



The Sir Henry Parkes Memorial Public School

Term 3, Week 6, 2013

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Dear Parents and Community Members....

Aussie Adventure

On **Wednesday, August 21st** we will have some little visitors to our school. Tenterfield Childcare Centre, Tenterfield Preschool and Wallangarra Free Range will be visiting as part of our transition to Kindergarten program.

The theme for the day will be "Aussie Adventure". The children visiting will join our K-2 students rotating around activities such as craft, music, storytelling and games. If they place an order they could also be enjoying a delicious lunch prepared by Mrs Petrie in the canteen.

K-6 Assembly

This week the K-6 assembly will be held on **Thursday afternoon at 2pm in the Bruxner Hall**. We have a lot of students participating in the Eisteddfod on Friday so we have decided to hold the assembly on Thursday.

School Photos

The photographer will be returning on Monday, September 2nd to take the following photos.

*Swimming *Infants choir *Primary Choir *SRC
 *Debating *Public Speaking *Guitar

If your child is in any of these photos please make sure they are dressed in their full school uniform.

Book Week

Each year, many schools and public libraries from all over Australia spend a week celebrating books and Australian authors and illustrators.

Mrs Mulcahy has been doing fantastic work, reading and creating activities based on the short listed books for 2013. Due to the Eisteddfod running this week, the Library has kindly invited classes to visit next week.



Time	Monday 26.08.13	Tuesday 27.08.13	Wednesday 28.08.13
11:30		Sunshine	5/6M
12.00	1/2B	5/6E	1/2J
12.30	1/2P		
1.50	3/4R		KC and KJ
2.20	4/5C	3/4H and 2/3M	

Cyber bullying - prevention tips for parents

The statistics around cyber bullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/say-no-to-cyberbullying>

How much screen time?

'Screen time' used to mean how many hours you spent watching TV and playing on the computer. However,

with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

Find out more: <http://www.schoolatoz.nsw.edu.au/technology/using-technology/screen-time>

When lunch comes home ... again

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain>

Eight ways to build your child's writing skills

Here are a few practical tips to help your child to work out the best way to express themselves through their writing.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/eight-ways-to-support-your-childs-writing-skills>



Spelling Bee

Last Thursday, class representatives from Years 3-6 competed in our School Spelling Bee. Students competed in two sections, Junior (Years 3-4) and Senior (Years 5-6). All students performed exceptionally well having to not only stand up in front of their peers and families but also spell some complex words. Two representatives from each stage have now been selected to participate at the Regional Spelling Bee Final to held in Armidale in mid September. Thank you to Mrs Mulcahy who was the adjudicator.

Stage 2 (Years 3 and 4) – Kori Eaton (Champion) and Dominic Clarke

Stage 3 (Years 5 and 6) – Ella Wishart (Champion) and Martin Ibbett

North West Boys Touch Football - State Carnival

On Tuesday, July 23rd to Thursday, July 25th Tyler Sargeant and Chaney Rhodes travelled to Coffs Harbour to play in the North West Boys Touch Football State Carnival.

The boys played 5 games on the first day and won one of these against Sydney South West and only went down 4 – 3 in one of the other games against Riverina. Our boys tried hard to stick with the other teams, but were outplayed by their quick passing and ball skills.

On the second day the boys played much better as a team, losing yet another game by only one try and also drawing a game 2 all against Sydney East. Over the three days our North West Boys won 1 game, drew 1 game and lost 10 games, but not for the heart of trying and considering our North West team didn't have any team training prior to the State Carnival, they did well.

Tyler and Chaney played very well over the three days and should be proud of themselves for making it in the North West State Team.

Crunch and Sip

How to help kids and teens eat more fruit and vegies

Eating more fruit and vegies every day can sometimes be a struggle. However, research shows that we're more likely to do so if they're available and ready to eat. Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.

Some ideas to try:

- Involve the whole family in choosing and preparing fruit and vegies.
 - Select fruit and vegies that are in season – they taste better and are usually cheaper.
 - Keep a bowl of fresh fruit in the home.
 - Be creative in how you prepare and serve fruit and vegetables - such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
 - Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
 - Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins and cakes made with fruit or vegies.
 - Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
 - Add chopped or pureed fruit to plain yoghurts.
 - Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
 - Chop up some fruit or vegie sticks for the lunchbox.
 - In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
 - Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

Visit the [Recipes](http://www.healthkids.nsw.gov.au/recipes.aspx) (<http://www.healthkids.nsw.gov.au/recipes.aspx>) section to find easy and inspiring ideas for preparing fruits and vegies. Put your enthusiasm into practice!

Health Message



OR



?

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fiber, which makes it more filling and nutritious than a glass of fruit juice. One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.



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 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!!!!!!!!!!!!

Festival of the Famous

All students from years 3 to 6 have been working on their Festival of the Famous projects for HSIE over the past five weeks. The students have been working with Mrs Mulcahy in the library to research their chosen person each week.

Each student was provided with a work booklet which takes them through a step by step process. They were asked to follow a timeline to ensure that the task was attempted to a pleasing standard. Each student should have completed their PowerPoint presentation by the end of this week.

Please discuss this project and topic with your child/ children if they are in any years from 3 to 6. The students will present their projects to their classmates throughout week 8. The festival date is yet to be confirmed.

If you have any concerns or questions about the project, please contact your classroom teacher or Mr Manser.

My School Rules

Tomorrow, Wednesday August 21st Year 6 students will again visit the high school for transition which includes the next challenges of "My School Rules".



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	6	19	20 *Eisteddfod	21 * "Aussie Adventure" pre school visit *"Shekere Beats" *MSR	22 *K-6 Assembly 2pm, Bruxner Hall	23 *Eisteddfod	24/25
August	7	26 *Library visit	27 *Touch-Federation park	28 *Yr 4,5,6 "Buddies 2" show at the High School *Toy Catalogue orders due	29 *K-2 Movie 12:30pm	30 *3-6 Movie 12:30pm	31/1

CANTEEN

CANTEEN ROSTER

Wed 21st Kim Cox, Toni Lane, Michelle Battersby, Trudy Campbell

Thur 22nd Marie Low

Fri 23rd **Help needed please**

Mon 26th **Help needed please**

Tue 27th Sue Clark

Wed 28th Kim Cox, Jen Sutcliffe

HOMEBAKE (next week)

Mon 26th Deanne Eaton

Wed 28th Sam Murphy

Fri 30th Marie Thomas

DONATIONS (This Week)

Cruskits	Polly Sargeant
Block Cheese	Jennifer Rhodes, Carmel Moore, Margaret Ellis
Margarine	Jayne Collier
Mayonnaise	Deanne Eaton
Tomato Sauce	Amanda Paris
Sliced Beetroot	Melissa Oakes, Natalie Watt
Tomatoes	Tamai Davidson

MEAL DEAL THIS WEEK-"Aussie Adventure"

Snag a winner (sausage in bread with sauce) with a goanna juice (popper) and a critter chocolate mouse and ice cream \$5.00



NO OTHER CHOICES TOMORROW BBQ ONLY

Book Club

Book club will be handed out this week and will be due back to the front office by Thursday, September 5th before 9am.



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.

COMMUNITY NOTICEBOARD

Free Native Plants

Granite Borders Land care is offering FREE native plants this spring. It is a great opportunity to engage with children discussing biodiversity.

If you have any questions please contact

Mark Thomas

Land care Co-ordinator

Granite Borders Land care

PO Box 400

Tenterfield NSW 2372

Ph. 0404 892 696

Child Care

Tenterfield Child Care Centre currently has some vacancies.

Providing Education and care for children 6 weeks to 5 years old.

Opening hrs- 7:45am-5:45pm Mon-Fri 50 weeks a year.

Open during School Holidays.

Providing a Preschool Program.

Accredited Care meeting and exceeding National Quality Standards.

Ph. 6736 1387.

Introduction to Circus

Come and get an Introduction to Circus
2 lessons

1 on September 8th and 1 on September 15th

Starting at 2.00pm-3.00pm

\$3.00 per lesson

Limited numbers so if your interested please phone
Carolyn on 0452 204 343



North West Touch Footy



Spelling Bee

