken nuggets \$2.20
 Ham & Cheese Sandwich \$2.20
 Egg & Lettuce Sandwich \$2.50

THANK YOU

A huge thank you to parents and staff who helped in anyway last Friday. A massive effort from all under such difficult circumstances.

We can only hope for better weather next time.
Thanks Vicki

ATHLETICS CARNIVAL

We will be operating a BBQ ONLY

Sausage Sandwich \$2.00
 Sausage & Onion Sandwich \$2.50
 Steak & Onion \$6.00

There will be drinks and chips available, also tea and coffee.

COMMUNITY NOTICEBOARD

Junior Basketball

Junior Basketball will commence on Wednesday, May 29th

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





NW Touch Trials



DEBATING AT MINGOOLA