Congratulations to Jemima Hall on achieving a School Merit Badge!

WALK SAFELY TO SCHOOL DAY IS THIS FRIDAY!
Children are encouraged to walk to school with their parents on Friday. This is an opportunity to practise road safety with parents as well as to promote healthy living.

INFORMATION EVENING
Our Information Evening will be held tomorrow night, Wednesday 20 May at 7.00pm in the assembly hall. Supper will be provided. Please inform your friends and neighbours with preschool children of this opportunity to find out about our school.

AECG MEETINGS – tomorrow, 20 May at Middleton Primary School. The Junior meeting will begin at 9.30am and the Senior meeting at 10.30am.

BEST WISHES TO OUR DEBATING TEAM!
Tomorrow, our school debating team will be travelling to Dubbo to participate in a debate against Orana Heights Public School in Dubbo. Our debaters are Libby Hoyle, Henry Johns, Holly McColl, Katie Dunford and Gracie Jones.

LEADERSHIP DAY
On Friday, 20 of our Year 6 prefects will be attending a Student Leadership Conference in Dubbo. The leadership conference shows students ways to be effective leaders. The conference makes it possible for students to recognise the many ways in which they can be proactive everyday and to stand up for others, for what is right for self, and whenever there is an opportunity to serve.

LIFE EDUCATION VAN
The Life Education Van has arrived at our school and will remain until Wednesday, 27 May. Each class will attend the van for a 90 minute session. Composite classes will attend with their grade cohort. Please send in $5 per student as soon as possible if you have not already done so.

CWA PUBLIC SPEAKING COMPETITION is on next Tuesday, 26 May. Parkes Public School will be represented by Libby Hoyle and Kaitlyn Cox for Stage 3, and Genevieve Bland and Heidi Parkin for Stage 2. Best wishes to our representatives!
OUR PROGRAMS

Breakfast Club
Breakfast Club is open to all students however, children must have a signed permission note to attend. One note is sufficient for the year. The Breakfast Club is operated from the Welcome building and is managed by wonderful volunteers. The children have a choice of toast, vegemite, Weetbix, milk and juice for their breakfast. We are very appreciative of the wonderful support given to us by our local supermarkets Woolworths and Coles.

Breakfast Club ensures all children have the opportunity to start the day with full tummies, giving them a greater chance of focussing on tasks and learning at school.

K-2 Week 5 Infants Assembly
1/2A will be presenting an item at the Infants Assembly tomorrow, Wednesday, 20 May. Parents and friends are welcome to attend.

Thank you, Miss McWhirter

P&C News
We are pleased to announce the appointment of Nicole Mapperson as the new canteen manager. Nicole has a background in hospitality and catering and has owned her own hospitality business.

The P&C would like to acknowledge the commitment of Mrs Sam Lydford to the relieving manager’s position. Sam did a great job keeping the canteen operating whilst Lisa Svensssden was on leave. Thank you, Sam!

Choir News
Mrs Leonard will meet choir members at the primary gate on Wednesday at 1.00pm.

Mrs Leonard and Mrs Bland

Recorder Group Debut
The Year 2 Recorder Group will make their debut at the Infants Assembly on Wednesday, 20 May. We are all very excited!

Kid’s Ark Timor
Money is collected Mondays. This week we collected $10.

Road Safety Issues

Key points to remember around schools - driving and parking safely near the school

School opening and closing hours are busy times for pedestrian and vehicular traffic outside the school.

Always take extra care in 40km/h school zones, which operate on gazetted school days.

Park safely even if it means walking further to the school gate.

Observe all parking signs. They are planned with children’s safety in mind.

NEVER double park as it puts children at risk.

Model safe and considerate behaviour for your child - they will learn from you.

Slow down near the school crossing.

At a supervised crossing, observe the directions of the school crossing supervisor.

Always park and turn legally around the school. Avoid dangerous manoeuvres such as U-turns and three-point turns.

Always give way to pedestrians particularly when entering and leaving driveways.

Avoid parking across the school driveway or the entrance to the school car park.

Using your school’s drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.

Avoid parking in or near the school bus bay.
Thank you to the families who visited our display at the Northparkes Mines Open Day on Saturday.

This is another big week for sport in our school. Yesterday the boys rugby team participated in a gala day at Orange. On Wednesday the boys play hockey against Parkes East. On Friday our cross country team heads over to Forbes for the Lachlan Carnival. Best wishes to all involved.

Congratulations to our tennis team who narrowly won their match against West Wyalong last Friday.

This week I am including an article from Michael Grose, ‘Don’t Yell, Move Closer’. This is a great strategy to employ with children. We use it at school. I hope it works for you at home!

As a busy parent it’s easy to give your voice a workout when you don’t get the cooperation you want from your children.

You know how it goes.

You want your son or daughter to give you some help and they don’t respond.

Perhaps, you want a child to stop annoying his or her sibling.

Or you simply want your kids to _quieten down_ inside.

When your request for cooperation is ignored, you do what over 90% of parents do. That is, you repeat yourself. Then if that’s still ignored you _raise_ the volume.

*I’ll yell at them. That should work._

Hmm, I’m not so sure.

Usually yelling only succeeds in producing parent-deaf kids.

If yelling, shouting or raising your voice is a habit you’ve developed to get cooperation then here’s a great strategy to use instead.

Next time your kids ignore a reasonable request move **close to them** and **quietly** repeat your request once.

No aggression, just expectation.

It means you may need to stop what you are doing. **So be it.**

**Proximity** is a powerful influencer. Great teachers know this. That’s why they move around in class so much: to teach and also to manage.

So save your voice for conversation, encouragement and affection.

Use your **body effectively** to manage kids.

The key of course, is to do it.

My challenge to you is to bite your tongue when you want to yell. Take a deep breath (as the Mood Meter teaches you) and move into your child’s proximity. Don’t stare him down. Just be close to him or her.

Keep doing it and the cooperation levels you get from your kids will increase astronomically over time.

But you’ve got to do it.

In future don’t yell, move closer.

Have a wonderful week, everyone!

_Mrs Breaden_

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**DATES FOR YOUR DIARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, 20 May</td>
<td>AECG Meetings at Middleton PS</td>
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<tr>
<td></td>
<td>Information Evening at 7.00pm</td>
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<tr>
<td>Friday, 22 May</td>
<td>Walk to School Day</td>
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<td></td>
<td>Lachlan Cross Country</td>
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<tr>
<td>Tuesday, 26 May</td>
<td>CWA Public Speaking</td>
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<tr>
<td>Thursday, 28 May</td>
<td>Cinderella</td>
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<tr>
<td>Friday, 29 May</td>
<td>Athletics Carnival</td>
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<tr>
<td>Wednesday, 3 June</td>
<td>ICAS Science Competition</td>
</tr>
<tr>
<td>Wednesday, 10 June</td>
<td>Western Cross Country</td>
</tr>
<tr>
<td>Tuesday, 16 June</td>
<td>ICAS Writing</td>
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<tr>
<td>Wednesday, 17 June</td>
<td>ICAS Spelling</td>
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**DON’T FORGET**

**Information Evening**

Wednesday, 20 May at 7.00pm in the school hall. Supper provided.

**Kindergarten 2016**

Please return completed enrolment forms asap.

**Book Club Issue 4**

Closes Wednesday, 3 June

**Cinderella**

Money in by Monday, 25 May
CONGRATULATIONS to the following students who gained a:

**White Merit Certificate**
- Jacob MacRae 5/6W
- Kasee Skillin 2E
- Olive Cope 1H
- Daniel Chambers-Hando 3N
- Jessica Tassell 6S

**Merit Badge**
- Jessica Tassell 6S

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**K-2 LITERACY AWARDS**
The children who received the literacy awards and capes at the Infants Assembly were:

- Kindergarten
  - Joshua Riley
  - Hannah McIntyre
- Year 1
  - Luke Barnes
  - Liliana Latu
- Year 2
  - Thomas Ball
  - Eleyce Caldwell

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CONGRATULATIONS to the following infants students who have been awarded a mufti day:

- Wade Kirwan
- Ryan Whitney
- Xander Greef
- Kaleb Amor
- Ethan Keys
- Izabella Terrill
- Ella McColl
- Chloe Swindle
- Tylan Shillingsworth
- Mincarlie Lovett
- Tyson Lennox
- Jak Lovett
- Charlotte Gould
- Charlie Lacey
- Jacob MacRae
- Max Longhurst
- Samuel Quince
- Josie Lynch
- Lucy Noakes
- Annabelle Barnes
- Savannah Powell
- Nina Richardson-Bartley
- Jack Nutley
- Shay-Lee Anderson

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CONGRATULATIONS to the following students who have gone up a level on the PBL Commendation System:

- Bowe Kirwan
- Jordan Dorante
- Ally Ross
- Phoebe Usher
- Tameeka Wright
- Connor Batt
- Caitlin Brown
- Savannah Ross
- Charlotte Smith
- William Tanks
- Nathan McCreadie
- Ava Hayes
- Thomas McIntyre
- Liam Moody
- Brookelyn Pinkstone
- Kaid Lyford
- Aidan Lynch
- Hayden O’Malley
- Faith Green
- Emily Neems
- Olivia Murray
- Jorja Rusten
- Jazmen Terrill
- Kaiden Budd
- Joseph Tanswell
- Harmih Turnbull
- Lisa McCreadie
- Meg Turner
- Paige Hanson
- Claudia Monkerud
- Lucy Turner
- Jake Barnes
- Malachi Walker
- Rebecca Kearney
- Kyle Job
- Georgia Smith
- Bonnie Schubert
- Lily Leonard
- Kaleigh Mills
- Kasey Mills
- Georgia McHugh-Douglas
- Laura Rusten
- Lachlan Newton
Name: Bonnie Schubert
Age: 12
Class: 5/6W
Teacher: Mrs Whitchurch

Favourite activities:
Playing with my kitten, singing, cooking cakes and playing with my friends.

Teacher comments:
Bonnie is a hardworking student. She particularly enjoys writing in most genres and is an enthusiastic and talented public speaker. Bonnie is a creative artist, and enjoys performing in the school choir.

What would you like to do when you grow up?
A veterinarian because I love animals, especially cats.

Self-Discipline
What is Self-Discipline?
Self-Discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.

Why Practise Self-Discipline?
When you practise self-discipline, you are controlling your own behaviour so others don't have to. Self-discipline brings you freedom. You get things done efficiently and have order in your life. Without self-discipline, we procrastinate. We eat things we shouldn't. We lose control of our emotions. Then people feel hurt. With self-discipline, life is more peaceful.

How do you Practise Self-Discipline?
Observe your feelings and thoughts, then decide how you are going to behave. If you feel angry, instead of yelling or hitting, you can acknowledge your anger, then use a calm voice to tell someone you are angry and why. It is your choice. Create routines that bring order and peace to your day, such as when to wash, exercise, work and play. Set limits for yourself, like time on the phone, how much TV you watch, the number of sweets you eat - enough but not too much.

LIFE EDUCATION VAN VISIT
The Life Education Van arrived at Parkes Public School yesterday and will stay until Thursday, 27 May.
Notes were sent home with the timetable of class attendance.
The $5.00 payment per student is now due and can be sent to class teachers or to the school office.

CHANGE OF ROUTINE
Parents, if your child is going to have a change in the way he/she goes home in the afternoon, please notify the class teacher in writing.
Children will not be allowed to go home with other children or adults without a note from their parent.
The Parkes Public School Cross Country Carnival was held on Friday, 8 May. The weather was wonderful and all the students participated enthusiastically in the carnival. Well done everyone!

Thank you again to the parents and community members who came to Spicer Oval to cheer our students on. A very special 'Thank You' to the parents who helped out on the day. Your help is always much appreciated.

Congratulations to all the students who participated. You all tried your best on the day. You can be very proud of your effort and enthusiasm. Special congratulations to the following students who achieved a first, second or third place in their age group:

11 Year Old Boys
1 Wilson Duffy
2 Jai Thompson
3 Will Longhurst

11 Year Old Girls
1 Jordan Moody
2 Maddison McCormick
3 Holly McColl

12/13 Year Old Boys
1 Zayne Ehsman
2 Levi
3 Michael Riley

12/13 Year Old Girls
1 Laura Rusten
2 Katie Dunford
3 Hanna Jefferay

All of the above students will be attending the District Cross Country Carnival at the Forbes racetrack this Friday.

Special congratulations also go to the Parkes Public School Cross Country Champions for 2015:

Junior Boy Champion  Junior Girl Champion
Hunter Hawke            Meg Turner

Senior Boy Champion  Senior Girl Champion
Zayne Ehsman            Jordan Moody

The winning sporting house was Lawson! A special congratulations to the Lawson (blue) House students!

The students will receive their trophies and ribbons at the primary assembly on Monday, 25 May at 9.05am.

Thank you and well done everyone!

Ben Smith

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Girls’ Netball
Training has been postponed for a few weeks, until further notice.

Girls’ Football
The Girls’ Football game against Parkes East on Tuesday was postponed due to the weather.
Athletics Carnival on Friday, 29 May

This year the one day Athletics Carnival will be on Friday, 29 May. Students will need to be dropped off at Northparkes Oval by 8.45am ready for a 9.00am carnival start. Bus students will be dropped at the oval by bus in the morning. On arrival, students will need to have their names marked off by their class teacher.

Students will go home from Northparkes Oval. Bus students will catch buses home from the Northparkes Oval.

A canteen is operating on the day, all students can pre-order lunch (see order forms at bottom of page). Students will need to bring recess and lunch, if not ordering from the canteen, wear their sport uniform, bring a hat and a water bottle.

Students have already nominated for track events, with options of 100m, 200m and 800m races. Year 2 students who are 8, or turning 8, this year have also nominated for track events.

The program for the day will be handed out early in Week 6. Students who were successful in gaining a position in a field event will receive a letter informing them of their event.

We are looking for parent helpers who can assist with time keeping. Please return the following slip to Tracey Newbigging if you will be available to assist on the day.

Tracey Newbigging

I, _________________________________ am available to assist with time keeping between 9.00am and 3.00pm for the Athletics Carnival on Friday, 29 May.

Student’s Name:____________________________________________ Class: ______________________

Signed:___________________________________________________ Phone: ______________________

Athletics Carnival Canteen Order

* Friday, 29 May *
(No late orders accepted - must be in by Wednesday, 27 May)

Name __________________________
House ________________ Class _______

☐ Sausage sandwich
Sauce - Tomato/BBQ/No sauce

Drink
Quench

All for $4.00

Athletics Carnival Canteen Order

* Friday, 29 May *
(No late orders accepted - must be in by Wednesday, 27 May)

Name __________________________
House ________________ Class _______

☐ 2 Sausage sandwiches
Sauce - Tomato/BBQ/No sauce

Drink
Quench

All for $5.00
Competitions

2015 AUSTRALASIAN SCHOOLS COMPETITIONS

These competitions are for students in Years 3-6.
The closing date for entry in these competitions is Friday, 19 June.
The competitions will be held on the following dates:
♦ English - Tuesday, 28 July
♦ Maths - Tuesday, 11 August

ENGLISH COMPETITION

I give permission for my child/ren:
__________________________________ Class ______
__________________________________ Class ______
__________________________________ Class ______
to participate in the 2015 Australasian Schools English Competition.
Please find enclosed $8.00 entry fee for each child.
Parent/carer __________________________
Date __________________________

MATHS COMPETITION

I give permission for my child/ren:
__________________________________ Class ______
__________________________________ Class ______
__________________________________ Class ______
to participate in the 2015 Australasian Schools Maths Competition.
Please find enclosed $8.00 entry fee for each child.
Parent/carer __________________________
Date __________________________

Community Noticeboard

Neighbourhood Central OPEN DAY 2015
Celebrating National Volunteer Week and Neighbourhood Centre Week
Friday, 29 May 2015
80—82 Currajong Street, Parkes
Lunchtime program
12.00pm to 2.00pm
Hot lunch and Dessert
Local Knowledge Trivia and Jelly Bean Guessing Competition
Afternoon Program
Official opening by Mayor Ken Keith at 2.30pm
Jumping Castle, Airbrush Tattoo, Sausage Sizzle, Crazy Nails, Kids Treasure Hunt and Jelly Bean Guessing Competition from 3.00pm—5.00pm
All food and activities are FREE!
For more information telephone: 6862 3757

Justin Coulson
What Your Child Needs From You
Dr Justin Coulson is a positive psychology researcher, author and speaker known for his column in Sydney’s Daily Telegraph, appearances on Channel 9’s MORNING’S, and the TODAY show, as well as The Project. He is also the parenting expert at kidspot.com.au.

In his presentation he will talk about:
* How to build a strong connection with your children
* How to really understand your child
* Proven discipline strategies that teach

Who is it for? Mums, Dads and anyone who is responsible for the raising of a child.

Red Bend Catholic College Multi-Purpose Hall
Wednesday, 27 May 2015
5.30pm - 7.00pm
FREE OF CHARGE
For more information phone or visit the team at CentaCare Wilcannia-Forbes at 134 Lachlan Street, Forbes, or ph: 6850 1777.