

The Sir Henry Parkes Memorial

PUBLIC SCHOOL NEWSLETTER



LEARNING SAFETY RESPECT

Term 4 Week 7 November 2017



Thankyou for Sharing Your Thoughts

Thankyou to all families who participated in the parent survey last week with Mrs Kim Rhodes. Your feedback is an important part of the process when we are planning for improvements within our school. Names were drawn randomly from a hat for the surveys, and those families were contacted by Mrs Rhodes. If you were not phoned and would like to be involved in the process, please call the school and speak with Mrs Rhodes this week.

NSW Anti-Bullying Strategy

This term our school has been working hard to embed the NSW Anti-Bullying Strategy into our school. The strategy supports our school, parents/carers and students, with evidence-based resources and information to effectively prevent and respond to bullying. The National Safe Schools Framework acknowledges the strong interconnections between student safety, student wellbeing and learning. Bullying is less likely to occur in a caring, respectful and supportive teaching and learning community.

Our 'Wellbeing and Engagement Guidelines' have been updated this term. You can find the guidelines on our school website. If you would like a hard copy of these guidelines please contact the front office.

Our teachers are using a range of resources that are also available for parents on the Department of Education website. The resources include posters, videos, individual activities and themed units of work—all of which assist us in preventing student bullying and responding early if it does occur.

The website has fantastic resources for parents—providing tips and advice on:

- Defining bullying
- Keeping my child safe online
- My child is being bullied
- My child is bullying others
- My child has seen bullying.

Support for Parents and Carers

Kids Helpline also has a parent line with trained teams who provide support, information and counselling for parents of children aged 0-18 years. You can call them for the cost of a local call between 9am to 9 pm Monday to Friday and 4pm to 9pm on weekends on 1300 1300 52.

Added support for students who would like to talk to someone outside of the school is offered from the [Kids Helpline](#) website, or on a free call to 1800 55 1800.



What is bullying?

Bullying has three key features. It:

involves a misuse of power in a relationship

is ongoing and repeated, and

involves behaviours that can cause harm.

Bullying can also occur online. This is known as cyberbullying, which is using technology such as the internet or mobile devices to bully someone. It can include sending abusive texts and emails, posting hurtful messages and putting inappropriate comments on pictures of others.

Bullying of any kind is not acceptable in NSW schools, whatever the reason. Schools are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

What can you do if your child has been bullied?

Listen calmly and get the full story

Your child needs to know that they are being heard. Their feelings matter and their concerns should be taken seriously. Encourage your child to talk about what happened. Explain to your child that reporting the bullying is okay.

After listening to their concerns, ask questions to get more details if needed: who, what, where, when.

Reassure your child that they are not to blame

Children may blame themselves and this can make them feel even worse. Say supportive things like, 'That sounds really hard to deal with', or 'I'm so glad you told me. You should feel safe at school'.

Ask your child what they want to do – and what they want you to do

It is important to help your child to find their own solution as this will help them feel that they have some control over the situation.

If your child is not in any immediate danger and they feel confident, they could try these strategies:

- *Ignore the bullying.
- *Turn their back and walk away.
- *Act unimpressed or pretend they don't care.
- *Say "No" or "Just stop!" firmly.

If the bullying happened at school, support your child to tell a teacher.

If your child wants to talk to someone other than the school or you think added support would help, you could tell them to go to the Kids Helpline website. They can also call for free on 1800 55 1800.

When do I contact the school?

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help.

If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the principal.

Contact the school immediately if you have a concern about your child's safety.

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Telephone interpreter service

If you would like to contact the school or Parent Line NSW and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to make the call. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

3/4T, 1/2G and 1D Buddy Report

This year, 3/4T, 1/2G and 1D have had a great time during Buddy Time. Each of the older children had a younger buddy or two and if someone was away, we borrowed another buddy.

During our sessions we have done peer reading, name art, problem solving, relationship building games and PE activities.

Our favourite things about buddies are:

Archie – Getting to know other people.

Oska – Enjoying their company.

Taneeka – Being able to share your feelings.

Marlee- Playing games together.

Adele – Getting to know different people.

Matari – Playing stuff.

Jack – Playing games with them.

Sahri – Working together and having fun.

Jasmine – Having fun together and them listening to us read.

Zoe – Getting to read to each other.

Tiffany – Learning more about each other.

Hedley – Being with the younger kids.

Olivia – Being friendly.

Benita – Keeping each other safe.

Annie – Working together.

Eric – Playing outside.

Beau – Playing games.



Tarryn – Reading together.

Cadence – Reading together.

Beth – Getting to spend time with new people.

Kurt – Catching up and playing.

Mitchell – Getting to do running activities.

Elly – Doing activities outside.

Cooper – Reading with them.

Max – Doing PE.

Aliza – Learning different things.

Ellie-May – Being with other teachers.

Kyiesha – Talking.

Patsy – Playing skipping.

Miah – Playing games.

Talissah – Learning more about them.

Myiekah – Taking good care of them.

Matilda – Getting to do things with other classes.

Indi – getting to play games.

Keegan – Seeing some of our big friends.

Student Leadership Process 2018

The leadership process has begun for our current Year 5 candidates.

They have been placing their posters around the school in order to promote their leadership qualities and what they think they may bring to the position next year. It is fantastic to see so many students willing to try out and have a go!

For those who would rather not be in the spotlight, there are many opportunities to contribute as Year 6 students of our school next year.

Speeches will be prepared by the candidates at school. Parents of nominees are invited to attend the speeches on **Thursday 30th November** at the Bruxner Hall.

Best of luck to everyone.

Mrs Gallagher, Miss Ryan and Miss Wicks

"Safe On Social Media" Presentation for Parents

November 23 from 6:30pm in our school library.

Concerned about your children's safety on social media? Looking for the answers, but not sure where to turn? The Safe On Social Media face-to-face presentation and Q & A session delivers real life studies and will provide strategies to help parents support their children. Our school will be hosting Kirra Pendergast, an accredited trainer from 'Safe On Social Media'. All parents are welcome and encouraged to attend this information session. Topics covered, but limited to: Using social media with awareness, Cyber bullying, Gaming dangers, Safe social networking, Strategies to build resilience.

Light refreshments will be served.

We hope to see as many parents/carers as possible on this evening.



THIS WEEKS POSTIVE BEHAVIOUR FOR LEARNING LESSON (PBL)



The PBL lesson for this week focused on the expected behaviours students are to display when transitioning between classrooms. The students discussed the importance of moving around the school in a sensible and respectful manner.

We look forward to seeing many students receive their next pennant and PB badges at the assembly this week. Remember to keep an eye out for your child's PBL booklet as it will inform you if they are receiving an important award at the assembly.

Kind Regards,

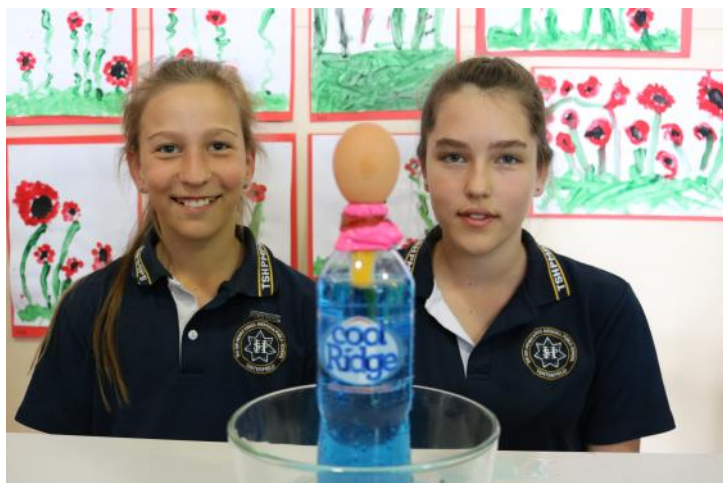
PBL Team

LEARNING SAFETY RESPECT

Science Fair Fun

The Extension Group held another successful Science Fair last week. The group set up a number of experiments and each class came to visit. The students explained the scientific reasoning behind their experiment. Congratulations to all students for their hard work and terrific presentations. Thanks also to the parents who helped with the setting up and running of the experiments.

Mrs Caldwell



Sunnyside CHRISTMAS TREE

2nd December, 2017

At the Sunnyside Hall

Admission: GOLD COIN

Lucky Door Prizes, Raffle

6pm: Barbeque

**8pm: Santa Arrives!! (DST)
(Gift Limit \$10)**

Supper Plate appreciated



KCL Kids Christmas Program

We Are offering School Holiday Care on
Monday (18th), Tuesday (19th) Wednesday (20th) December 2017
Please Note we will be closed over Christmas & the New year and will reopen on Monday
8th January 2018



→ Do you need to get things finished up at work before the
Chrissy/ New Year break??
→ Maybe an extra day or 2 to finish up some shopping...

KCL is offering a fun filled 3 days of everything Christmas!!!
Crafts, gift making, songs, games water play
and lots lots more!!!

**Opening Hours 8.30am-5.30pm
Eligible for all government subsidies**

Contact Kylie on 0438 472 104

From as little as **\$9.83** a day
with our discounted daily Christmas rate
(this price is based on 100% CCB & CCA paid to parent)



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PUBLIC SCHOOL

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TERM 4 School Planner and Canteen Information

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
NOV	7	20 Swim Scheme.	21	22	23 K-6 Assembly 12pm. "Safe On Social Media" parent information night. 6:30pm	24 "Safe On Social Media" student sessions.	25/26
NOV/ DEC	8	27	28 Stage 2 camp Thalgarrah	29 Stage 2 camp Thalgarrah	30 Leadership speeches 10am	1	2/3

CANTEEN ROSTER

DATE	NAME
Wednesday 22	Sandi McCowen, Vicky Hill
Thursday 23	Elaine Manion
Friday 24	Sandi McCowen, Vicky Petrie
Monday 27	Sandi McCowen, Vicky Petrie
Tuesday 28	
Wednesday 29	Sandi McCowen, Help need please

DONATIONS This week

Cruskits	Nicole Arnold, Jen Rhodes
Tomato Sauce	Bec Ebbern
Mayonnaise	Angela Kerrigan
Block Cheese	Jan Oberman
Mince	Tanya Larkin
Margarine	Robyn Hillier

HOMEBAKE

DATE	NAME
Monday 27	Melanie Gallagher
Wednesday 29	Baking needed please
Friday 1	Baking needed please

MEAL DEAL

'Fresh is Best'

A Henry's roll- A long roll filled with lettuce, cheese, a chicken tender and mayo plus a popper and a cup of ice cream and fresh fruit salad - \$5.50

OTHER CHOICES:

6 nuggets \$3.00 Mini pie \$1.50



Christmas Carols

Hosted by the Christians of Tenterfield

Friday 15 December

Bruxner Park

6:30pm to 9 pm

FREE Sausage sizzle will be available.

Come and join us for a night of carols and candles.

Bring your own chairs or picnic blankets.

For more information please phone:

Jamie Gibbins 0428669342 or

Merelyn Gibbins 0447387921



HEALTHY LUNCHBOX SUGGESTIONS

pumpkin soup

04/01/2017 Canteen recipes, Everyday, GREEN, Hot meals, Recipes, Soups

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 serves

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 4 medium sized potatoes, peeled and chopped
- 2kg pumpkin, peeled and chopped
- 2 litres vegetable stock (salt reduced)
- 1 cup water

Method:

1. Heat the oil in a large soup saucepan on a medium heat. Add onion and cook until soft.
2. Add the potatoes, pumpkin, stock and water and bring to the boil.
3. Reduce to medium heat and cook for 30 minutes (or until pumpkin and potatoes are soft), stir occasionally.
4. Take off heat.
5. Use a stick blender and blend until smooth.
6. Add pepper and/or nutmeg to taste and serve.



KINDERGARTEN

2018

Enrolments open

Now

**For more information
please call the school on
67361401**

SAVE THE DATE....

2017 Presentation Day

- ♦ December 7
- ♦ Tenterfield High School MPU
- ♦ 11:00am start

**There is no limit on family member attendance
this year.**



The Sir Henry Parkes Memorial Public School proudly stands on Yakambul land

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