

# The Sir Henry Parkes Memorial

## PUBLIC SCHOOL NEWSLETTER



LEARNING SAFETY RESPECT

Term 4 Week 8 November 2017

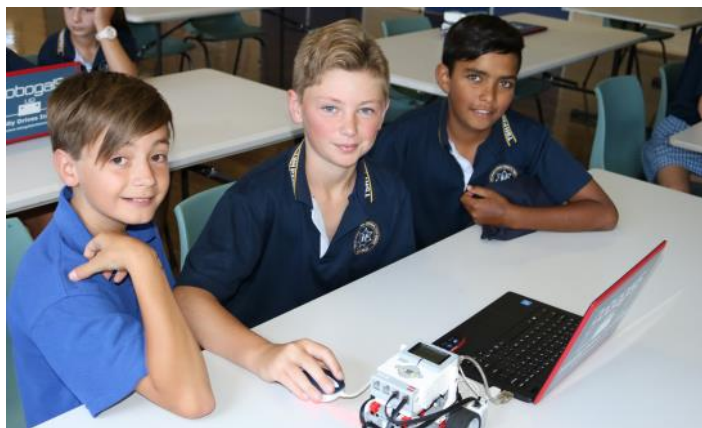


### Fun with Robogals

Yesterday we hosted a visit from the Robogals group. This group is from the University of Queensland and they travel around to schools to promote engineering and to encourage all children to think of themselves as engineers.

The group gave a presentation about what an engineer is and the personal skills needed to be a successful engineer. Only 14% of engineers are women and all of the children were told that they could become any sort of engineer in the future.

The children then had a chance to program EB3 robots to make different shapes as an introduction to coding. We would like to thank the Robogal team for coming to our school.



### 'Safe on Social Media' - Online Safety

Kirra Pendergast from 'Safe on Social Media' presented to our staff, parents and students via several sessions last week. Kirra's e-safety presentations were very informative and engaging. All participants walked away with extensive knowledge of online safety and how to protect their online identity. Students were encouraged to be safe online citizens and report inappropriate and bullying behaviour. Kirra discussed with our students how important their digital footprint is now and into the future. Our school has also subscribed to The Cyber Safety toolkit which is continually updated, with new content added. This toolkit includes guides on managing privacy, reporting online bullying, digital footprints and a range of practical, easy-to-read advice.



## 5/6G & 1/2F Buddy Classes

This term 5/6G have been very busy with our buddies from 1/2F. We've been doing some fun activities such as reading our group books too them. We also enjoyed the outdoors while learning and doing extra curriculum activities.

Thanks to Lachlan and his dad, our classroom has had the advantage of having baby chickens so we can learn about chickens and their life style/cycle. This is such a great learning experience that we thought that it would be splendid to let the other classrooms learn about this too.



When we have our buddy time we occasionally do maths games such as playing 'Go Fish' with friends of ten. Our buddies loved playing Go Fish with friends of ten with us, and they were absolutely fabulous to play with. They were certainly very good at their friends of ten.



### How to Play Go Fish with Friends of Ten

**#1** Get your pack of cards and take out the picture cards and tens. **#2** Deal 5 cards to each person.

**#3** Each person takes out any friends of ten from their hand and puts them in front of them.

**#4** Starting from the person left of the dealer, each person asks any other person if they have a certain number. If the person has that number, they give the card to the person who asked. If they don't have the number, then they say 'Go Fish' and the person who asked picks up a card.

**The Aim of The Game:** To make as many pairs as possible using friends of ten.

Written by Renee & Chloe



## Stage 1 Excursion

Yesterday the Year 1 and Year 2 students visited a variety of local businesses around town as part of their History unit. The students had a wonderful time and learnt lots of new things about our wonderful town. The day started with a visit to the Council Chambers where the students learnt about the different roles our Council plays in taking care of the town. They then split into four groups to visit Foodworks, Wizards Butchery, HAAC, Tenterfield Post Office and the Town Library. Wizards Butchery supplied sausages for our morning tea at the Tenterfield Show Ground and Mrs Petrie gave a talk about the history of the show. The afternoon was spent at the School of Arts learning more about Sir Henry Parkes and Federation. Our last stop was the ambulance station which was very exciting. The students even got to sit on the inside of an ambulance. The staff and students would like to thank Kim Rhodes for organising a wonderful day. We would also like to thank all the businesses that gave us the opportunity to visit and took the time to show us around.

Regards,  
Miss Rowe



### THIS WEEKS POSTIVE BEHAVIOUR FOR LEARNING LESSON (PBL)



This week the students participated in a lesson round mindful practice. The students were taught a range of strategies to help them stay aware, calm, positive and focused.

Some students viewed a Youtube 'Breath Meditation for Kids' – a mindfulness video for students which can be located at <https://www.youtube.com/watch?v=CvF9AEe-ozc>

Kind Regards,

PBL Team

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## TERM 4 School Planner and Canteen Information

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
NOV/ DEC	8	27	28 Stage 2 camp Thalgarrah	29 *Last high school interviews 11am-3pm	30 Leadership speeches 10am	1	2/3
Dec	9	4	5 Last high school transition day 9am-3pm	6 Yr 6 Farewell 6pm-9pm	7	8	9/10

### CANTEEN ROSTER

DATE	NAME
Wednesday 29	Sandi McCowen, HELP needed please
Thursday 30	Jayne Collier
Friday 1	Lou Holley
Monday 4	Sue Dowd (11am—1.30pm)
Tuesday 5	Help Needed Please
Wednesday 6	Sandi McCowen, HELP needed please

### HOMEBAKE

DATE	NAME
Monday 4	Lisa O'Brien
Wednesday 6	Nicole Arnold
Friday 8	Tamai Davidson

### DONATIONS This week

Tomato Sauce	Kris McCowen
Block Cheese	Tara Tapscott
Margarine	Jayne Collier
Tamatoes	Lisa O'Brien

### MEAL DEAL

'A Henry's Slider'

A soft Taco with lettuce, cheese a chicken tender and Mild Sweet Chilli sauce, a popper and an icy pole lucky dip - \$5.50

Other sauce options if preferred : BBQ, tomato or Mayo.

OTHER CHOICES:

Sausage Roll \$2.50 Ham & Cheese Sandwich \$2.80



### 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

## Mexican Wrap + Snacks

### Ingredients

½ cup shredded lettuce  
½ small carrot, grated  
¼ cup (70g) leftover\* bolognese or taco mince  
1 Woolworths Soft Wholegrain Wrap  
½ {pic has 2 halves} kiwifruit  
100g Woolworths Greek-Style Natural Yoghurt  
¼ royal gala or pink lady apple, grated  
pinch of cinnamon  
1/3 cup (50g) Homebrand Self Raising Wholemeal Flour  
4 Woolworths Free Range Eggs  
2 (about 350g) zucchini, grated  
1 carrot, grated  
½ cup (50g 60g?) grated Homebrand Tasty Cheese



Servings: 1

### Directions:

1. Lunch: to make the mexican wrap, wrap lettuce, carrot and bolognese or taco mince in a woolworths soft wholegrain wrap. Serve with kiwifruit. \*always ensure leftover food is stored in an airtight container in the fridge.
2. Snack 1: to make apple & cinnamon yoghurt, combine yoghurt with apple and cinnamon.
3. Snack 2: to make zucchini bites, preheat oven 180°C or 160°C fan-forced. Line a 20cm square baking tray {is it a tin?} with baking paper allowing the paper to hang over 2 opposite sides. Place flour in a large bowl. Beat the eggs together in a jug. Slowly whisk the egg mixture into the flour until well combined and smooth. Squeeze excess moisture from zucchini, stir through the zucchini, carrot and cheese. Pour mixture into prepared tin. Bake for 25 minutes or until golden and set. Set aside to cool for 10 minutes. Use overhanging baking paper to remove from tin and transfer to a wire rack to cool completely. Cut into heart and star shapes. Place 2 zucchini bites in lunch box. Store remaining zucchini bites in an airtight container in the fridge.

**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.**

