



The Sir Henry Parkes Memorial Public School

Term 3, Week 4, 2013

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Dear Parents and Community Members....

Education Day

Thank you to all the family and community members who supported our students and staff by joining us for our Education Day celebrations. The day started with a visit into classes to see the wonderful work that students have been doing. Then we were treated to an Assembly where students sang, danced, presented poems and played musical instruments.

Everyone is to be commended for their hard work and dedication; Fran Strachan for organising the day, class teachers for their creative ideas and dedication and of course the students, without their smiling faces and enthusiasm we wouldn't have had our day! Well done everyone!

Personalised Learning and Support Tool (PLASST) 2013 Trial

During the next few weeks our school, along with other public schools in the area, will be participating in the trial of a new tool (PLASST) being developed by the Department of Education and Communities for teachers to identify the learning and support needs of their students.

This trial is focussed on the development of a sound and reliable online tool that, when finalised, can be used by teachers in collaboration with parents and carers to identify the strengths and educational needs of students with additional learning and support needs. This information will assist schools in planning and personalising learning and support for individual students who require adjustments in their day to day learning.

The trial will involve teachers completing an online questionnaire about the educational needs of some of their students. Students themselves will not be required to complete any additional work or be formally assessed as part of the trial. This trial will not impact on students' education provisions.

Some parents / carers will receive a letter in the mail with further information about the PLASST trial, if their child/children are being supported through the trial.

NSW PSSA Touch

Last Tuesday our Touch boys travelled to Glen Innes to play in the second round of the NSW PSSA State Knockout. After competing in the state championships for the second year running just a week prior, Tyler Sargeant and Chaney Rhodes directed our boys well. At half time the score was 4-1 our way and the second half repeated those scores to leave the score at 9-2 at full time.

Coach, Mr Maher said, "the boys played better than the equivalent game last year. Despite losing two state reps, they have all combined really well. Declynd Morris was really impressive. All our interchange players went well and our first touchdowns were scored by both wingers showing some great pattern play and passing skills". Our boys will now play the

winner out of Bundarra Central School and Inverell Public School in the coming weeks here in Tenterfield.

On the same day, the winner of the second game will play Ben Venue from Armidale for a spot in the regional final.

Mr Maher finished by stating, "We have still got plenty of work to do, but I'm optimistic about our chances of repeating last year's effort of finishing 5th in the state from a pool of over 400 schools. We will be working hard in the coming weeks to fine tune our game". Keep an eye out for date and venue information.

PSSA Basketball

Last Thursday, the boys and girls basketball teams travelled to Armidale to compete in round 3 of the PSSA Basketball Knockout. The girls team consisting of Merinda McIntosh, Liana Meneguzzi, Katie McQuirk, Jaimee McKinley, Phoebe Cooper and Ella Wishart played against Quirindi Public School.

The game was played at a very fast and competitive pace. The Quirindi team played quite rough and made it very difficult for our girls to play with structure. Our girls changed their strategies after finishing the first half 13 points down. The first half also left us with one player down with Liana turning on her ankle when attempting a rebound.

The girls fought back in the second half by driving through the defensive line and taking on the opposition to cause fouls. The game finished with Quirindi winning 26 to 18. Although we outscored them in the second half, time was against us.

The boys started their game against Quirindi on the back foot. Tenterfield's starting line saw Chaney Rhodes, Adam Hayne, Tyler Sargeant, Declynd Morris and Ethan Graham with Aymon Rhodes and Cory Harding starting on the bench.

The Quirindi team had 3 players who stood at 6 foot over our boys and although we defended well, we had little to no success when rebounding. The boys passed the ball around well and played better offense than the other team, but by the end of the 40 minutes they had been beaten by a stronger and taller team.

The players and Mr Manser would like to thank Mrs Wishart and Mrs McIntosh for supporting both teams in their games and representing our school as scoring officials.



Zone Athletics

This Friday, August 9th, 38 students from The Sir Henry Parkes Memorial Public School will participate in the Zone Athletics Carnival held at Tenterfield Federation Park.

Students are to meet Miss Eakin at 9:15am at Federation Park. Students leaving early MUST see Miss Eakin before leaving and MUST be accompanied by an adult. We wish all the students well.

Crunch and Sip



How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for children and teens depends on their age, appetite and activity levels – see table below.

Recommended serves of fruit and vegetables by age

Age (years)	Fruit (serves/day)		Vegetables (serves/day)	
	girls	boys	girls	boys
2-3	1	1	2 1/2	2 1/2
4-8	1 1/2	1 1/2	4 1/2	4 1/2
9-11	2	2	5	5
12-18	2	2	5	5 1/2

Note: One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit). One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils)).

Health Message



Research has shown that most Australians are having too much salt/sodium. Having a diet high in salt increases your risk of developing heart disease. Many people believe they are only having a small amount of salt as they rarely add it to their food. However, most foods are processed and contain A LOT of hidden salt.

Did you know bread, sauce, cereals, muesli bars all contain salt? The recommended daily intake of salt is 460-920mg per day which equals 1.5-2.3grams a day. Unfortunately, most Australians have 10 grams a day. You can train your taste buds to enjoy foods which have less salt. It will take a week to a month. Just start by reducing the amount of salt you add to food, choose foods with reduced or no added salt and eat plenty of fresh fruit and vegetables and wholegrain breads and cereals. Some salt is good for you – ensure it contains iodine which aids the functioning of your thyroid gland which helps your metabolism (controls weight).

Premier's Sporting Challenge



Our school has now completed the 10 weeks of the Premier's Sporting Challenge. The challenge encourages and shows children and adults how important and easy it is to complete at least 30 minutes of physical activity every day. The benefits (strong bones, muscles, hearts, lungs, improved fitness, coordination, balance, happiness, immunity; making friends, reduce levels of stress and chances of developing many diseases and illnesses such as heart disease, diabetes, some forms of cancer, osteoporosis) significantly outweigh the negatives.

The real challenge now begins – be active for 30 minutes a day (walk to the park, school or work; ride a bicycle; garden; participate in an organised sport such as soccer; do an exercise dvd). If you're stuck for ideas

ask your child or come and speak to one of the teachers especially Miss Eakin, Mr Maher or Mr Manser. If you believe you don't have time – you won't have a long life.

ACHIEVEMENTS:

2/3M – Bronze	3/4H – Bronze
3/4R – Silver	4/5C – Gold
5/6E – Gold	5/6M – Gold



Fresh For Kids Canteen Promotion

From Monday, July 29th until Friday, September 20th

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 piece of fresh fruit or vegetable 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 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 on **Thursday, August 15th** at 9:15am in the Bruxner Hall to become a class representative at our School Spelling Bee.

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.

Eisteddfod

The Tenterfield Eisteddfod will be held throughout week 6 of this term. We have entered into many sections for speech and music. We will be practicing throughout the next five weeks as small groups, class, or stage groups.

The choir, guitar group, recorder group, and percussion group will be practicing during allocated times and lunch breaks. Primary Choir will rehearse each week on Tuesday and Wednesday afternoons at 2:15pm for the next three weeks. 3/4H, 3/4R & 2/3M will be rehearsing their two items each Tuesday afternoons at the same time as primary choir.

The guitar group will be rehearsing each week on a Monday afternoon at 2pm until 2:20pm and each Tuesday at Recess. Students are asked to bring their guitar to school each week and practice daily at home.

The recorder group will rehearse on Monday afternoons from 2:20pm and Wednesdays during lunchtime.

The percussion group will rehearse on Thursday afternoons from 1:45pm - 3pm.

For further information please contact Mr Manser.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	4	5	6 *Mrs O'Brien-Away	7 *My School Kitchen Rules-THS	8	9 *Assemblies: Infants-1/2P 11:30am Primary-4/5C 12:15am *Zone Athletics Carnival	10/11
August	5	12	13	14 *Dentist Talk- Kindy	15 *Spelling Bee Yr 3-6 9:15am	16 *Mrs O'Brien-Away	17/18

CANTEEN

CANTEEN ROSTER

Wed	7 th	Liz Bridge, Vicki Hill, help needed please
Thur	8 th	Vicki Zappa
Fri	9 th	Abby Galletly, Sylvia Swan
Mon	12 th	Leeza Wishart, Melinda Campbell
Tue	13 th	Help needed please
Wed	14 th	Kim Cox, Sharon Hollis, Lea Rossington

HOMEBAKE (next week)

Mon	12 th	Carmel Moore
Wed	14 th	Melissa Cowin
Fri	16 th	Jody Lieberman

DONATIONS (This Week)

Mince	Terri Rossington
Block Cheese	Kristy Petrie, Deanne Eaton
Margarine	Trudy Campbell
Vegemite	Melissa Cowin
Eggs	Tanya Larkin
Tomatoes	Lara Flanagan
Carrots	Mahia Everson
Sliced Beetroot	Nicole Arnold
Lettuce	Trudy Campbell

MEAL DEAL THIS WEEK-"Farmyard pack"

A bag of chicken chippies with a popper and a bowl of ice cream topped with mini marshmallows and strawberry topping \$5.00

Other choices: Sausage Roll \$2.40
Hot dog in roll \$2.60

Year 6 High School Transition

Year 6 students will be visiting Tenterfield High School on four occasions for transition this term.

Students will be participating in a variety of events throughout the day.

They have each received a note which **SHOULD** HAVE been returned by **LAST FRIDAY, AUGUST 2nd**

Toy Catalogue

We are again running the Educational Experience Toy Catalogue.

Please return your order with the correct payment (cash, credit card, cheque, or money order) by **Wednesday, August 28th**.

The school receives a voucher for 20% of the total amount of orders from our school. We used the last voucher to buy sensory tools for use in all of the Infants classrooms.

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.

Darling Downs Zoo Excursion

A reminder that all notes and a \$10 deposit for this excursion are due back by **FRIDAY, AUGUST 9th**. Final payment will be worked out after this date.

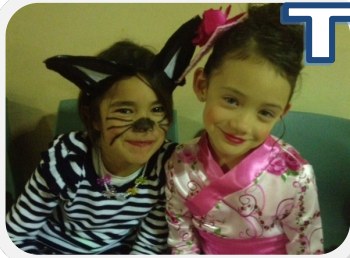
Thank you to all of the parents who have offered to come as parent helpers. We have more parents than seats available so a ballot will be conducted and parents advised of the outcome.

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 in wearing joggers for these activities they are allowed and encouraged to bring their joggers to school and change into them for these activities.

COMMUNITY NOTICEBOARD

TERM 3 SOCIAL



TOUCH FOOTY PSSA KNOCKOUT

