This Week We Celebrate Education Week: Celebrating Local Heroes!!

TOMORROW’S CELEBRATIONS
Wednesday, 29 July
11.45am Whole School Assembly
12.45pm Parents invited to lunch in either playground with their children.
1.15pm Jump Rope for Heart

Sausage Sizzle
At the end of the assembly teachers will collect the sausages for their class and give them out. Other lunch orders will be given out as normal.

Congratulations to Ryan Dunford!
Best player in Western Region Team at the State Hockey Carnival!

Ryan Dunford is pictured with the medal he won whilst representing Western in the boys’ hockey state carnival in June. The medal has only just arrived. Ryan won this award for his outstanding sportsmanship and play during the carnival. Congratulations, Ryan.

HPLC GARAGE SALE! GREAT SUCCESS!
OVER $1000 RAISED!
Thank you! Thank you! Thank you! We had a wonderful group of parents who turned up on Friday afternoon to help set up the garage sale items.

Another wonderful lot of parents came to assist on the day!

Many thanks to all the parents who provided cooking for the cake stall. We were overwhelmed by the number of cakes donated.

A huge thank you to Andrew McIntyre and Tanya MacGregor who coordinated the garage sale.

We are blessed to have such a great lot of parents at our school!

BOOK FAIR
Thank you to everyone who supported our book fair last Thursday. We sold around 700 books to our students. Families donated $400 worth of books to our library and in total we raised $4000 for the library to purchase more resources for our students. An amazing effort!!!

Thank you to all the wonderful parents who assisted throughout the day during busy times, especially Mrs Guy and Mrs Dunford who spent the whole day in the library during the book fair.
**For Your Information**

**Parkes Public School Preps Starts this Week!**
Our preschool transition program starts this week. Parkes Public Preps will be held on Monday, Wednesday and Friday afternoons from 1.30pm until 3.00pm.

*Parkes Public School Preps will be held this Wednesday even though Jump Rope for Heart is on.*

If you haven’t already booked your child into Parkes Public School Preps please phone the office on 6862 1702 to do so.

Our Kindergarten teachers will alternate the teaching of the Preps. There will always be a Learning Support Officer in the prep sessions as well.

**Computer Technology Survey**
Thank you to the families who returned survey responses. We are very pleased with the number we have received.

**Nationally Consistent Collection of Data (NCCD)**
Over the last week we have been gathering our data to submit for collection on Friday, 7 August. The data is collected for school students who have a disability. It is mandatory for us to complete this collection of data each year. We have enclosed a fact sheet about the NCCD in this newsletter.

**Sue Larkey Workshop Coming up in Orange!!**
Sue Larkey is an outstanding educator of children on the autism spectrum. She is running a course in Orange on Monday, 10 August from 9.30am until 3.00pm. The course is open to anyone. A special rate is available to parents of children with autism spectrum disorder. Register online at www.suelarkey.com

**Uniform Shop News**
The uniform shop will not be open on Wednesday. We apologise for any inconvenience this may cause.

**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.
I am always amazed at how many wonderful, generous parents we have at our school. It was lovely to see the great teamwork displayed! Thank you to everyone who contributed in some way. Thank you to all those who came and bought goods on Saturday at our garage sale! All the money goes towards our children’s education!

As we celebrate Education Week this week and I am off to East Timor to help some schools over there, I can’t help but reflect on the huge chasm that divides our children from the East Timorese. Our children are so fortunate. The children in Weberek, the village that our local shire supports, has a school. The children only go for a few hours per day. When the children walk to school they usually carry a note pad and a pencil. That is all they have. There is no glass in their windows and they have huge holes in their walls, the after effects of civil wars. The preschool I saw was a one room shed. There was not one piece of equipment in the room except for three chairs. No displays, nothing! A far cry from our preschools and schools in Parkes.

Our children are so fortunate to receive a free quality education. Education is the single best investment in prosperous, healthy and equitable societies. Education provides a direct path towards food security and out of poverty. Education is the single most important driver of economic empowerment for individuals and countries. Educated parents are able to earn an income, produce more food through agricultural initiatives and feed their children. Children who complete primary education are more likely to achieve food security as adults and end the cycle of poverty in their generation. It is a fact that no country has achieved rapid and continuous growth without at least a 40% literacy rate. My hope for all of our Parkes Public School students is they learn to value the opportunities they have at school because they have so much! I would like to wish you all a Happy Education Week!

Best wishes to all the students participating in the Lachlan Athletics Carnival on Friday!

Have a great week everyone! Kind Regards

Mrs Breaden

DON’T FORGET

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

Uniform Shop
Closed tomorrow, Wednesday 29 July.

Education Week Assembly & Picnic Lunch
Wednesday, 29 July
See front page.
CONGRATULATIONS to the following students who gained a:

**White Merit Certificate**

- Wade Kirwan 1B
- Luke Barnes 1H
- Georgia Smith 5/6W

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K-2 LITERACY AWARDS

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

- Kindergarten: Lucas Edwards, Shannon Reeves, Melinda McKeowen
- Year 1: Kasey Ehsman, Chloe Phillips, Shamus Podetti

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

- Faith Clarke
- Lilia Howard
- Josie Lynch
- Joel MacGregor
- Tia Dunn
- Angelique Bland
- Mitchell Wirth
- Shannon Reeves
- Jack Gould
- Ashton Lacey
- Jacob MacRae
- Shay-Lee Anderson
- Eleyce Caldwell
- Matayah Guy
- Lucy Hall
- Angus John
- Ewan Moody
- Nina Richardson-Bartley

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

- Jorja Henderson
- Zac Kirwan
- Melanie Mason
- Aidan Lynch
- Jorja Rusten
- Ryan Dunford
- Jemima Hall
- Joseph Seymour
- Caleb Barlow
- Melissa McCreadie
- Alison Reeves
- Jade Verstegen
- Alex Richardson-Bartley
- Libby Hoyle
- Katie Dunford
- William Gray
- Makeely VanDyk
- Cody Cantrell
- Tanisha McDonald
Students of the Week

Name: Abbey Kennedy
Age: 11
Class: 6B
Teacher: Mrs Buchanan

Teacher comments: Abbey is an exemplary student who always strives to achieve and to improve her skills. She is also a keen and skilful tennis player who displays excellent sportsmanship skills.

Favourite activities: Playing with my friends and playing tennis.

What career interests you? I would like to be a professional tennis player because I have been playing tennis since I was in Year 1 and I love playing it.

Name: Deniel Leongson
Age: 11
Class: 6B
Teacher: Mrs Buchanan

Teacher comments: Deniel is an enthusiastic student, one who participates in, and enjoys a variety of school activities. He is a keen mathematician and is skilful at problem solving. Deniel takes pride in his bookwork.

Favourite activities: Sport and maths.

What career interests you? I would like to be an electrical engineer because I want to learn more about electricity.

Value of the Week

Honesty
What is Honesty?
Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat, or steal. Honesty is telling the truth. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don’t pretend to be something you are not. With honesty, you can trust things to be as they appear.

Why Practise Honesty?
Honesty is important because it builds trust. When people lie, or cover up mistakes, others can’t trust them. When people aren’t honest with themselves, they pretend that something doesn’t matter when it does or they exaggerate to impress others. When you are honest with yourself, you accept yourself as you are. When you are honest, others can believe you.
State Cross Country
On Friday, 17 July, I went to Eastern Creek to the state cross-country. It was bitterly cold, and what made it worse was it had rained the night before, so the track was basically mud. The race track was up-hill and downhill all the time!!!

When we were coming back to the starting line, there was a very steep hill and I slipped over and did a super-man dive and got mud all over the front of me. When I came home mum said that I came four minutes behind first place, so I’m pretty happy with my time. I’m not quite sure of my placing.

Holly and Abbey also played difficult single matches but both came away gaining good wins to start the day. Michael and Mitchell teamed up in the doubles with some excellent ball positioning and great team work however couldn’t break through the opposition’s attack. Holly and Abbey were unstoppable in their game covering the whole court well and putting into practice their great tactical skills.

Unfortunately, the Barellan team sealed their victory in the mixed doubles.

Our school team Michael Riley, Mitchell Cox, Holly McColl, Abbey Kennedy all showed great sportsmanship in defeat and represented our school with pride. Congratulations!

Mrs Dolbel

PSSA Girls’ Netball
Today the Primary Netball girls are participating in the NSW Schools’ Cup in Orange. They will be playing five games against various teams, such as Dubbo, Orange, Warren and Walgett.

Thank you to Christine Watson for training the team and to all the parents for your assistance.

Good luck Parkes Public School!

by Jordan Moody

PSSA Boys’ Hockey
On Thursday, 25 June the Parkes Public School Hockey Team travelled to Lithgow to play the Western Region Final against Wallerawang Public School.

Great teamwork and passing saw the boys score an equalising goal in the final seconds of the game, the score being 1:1.

After a quick break the boys headed back out onto the field to play extra time with only nine players on the field. After seven minutes each way and no score the boys changed ends dropping off another two players. Again another seven minutes past and another change of ends and two less players saw a tired group of only five Parkes Public School boys with big hearts take the field. Some great defence by Ryan Dunford and strong attack by Joseph Tanswell saw the boys score a well deserved goal to take the match.

The game ended up 2-1 with Parkes Public School crowned as Western Region Champions. The boys will go on to play against another region mid Term 3.

Many thanks to Mr Tanswell for coaching our team over the many months and his commitment to our school and our children.

Mrs Dolbel

Tennis Team
On Monday, 20 July the Parkes Public School Tennis Team travelled to West Wyalong to play against Barellan in the State Quarter Finals of the Victor Kelly Tennis Knockout competition.

The team started the day playing singles matches against some very experienced opponents. Michael and Mitchell played extremely tough games and showed great maturity by never giving up and playing to win every point.
Our Jump Rope for Heart, ‘Jump Off’ Day, for K-2 students will be tomorrow, Wednesday 29 July, starting at 1.15pm and finishing at 3.00pm.

Parents are invited to have a picnic lunch with the students at 12.45pm and stay for the ‘Jump Off’.

Your child has received a sponsorship form for this year’s Jump Rope For Heart. We encourage all students to get as much sponsorship as they can, through family, friends, neighbours, relatives and workmates etc. We are very aware of stranger danger so please **do not** allow your children to go door knocking for sponsors!

The prizes available are detailed on the sheet, so please read it, and start collecting!

Sponsorship is easy – simply go online to [www.heartfoundation.org.au/jumprope](http://www.heartfoundation.org.au/jumprope), click on the green ‘Kids Join Now’ button, and register your child today!

A secure fundraising page will be created as soon as you register; all you need to do then is click the ‘Email Sponsors’ link to send your family and friends an email asking them for their support... it’s that easy!

This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

However, if you don't have this access completed sponsor forms with money may be given to your child’s teacher, or at the office, on Wednesday, 29 July, or during the following weeks. The last day for collection will be Friday, 14 August.

Remember, the more money you raise, the more money that goes to the Heart Foundation for vital research into heart disease. And ... the more prizes your child receives!!

**LACHLAN ATHLETICS CARNIVAL**

This Friday, 42 students will represent our school at the annual Lachlan Athletics Carnival held at Northparkes Oval. Students will need to be at the oval by 8.40am to have their name marked off by Mrs Woolstenscroft. Students will need to be collected from the oval at the end of the day. This year all schools are trialling a new seating arrangement.

*All school tents will be outside the oval and no parent will be permitted on the oval at any time. Students can only enter the oval when their event is called.*

We wish all students best of luck for the day.

_Miss Newbigging_

**DEBATING**

On Friday the debating team; Gracie Jones, Holly McColl, Elizabeth Hoyle and Katie Dunford competed in the Parkes Public School hall against Wellington Public School. Luckily for us we won but it was extremely close. Their names were Tom Kiss, Makayla Solomon, Thomas Hawke and they debated extremely well. The chairperson was Henry Johns and the time keeper was Holly MacGregor.

*by Jemima Hall*

On Friday we went over to the hall to a debate between Parkes Public and Wellington Public. The first speaker for the affirmative team (Parkes) was Gracie Jones the second was Holly McColl and the third was Libby Hoyle. The negative team (Wellington) was Tom Kiss, Makayla Solomon and Thomas Hawke. The time keeper was Holly MacGregor and the chairperson was Henry Johns. The negative team gave some powerful points but at the end of the day we won! It was awesome!

*by Isabelle Smith*
Eat more fruit and vegetables!!

Some ideas to try to get kids and teens to eat more fruit and vegetables:

- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season - they taste better and are usually cheaper.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegies, such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegies to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
- Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins made with fruit or vegies.
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

Community Noticeboard

Exchange Student Hosting

Are You Interested In Different Cultures?
World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an overseas student arriving in January 2016. Hosting exchange students gives Australian families the opportunity to share their life and their culture with young international students for a term, semester or year. January is fast approaching and our students can’t wait to hear from a welcoming host family they can call their own and learn about the place they will soon call home.

Hosting Is Fun! Request Student Profiles!
Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today on 1300 884 733, info@wep.org.au or www.wep.org.au to receive a full information pack for your family.