MISSION STATEMENT
Parkes Public School strives for excellence in the education of responsible and respectful students in a safe learning community.

CONTACT US
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Mrs Leanne Breaden
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PARKES NSW 2870
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P&C ASSOCIATION
President
Denis Howard: 0457 033 024
Secretary
Keri MacGregor: 6863 1155
Treasurer
Vivienne King: 6863 5168

SCHOOL COUNCIL
President
David Bicket: 6862 3608

Congratulations to Libby Hoyle! Winner of the CWA Public Speaking Competition!

THANK YOU CAPTAINS!
Last Wednesday, Libby and Zayne accompanied Mrs Breaden to a number of events related to the visitation of the Governor-General of Australia, Sir Peter Cosgrove.

Firstly, our representatives attended the opening of The Moat Cottage at the Tourist Centre. Our captains were photographed with the Governor cutting the cake to celebrate Sir Henry Parkes’ 200 birthday.

Following the opening of the cottage, the captains and Mrs Breaden went to the Parkes Shire Council’s Coventry Room where a civic reception was held for the Governor-General. ‘Welcome to Parkes’, the book authored by local historians, Lex and June Weaver was launched. The Governor-General presented our school captains with a copy of the book for our library. Zayne and Libby will present the book to Mrs Dolbel at the next primary assembly.

Zayne and Libby both thought the opportunity to speak to Sir Peter Cosgrove was the highlight of the day.

MULTI CULTURAL PUBLIC SPEAKING
Good luck to Libby Hoyle who will represent Parkes Public School in the Multi-cultural Perspectives Public Speaking Competition tomorrow at Bletchington Public School. Libby will deliver a speech titled ‘Refugees’. She will then prepare and give a three minute impromptu talk.

PIRATE DAY
On Friday, 12 June we will be holding a ‘Pirate Day’. The children are encouraged to wear a pirate outfit to school in exchange for a gold coin. All children will receive an eye patch to wear.

Money raised will go to The Kids Cancer Project.

This is our P&C approved charity for the term.
OUR PROGRAMS
Primary Retreat Room
Year 6 classroom block is open every lunchtime for students to access. They can draw, play board games, use computers, read and complete construction activities. Either Mrs Buchanan or Mr Smith supervise in the room each day. This alternative lunchtime area is valued by many children.

Choir News
Congratulations on a wonderful performance on our school information evening. We were very proud of you!

The choir has been invited to perform at a concert in the Presbyterian Hall at lunchtime on Tuesday, 9 June. An information note will be sent home later in the week.

Choir will be as usual this Wednesday.

Mrs Leonard and Mrs Bland

ICAS Science Competition is on tomorrow, Wednesday, 3 June. Only children who have already paid will sit the test.

Lost! Lost! Lost!
* School hat with the name Chloe Mudiman on tag
* small pair of navy gloves with the name Kyarah Egan on inside tag.

Please check your child’s bag and return to KH room if found.

K-2 Week 7 Infants Assembly
KE will be presenting an item at the infants assembly tomorrow, Wednesday, 27 May. Parents and friends are welcome to attend.

Thank you, Mrs Elliott

Kid’s Ark East Timor
Money is collected Mondays. This week we collected $10.20.

Kids Teaching Kids
This year 3W and 3N will be taking part in the Kids Teaching Kids week. It will be held in Dubbo during August.

DATES FOR YOUR DIARY

Wednesday, 3 June ...................... ICAS Science Competition
Friday, 5 June - New Date ...... Athletics Carnival
Wednesday, 10 June .................... Western Cross Country
Friday, 12 June ....................... Pirate Day
Monday, 15 June ...................... P&C Meeting at 7.30pm
Tuesday, 16 June ....................... ICAS Spelling/Writing Competition
Friday, 26 June ...................... Last Day Term 2
Tuesday, 14 July ....................... Term 3 Begins for Students
Thursday, 16 July ..................... Musica Viva

DON’T FORGET

Kindergarten 2016
Please return completed enrolment forms in preparation for pre-kindergarten interviews.

Book Club Issue 4
Closes tomorrow, Wed, 3 June

Life Education Van
$5.00 due for all students
It was very exciting to have the opera, 'Cinderella', performed for our children last Thursday. It was forty five minutes of great quality entertainment. The singing and acting were outstanding. To have Australian Opera Performers at our school was incredible! It was lovely to welcome back one of the performers, Jessica Westcott, a past student. A number of teachers on our staff, including myself, taught Jessica. Another amazing feature of the show was that the costume and set design was done by another former student, Aleisa Jelbart. Aleisa was a year ahead of Jessica at school and again was taught by a number of staff still at Parkes Public School.

Jessica and Aleisa are great examples that children from Parkes can aim for and reach great heights!!

This week my message is again from Michael Grose and includes helpful information about ways to manage our emotions.

**Here are 15 healthy ways to manage your emotions that you can pass on to your children:**

What training did you get from your parents in managing emotions?

If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.

I guess that’s why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. **Avoidance**: “I’m okay, really!”
2. **Denial**: “Nothing wrong with me!”
3. **Wishful thinking**: “She’ll be right!”
4. **Worry**: “What if…..”
5. **Self-denigration**: “What do you expect? I’m a loser!”
6. **Blaming others**: “She makes me feel so mad!”
7. **Acting out** (also abusing alcohol and other drugs): “Come here you! I’ll show you ….”

And they pass those same ineffective methods on to their children. **Anxiety** (a legitimate feeling), **anger** (also legitimate) and **apathy** (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

**Here are some healthy ways to manage your emotions that you can pass on to your children:**

**Quick strategies:**

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to three quietly while breathing through your nose, and count to five while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for three seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. **Use a positive reappraisal**
   Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

More ways to manage emotions will be shared next week.

Hopefully I will see you all at the Athletics Carnival this Friday!

Have a wonderful week everyone!

Mrs Breaden
CONGRATULATIONS to the following students who gained a:

**White Merit Certificate**

- Hunter Green  3N
- Tamika Verstegen  6S
- Ryley Budd  4R
- Maely MacGregor  3/4S
- Lilia Howard  2E

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**K-2 LITERACY AWARDS**

The children who received the literacy awards and capes at the Infants Assembly were:

- **Kindergarten**
  - Holly Lee
  - Angus Chamberlain

- **Year 1**
  - Mae Woolstencroft
  - Xander Greef

- **Year 2**
  - Samuel Quince
  - Heidi Monkerud

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

- Alana Murray
- Shannon Reeves
- Jack Gould
- Ashton Lacey
- Jett Johnstone
- Nate Harrison
- Mae Woolstencroft
- Izabella Terrill

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

- Jayla Cornelissen
- Simon Hogan
- Lily McCormick
- Ethan Hunt
- Hunter Green
- Jayden Swindle
- Taylah Gibson
- Casey Harding
- Lilly Turner
- Samuel Anderson
- Paige Harry-Ross
- Laney Cantrell
- Resharna Seymour
- Henry Duncan

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- Gage Kirk
- Jesse Woods
- Zanda Johnstone
- Jorja Henderson
- Matilda Wilson
- Heidi-Lee Pearce
- Chyler Skillin
- Kendra Dunn
- Khyan Skillin
- Chloe Drabsch
- James Kearney
- Luke Dixon
- Hanna Jefferay
- Hannah Martyn

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- Jessica Tassell
- Nikita Wood
- Thomas Barnes
- Jarrad Fletcher
- Joshua Quartly
- Katie Dunford
- Libby Hoyle
- Gracie Jones
- Abbey Kennedy
- Timmy Reid
- Jai Thompson
- Koby Wirth
- Amelia Nash
- Melissa McCreadie

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- Alison Reeves
- Jade Verstegen
- Caleb Barlow
- Jacob Berry
- Brody Clarke
- Ryan Evans
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**Student of the Week**

**Name:** Hannah Allen  
**Age:** 12  
**Class:** 6B  
**Teacher:** Mrs Buchanan  
**Favourite activities:** I enjoy playing touch football, dancing, singing and reading books, mainly 'Twilight'.

**Teacher comments:** Hannah is a conscientious student who strives to do her best. She enjoys reading and contributes to discussion in a thoughtful manner. As a prefect, Hannah is a strong role model and carries out her duties with care.  

**What career interests you?** I don't know just yet but I would like to own a Dance Academy because I very much enjoy dance.

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**Value of the Week**

**GENEROSITY**

**What is Generosity?**
Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving a reward or gift in return. Generosity is being aware that there is plenty for everyone. It is seeing a chance to give what you have and then giving just for the joy of giving. It is one of the best ways to show love and friendship.

**Why Practise It?**
Without generosity, people act uncaringly, refusing to share their belongings, their time, and their friendship. People who need help feel helpless because no one will give them what they need. When we give freely, especially if a sacrifice is involved, our spirit grows strong. When one person is generous, other people want to be generous too.

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**Road Safety Issues**

**Key points to remember around schools - Helmet and safety on wheels**

Your child must wear a helmet when riding a bike in any public place - it's the law!  
Your child’s helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.  
Check that your child wears a bicycle helmet whenever playing or riding on wheels - bikes, foot scooters, roller-skates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the sides. It must protect the forehead.  
Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.  
Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.  
When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the 'STOP! LOOK! LISTEN! THINK!' procedure.
Best wishes to Sharna Ross who is competing this week with the Western Girls’ Football Team in Camden.

It is a huge achievement for Sharna to be representing Parkes Public School at such a high level of sport.

**PSSA Tennis**
On Friday, 15 May our school tennis team travelled to West Wyalong to play West Wyalong Public School. The team members were Holly, Abbey, Michael and Mitch. We had to play our singles first and we won two sets and lost two sets. Next we played the boys and girls doubles and we won one set and lost one. Finally it was our mixed double and both sets went to a tiebreaker. We won one and lost the other set. At the end of the day it was four sets all so it came down to the number of games won. We had won 38 games and West Wyalong 33 games. We were declared the winners and we now move onto round four.

A big thank you to Mrs Dolbel for organising the game and taking us to West Wyalong and also to Helen Magill for her continued support and allowing us to practise at the town courts.

*Mitch Cox*

**Western Cross Country** is on next Wednesday, 10 June at Geurie. Eligible students have received information regarding this event.

**PSSA Girls’ Football**
Girls’ football training is on this Wednesday from 4.30-6.00pm at Harrison Park.

*Mrs Watson*

**PSSA Boys’ Hockey**
The Parkes Public School Boys’ Hockey team will play their next match on Monday, 15 June against Dubbo South Primary School in Dubbo.

**Athletics Carnival has been rescheduled for this Friday, 5 June!**
The program will remain the same. Students will need to be dropped off at Northparkes Oval by 8.45am ready for a 9.00am 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 teacher.

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

Year 2 students will walk back to school at 2.40pm.

Lunches ordered for the carnival last week will be given out at carnival on Friday. Anyone still wanting to order a lunch for the carnival needs to have their order in by tomorrow, Wednesday, 3 June.

I look forward to seeing everyone there this Friday.

*Tracey Newbigging*

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**Athletics Carnival Canteen Order**
*Friday, 5 June*
(No late orders accepted - must be in by tomorrow, Wednesday, 3 June)

Name ____________________________
House _______________________ Class _______

☐ Sausage sandwich
   Sauce - Tomato/BBQ/No sauce

Drink
Quench

All for $5.00

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**Athletics Carnival Canteen Order**
*Friday, 5 June*
(No late orders accepted - must be in by tomorrow, Wednesday, 3 June)

Name ____________________________
House _______________________ Class _______

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

Drink
Quench

All for $4.00
On Thursday, 28 May Parkes Public School students were entertained by Opera Australia's production of Cinderella. The 50 minute production, tailored for school students, brought a wonderful mix of magic, drama and hijinks to Parkes Public School!

The students and staff thoroughly enjoyed this special performance.

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**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

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**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 _______________________
Free Health Checks
Currajong Aboriginal Health Services provides a range of GP’s, a nurse and health services with the goal of ensuring that the current and future health needs of our community are met.

Currajong Aboriginal Health Services aim to is to provide services that are high quality. The professionals are here to ensure that a full range of services is delivered to you and your family from our Aboriginal Health Service right here at Currajong Aboriginal Health Centre.

- A nurse is available every Thursday and Friday between 9.00am and 1.00pm.
- Walk in appointments are welcomed
- Bulk billing available at both Currajong Practices
- Non-Indigenous people are welcome.

Currajong Aboriginal Health Centre Inc.
71 Currajong Street
Parkes NSW 2870
6862 1699
Email: currajongahc@mail.com

Forbes Multicultural Dinner
Scottish Style
Friday, 19 June from 5.30-8.30pm
Please bring a plate of food to share for dinner!
Forbes Youth and Community Centre - corner Battye and Press Streets, Forbes
RSVP by Monday, 15 June
For more information contact:
Forbes Shire Council Community Liaison Officer,
Anita Morrison on 6850 2355
or anitamo@forbes.nsw.gov.au

Andrew ‘Drip’ Dwyer Appeal
Golf Day
Andrew, better known to many as ‘Drip’, is a 33 year old husband, and father of three young children. Andrew and his family live in Forbes, where Andrew has his own small business. In March Andrew was diagnosed with brain cancer. Following major surgery to remove the tumour from his brain, Andrew is now undergoing months of radiation and chemotherapy.

To help Andrew with the expenses of his treatments a Family Fun Golf Day has been organised in Cumnock (Andrew’s home town).

Where: Cumnock Golf Club
Type: 2-4 person Ambrose
When: Sunday, 7 June
Cost: $15.00 per person registration
Time: 11.00am registration
11.30am shot gun tee off

- 9 holes
- sausage sandwich
- drink cart all day
- prizes for winners and novelty games
- prizes for 'Best Dressed'
- auction on the day
- $10 entry into the Ladies Tent
- raffles
- NTPS

Wear beanies for Brain Cancer!

Please join us in helping support Andrew and his young family with his fight against brain cancer.
All money raised on the day will go to Andrew and his family.
If you are unable to attend on the day and would like to donate, contact us on Facebook or phone to make a booking or for further information:
www.facebook.com/The-Andrew-Drip-Dwyer-Appeal-Golf-Day.com
Tamika - 0437 645 178,
Nadia - 0404 147 754 or
Beau - 0417 151 813.