Education Week at Parkes Public School
This year’s Education Week theme was Celebrating Local Heroes and at Parkes Public School we celebrated in style.

Tuesday saw many parents and family members attend open classrooms to look at work samples, enjoy activities with the students, see the creative displays in the rooms and to enjoy time with our dedicated teaching staff.

On Wednesday we held a whole school assembly and celebrated some of ‘Parkes Public Heroes’ by presenting them with certificates in appreciation of their commitment and dedication in supporting our school over a long period of time. Certificates were awarded to Ps Andrew Taggart, Mrs Ann Tasker, Mrs Samantha Lydford and Mrs Sharon Woods.

At the assembly we also celebrated our students and their many talents and hard work as we were entertained by the school band, school choir and our African drumming group. Many students were also presented with certificates for citizenship and academic achievement. The latest University of NSW ICAS certificates showcasing the ability of our students in digital technology and science were also presented.

After the assembly parents and community members stayed to enjoy lunch with the students, there was a sausage sizzle organised by the school canteen or bring your own to enjoy a picnic outside.

Lunch was then followed with a wonderful display of skipping by our infants’ students as they participated in our annual ‘Jump Rope For Heart’ jump off. It was very special to be able to do the ‘jump-off’ in education week and continue our commitment ensuring Parkes Public School is the only school in the whole of Australia who has participated in Jump Rope For Heart every year since it’s inception!

Celebrating education and local heroes at Parkes Public School was an exciting and wonderful event for students, parents and community members alike.
Parkes Public School Preps Continues this Week!
Our preschool transition program continues this week. Parkes Public Preps will be held on Monday, Wednesday and Friday afternoons from 1.30pm until 3.00pm.
If you haven’t already booked your child into Parkes Public School Preps please phone the office on 6862 1702 to do so.

AECG Meetings
The next AECG meetings will be held at Parkes East Public School on Wednesday, 12 August. The junior meeting will begin at 9.30am and the senior meeting at 11.00am.

Kindergarten Zoo Excursion
On Wednesday, 16 September Kindergarten will travel to Dubbo Taronga Western Plains Zoo by coach.
A note regarding this excursion has been sent home to Kindergarten parents.
Cost of the excursion is $40.00 and is to be paid to the office by Wednesday, 9 September.
Kindergarten students and teachers are all looking forward to their visit to the zoo.

K-2 Week 4 Infants Assembly
1B will be presenting an item at the infants assembly tomorrow, Wednesday, 5 August. Parents and friends are welcome to attend.

Thank you, Miss Bowkett

Band News
We have instruments available for any student in Years 3-6 who would like to join band. These instruments include trumpet, trombone, flute and clarinet. If you would like further information please see Mrs Watson.

Lost
Size 6 woollen jumper. Has name ‘Shannon Reeves’ on label. Please check your child's jumpers and if found please return to KH. Thank you.

Kid’s Ark East Timor
Money is collected Mondays. This week we collected $28.25.

Scabies
There have been a couple of cases of Scabies diagnosed in infants’ classes. Scabies is a highly contagious condition and it is recommended that anyone who has had significant contact with the person is also treated. Medication can be purchased from the pharmacist without a prescription.

Scabies is caused by a microscopic mite that buries under the skin, lays eggs that hatch after 10-14 days and then travel back to the surface of the skin. It can take 4-6 weeks for symptoms to develop from the time of infection.

As scabies is so highly contagious we recommend all parents be vigilant in checking their children and taking seriously any of the symptoms outlined below.

Symptoms:
- Pimple like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin fold on the wrist, elbow, or knee; the penis, the breast or shoulder blades
- Intense itching, especially at night and over most of the body
- Sores on the body caused by scratching.
This year’s Education Week theme was ‘Celebrating Local Heroes’. At our Education Week assembly we had the honour of acknowledging the efforts and dedication of some of our own Local Heroes. Special certificates were awarded to Andrew Taggart, Ann Tasker, Samantha Lydford and Sharon Woods for their various contributions to our school. I would like to take this opportunity to once again say thank you to not only our certificate recipients but to all the people who contribute to our school. Without the commitment and assistance of volunteers many of our programs would not operate as efficiently and successfully as they do, and after all, it is our students who benefit the most from the efforts of these people. So, thank you to all our school community members and our dedicated members of staff who go the extra mile!

Well done to our school athletics team who competed at the Lachlan District Athletics Carnival on Friday. All team members did their best on the day and enjoyed the experience. It was fantastic to see so many smiles on the faces of the children competing and to see so many parents and friends in attendance to support our students. I would like to especially congratulate Miss Tracey Newbigging who not only organised our school team and their participation but also ran the whole carnival. A great day was had by all and it ran very smoothly. Well done, Miss Newbigging!

On a more serious note, we need to remind parents and family members who drop off students in the morning or collect them in the afternoon that they should not use the bus zones in the morning between 8.00am and 9.30am and in the afternoon between 2.30pm and 4.00pm. Between these times our bus zones in Hill Street are deemed no stopping or standing and council staff may fine people for using these zones at the wrong times. Your support in this matter is appreciated. Many thanks.

Have a great week!

Mr Smith

---

**Value of the Week - Honesty**

**How do you practise it?**

When you are honest, you don’t try to fool yourself or others. You say what you mean and mean what you say. You only make promises you can keep. Be trustworthy in all your dealings, refusing to lie or cheat. Admit your mistakes and fix them. Be honest with yourself and you will be honest with others. You don't need to make things up to look good, you’re already good - honest!

**Affirmation**

*I am honest. I can be trusted to keep my word. I admit my mistakes. I tell the truth, kindly and tactfully. I have no need to impress others. I accept myself as I am.*

---

**DATES FOR YOUR DIARY**

- **Friday, 7 August**..............Girls’ Football in Mudgee
- **Tuesday, 11 August**.........Year 6 Canberra Excursion Departs ICAS Mathematics Competition
- **Wednesday, 12 August**.........AECG Meetings
- **Thursday, 13 August**.........Canberra Excursion Returns
- **Friday, 14 August**...........Western Region Athletics Carnival
- **Tuesday, 8 September**.........Kinder Excursion to Bushman Dam
- **Saturday, 12 September**........Market Day
- **Wednesday, 16 September**.......Kindergarten Excursion to Dubbo Zoo
- **Friday, 18 September**.........Last Day of Term 3

---

**DON’T FORGET**

- **Year 6 Canberra Excursion**
  Final payments due tomorrow, Wednesday, 5 August
- **P&C Market Day**
  Saturday, 12 September
- **Winter Sport**
  $9.00 payment for buses due!
  Please pay as soon as possible if you have not yet done so.
CONGRATULATIONS to the following students who gained a:

White Merit Certificate

- Mitchell Wirth 2E
- Jade Verstegen 6B
- Elizabeth MacGregor 3W
- Connor Batt 3W
- Sterling Green 3W

K-2 LITERACY AWARDS

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

Kindergarten
- Joshua Barnes
- Gemma Jefferay

Year 1
- Cody Newman
- Anna Woodlands

Year 2
- Joel MacGregor
- Lilia Howard

ICAS COMPETITION RESULTS

Congratulations to:

Digital Technologies Competition:
- Distinctions - Jacob Berry, Brody Kennedy and Joseph Tanswell
- Credit - Mikayla Swain
- Merit - Jordan Moody and Emily Neems
- Participation - Connor Trueber, Kaitlyn Neems and Liam Moody

Science Competition:
- Distinction - Jacob Berry
- Credit - Joseph Tanswell
- Participation - Jordan Moody, Liam Moody, Lochie Trueber and Brody Kennedy.

Student of the Week

Name: Zayne Ehsman
Age: 12
Class: 6S
Teacher: Mr Smith
Favourite activities: Rugby league and all sports.

Teacher comments: Zayne is an energetic and friendly student who likes to be involved in all school activities. He has a great attitude towards learning and shows cheerfulness and enthusiasm in all he does.

What career interests you? I would like to be a professional rugby league player for the Roosters!
On Thursday, 30 July six students including myself from Parkes Public School joined students from Parkes East, Middleton and Holy Family Schools for Eco Day at Forbes.

When we got there we were put into groups of ten. The first thing that we did was talk about trees and planted a sunflower seed which I was allowed to take home. Then we talked about and looked at different kinds of frogs and the sounds they make.

We looked at where they sell livestock and had a talk by Kane Davis from the council about weeds.

I was surprised that St John’s wort can kill animals when it is flowering! Then I made a worm farm in a broccoli box, the school got to take it home. We were able to pat a bearded dragon and a blue tongue lizard from Taronga Zoo. We then got to watch Paul Kirk ‘the snake man’. He showed us a blue bellied and a red bellied black snake, a tiger snake and brown snakes. At the end we got to hold pythons and the funny part of the day was when it curled around Jarrod’s leg and he couldn’t get it off!

I learnt that if we look after the land and animals they will look after us!!

by Laura Rusten, 5/6W

On Thursday we travelled to Forbes Livestock exchange for Eco Day. We learnt about different plants and also many ‘croak’ sounds frogs make. We got to meet an Aboriginal man who talked about Aboriginal hunting using a boomerang. Parkes Shire Council people talked to us about the saleyards, where the sheep and cattle are sold. Net Waste people taught us how to build a worm farm, which we brought back to school. Western Plains Zoo brought a blue tongue lizard, a bearded dragon and a tiger snake. There was also a man that had many types of snakes for us to touch and hold.

It was a great day!

Amelia Nash, 6B
Lachlan Athletics Carnival
Congratulations to all the students who represented Parkes Public School at Friday’s Lachlan Athletics Carnival. All students competed to the best of their ability and showed great sportsmanship. We were very successful with a large number of our students gaining a place this year. Students who gained a place have the option of attending Western Athletics Carnival which will be held in Dubbo on Friday, 28 August. Notes for Western will be handed out early next week.

I would like to thank all parents who assisted on the day either as a timekeeper or field event helper and those parents who helped keep the canteen running for the day. Without your support our carnival would not have ran as smoothly as it did.

Again congratulations to all our students.

Tracey Newbigging

Girls’ Football
Football training will be on Wednesday from 4.30-6.00pm. Please make sure your child is there as this will be the last training session before Mudgee.

We wish all of the girls the very best as they travel to Mudgee on Friday to compete in the Western Area Knockout Competition. Please make sure notes are back by Wednesday so that I am aware of travel arrangements.

Mrs Watson

Girls’ Netball
On Tuesday, 28 July the Parkes Public School Girls’ Netball Team travelled to Orange for Phase 2 of the NSW Schools’ Cup. The team braved the cold weather and played a total of five games. The girls unfortunately lost all games, however displayed improved skills as the day progressed. For their fifth game, Parkes Public School played Gilgandra and it was a nail biting game, with Parkes Public School only losing by 1 point in the final minute. Other game scores were 15-10 (Warren), 11-5 (Dubbo) and 9-3 (Walgett).

Congratulations to the girls for their great sportsmanship and positive attitudes.

Another huge thank you to Christine Watson for coaching the team! Thanks also to Di Bowkett for assisting with training and parents for transporting students.

Thank you, Thank you, Thank you

♦ Earn & Learn
Thank you to those families who have already sent in stickers and completed sticker sheets.

Please do not fill up the sheet with ‘extra’ stickers. Only use the spaces on the sheet. Only full sheets are counted and overfilling a sheet is not counted as extra. If you have left over stickers please send them to the office and we have partially filled sheets here. Thank you.

♦ Dominoes
Thank you to Woolworths who have very kindly donated dominoes accessories to the school.

If you have any spare or unwanted dominoes at home please send them in to the library for the students to use at lunchtimes. Thank you.

♦ Fruit Donation
Thank you to Woolworths for the wonderful donation last week of fresh fruit. The apples, bananas and oranges were used by the students for ‘fruito’.

Parkes Public School students are very grateful for this donation.
Wednesday, 29 July was a beautiful sunny day; the perfect day for Parkes Public School’s Jump Rope for Heart day. All K-2 students enjoyed participating in ten different activities during the hour and half ‘jump off’. Activities included long and short rope jumping, limbo, skipping relays, hoop skipping, marathon skipping and many more. It was terrific to see a large number of parents and community members in attendance to encourage the children.

Quotes from students attending included: “I wish there were ten more activities” and “this is awesome”.

This day was a real milestone for Parkes Public School and Jump Rope for Heart, as we both celebrated 33 years of participation in the Jump Rope for Heart Program. Parkes Public is the only school to have participated in Jump Rope each year it has been run.

So far, students have managed to raise around $2500, with another two weeks of sponsorship to come in.

Thank you to all those who attended, and to the staff for supervising the activities which helped make the day a success. We look forward to next year.

Types of Friends

Types of friends is the focus in Peer Support this week. Children will explore what encourages them to form friendships with different people (common interests, admirable qualities etc). Through various activities children will identify that their friends can fall into the categories of ‘best friends’, ‘friends’ and ‘people we know’. Children will also discuss the fact that friendships can change over time for various reasons.

Discuss with your child the different friends they have in their lives and how friendships may change. Some friends may be more important at different times in their lives.
Eat more fruit and vegetables!!

Did you know…?
8 to 12 hot chips (100 g) have around three teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients:**
- 2 large potatoes cut into chips or wedges
- 1 teaspoon canola oil
- 1 teaspoon soy sauce

**Method:**
- Place a large tray or baking dish into the oven and preheat oven to 200°C.
- Place all ingredients into a small plastic bag and shake.
- Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

**Fresh fruit and vegetables – the green food**
Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.

**Selecting delicious fresh produce**
Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:
- select fruit and vegetables that feel firm, smell nice and look fresh
- small or medium size fruit make good choices for children
- choose vegetables that snap rather than bend
- avoid any fruit or vegetables that are limp, split or feel spongy.

---

**Community Noticeboard**

Looking for after school care?
Look no further. Kidzcare at the Parkes PCYC offers quality after school care.
Monday to Friday 3.00-6.00pm
Come and join the fun. Weekly activities include art and craft, cooking, IKI and games!
Approved childcare CCB and CCR available.
For further information contact: Parkes PCYC, 36-38 Pearce Street, Parkes
Phone: 6862 3825
Email: parkescc@pcycnsw.org.au