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

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P&C ASSOCIATION
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Treasurer
Vivienne King: 6863 5168

SCHOOL COUNCIL
President
David Bicket: 6862 3608

Congratulations to Libby Hoyle who has won the Multicultural Perspectives Public Speaking Competition for the Orange area.
Libby will now participate in the Western Region Final to be held in August.

PIRATE DAY THIS FRIDAY!!
Don't forget this Friday is our Pirate Day. Students are encouraged to dress up in pirate theme but please do not bring swords, knives, hooks etc.
Each child will be given an eye patch to wear on Friday morning. Students are asked to give a gold coin donation which will go towards The Kids Cancer Project.

P&C MEETING
Our next meeting will be held on Monday night, 15 June at 7.30pm in the staff room. Mrs Buchanan and Mr Smith will be explaining the extension of our Peer Support program which will commence in Term 3. We would love to see lots of parents in attendance.

NAIDOC CHALLENGE
Next Monday, Year 5 students Samantha Riley and Holly MacGregor will be participating in the Lachlan Public Speaking competition at Cowra.
They will be speaking on the topic 'We all stand on sacred ground . . learn, respect and celebrate’. Best wishes Samantha and Holly!

ICAS SPELLING AND WRITING COMPETITIONS
These competitions will be held next Tuesday. Only students who have already paid will be participating in the competition.

STUDENTS BROADCASTING ON LACHLAN VALLEY RADIO
Next Tuesday, 16 June, Year 6 students; Mitchell Cox, Jacob Berry, Kaitlyn Cox and Courtney Sinclair will be broadcasting on Lachlan Valley Radio. Don't forget to tune in whilst the students deliver the hour segment about Parkes Public School happenings.

STUDENT REPORTS
We are expecting to send reports home with students on Tuesday, 23 June. Any parent wishing to have an interview with a teacher is able to request one from Wednesday to Friday of the last week or early in third term.
PBL Whole School Reward
Congratulations to all students for filling up the whole school rocket. Our students have been showing Respectful, Safe and Responsible behaviour.

The whole school reward is a creative session, which will be held on Thursday, 18 June. Students are asked to bring in recyclable materials that can be shared. These materials will be used to create anything the student likes.

We ask that you do not send in toilet rolls, but cereal boxes, cartons, and cardboard boxes will be well received.

Payments
♦ On the closing date of monies to be paid, money needs to be paid to the office by 1.00pm. This allows time to process payments. This includes money for excursions, book club, Musica Viva, special lunch orders etc.
♦ When sending payments to school please do not staple the envelopes.

Thank you

Lunch Orders
Lunch orders need to be placed in the canteen lunch order bins by 9.00am Tuesday-Friday or they can be delivered direct to the canteen.

They are not to be put in the office boxes.

Kid’s Ark East Timor
Money is collected Mondays. This week we collected $10.00.

K-2 Week 8 Infants Assembly
KH will be presenting an item at the infants assembly tomorrow, Wednesday, 10 June. Parents and friends are welcome to attend. Thank you, Mrs Howard

Musica Viva - Change of Date
The performance will be on Tuesday, 21 July at 10.00am.

If you have already paid and the new date doesn’t suit please inform the office by Monday, 15 June so we can organise a refund. No refunds will be given after that date.

Please send payment in an envelope and ensure the envelope is clearly marked Musica Viva and has your child/children’s name and class on the outside.

Please note: Places are limited. students will be allocated a place as money is received. No money will be accepted after 12.00 noon on Wednesday, 15 July.

If your child is absent on the day there will be no refunds as we have to pay up front for this activity.

Choir News
There will be no choir on Wednesday for this week. Mrs Leonard and Mrs Bland

DATES FOR YOUR DIARY
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
Thursday, 25 June................... Pre-Kindergarten Interviews Begin
Friday, 26 June....................... Last Day Term 2
Tuesday, 14 July...................... Term 3 Begins for Students
Tuesday, 21 July...................... Musica Viva

DON’T FORGET
Pirate Day
Friday, 12 June
Bring a gold coin donation for ‘The Kids Cancer Project’

Musica Viva - Change of Date
Tuesday, 21 July at 10.00am

Kindergarten 2016
Please return completed enrolment forms in preparation for pre-kindergarten interviews.
Congratulations to all the students who participated in the athletics carnival last Friday. It was wonderful to see so many students having a go. A number of our students with physical incapacities participated to their maximum. What great role models they are to our students. They are the epitome of my philosophy, ‘it’s not about winning but doing your best’.

My congratulations also to Libby Hoyle who won her section of the Multicultural Perspectives public speaking competition last week.

Last week I included the beginning of an article from Michael Grose, about ways to manage our emotions. This week the article is continued.

**4. Use positive, REALISTIC self-talk**

Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...” I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

**5. Exercise**

Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

**6. Distract yourself**

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after a short break.

**Longer term strategies:**

**7. Have constructive habits and hobbies**

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you the time to find a hobby or interest that juices you up.

**8. Make physical activity a habit**

How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to get anywhere close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

**9. Meditate to stop those thoughts**

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Parentingideas recommends meditation as a life skill that will help you balance your emotional state.

Lastly I would like to thank Mr Lovett, and a group of boys who represented our school at the Shire Reconciliation Concert last week. The boys performed the Goanna Dance and did a great job! I was so proud of them. My thanks also to Louis and Michael from Condobolin who trained the boys.

Best wishes to our students who are representing our school and Western Region at the Western Cross Country Carnival to be held tomorrow at Geurie.

Have a great week everyone!

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

Angelique Bland          Gracie-Mae Cummings          Angel-Lee Reid
Emmanuel Peter            Shae-Lee Lord                 Lucas Edwards
Heidi Monkerud            Zoe Manks                    Nash Moore
Matayah Guy               Chloe Mudiman                 Liam Ross
Nina Richardson-Bartley   Sophie Tanks                 Ciaran Smiroldo
Flynn Thompson            Tiah Watson

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

Elizabeth MacGregor       Benjamin Macdonald          Molly Kennedy
Harry Jones                Hunter White-Crawford       Iliana Peter
Cameron Dunn               Luke Gerry                  Kristin Lennox
Sterling Green             Brody Kennedy              Dylan Jeffery
Jaden Hartley              Ryan Dunford               Rebecca Lillington
Savannah Ross              Emily Neems                Michael Riley
Jackson Smythe-Evans       Olivia Murray              Christian Falconer

CONGRATULATIONS to the following students who have gained a:

White Merit Certificate
Claudia Monkerud 4/5D
Cody Newman 1B

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

Kindergarten          Zac Guy          Phoebe Longhurst
                      Billy Cox
Year 1                Nina Richardson-Bartley
Year 2                Sampson Duffy

VALUE OF THE WEEK - GENEROSITY

How to Practise Generosity?
When you are generous, you think of ways to share what you have. You think about what people need and do things to give them happiness. You share your time, your ideas or your money. When you give away something that is really special to you, that is a very generous way to show love. It feels good to give freely, just for the sake of giving.

Affirmation
I am generous. I look for opportunities to give and to share. There is plenty of time for thoughtfulness. I give freely, fully, and joyfully.
Student of the Week

Name: Georgia McHugh-Douglas
Age: 11
Class: 5/6W
Teacher: Mrs Whitchurch

Favourite activities: M and D swimming, piano, farming, and visiting relatives.

Teacher comments: Georgia is a kind and caring student who works hard, and enjoys music, drama and art. She is in the school netball team, and is a devoted member of the choir. Georgia is a talented swimmer, and she represented the school at district level.

What career interests you? I would like to own a farm.

5 ways to a healthy lifestyle!

Did you know?
- National surveys found that the combined level of overweight and obese children in Australia has more than doubled in recent years.
- A major study revealed that the number of overweight and obese children in NSW rose from 1 in 10 in 1985 to 1 in 4 children in 2004.
- Obese children have a 25% - 50% chance of going on to be obese adults.

Our busy lifestyles can be hard on our family’s health. Rushing to and from school and work can make it difficult to find time to be physically active and eat well.

We can also slip into the habit of choosing unhealthy snacks and takeaway foods or spending our free time in front of the TV or computer.

However, these choices can be dangerous for our health and our children’s health - both now and in the long-term.

That’s why it’s so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

How to lead a healthy lifestyle
- Get active each day
Regular physical activity is important for healthy growth, development and well-being of kids and teens.

Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them ‘huff and puff’.

Parents should be good role models and have a positive attitude to being active.

- Choose water as a drink
Water is the best way to quench your thirst - and it doesn’t come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks. Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium. Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fibre.

- Eat more fruit and vegies
Eating fruit and vegies every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Aim to eat two serves of fruit and five serves of vegies every day.

Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

- Eat fewer snacks and select healthier alternatives
Healthy snacks help kids and teens meet their daily nutritional needs.

Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

Limit snacks that are high in sugar or saturated fats - such as chips, cakes and chocolate - which can cause children to put on excess weight.

More ways to a healthy lifestyle will be included next week.
Best wishes to our students who are representing our school and Western Region at the Western Cross Country Carnival to be held tomorrow at Geurie.

**PSSA Girls’ Hockey**
The school girls’ hockey team played against Oberon at Bathurst on Tuesday, 2 June. It was a nice early start with the temperatures dipping down into the negatives!

We pulled up in time for the team to pull on a shirt as they ran on the field! Despite arriving right on start time the girls played great hockey right from the get go! They passed the ball around wide and only a few minutes in, Chloe Drabsch found the back of the net to put the score to 1-0 Parkes Public way.

Oberon were not going to let go easily though and came back quickly with two goals of their own. Parkes Public did not back down and continued to play excellent team hockey. They were rewarded with a goal to Jordan Moody running swiftly down the wing. With a minute left of the game Meg Turner almost slotted a goal to get the win, however missed by inches, taking the game in to Phase 1 of ‘golden goal drop off’ with 9 players. After seven minutes no one had scored. Phase 2 of golden goal started with only 7 players. After another seven minutes there was still no extra goal. At this point a quick call was put into Mr Ipkendanz to check the ruling on goalies for extra time and we underwent Phase 3 of golden goal with only 5 players, not including goalies for either side.

After some great defence and team playing the ball was passed to Meg Turner who neatly shot the ball into the goal securing the win, 3-2, for Parkes Public! Coach, Janelle Thompson and manager, Mrs Deland, along with the parents on the sideline, had absolutely no fingernails left by this time! It was a fantastic match. Both Oberon Public and Parkes Public girls’ played brilliantly and should be congratulated on their excellent sportsmanship.

The team consisted of:
Gracie Jones, Katie Dunford, Abbey Kennedy, Makeely VanDyk, Chloe Drabsch, Holly McColl, Meg Turner, Maely MacGregor, Lucy Turner, Jordan Moody, Molly Kennedy, Jazlyn Greenwood, Olivia Thompson and Caitlin Herft.

A huge thank you to all the parents and grandparents who travelled and assisted in transporting the team to and from Bathurst. The next match will be against Middleton Public School. Times and dates will be provided as soon as they are organised.

**PSSA Girls’ Football**
The next round of girls’ football won’t be until Friday, 7 August in Mudgee. Due to this date, we have decided to take a month off training. Training will commence again in the second week of July. I will hand out reminders to the girls when it gets closer.

**Mrs Watson**

**PSSA Girls’ Netball**
Netball training will re-commence on Thursday, 18 June (Week 9) from 3.30-4.45pm at McGlynn Courts. Please see me if you’re unable to attend!

Thank you, Miss Bowkett

**Parkes Public School Girls’ and Boys’ Touch Trials**
The first trial for both the boys’ and girls’ touch teams will take place on Friday, 12 June. The second trial will take place on Monday, 15 June.

Trials will be held on the grassed area on the infants side near the front office. Trials will start at 3.15pm and finish at 4.00pm.

If you cannot make a trial please see Miss Lee (girls) or Mrs Wright (boys).
P&C Market Day

Market Day Up-Date
Thank you to the fantastic families who have generously donated items for Tombola. There is still plenty of time to drop donations into the box at the front office. Please remember to return your cards too! Donations of toys, books, games and DVD’s that your children may have out grown are also wanted. They need to be clean, in good order and left at the office or given to Ms Barry.

Market stallholders are still needed. If you know of someone that would be interested in holding a stall please contact me on 0428 266 602 or email: helenlonghurst@outlook.com and I can pass on all the information they need. Stallholders must have their own Public Liability insurance as a requirement of the P&C Federation.

If you (business owners) were given a Donation Request letter, we would like to begin finalising your donations - vouchers, products, etc. These can also be dropped at the office or contact Kirsty at ‘Signs You See’ or myself and we can collect your donations. Thank you in advance!

There is a meeting on Wednesday, 24 June at 7.00pm in the Library to continue planning the P&C stalls. Everyone is welcome to attend!

Helen Longhurst, Parkes Public School P&C Market Day Coordinator.

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 _______________________

2015 AUSTRALASIAN SCHOOLS COMPETITIONS
BreastScreen Mobile Van
It’s free, it saves lives and... it’s coming to Parkes
- 1 in 8 women will develop breast cancer in their lifetime.
- **Free** screening mammograms are available for all women aged 50-74 years.
- 20 minutes every two years might just save your life.

*Early detection is your best protection*

The BreastScreen Mobile Van has appointments available in Parkes from early-July to mid-August 2015. The van be located at the Little Theatre Car Park, Parkes. Call 13 20 50 **now** to make an appointment.

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**Holiday Activities**

**Parkes Library School Holiday Activities and Events**

**Mission I mPOOssible**
Parkes Library is recruiting Secret Agents in the fight against poo.

The mission, if you choose to accept, will be downright dirty - but someone's got to do it, right?

Forensic training will involve asking deep questions like: Whose poo is that? What is that poo made of? Will I ever see that poo again?

Tuesday, 30 June at 10.30am-12.00pm, 5-9 years (must have started school)
Wednesday, 1 July at 10.30am-12.00pm, 10 yrs

Potential agents are requested to wear suitable clothing for commando training - pants, closed-in shoes and bring library card. Bookings in person essential. Cost $2.00.

**Storytime, Play, Bits and Bobs**
Something for the whole family. Stories, play and craft. **Free!!**

Thursday, 2 July at 10.30am-12.00pm
All ages welcome. No bookings required. Children must attend with a parent or carer.

**Box Car Drive-In Movie**
Not old enough to drive yet? Then Parkes Library has the adventure for you! Have fun designing and building your very own car, then speed off to the Library Drive-In. (No driving license required!)

Tuesday, 7 July at 10.30am-12.00pm, 5-9 years (must have started school)
Wednesday, 8 July at 10.30am-12.00pm, 10 yrs+

Movie goers are requested to wear old clothes, closed-in shoes and bring library card. Bookings in person essential. Cost $2.00.

**Pop up Swap Shop Fashion and Beauty**
Freshen up your wardrobe for free! Create hairstyles, have fun with make-up, music and more! Sandwiches/wraps and refreshments supplied!

Thursday, 9 July at 5.00-7.00pm, 10 years+

Fashionistas should bring their library card and best photogenic smile. Bookings in person essential. Cost $2.00.

Please speak to staff if your child has an allergy when booking.

Parkes Library - Enquiries 6861 2309