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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President
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Congratulations to our debating team who hosted Dubbo Public School yesterday!!
The team debated successfully to the affirmative that ‘Homework Should be Banned’.
The team now moves to the next round in the competition.

WELCOME
This week we welcome two past Parkes Public School students Kaitlyn MacDonald and Angela Wall-Powell who are undertaking work experience.

P&C MEETING
The next P&C Meeting will be held next Monday, 17 August at 7.30pm in the staff room.

PARKES SHOW HOLIDAY
Tuesday, 1 September is a gazetted half day holiday for the Parkes Shire. School will finish at 12.00pm on the Tuesday. Buses will pick children up at 12.00pm and drop home as they would on a normal day. Children are expected to attend school on all show days.

PARKES PUBLIC 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 School this Wednesday, 12 August. The Junior Meeting will begin at 9.30am and the Senior meeting at 11.00am. The date has been changed due to a clash with the Lachlan Principals’ Network meeting.

MORE PHOTOGRAPHS FROM OUR OPEN CALSSROOMS
For Your Information

**Jump Rope for Heart**
Just a reminder that Jump Rope for Heart money and sponsorship forms are due **this Friday, 14 August**. No money will be accepted by the school after this date, you will have to go direct to the Heart Foundation.

**K-2 Week 5 Infants Assembly**
1/2A will be presenting an item at the Infants Assembly tomorrow, Wednesday, 12 August. Parents and friends are welcome to attend.

*Thank you, Miss McWhirter*

**Kid’s Ark East Timor**
Money is collected Mondays. This week we collected $15.00.

Value of the Week

**TOLERANCE**

**What is Tolerance?**
To be tolerant is to accept differences. You don't expect others to think, look, speak or act just like you. Tolerance is being free of prejudice, knowing that all people have feelings, needs, hopes and dreams. To be tolerant also means to accept things you wish were different with flexibility and patience.

**Why Practise Tolerance?**
People who don't practise tolerance cannot stand to have anything differ from what they want and expect. Tolerance helps them accept things as they are. People without tolerance judge others by the way they look, sound or dress. They decide who can be a friend and who can't. When people are teased or left out, they feel sad and lonely. When we are tolerant, we won't allow differences to drive us apart.

**Affirmation**
I am tolerant. I overlook people’s faults. I appreciate differences. I accept the things I cannot change with good grace.

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**DATES FOR YOUR DIARY**

- Wednesday, 12 August ............ AECG Meetings
- Thursday, 13 August ............. Canberra Excursion Returns
- Monday, 17 August .............. P&C Meeting at 7.30pm
- Monday, 24 August .............. NetWaste Visit
- Tuesday, 25 August .............. NetWaste Visit
- Friday, 28 August ............. Western Region Athletics Carnival
- Tuesday, 1 September .......... Half Day Show Holiday
- 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

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**DON’T FORGET**

- **P&C Meeting**
  Monday, 17 August at 7.30pm

- **P&C Market Day**
  Saturday, 12 September

- **Woolworths Earn & Learn**
  2 weeks left till closing
  Please return sheets and/or stickers to the office.
Best wishes to our Year 6 students as they head off on their Canberra excursion this week. It is always a very fun and educational experience for our students!!

After seeing a report on Channel 9’s 60 Minutes recently, I have been doing a lot of reading about children’s digital technology and internet use and the way in which it affects their language and intellectual development. In an age where the use of technology is rapidly increasing across all aspects of our society there have been some serious questions raised about it’s impact on children of different ages and just how much time is appropriate or safe for children to be using digital technologies and the internet.

It is often commonplace these days for children around two years of age to be using digital technology as a way of being kept occupied. This is an age when children’s brains are rapidly changing and habits are becoming hard-wired. There has been evidence published to suggest that children under three shouldn’t be using digital technology at all, and other studies have given evidence to suggest that it provides a range of learning opportunities.

So the question becomes how much time is appropriate for my child to be using technologies such as iPods, iPads, Smart phones etc?

Michael Grose, author of Parenting Ideas and Raising Exceptional Kids, has published the following guidelines on the subject:

0-3 years: Avoid using digital technology with this age group. Human interaction is paramount during this stage of high curiosity, high imagination and high learning. It’s a time of high language learning that’s best stimulated through human interaction. It’s also an age when the brain is forming lifelong connections so it’s a high habit-forming stage.

3-6 years: Allow children a maximum of an hour’s supervised digital use a day during this stage. This is an age to build on children’s basic language skills and build their readiness for the next social stage of their development, and for school. Stick to digital technology for educational uses such as development of pre-reading, reading and maths skills. Adults should look for opportunities to play with their children and talk through what they do.

6-9 years: Extend to a maximum of ten hours a week incorporating mainly educational use and some games. During this stage children benefit from a broad range of physical, social and intellectual experiences before they start to specialise in adolescence. Avoid allowing the use of digital games to take up all of a child’s free time, as is the norm for an increasing number of kids.

9-12 years: Children at this age are more able to integrate digital media into their daily lives. Adults play a part in monitoring how they use digital media and encouraging kids to be discerning and critical online users. Online safety, suitability of content and maintaining a balance between the real world and the offline world are critical issues for parents at this stage.

12 + years: There are many items a teenager would ditch before they ejected a mobile digital device from their lives. For most young people the digital experience is integral to almost everything they do. Perhaps kids who live on the margins are at greatest risk in this age group. That is, the kids who don’t quite fit in; who struggle academically or those with little balance or interests other than those found online.

The digital world offers exciting opportunities for kids and a range of experiences for the whole family. It can be entertaining, educational and rewarding - with new avenues to create, connect and communicate.

Only now we are starting to see the risks associated with children being linked to the digital world. The early signs are that adults need to err on the side of caution and conservatism when it comes to exposing children to digital technologies.

It is certainly food for thought, this week!

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

- Olivia McMaugh
- Alana Murray
- Sophie Tanks
- Angel-Lee Reid
- Blake Brennan
- Lucas Edwards
- Liam Ross
- Noah Tillman
- Ciaran Smiroldo
- Finlay Quince
- Kyarah Egan
- Zoe Manks
- Chloe Mudiman
- Isabella Batt
- Sonny MacGregor
- John Thomas
- Slade Moore
- Kasey Ehsman
- Felicity Tait
- Tyson Lennox
- Jak Lovett
- Dylan Pearce

K-2 LITERACY AWARDS

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

- Kindergarten: Zachary Rich, Jordan Mann
- Year 1: Oliver Hayes, Bonnie Hall
- Year 2: Angus Johns, Matayah Guy

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

- Caitlin Brown
- Benjamin Macdonald
- Heidi-Lee Pearce
- Jordan Ruse
- Sasha Reid
- Khyan Skillin
- Harmih Turnbull
- Samantha Riley
- Hailey King-Evans
- Courtney Sinclair
- Timmy Reid
- Jai Thompson
- Abbey Kennedy
- Gracie Jones
- Jacob Berry
The Best Way to Play
During Peer Support this week the children will be looking at how to play in a friendly way in order to maintain friends and build positive relationships. Through various activities children will discover the importance of taking turns and having consistent rules throughout a game.

This week help your child practise these skills by encouraging them to play games with siblings, family or friends.

Scabies
There have been a couple of cases of Scabies diagnosed in our school. 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.

Visiting Author
In Week 7, during Book Week, we will be having a visit by author Katrina Nannestad who will talk to and work with our Years 3-6 students. She is the author of the ‘Red Dirt Diary’ series and ‘The Girl Who Brought Mischief’.

Students have the opportunity to pre-purchase personally autographed copies of her work by returning the following slip in an envelope with the correct money and clearly marked ‘Books - Mrs Dolbel’.

Order Form - Books by Katrina Nannestad
Name: _________________________________   Class: __________
- [ ] Red Dirt Diary
- [ ] Red Dirt Diary 2 - Blue About Love
- [ ] Red Dirt Diary 3 - Blue's News
- [ ] The Girl Who Brought Mischief
Books are $15 each or
- [ ] Red Dirt Diary 1, 2 and 3 - $40 for all three
- [ ] All four books - $50

Mrs Dolbel, Teacher Librarian
Girls’ Football
On Friday, 7 August Parkes Public School Girls Football Team travelled to Mudgee to compete in the Western Area Knockout.

The first game was against Dubbo Public School. The girls played their positions well. The backs, Jessica Tassell, Gracie Jones, Katie Dunford and Nikita Woods worked very hard to prevent the opposition’s forwards from scoring.

Makeely VanDyk played goalie and stopped numerous goal attempts. She kicked the ball with great force to the forwards to give them the best advantage at scoring.

The forwards, Alison Reeves, Elizabeth MacGregor, Sharna Ross and Isabelle Smith worked tirelessly to play the ball up to the opposing goal. They were successful scoring two goals for the team. Unfortunately Dubbo were successful in winning the first match with the final score being 5-2.

The second match was against Mudgee Public School which was played to decide third and fourth place.

The girls were warmed up and certainly ready for a big match. The mid-fielders, Holly McColl, Hannah Martyn, Macey Gibson and Chloe Drabsch worked tirelessly to defend the opposition from getting anywhere in our half. They displayed fantastic ball skills and took their time to work as a team to pass to the forwards. We were successful in this game with our team scoring 2 goals to 1.

I would like to thank the girls for their commitment to the team. They have worked very hard at training sessions to improve their skills. The girls and I would like to thank Mr Craig Dunn for volunteering his time and skills to coach the girls this season. I would also like to thank the parents who have assisted with transport to weekly training sessions and to all of the games in which we have been involved. The girls should be very proud of their efforts!

Mrs Watson, Manager

Parkes Public Students Participate in NRL Backyard League Program
Over the past three weeks, our primary students have been participating in a new school-based program called ‘NRL Backyard League’, delivered by our fantastic area development officer, Alex Prout.

The Backyard League concept aims to make children more effectively play and organise games for themselves by allowing them to negotiate the format and rules to suit the needs and capabilities of the group.

Students have enjoyed playing modified games that, in turn, teach the basic skills and values that are valuable to rugby league and many other sports.

As a bonus, for completing the program, each primary student received a free football, courtesy of the NRL, and the school will receive a teaching kit.

We thank the NRL, and Alex in particular, for allowing our students to participate in this valuable, free program.

If you would like any further information about this program or to find out more about playing rugby league, go to the playnrl.com website.

Mr Roberts
Parkes Public School Boys’ Touch Football
Parkes Public School played Forbes North Public School in their second game of the 2015 PSSA Knockout touch football season on Tuesday, 4 August. This was a home game for Parkes Public School and was played in chilly conditions at Cheney Park.

Forbes North started strongly and the game went try for try but Parkes Public School managed to score just prior to half time to take the lead 3-2. Several of the Forbes North players showed great speed and were unlucky not to get the ball over the try line several times during the game.

The second half saw Parkes Public keep their lead until the final siren. Parkes Public ran out winners 9-3 and proceed to their next game at a date and time yet to be confirmed.

Congratulations to each player on the win. The boys have great fitness and the ability to play any position in both attack and defence. It was a great team effort that saw tries scored by Austin MacGregor, Zayne Ehsman, Wilson Duffy, Kaid Lydford and Mitchell Cox.

Thank you to Michael McGrath and Michael Murphy from Parkes High School for refereeing the game. Thank you to the parents who transported players and also to the spectators who braved the cold to support the players.

Training: Wednesday

Time: 3.15pm - 4.00pm.

Infants grassed area. Please bring a change of clothes to training to ensure school clothes remain clean.

Chloe Drabsch

Parkes Public School Girls’ Touch Football
On Tuesday, 4 August, the Parkes Public Girls’ Touch Football Team played against Forbes North Public School and we won 4-2. Our girls played extremely well. At the end of the first half we were leading 2-1. In the second half we kept our lead with the score being 4-2 at the end of the game.

We would like to say thank you to Miss Lee, the referees: Michael McGrath and Michael Murphy, and the parents who helped to transport the team.

Mrs Wright

2015 Parkes Public School Girls’ Touch Football Team

Lachlan Carnival, Thank you

Thank you to the volunteers who helped man and run the canteen for the Lachlan Athletics Carnival.

Special thanks to Kristy Van Ryn for the cupcake donations. Thank you to Kate Smith, Cody Bruce, Kelli Edwards, Fred Edwards, Mandy Whitaker and Chloe Whitaker for their help during the course of the day. A great job on a successful carnival.

Nicole Thompson, Canteen Manager
Did you know?
- In NSW, only about a quarter of children aged between 5 and 15 years do at least 60 minutes of moderate to vigorous physical activity each day.
- Boys in Years 6, 8 and 10 are more active than girls, however physical activity declines with age.

Why get active?
Regular physical activity is an important part of getting healthy and staying healthy. Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

Regular physical activity helps kids and teens to:
- grow and develop healthily
- build strong bones and muscles
- improve balance and develop skills
- maintain and develop flexibility
- achieve and maintain a healthy weight
- improve cardiovascular fitness
- reduce stress and feel more relaxed
- improve posture
- boost confidence and self-esteem
- have fun with their friends and make new ones.

Kids and teens who don't get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play.

Community Noticeboard

“Real humanity is shown when we care for others” - Professor Fred Hollows
The Fred Hollows Foundation is keeping Fred’s vision alive through The Fred Hollows Humanity Award which recognises Year 6 students who follow in his footsteps by showing care and compassion for others.

After three successful years in the ACT the Award is expanding into NSW with the support of NSW Premier Mike Baird.

Teachers, principals, parents and members of the community are encouraged to nominate a compassionate Year 6 student through the online nomination form by Friday, 21 August. It’s a great opportunity for students to be recognised outside the sporting and academic realm.

All nominees and their parents will be invited to a presentation ceremony in Sydney to announce the NSW winner.

To nominate a student and learn more about the award go to www.hollows.org.au/humanityaward