



## The Sir Henry Parkes Memorial Public School

**Term 3, Week 3, 2013**

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

#### Photo Day

Photo day for sport groups is this **Friday, August 2<sup>nd</sup>**. Please make sure full sport uniform is worn to school.

Please note: 5/6E will have their class photo taken again on Friday. If your child is in 5/6E please send them to school wearing their full winter uniform with their sport uniform in their bag to change into.

#### Education Week

Education Week showcases the achievements of our inspirational teachers, staff, students, Parents & Citizens Association and community members. We invite you to come up to the school on **Wednesday, July 31<sup>st</sup>** to help us celebrate Education Week:

9:15am-9:45am – visit your child's classroom,

10am-11am – Assembly in Bruxner Hall,

11am-11:30am – you are welcome to stay and have recess with your child/children.

#### Head Lice

There have been some reported cases of head lice. If your child has head lice it can become quite uncomfortable and itchy. Please check your child's hair.

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

#### Warialda School Horse Sports 2013

Warialda School Horse Sports day will be held on **Friday, August 16<sup>th</sup>**. Please contact this school by **Friday, August 2<sup>nd</sup>** if you are wanting your child to participate.

#### Ten tips for tweens who find maths hard

Kids who find maths easy in the early years of school can be turned off quickly if they get confused and can't work it out. Here are 10 ways to get your tween through the more challenging times.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/tips-for-tweens-who-find-maths-hard>

#### I have fun with faces

Try our fun, free app that helps preschoolers develop their reading and numeracy skills. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/educational-games/i-have-fun-with-faces>

#### Homework and assignments

Homework is an important part of learning, but sometimes parents find it hard to keep up with what needs to be done. These ideas and resources cover a range of popular topics to kick-start your child's home project activities.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments>

#### Lyons Club Meeting

Last Thursday, Mr Manser attended a Lyons Club meeting. He was invited by Mr Ken Poulsen to discuss programs and initiatives that are happening in the school, in particular the chess club. Mr Poulsen stated that the Lyons Club of Tenterfield would be happy to support the school as we have supported the Lyon's Club, our most recent event being the Primary Choir performance at the Cracker night over the long weekend. Miss Coats put a lot of time and effort into preparing the students for this event. The Lyon's club committee stated that they were very happy and impressed by the performance.

The outcome of this meeting resulted in the Lyon's club offering their support to the school chess club. Chess club is held each fortnight in the library with the support of Mrs Mulcahy and community member Mr Peter Reid. There are approximately 18 students who participate in the chess club. Unfortunately, we do not have sufficient resources such as chess sets in the school resulting in us borrowing sets from the Tenterfield High School.

The Lyon's club has stated that they will be happy to provide funding for the purchase of chess sets in the future.

On behalf of the staff, students, chess club and Mr Reid, we would like to thank Mr Poulsen for the invitation, along with President Keith Wilcox and the Lyon's club for their support.

#### Kindergarten enrolments

Our school is currently taking enrolments in Kindergarten for 2014, if you would like to enrol your child please collect the enrolment forms from the front office.

#### Exemption Forms

Just a reminder that if your child is going to be away for more than 4 days please make sure you fill in the exemption forms which you can pick up from the front office.

These forms need to be filled out and returned before your child is away from school.

#### Phone Calls

Please remember that if your child is going to be away from school for any reason to ring the front office to let them know why, so that their attendance is not marked as unjustified.

#### Change of Student Information

If your address, phone numbers, emergency contacts or other relevant information regarding your child/children has changed PLEASE let the office know ASAP so we can update our records.

If we don't have the correct contact information then it makes it difficult to contact you if your child has an accident or we need to notify you of other information.

## Crunch and Sip

### Did you know?



- 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

Crunch and Sip provides a great opportunity for students to have a least one serving of fruit or vegetables each day.



### Health Message

Soft drink – sweet and tasty BUT FULL OF SUGAR. Did you know most soft drinks contain at least 8-12 teaspoons of sugar? The body does not need sugar to function and in fact too much sugar damages the body leading to tooth decay, Type 2 diabetes, weight gain (which increases risk of developing many types of cancers, heart and other disease). Studies have also shown that soft drinks which have reduced sugar are also bad for your health as it causes your body to crave something sweet so you then reach for cakes, lollies, biscuits.

Instead of grabbing a can or bottle of soft drink go for water. Not only will you live longer and healthier you will also enhance your concentration levels and save money.



### Class Fitness

Many classes participate in some form of physical activity most days of the week. If your child has foot problems or would be more comfortable wearing joggers for these activities they are allowed, and encouraged, to bring their joggers to school in their school bag and change into them for these activities.



### Fresh For Kids Canteen Promotion

From Monday, July 29<sup>th</sup> until Friday, September 20<sup>th</sup>, the school canteen in conjunction with the Sydney Markets will be holding a fresh fruit and vegetable promotion called *Fresh For Kids*. All students

have to do is purchase a fresh fruit or vegetable item from the canteen and they will be instantly rewarded with a sticker card containing one large sticker for them to keep and one token sticker to place on an entry card. When students have made 4 fresh fruit and/or vegetable purchases from the canteen (ie. Filled their entry card) they fill out their out entry card with their details and return it to the canteen where they will receive a minor prize. Mrs Petrie will send off the completed entries to Sydney Markets with students having the opportunity to win a major prize. The canteen always has a variety of fruit for sale (great for *Crunch and Sip*) which can be purchased as a whole (eg. an apple) or even try a mixed bag of fruit or fruit kebab. YUM!!!!!!!!!!!!



### Spelling Bee

Students in Years 3-6 will compete in class to become a class representative at our School Spelling Bee on **Thursday, August 15<sup>th</sup> at 9:15am** in Bruxner Hall. Students will compete in two sections, Junior (Years 3-4) and Senior (Years 5-6).

Students can practice words by visiting <https://www.artsunit.nsw.edu.au/speaking-competitions/2013-premiers-spelling-bee>.

username: teacher

Password: samsung

Students can also download a free app from Samsung apps which contains over 3000 words and is supported by the NSW Government and the Macquarie Dictionary.



### Year 2-6 Social

The next Year 2-6 social will be Tonight, **Tuesday, July 30<sup>th</sup>** in Bruxner Hall. The theme is the **"letter c"** – so come dressed as a clown, Cleopatra, car driver, cartoon character, capsicum. The cost is \$4.50 which covers prizes (lucky door prize, prizes for the best dressed female and male in each year) supper (popper and chips) with a small amount of funds being given to our school's sponsor child in Vietnam.

The social will start at 5pm and end by 7pm. Please ensure you are at the school by 7pm to pick up your child / children



### Year 5 and 6 Lake Ainsworth Camp

Please ensure you are either paying off or paying in full the remainder of your child/ren's camp balance. If you have any questions, please contact the front office.

### Year 6 High School Transition

Year 6 students will be visiting Tenterfield High School on four occasions for transition this term. They have each received a note which must be returned by **Friday, August 2<sup>nd</sup>**.

### When to start school

Starting school is a big step. How do you know if your child is ready? This video features Kindergarten teachers discussing this sometimes tricky issue.

Find out more:  
<http://www.schoolatoz.nsw.edu.au/wellbeing/development/is-my-child-ready-to-start-school>

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
July	3	29 **"Fresh For Kids" starts	30 *Touch Footy-Glen Innes *Social 5-7pm	31 *Class Visits 9:15am-9:45am *Education Week Assembly 10am	1 *Basketball-Armidale	2 *SPORTS PHOTOS *THS Transition notes due	3/4
July	4	5	6 *Mrs O'Brien-Away	7 *My School Kitchen Rules-THS	8	9 *Assembly Infants-1/2P 11:30am Primary-4/5C 12:15am *Zone Athletics Carnival	10/11

## CANTEEN

### CANTEEN ROSTER

**Wed** 31st Kim Cox, Jen Sutcliffe, Anne Newman  
**Thur** 1st Monika Freeman  
**Fri** 2nd Melissa Oakes, Jayne Harvey  
**Mon** 5th Monika Freeman, Fran Horan  
**Tue** 6th Help needed please  
**Wed** 7th Kim Cox, Liz Bridge, Vicki Hill

### Homebake (next week)

**Mon** 5th Sylvia Ibbett  
**Wed** 7th Jenny Petrie  
**Fri** 9th Tracy Caldwell

### DONATIONS (This Week)

**Mayonnaise** Jen Sutcliffe, Megan Niesen  
**Block Cheese** Leonie Pederson  
**Margarine** Sam Murphy  
**Cruskits** Leanne Hall  
**Tomato Sauce** Stuart Webb, Bec Ebborn  
**Carrots** Rhonda Fowler  
**Onions** Crystal Liesegang  
**Sliced Beetroot** Angela Kerrigan, Roberta Koch  
**Lettuce** Kim Cox

### Are you able to help?

We have 3 days a week on our canteen roster that needs to be filled. If you would like to join our wonderful team of volunteers one morning a month it would be much appreciate. Please phone Vicki on 6736 1732

### MEAL DEAL THIS WEEK-"Frankie's Special"

Enjoy a hot dog in roll topped with tomato sauce and cheese plus a popper and a chocolate coated ice cream \$5.00

Other choices: 2 x crumbed chicken strips \$2.40  
 Sausage Roll \$2.40

### STUDENTS OF THE WEEK:

**INFANTS:** Mikayla Cox, Lucia Davies, Monifah Brown, Abby Phelps, Palace Lee, Chelsea Davis

**PRIMARY:** Sophie-Lee Latta, Roshan Caldwell, Claudia Brosig, Neville Woodbridge, Ella Wishart

**BRONZE AWARDS:** **Infants:** Ashah Hillier, Elly Petrie, Kye Maher, Saul Pitt, Mary Binge, Adele Butler, Matilda Ebborn, Rachel Brosig, Bella Everson, Macy Battersby, Sahri Clark, Lucia Davies, Tiffany McDonald, Lani Pedersen, Hedley Donges, Jack Roffey, Achie George, Tom Harvey, Kevin Ibbett, Lochie Robinson

**Primary:** Jade Shearer

**SILVER AWARDS:** **Infants:** Abby Phelps, Jakeb Gibbins, Kira Arnold

**Primary:** Jade Shearer, Liana Meneguzzi, Bayley Daniels, Abbey Holley, Zoe Jenkins

### COMMUNITY NOTICEBOARD

#### Tennis in Tenterfield

The new surfaces are completed with new fencing and extra lighting. Come have a look, see how wonderful it looks and have a game.

Lots happening in Tenterfield Tennis:

**Junior Tennis:** every **Thursday** afternoons 4pm and **Saturday** mornings 8.30am, tennis skills are given for new players and set play is arranged for experienced players.

We have some parents that play at these times, it is open for any interested players.

**Mid week Ladies Tennis:** **Wednesday** and **Thursday**, a great social day, children are welcome.

Nominations for **August Tournament** are open, both Senior and Junior.

**Social Tennis:** **Saturday** afternoons at 2pm, both children and adults welcome.

**Monday Night Competition:** will start **First Monday in September**;

think about nominating your team of 4 players.

**Wednesday Night:** will start in September, single and doubles to be played, great fitness and social event.

**Invitation** to all for **Sunday 11 August** 11.30am, for the **opening** of the new courts. A 3 course Lunch for Adults - \$10.00 or Children - \$5.00 will be available, a game of tennis for gold coin donation.

MP Adam Marshall is playing tennis with the Mayor Peter Petty. Come along for a great time.

Call Christine 0267362277 for further details.



# MURRI-KULCHA VISIT



FROM THIS



TO THIS



## SCIENCE EXPERIMENT FROM SUNSHINE ROOM