



NEWSLETTER

Attachments
 *EdAlive brochure
 *Great lunchbox ideas

Assemblies

The Sir Henry Parkes Memorial Public School

Term 3, Week 7, 2013

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Dear Parents and Community Members....

Movie Screening

The National Film and Sound Archive's School Screen program is visiting Tenterfield again and has invited our students to a free film screening at Sir Henry Parkes Memorial School of Arts Theatre.

The National Film and Sound Archive's School Screen program is a travelling film festival which brings Australian films, that aim to complement the school curriculum, to regional areas all over Australia.

On **Thursday, August 29th** students from grades K-2 will be attending a screening of "Elephant Tails" rated G. On **Friday, August 30th** students from grades 3-6 will be attending a screening of "The Cup" rated G. Permission notes were due back to school today.

Brainstorm Productions "Buddies 2"

On **Wednesday, August 28th at 12 pm**, students from Yr's 4-6 have been invited to attend a show at Tenterfield High School, which has been organised and paid for through the generosity of the Tenterfield Youth Connections. The "Buddies 2" production covers subjects such as; internet safety and cyber bullying, teasing, exclusion, rumours, positive relationships, assertiveness, friendships and social skills, conflict resolution and anger management, resilience and empathy. Permission notes were due back to school by today.

School Photos

The School 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. If your child is involved in the swimming photo they can bring their sports uniform to get changed into.

Eisteddfod

Last week saw a very busy time for students, parents and teachers with the Tenterfield Eisteddfod drawing pleasing numbers of private and school entries.

Most of the students from our school participated in the Eisteddfod in speech, vocal or instrumental items.

The first groups to perform were the Kindergarten, stage 1 and Class 4/5C students. All items were performed well resulting in all groups achieving first place.

Friday started with another busy day of performances in vocal and instrumental sections. The guitar group performed well and gained first place with 80 points. The recorder group performed next and were up against some strong competition. The group gained a 'Highly Commended' with 80 points. This is a credit to the students who have only been learning this instrument for five weeks. The infants choir performed extremely well and gained second place with 81 points. The marimba group performed well as a team and gained second place with a mark of 84. Once again, this group have only been rehearsing this term. The primary choir sang a well presented version of Amazing Grace in the

religious section and gained a highly commended place with 78 points.

The choir and the combined classes of 2/3M, 3/4R and 3/4H performed against each other in the final school section of the day. All students performed to their very best abilities, but they were beaten by stronger vocal groups on the day.

It was nice to finish with over 100 of our students sitting on the stage as a united front. It was even better when the students looked out to the audience and saw a large contingency of Sir Henry Parkes parents and ex-teachers. The staff would like to congratulate all students on their pleasing behaviour whilst waiting to perform as well as the manner in which they walked too and from the hall.

Instagram

Find out about Instagram and why it's useful and fun to use. Importantly, this fact sheet will help you decide if the mobile application is appropriate for your child. Find out more: <http://bit.ly/18NSYS3>

P&C NRL Calcutta Update

With only 3 rounds to go the Roosters and Rabbits are still fighting it out for 1st place. Barring a miracle from last placed Parramatta, Ray White Rural could end up with 1st and last place.

The next P&C meeting will be on
Tuesday, September 10th at 6pm

TEAM	BUYER	POSITION WITH 3 ROUNDS TO GO
Sydney Roosters	Ray White Rural	1
South Sydney	John Munro	2
Melbourne Storm	Troy & Robyn Hillier	3
Manly Sea Eagles	Erika	4
Canterbury Bulldogs	Bullfrog Syndicate	5
Cronulla Sharks	Glenn Caisley	6
Newcastle Knights	Matt Duff	7
Gold Coast Titans	TDG & Association	8
Canberra Raiders	Ray Sargeant	9
Brisbane Broncos	3 Wishes Day Spa	10
North Qld Cowboys	Rodney Hains	11
Penrith Panthers	Polly Sargeant	12
NZ Warriors	Melissa Oaks	13
St George Ill Dragons	Hughie McCowen	14
Wests Tigers	TDG & Association	15
Parramatta Eels	Ray White Rural	16

Crunch and Sip



OR



Did you know?

Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week and over a quarter of young people in NSW eat confectionary at least 4 times per week

Healthy snacks help children and teens refuel

Healthy snacks in between main meals help kids and teens meet their daily nutritional needs. Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important. Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices. It is important to limit snacks that are high in sugar, salt or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight. These 'extra foods' should only be offered occasionally. So remember to pack a healthy snack for your child every day to eat during Crunch and Sip at 10am.

Health Message



Fruit and Veg Month began last Monday, and concludes on Friday, September 20th. The aim of this program is to encourage all people to eat fresh fruit and vegetables everyday – 2 serves of fruit and 5 serves of vegetables.

This is an excellent opportunity to teach your children about different fruit and vegetables – where they come from, what they look like, their benefits to the body and why we need them and how they can be used in cooking. A great opportunity to try new foods, too. Increasing your fruit and vegetable intake will not only benefit your body but will also support our local farmers and reduce the impact on the environment due to reduced packaging. Students will also complete activities in class which will include a colouring in competition for students in K-4 and a design a poster promoting the eating of fruit and vegetables for Yr's 5-6.

During weeks 7-8 students are being challenged to eat fruit and vegetables throughout the eating times offered at school (Crunch and Sip, recess and lunch). Each class winner who eats the most fruit and vegetables throughout this period will receive a special award and small prize. Be an example and lead the way. Children follow adults' examples.

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

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. Medical notes are due back by **Thursday, September 12th** and final payment **MUST** be made by **Wednesday, October 30th**. If you have any questions, please contact the front office.

My School Rules



Last Wednesday, our Year 6 students visited the High School for transition and included the next challenges of "My School Rules". All students enjoyed their time, especially learning new skills in Science, Music and H.S.I.E. and are now becoming more confident of being able to move around T.H.S. without getting lost.

S.R.C. Fundraiser



On **Tuesday, September 3rd** the Student Representative Council will be holding a fundraiser for the Westpac Lifesaver Helicopter and our World Vision Sponsor Child. The Westpac Lifesaver Helicopter is an essential and FREE service which ensures the best possible medical help and search and rescue services are available to all people, especially those in isolated areas (us). Without public support this service can not exist.

Students are encouraged to wear sun safe **RED** and **YELLOW** clothing, including a sun safe hat and bring a gold coin donation to support the helicopter service. World Vision assists children, families and whole communities by providing them with essential life services. Students can purchase a sausage sandwich for \$1 with the money raised supporting our sponsor child, Ho Thi Khanh Linh, in Vietnam.

5 cent Foundation



Our school has a World Vision Sponsor child. Through our school socials and a 5 cent Foundation we raise funds to ensure children and families who are less fortunate than us are able to have access to life's essentials, helps families raise their incomes and empowers people to break the cycle of poverty.

These funds provide children with an education, the right to be free from abuse, have clean drinking water and sanitation in order to prevent disease and access to health care which helps children live a longer, healthier and happy life. Each class has a *5 cent Foundation* container which allows students to put any amount of money in to support our sponsor child. **EVERY 5 CENTS COUNTS!**



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
August	7	26 *Library visits	27 *Touch-Federation Park.	28 *Yr's 4,5,6 "Buddies 2" show at the High School. *Toy Catalogue orders due back.	29 *K-2 Movie 12:30pm at Tenterfield Cinema. NO INFANTS SCRIPTURE	30 *3-6 Movie 12:30pm at Tenterfield Cinema.	31/1
August	8	2 *School Photo's Day 2.	3 *SRC fundraiser.	4 My School Rules - THS.	5	6 *Assembly Infants 11:30am 1/2J Primary 12:15pm 5/6E *Regional Athletics, Tamworth.	7/8

CANTEEN

CANTEEN ROSTER

Wed 28th Kim Cox,
Thur 29th **Help needed please**
Fri 30th Karen Cooper, Melissa Oakes
Mon 2nd Fran Horan
Tue 3rd Kris McCowen, Natalie Watt
Wed 4th Kim Cox, Vicki Hill, Liz Bridge

HOMEBAKE (next week)

Mon 2nd Bec Ebborn
Wed 4th Nicole Arnold
Fri 6th Tamai Davidson

DONATIONS (This Week)

Mince Tanya Larkin
Carrots Nicole Arnold
Block Cheese Kristy Petrie
Margarine Trudy Campbell, Tracy Caldwell
Mayonnaise Mahia Everson
Tomato Sauce Melissa Cowin
Sliced Beetroot Terri Rossington
Lettuce Deanne Eaton, Lara Flanagan



SHEKERE BEATS

CANTEEN DAYS THIS WEEK

This Thursday and Friday lunch and recess times will be swapped around as the students will be attending the movies

Lunch menu available for these 2 days at 11:00am

- *Toasted Sandwich
- *Sausage Roll
- *Mini Pie
- *Chicken Strips
- *Chicken Nuggets
- *Fresh Sandwich

Recess menu is as normal but will be available at 1.00pm

ORDERS IN BY 9:15AM

COMMUNITY NOTICEBOARD

JNR Boarder Bears

Border Bears JRL Presentation Day, September 14th 2013 at Tenterfield Bowling club. Sausage sizzle at 12 Noon followed by trophy presentation.

JNR Soccer

Tenterfield Junior Soccer Association
 Committee Meeting - Tuesday 3rd September 6pm, Tenterfield Bowling Club
 Come along and help us plan/prepare for the season finale on Saturday 7th September

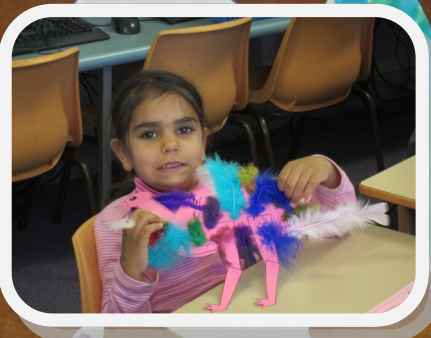
MEAL DEAL THIS WEEK-"Pizza Wheels"

Treat yourself to a yummy ham and cheese pizza made on a spilt muffin with a popper and a mug of vanilla ice cream with chocolate topping and sprinkles \$5.00

Other choices: 2 mini pies \$2.40

Sausage roll \$2.40

PLEASE REMEMBER MEAL DEAL THIS WEEK IS FOR Kinder, Years 1-2-3 only Years 4-5-6 to bring a packed lunch



Aussie Adventure





EISTEDDOD

