

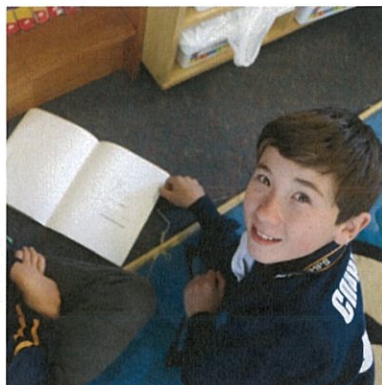
The Sir Henry Parkes Memorial

PUBLIC SCHOOL NEWSLETTER



LEARNING SAFETY RESPECT

Term 3 Week 7 2018



Bounce Back

Our school began using the **Bounce Back!** resilience program this year. It is a whole school Social and Emotional Learning program that includes evidence—informed coping skills that boost students' sense of wellbeing and help them act resiliently when faced with challenges and adversity.

Bounce Back! also aims to develop the optimal learning environments that help our children experience joy in learning, developing positive teacher-student and peer relationships and thrive.

Over the last 5 weeks our classroom teachers have been working on the third curriculum unit - 'People Bouncing Back'.

This unit introduces the concept of human resilience, or the capacity of people to 'bounce back' after experiencing difficulties or challenges.

In our Kindergarten classrooms, activities have included:

- The importance of being kind
- Our family being kind and supporting us

In our Year 1 and 2 classrooms:

- Our Teachers are kind and support us
- We care for and support animals

Our Stage 2 rooms:

- Life has ups and downs but you can bounce back
- Animals and plants can bounce back too
- Losing someone or a pet you love
- Concentrate on the good and funny bits when things go wrong
- Blame fairly
- Accept what can't be changed (but try to change what you can change first)

And in our Stage 3 rooms:

- Life has ups and downs but you can bounce back
- Other people can help if you talk to them – get a reality check
- Concentrate on the positives (no matter how small) and use laughter
- Blame fairly
- Accept what can't be changed (but try to change what you can change first)

Bounce Back

Bad times don't last. Things always get better.
Stay optimistic.

Other people can help if you talk to them.

Unhelpful thinking makes you feel more upset.
Think again.

Nobody is perfect.

Concentrate on the positives (no matter how small)
and use laughter.

Everybody experiences sadness, hurt, failure, rejection
and setbacks sometimes, not just you. They are a
normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to
you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what
you can first).

Catastrophising exaggerates your worries. Don't believe
the worst possible picture.

Keep things in perspective. It's only part of your life.

QUOKKAS

MATHS

We have been working hard in mathematics and strengthening our understanding of a range of concepts including, 3D shapes, angles, orders of operations and problem solving.

OTHER

In science, we are learning about electricity and have been enjoying many hands-on activities. Our Bounce Back program is providing us with many opportunities to develop resilience, confidence and expand our growth mindset.

ENGLISH

The Quokkas have been extremely busy this term learning about informative texts. We have created information reports, biographies and this week we will be creating brochures for our favourite holiday destinations.

PDH

In PDH we are learning about safety at home, on the farm, in the community and when at school. Our PDH lesson was integrated with art and students had to create a helmet to wear when on wheels. Miss Starcevic joined our class to judge our helmets based on design, shape and colour.

Social

There will be a social this Thursday, September 6. K - 2 children are having their social from 4 -5pm and Years 3 - 6 will be between 5 and 7pm. Both socials will be held in Bruxner Hall. **The theme is "On the Farm".**

Entry is \$5 and this includes chips and a popper. The school staff are donating all chips, poppers and prizes so that all entry money can be donated to the Salvation Army to help them buy hay for local farmers to support them during the drought.

Please come along and help support our local community.

Stage 3 Camp

Stage 3 camp is now only one week away. Please ensure that you have returned the ambulance cover note by Friday, September 7.

A reminder that we will leave on Tuesday, September 11 at 8am. Please be at the bus bay by 7.45am.

Stage 2 Camp

A reminder to all families that the final payment for the Stage 2 excursion is due tomorrow Wednesday September 5. Please send note and money to the class teacher.

PBL Brag Tags

We are reviewing our PBL Rewards System at the moment. We would greatly appreciate your completion of this simple survey to help us with our review.

It only takes a few minutes to complete.

A reminder that this survey will close on Wednesday September 5 at 12:00pm.

<https://goo.gl/forms/bXSSPPwQOTOA4JR33>

Have a fabulous week ahead!

Miss Anna Starcevic

Principal

School Hats

There are no hats at the canteen at the moment, sorry for any inconvenience.

The canteen has put in a new order in with a new company to try and overcome the issues of fading and shrinking that they had with the last ones, the new ones will look exactly the same but will be made from micro fibre and will have a toggle to help with sizing. We hope to have the new stock available for purchase at the canteen in 2 weeks.

Thank you for your understanding
Canteen

THIS WEEKS POSTIVE BEHAVIOUR FOR LEARNING LESSON (PBL)



PBL Term 3 Week 7

This week the students participated in a lesson about respectful friendships. Students completed a variety of activities around what makes a good friend and developed their own classroom slogans that promote positive friendships. All classes discussed the posters below and considered why each of these aspects are important parts of developing friendships.



ROSIE'S CORNER...

Hello to you! Rosie here!

It's September...!!!!

Know what? It is my **birthday** month! And not just any birthday...this is going to be a very special birthday.

I am going to be **3**....yay!!

I am not sure how things work in your human world but **3** is a very important birthday because I become an adult dog!.. I expect it is a bit like your 18th.

There are lots of good things about becoming a young adult.....I get to tell other pups what to do, because I am now a much wiser dog....and I am bigger than little pups.

I get to eat adult dog food ...bigger bones and to stay out a little later after the sun goes down. This is the best time to chase rabbits!

I am so excited...!!

Even though I know that I will be expected to do "mature dog "stuff like not bark at dogs in passing cars and come to Polly when she calls.... I may even have to stop all my puppy jumping up and licking stuff...which I love to do!

The best thing is that when my friend Missy comes to visit.

You remember her don't you? She is my little Chihuahua friend from Queensland. She will have to listen to me now ,because I am older .

She is a bit spoilt and always wants her own way...city dogs are like that!

Well now she will have to watch me and learn.

"Hey.Missy **this is the best way to bury a bone** " and she will have to show me some respect because I am older.

That's the way it is in the doggy world.. but of course there are some things I will have to change too. I know I will have some responsibilities.

I need to be an example to Missy, and to all younger pups so I have got to make sure I teach them the right way and that means I have to do it right too. Yikes!

I think it is a little like when you graduate from one school year to a higher one.. there are things that you are expected to do.

When I was a pup I could chew up stuff and growl when I wanted something from other dogs.. even snap and show my teeth!

Now I will have to watch my behaviour.. *'be a good example* " says Polly.

I think I have already learned not to pick fights with dogs that are bigger than me. .and in fact not to pick fights at all.

I now realise that fighting is best avoided altogether.

I have a few scars on my nose to prove it!

I have also learned to choose my friends carefully and to value them like my good mates Charlie and Missy and Buster.

We are all great friends and we have fun when we are together, we even share bones!

I know that Charlie would not hurt me even if sometimes we play a bit rough, and as for Buster, well even though he is a big dog and sometimes rolls me over when we play he always licks me to say RU Ok Rosie?

That tells me he cares.

Missy is so small that she would fit in Busters mouth but he is always careful not to scare her. He is kind like that.

That's what good friends are in a dogs world.. we don't need to be mean to our friends and if sometimes other dogs are mean to us we just ignore them. Who wants to be friends with a mean dog?

Yes, I am really looking forward to my birthday.

I am going to be a young adult dog...at last!

I know I will still have to listen to older dogs and I will be learning doggy skills for a while yet. But I am still a pup for a couple of more weeks so I can be a bit silly.

I am off to chase crows now and roll in anything smelly I can find.

I don't think that will change much when I turn 3.

Happy woofs to you all from this fun loving puppy!



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TERM 3 School Planner and Canteen Information

Week/ Month	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7 September	3	4	5 Pre School Transition 9-10am	6 School Social K-2 4-5pm 3-6 5-7pm	7
Week 8 September	10	11 Stage 3 Camp Regional Spelling Bee	12 Pre school transition 9-10am	13	14
Week 9 September	17	18	19 Pre school transition 9-10am	20 *Yr 6 Transition	21 *Regional Athletics @ Tamworth
Week 10 September	24	25	26 Stage 2 Camp	27	28 Last day of Term 3

WHAT'S COMING UP?

DATE	Changes to Routine
10-9-18	Deannah Del Prete on leave—Anna Rhodes Dingos class
11-9-18	Deannah Del Prete on leave—Anna Rhodes Dingos class. Miss Starcevic at Principal Network Day
12-9-18	
13-9-18	Miss Starcevic and Mrs Archibald at Finance Professional Learning
14-9-18	Miss Starcevic at Primary Principals Association Meeting

ASSEMBLY

Our next assembly will be:

Thursday September 6 at 12pm in the Bruxner Hall.

Possums will be performing at this Assembly.

Recycling

The canteen still recycling all the drinks that are sold at the canteen, so if your child orders a drink and it's container can be recycled rather than throwing it in the bin they can return it to the canteen this will act as an ongoing fundraiser for our canteen.



Thanks Jen, Canteen manager

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Canteen Roster for Week 7-8

Month	Wednesday 5th	Thursday 6th	Friday 7th
September	Vicky Hill Help needed please	Elaine Mannion	Rachel Brown
	Monday 10th	Tuesday 11th	Wednesday 12th
September	Jan Oberman Pam Hair		Candice Potter Help needed please

Canteen Donations for Week 8

Cruskits	Nicole Arnold
Tomato Sauce	Kelly Pitkin
Block Cheese	Candice Potter, Vanessa Rolph
Lettuce	Jennifer Donadel
Beetroot	Roberta Koch
Margarine	Jayne Collier

Homebake for next Week 8

Monday 10th	Kelly Pitkin
Wednesday 12th	Megg Milton
Friday 14th	Bonnie Zappa

WEDNESDAY'S MEAL DEAL

'BOG IN DON'T WAIT'

A tray of spaghetti bolognaise topped with cheese, a popper and a packet of pop corn and a slice of watermelon \$6:00

OTHER CHOICES (not included in meal deal)

Chicken strips - \$1.50

Sausage roll - \$3:00

Eat Fresh & Win

FRUIT OF THE WEEK



Our additional fruit of the week is pear for \$1.00 and also added into our beautiful fruit cups.



Don't forget to order something fresh from our canteen to get a chance to go in the draw for those fabulous prizes.

Also available this week is a Thai beef salad
Thursday and Friday \$5.00

