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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David Bicket: 6862 3608

Congratulations to Jessica Tassell on achieving a School Merit Badge!

NAIDOC WEEK
Next week we will be celebrating NAIDOC Week. The students will be painting canvases to depict the NAIDOC theme of ‘We all stand on sacred ground - learn, respect and celebrate’. The canvases will form part of a display in prominent places in the town as part of a combined schools’ activity.

We will hold our NAIDOC assembly on Friday, 26 June at 2.10pm. Some of our boys who danced at the Reconciliation Concert will perform the Goanna dance at our assembly. Samantha Riley and Holly MacGregor will present their NAIDOC speech.

We will hold a picnic lunch in the playground before the assembly. Parents are invited to join their children for lunch. Further details next week.

PIRATE DAY
Many thanks to everyone who dressed up in pirate outfits last Friday. The students looked great. A total of $514.80 was raised for ‘The Kids Cancer Project’.

Brain cancer has touched and affected the lives of families in our school community, so thank you for your generosity.

Below is a thank you letter from the event director of Pirate Day Friday.

I’d like to start by saying thank you for participating in our inaugural ‘Pirate Day Friday’. This day is the accumulation of the hard work and faith in human spirit of hundreds of school staff and thousands of school children across Australia working together towards raising awareness of the effects of brain cancer on children, their families and the wider community as a whole. I would like to thank each and every one of you who signed up and who have been helping us to organise this day. We currently have over 80,000 children dressing up as pirates from just a few months old to Year 7 students, from schools with only five students to schools with over 1200. The response has been overwhelming. Thank you to everyone involved for being a Pirate and for being our heroes!
LACHLAN VALLEY RADIO BROADCAST THIS EVENING!
Don’t forget to tune into Lachlan Valley FM radio at 5.00pm today to hear our students Mitchell, Jacob, Kaitlyn and Courtney delivering live news about the happenings at Parkes Public School.

WELCOME TO PARKES HIGH SCHOOL WORK EXPERIENCE STUDENTS!
This week we have two ex-students of Parkes Public School undertaking work experience with us. Welcome to Brooke Kelly in the Library, and Sheridyn Bickett working with 4R. It is lovely to have them back!!

ASSISTANT PRINCIPAL SPECIAL EDUCATION
Mrs Pearsall will be on leave until the end of this term. Welcome to Mrs Sharelle MacRae who will be teaching Clarinda class whilst Mrs Pearsall is on leave. Mrs Ward will be relieving as Assistant Principal (AP) whilst Mrs Pearsall is away. Parents of students in the support classes are asked to contact your child’s teacher or then Mrs Ward if you have any concerns during Mrs Pearsall’s absence. Mrs Breaden will also be available.

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.

CHOIR NEWS
Thank you for your beautiful singing at the concert we attended on Tuesday. We were also very proud of the way in which you represented Parkes Public School with exemplary behaviour.

Choir will be on Wednesday as usual.
Mrs Leonard and Mrs Bland

KID’S ARK EAST TIMOR
Money is collected Mondays. This week we collected $15.00.

K-2 WEEK 9 INFANTS ASSEMBLY
KL will be presenting an item at the infants assembly tomorrow, Wednesday, 17 June. The African Drumming Group will also be performing. Parents and friends are welcome to attend.

Thank you, Mrs Leonard

OUR PROGRAMS
Merit Certificate System
The merit certificate system is an ongoing system which is continued from Kindergarten to Year 6. Students are awarded blue merit certificates for academic work, effort and attitude, displaying our core values in their school life, extra-curricular activities, and social skills including behaviour. The blue certificates are awarded at assemblies and each student usually receives one per term. Of course students do not receive a certificate if they do not deserve one.

Students are encouraged to keep their blue certificates in a safe place because when they have received five blue ones they bring those into school and they are then awarded a white certificate at the next assembly. The students get their blue certificates back.

Again the white certificates need to be kept in a safe place because when the students have received five white certificates they bring those into school and they are then awarded a school merit badge at the next assembly.

Some students have been known to earn a school badge by Year 4, but others take until Year 6 to earn their badge.

Remember, it is very important to keep your certificates in a safe place eg scrap book, A4 envelope.

PARKING ISSUE
We have been requested by the Practice Manager at the Doctors’ surgery on the corner of Clarinda and Bushman Streets to ask parents not to park in front of their driveway in Bushman Street. That is the only entry for ambulances and it must be kept clear.
My congratulations to Jordan Moody for her great run last Wednesday at the Western Cross Country. Thank you to all our other runners who represented Parkes Public and Lachlan District so well.

Congratulations also to Samantha Riley and Holly MacGregor who represented our school at the Lachlan NAIDOC public speaking event. The girls presented an excellent speech and did our school proud.

Over the last two weeks I have included parts of an article from Michael Grose, about ways to manage our emotions. This week the article is continued. Here are four more longer term ways to manage our emotions.

10. **Let me entertain you!**
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11. **Find spirituality or something bigger than you**
It’s no coincidence that most sustainable cultures have an aspect of spirituality present - that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12. **Modify the situation**
Ever lay in bed stewing over a problem or situation and worked yourself into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13. **Change your goal**
Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

On Friday I will be out of the school attending the Lachlan/Orange Primary Principals Association meeting in Forbes.

Have a wonderful week everyone!

Mrs Breaden

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### DATES FOR YOUR DIARY

- **Thursday, 25 June** ................. Pre-Kindergarten Interviews Begin
- **Friday, 26 June** ..................... NAIDOC Assembly at 2.10pm
  - Last Day Term 2
- **Tuesday, 14 July** ................. Term 3 Begins for Students
- **Tuesday, 21 July** ................. Musica Viva
- **Thursday, 23 July** ............... One Day Book Fair

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### DON’T FORGET

**Winter Sport**
$9.00 payment for buses due.
Please pay as soon as possible if you have not yet done so.

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

**Term 3 Begins**
- **Tuesday, 14 July**
CONGRATULATIONS to the following students who have been awarded a mufti day:

Kyarah Egan  Wade Kirwan  Max Longhurst
Olivia McMaugh  Ethan Keys  Tia Dunn
Blake Brennan  Anna Woodlands  Joel MacGregor
Finlay Quince  Lucy Noakes  Samuel Quince
Noah Tillman  Zac Nash

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

Marnie Noakes  Nicholas Gascoigne  Leela Elliott
Mikayla Swain  Mathew Berry  Gemea Cartwright
Charlotte Smith  Jack Pinkstone  Archie Green
Harrison Vasconcelos  Jade Smith  Holly McColl
Bridie Lacey  Caleb Wirth  Brody Clarke
Kirah-Lee O'Malley  Darcy Noakes  Deniel Leongson
Matthew McCreadie  Kaiden Budd  Skye Mason-Wheeler
Aiden Keys  Harmih Turnbull  William Jacobs
Dominic Brown  Meg Turner  Kendi-Lee Morley-Diggs
Zoe Anderson  Bradley Swindle  Lachlan Norris
Choose water as a drink

**Did you know?**
- Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls.

**Water**
Drinking water is the best way to quench your thirst. Even better, it doesn’t come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

**Milk**
Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.

**Fruit juice**
Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child’s recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

**Sweetened drinks: soft drinks, cordials, sports and energy drinks**
Soft drinks, cordials, sports and energy drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally - not every day.

**Sweetened drinks containing caffeine**
Caffeine is a mildly addictive stimulant drug. Cola-type soft drinks and energy drinks contain caffeine as well as lots of sugar. Higher amounts of caffeine are found in energy drinks. There are many side effects of caffeine consumption, particularly in kids and teens. These include disturbed sleep, bedwetting, anxiety and headache – even from drinking quite small amounts.

There is also a link between caffeine in soft drinks and bone fractures. Consumption by kids and teens of cola drinks, particularly energy drinks, is best avoided.
Congratulations to Jordan Moody who came fourth at the Western Cross Country Carnival and has now qualified for the State Cross Country Carnival in August!

**Athletics Carnival Presentation**

Thank you to all the parents who assisted at our Athletics Carnival on Friday, 5 June. It was greatly appreciated. Students will be presented with ribbons, medals and trophies at the Primary assembly on Friday, 19 June, starting at 2.10pm in the school hall.

Ribbons are awarded based on best times. If a child placed first, second, third in a race, it doesn't mean they automatically receive a ribbon, as there were multiple races for each event. All times are entered, sorted and from all times we find the overall top three winners who will receive ribbons.

*Tracey Newbigging*

**Girls’ Netball**

Netball training will re-commence on Thursday, 18 June (this week) from 3.30-4.45pm at the McGlynn Courts. Please see me if you’re unable to attend!

The girls will play in Orange for the NSW Schools’ Cup on Tuesday, 28 July (Week 3, Term 3).

*Thank you, Miss Bowkett*

**PSSA Boys’ Hockey**

On Monday, 15 June our boys’ hockey team travelled to Dubbo to play Dubbo South Public School. The boys were keen and eager to play. In the first half three goals were scored by Parkes Public School. First was from Kane. Joseph and Harmih ran up the sideline passing the ball to Kane who scored. The next goal was from Joseph who received a lovely pass from Xander. Joseph got the ball to slot in another goal. Joseph again scored the next goal from working around the circle to score. The second half started quickly. Joseph hit the ball in for another goal. Next, Harmih converted a short corner to get a goal.

Joseph got another goal off a corner and in the last five seconds of the game Dubbo South scored a goal. Great defence from Ryan in midfield, Kaid made some excellent tackles and great talk by Mitch from the goal box telling the boys to mark Dubbo South. The final score was 6-1 to Parkes Public School.

Thank you to parents for taking the team to Dubbo and to Mrs Elliott for organising the game. The next game will be the Western Region Final against Wallerawang Public School.

*by Mitch Cox*

**Earn & Learn**

We are excited to be taking part in the Woolworths Earn & Learn program. You can help our school by collecting Woolworths Earn & Learn Points. Just collect Woolworths Earn & Learn Points when you shop at Woolworths between Monday, 15 July and Tuesday, 8 September 2015. We will redeem these for awesome educational resources for our school.

Simply pop them onto a Woolworths Earn & Learn Points Sheet and once it’s completed, just bring it back to school or drop it into the Collection Box at Woolworths, Parkes. The more we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program, and we’d like to get lots of new gear! Products in the range include resources for mathematics, English, science, art and crafts, through to sports gear, library supplies and more.

We are grateful for your support and look forward to a successful program.
Our school library will be holding a one day only book fair in the library next term on Thursday, 23 July.

Every brand new book at the fair will be on sale for the bargain price of only $5.00!! As every book will be on sale for just $5.00, we will not be able to re-order any books. Only books available on the day will be for sale.

Families can also choose from a selection of brand new books to donate to the library, also for $5.00. A book plate will be fixed inside the book acknowledging the student/family who made the donation. Students will also be the first to borrow their donated book. This is a great way for students to leave a lasting memento of their time at Parkes Public School.

Please come and support the library with all money raised going back into purchasing resources for the library and classrooms.

More information will be available next week regarding the opening hours for the sale. For further information and all enquiries, please see Mrs Dolbel.

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 _______________________
Letter of thanks received from Amanda Corcoran:

National Reconciliation Week (NRW) is a week to honour and share stories of our Indigenous peoples by sharing our culture through celebrations. Each year communities, schools and services across Australia come together through activities which aim to take steps towards a better, more ‘reconciled’ future.

What an enormous privilege it was for Neighbourhood Central to host the event this year in celebration.

Last Tuesday night at the Parkes Services and Citizen’s to mark NRW for 2015. Parkes Public School boys dance group, Bubay Gugaa Wagana- meaning; ‘Little Goanna Dancers’ worked very hard and wowed a crowd of over 300 after two days of very intense dance workshops which was funded by Arts out West.

Their dance teachers Lewis Coe and Roy Peterson said they were a pleasure to work with.

Our Special Guests Kristal and Saul West also enjoyed watching them showcasing their culture.

I am extremely proud of the little goanna dancers and their amazing performance. On behalf of Neighbourhood Central, The Parkes Reconciliation Group, Parkes Shire Council and Arts Out West we would like to say thank you to them for sharing their Culture with the community, and for their excellent and valuable contribution to National Reconciliation Week 2015.

Regards,
Amanda Corcoran, Aboriginal Project Officer

Under 8s School Holiday Hockey Development Clinic

Where: Parkes Hockey Centre, Station Street
When: Tuesday, 7 July
Time: 9.00am till 10.30am
Cost: $10.00 paid on the day
Register to: kate.p@hockeynsw.com.au
Register by: Wednesday, 24 June
Inquires to: Kate Pulbrook on 0447 186 494 or email kate.p@hockeynsw.com.au