

The Sir Henry Parkes Memorial



PUBLIC SCHOOL NEWSLETTER

LEARNING SAFETY RESPECT

Term 2 Week 4 May 2017



We're Taking It In Our Stride on

FRIDAY 19 MAY 2017

Well it's that time of year again when our school seriously starts talking about walking!

Not only is walking a wonderful way to get you where you want to be, but it also gets your health – and your child's health on the right track too. So that's why this year our school is participating in National Walk Safely to School Day on Friday 19 May 2017.

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.



You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 19 May 2017!

For more information, visit www.walk.com.au

Staffing Changes

Due to personal reasons, Miss Wright finished her contract at The Sir Henry Parkes Memorial Public School last Friday. Miss Chantelle Fensom has been appointed as classroom teacher on 1/2F and will begin her contract tomorrow. We look forward to Miss Fensom joining our school and I am sure the students of 1/2F will continue learning many new concepts over the coming weeks.

BOOK FAIR SUCCESS

Well done to all of our families who supported our school Book Fair this year. We were successful in raising \$589 for our school library. Mrs Thomas will enjoy buying new books for our school library. Enjoy kids!



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Stage 3 Camp Fun

Well done to our students in Years 5 and 6 who are attending Lake Ainsworth camp this week. We have heard many stories of great participation and enjoyment thus far. The students have been enjoying lots of fun activities, including sailing, archery, snorkelling and ropes courses. I am looking forward to joining in the fun on Wednesday and Thursday this week.



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Good for Kids good for life

INCIDENTAL PHYSICAL ACTIVITY

It all adds up! Physical activity doesn't just mean team sports. There are simple and cheap ways to get your kids active.

Children should be getting at least 60 minutes of moderate to vigorous activity (that is activity that makes them "huff and puff") across the day. Whether it be walking, riding a scooter, cycling or even playing hide and seek! It all adds up.

Here are some ideas to keep your kids entertained during those cold winter months:

- Playing games like 'Simon Says', and 'Hide and Seek' in the backyard
- Walking or cycling to and from the local park, shops or school
- Taking the dog for a walk
- Playing games with siblings such as skipping, hopscotch or handball

These activities don't require any uniforms, expensive sporting equipment or registrations.

Check out this activity diary to keep track of how much physical activity your kids are getting: <https://www.healthkids.nsw.gov.au/kids-teens/kids-activities/activity-diary.aspx>



Health
Hunter New England
Local Health District

Phone 4924 6499

Save The Date!

Our NAIDOC day will be held on June 29.

Please save the date on your calendars.

Assembly

The K-6 Assembly will be held on Thursday May 18 in the Bruxner hall starting 12pm.

Zone Cross Country

The Zone Cross Country will be held at our school on Friday May 19 starting at 10am

What's Happening in our Classroom – 5/6R

5/6R students would like to share with you some things we have been studying over the past year so far, as well as individual achievements. Miss Ryan

Over the past two terms, I've enjoyed all the sports our school can take part in, such as touch, netball, cricket, rugby league, soccer and cross country. Good luck to everyone that's going into the next round. By: Zali

Over the past two terms, we have been writing narratives about World War 3. In geography, we created a power point presentation on the Great Barrier Reef. I love 5/6R! By: Mia

In 5/6R this year, it has been great to see all my friends again and meet all the new teachers. I've improved in most subjects and have been learning how to write in cursive, and how to complete a full structured poem.

By: Abby

In 5/6R this year we have learnt lots of amazing things, and we have been given harder tasks and challenges to prepare us for high school. By Nessa

At school over the two terms I have represented the school in cross country, and I have realised that I have improved in maths and my attitude towards school and learning. By Zephyr

This term has been so exciting already we took part in cross country which was great fun! We have also created a project on the Great Barrier Reef which we presented to the class it was fun. By Flynn Kuiters

In Miss Ryan's class, I have made a new best friend. The year five students have just finished Naplan. The stage three camp is on Monday, and I am very excited. By Robert

This year in Miss Ryan's class we have learnt about many topics in maths such as fractions and orders of operation, I like learning about maths because it's fun and Miss Ryan is a great teacher for me this year. We also learnt about the Great Barrier Reef through a research project. By Michael

In my year in Miss Ryan's class we have been learning about many great topics, including the Great Barrier Reef. We have been away representing the school for sport, and we were able to watch the German Band. By: Jerry

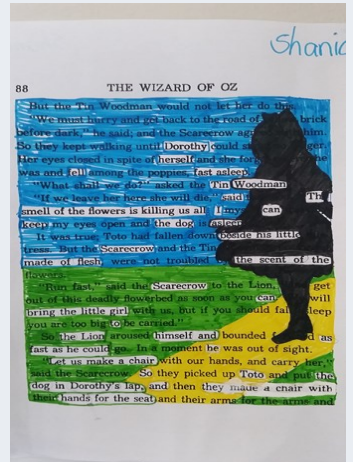
At school over the past two terms in Miss Ryan's class, I have made many more friendships and learnt many new things in Maths, History and Geography. I have also been able to represent the school in sport. By: Braith

Over the past two terms at school, we have had a lot of sporting and academic opportunities. It has been fun so far. By: Will

In 5/6R I've made many friends, and I love that everyone works together as a team. I have learnt many different things so far and look forward to the rest of the year. By: Josh

Over the past two terms, I have represented the school and region in football, cricket and cross-country. I love playing sport, the new teachers and I love to learn. By: Thomas

In Miss Ryan's class, we have been learning about the Great Barrier Reef our class had to do a project in pairs and present it to the rest of our peers. I am representing the school in soccer and we will be travelling to Glen Innes for knockouts. By: Shania



What's Happening in our Classroom – 5/6R

In Miss Ryan's class, we have been studying art, poetry, narratives and completing our work in cursive writing. We wrote about what we think World War 3 would be like and if we had to go what we would be. By: Brooke

In Miss Ryan's class, a friend and I got to create a presentation about the Great Barrier Reef. It was the first time I have presented in front of the class this year, and it helped to build my confidence when talking in front of peers. By: Baileyana

In 5/6R we have been learning about the Gold Rush in history, the Great Barrier Reef in Geography and fractions in maths. We love working with Miss Ryan. By: Rylee

In 5/6R this year I have made some new friends and have been learning about different types of writing and creating projects. By: Joseph

At school, over the past two terms, we have learnt such amazing things with Miss Ryan. These include the Great Barrier Reef, maths, reading, writing and we are starting to learn about the Gold Rush. By: Chantelle

My favourite part of school so far this year is when I got to create a presentation for the class on the Great Barrier Reef, I used an online presentation tool, called Prezi. It was great because I got to create and present it with my friend. By: Kelsie

Over the past term and a bit, it has been great. I have made a lot of friends they have been very kind to me. Miss Ryan and the other students in the class have been helping me to learn new things. By: Taylor

This year in Miss Ryan's class I have been representing the school in many sports such as touch, rugby and soccer. In class, I got to create a PowerPoint presentation on the Great Barrier Reef. By: Malik

Over the past two terms, I've participated in many sporting events including cricket, soccer, cross-country, touch and the swimming carnival. We've also built many friendships within the class. By: Rosie

At school, so far this year we have learnt about the Great Barrier Reef in geography, and we have started to learn about the Gold Rush in history. By: Sophie

Over the past two terms in Miss Ryan's class, we have been learning about the Gold Rush in Australia and around Tenterfield. We have also learnt about the Great Barrier Reef in geography. By: Kasey



Rugby League Knockout

On Friday May 12th we played our first Rugby League knockout game against Glen Innes Public School. It was a beautiful day for a game of rugby league with many parents and friends coming to support our team playing.

Our team were quick to show they had true form in the first half with Fletcher scoring the first try of the game. This was soon followed by another try from Will—straight between the posts with a conversion by Jahkeem. The team showed great skill with Braith passing some excellent balls and creating plays for all players.

In the second half, the team were a lot louder and communicated with each other well while playing. This sportsmanship lead to 2 more tries from Fletcher and Malik, with Oska and Braith converting. As the fulltime whistle blew, our team received a penalty which allowed Braith the opportunity to run almost the full length of the field to score the last try of the game. With the whistle gone and all eyes on him, Ryan kicked the last conversion to help bring our team to victory. The final score being 28 – 0.

Jerry showed he had steady hands at full-back and did a fantastic job in his role. Special mention also goes to Bonnie for playing a significant role in the team and taking it to the Glen Innes boys on the day.

The team played extremely well together on the day and should be truly proud of the hard work and effort they put in to training and preparing for the game.

I would like to say a huge thank you to the following people for helping to organise the day:

Geoff Swan – Coach

Lou & Peter Holley – for getting the grounds and sheds ready

Scott Koch – for providing us with the vests

Mrs Thomas – for all the help with organising the whole day.

Our next game will be another home game against Guyra Central School. Please keep an eye out for the date soon.

Amanda Rowe Supervising Teacher



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P&C NEWS

NEXT P&C meeting Tuesday June 13

Meeting start time is 5:30pm

What's Coming Up This Week

DATE	Changes to Routine
15/5-18/5	Mrs Wait, Miss Wicks and Miss Ryan– Stage 3 camp

Veggie and ham mini quiches with homemade shortcrust pastry

prep: 20 mins | cook: 15 mins | total: 35 mins

author: kidgredients

yield: 6 lunchbox sized quiches

Ingredients

- **Pastry**
- 200 grams plain flour
- 100 grams cubed butter (I use salted)
- 60 mls cold water
- **Filling**
- 2 eggs
- 1 grated zucchini
- 1 grated carrot
- 2 slices of ham, cut into slivers
- 1 tbsp milk
- 3/4 cup grated cheese

Instructions

1. Preheat oven to 180 degrees
2. **Pastry**
3. Add the butter and flour to the bowl of a food processor and process until it looks like bread crumbs.
4. Pour the water gently into the top, watching until a pastry forms. You may not need all of the water.
5. Roll out the pastry until .5mm thick.
6. Cut the shapes required for your quiche/ flan tins.
7. Push the pastry into your tins, blind bake (this means weighted with a piece of baking paper then either uncooked rice, dried beans or actual baking weights) for 15 minutes.
8. Allow to cool for 5 minutes before filling.
9. **Filling**
10. Mix the eggs, milk, ham and veggies together until well mixed.
11. Fill the cooled bases with the mixture, then top with cheese.



THIS WEEK'S POSITIVE BEHAVIOUR FOR LEARNING LESSON (PBL)



This week the students participated in a lesson that reinforced the importance of representing our school in a manner that promotes the school values of safety, respect and learning. When students are out in public or we have visitors to the school, displaying our school values upholds the integrity of the whole school and maintains the communities' positive view of our school and its students.

The specific skills taught to students included:

1. Safety – walking sensibly, hands and feet to self, stay with your group, taking buddies to the toilet, road safety.
2. Respect – using manners, talking politely, wearing full school uniform, following directions given by staff and visitors, looking after the area (not littering, respecting equipment), demonstrating good sportsmanship.
3. Learning – actively listen to all presentations/discussion, actively participating, helping others, be prepared for the required activity with equipment.

Kind Regards,

PBL Team

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TERM 1 School Planner

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
May	4	15 Stage 3 Camp Lake Ainsworth	16	17	18 *Assembly 12pm	19 *Zone Cross Country 10am	20/21
May	5	22 Boys Cricket Vs Ben Venue PS	23 ICAS Digital Technologies	24	25	26	27/28

Community Notice

AK4C

Wednesday afternoon 3:30pm to 4:30 pm
Fun and laughter
Games, afternoon tea, lesson and craft.
All welcome
contact Merelyn on 0447 387 921

CANTEEN ROSTER

DATE	NAME
Wednesday 17	Candice Potter
Thursday 18	Jayne Collier
Friday 19	Sandi McCowen, Lou Holley, Jen Petrie
Monday 22	Sue Dowd, (11am-1:30pm)
Tuesday 23	Trudy Campbell (11am-1:30pm)
Wednesday 24	Jenny Petrie

NEW SCHOOL HATS

Our new school hats are now on sale at the canteen.

\$15 each.

sizes: extra small, small, medium and large.



HOMEBAKE

DATE	NAME
Monday 22	Roxanne Bancroft-Stuart
Wednesday 24	Jenny Petrie
Friday 26	Lou Holley

MEAL DEAL

'Chick N Lick'

6 chicken chippies a chocolate milk plus a icy
pole lucky dip for dessert \$5.50

Other Choices: Hot dog with cheese \$3.50

Henry's Roll \$3.50

DONATIONS This week

FOOD	NAME
Lettuce	Tara Tapscott
Tomatoes	Lisa O'Brien
Tomato Sauce	Kris McCowen
Margarine	Jayne Collier



Playgroup on Fridays 2pm.