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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SCHOOL COUNCIL

President
David Bicket: 6862 3608

Congratulations to Ryan Dunford and Lachlan Newton on achieving School Merit Badges!

Best wishes to Libby Hoyle as she represents our school at the Riverina and Western NSW Regional Multicultural Perspectives Public Speaking Final competition on Thursday!

Libby will be travelling to Wagga Wagga and will compete against six other students. The topic of Libby's presentation is 'The Plight of Refugees in Australia'.

WELCOME TO OUR NEW STUDENTS!

Over the past few weeks we have had a number of students enrol at our school. We are delighted to welcome you all to Parkes Public School and we hope you are very happy with us! Welcome to Scarlett and Oliver, Shaniqua, Jake, Sierra and Kyian and Phillip.

NAPLAN RESULTS have been released to schools. The Year 3 and 5 students took their reports home yesterday. If your child did not give you his/her report, please contact their class teacher.

PARKES SHOW REMINDER

There will be a half day show holiday next Tuesday, 1 September. School will finish at 12.00pm. The canteen will not be open next Tuesday. The newsletter will be sent home on Wednesday next week.

Best wishes to our students who are participating in events at the Parkes Show. Don't forget to visit the art pavilion to view our students' creative works!

MR LOVETT SPEAKING AT ADELAIDE UNIVERSITY!

Mr Lovett will be travelling to Adelaide in SA this week to speak to language professors at the university about our Wiradjuri language program which operates in all the Parkes schools.

Whilst we know how wonderful the program is in our schools, we don't usually stop to consider its significance. We assume language works the same in many schools but we are regularly told that we have something special in Parkes that does not exist in other places. Many people in our community are unaware of the high esteem our Wiradjuri program is held in across Australia. We are proud of you, Mr Lovett, and what you have achieved!
For Your Information

PBL News
Our Talent Shows will be held over two days next week. The first show will be held on Wednesday, 2 September and the second on Friday, 4 September. Parents are welcome to attend the talent shows. Students will be told on Monday, which day they will be performing.

Author Visit Tomorrow!
We are looking forward to Katrina Nannestad, esteemed children’s author, working with our children on writing techniques. Sixteen of our students will be involved in the experience.

Aboriginal Dance Workshop
On Friday, three staff members and six of our students will be travelling to Cowra to participate in a dance workshop.

Healthy Ears Talks
The K-2 students participated in Health Ears talks today. Thank you to Kristy Collins who visited our school to talk to the children about the importance of blowing their noses regularly in order to keep ears unblocked. Ear and nasal tubes are connected. If noses become blocked with mucus that can then block the ear tubes leading to a deficit in hearing. Encouraging children to blow their nose each morning, helps to clear the ear canals and promote healthy hearing.

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

Excursions
♦ Stage 1 Excursion to the Japanese Gardens will take place next Wednesday, 9 September.
♦ Classes 4/5D, 5L and 5/6W will be visiting ‘The Dish’ on Tuesday, 15 September.
♦ Kindergarten will be visiting the Dubbo Zoo on Wednesday, 16 September.

K-2 Week 7 Infants Assembly
KH will be presenting an item at the infants assembly tomorrow, Wednesday, 26 August. Parents and friends are welcome to attend.

Thank you, Mrs Howard

Lost Property
If anyone in infants or primary finds a jumper labelled ‘Woodlands’ could it please be returned to Anna Woodlands of 1B. Thank you.

Paint Parkes REaD Poppies
‘Paint Parkes REaD Poppies’ is the theme for 2015 Literacy Activities and Reading Day. Grow your babies brain - read, sing, talk and rhyme.

You are invited to make red poppies out of any material and place in boxes at Dunford’s pharmacy, Rockmans or McDonald’s.

Students are also asked to write a letter to a soldier who died during WW1. The letters can be ‘posted’ near the soldier standing in Westpac Bank and Dunford’s pharmacy.

Value of the Week

RESPONSIBILITY
What is Responsibility?
Being responsible means that others can depend on you. You are willing to be accountable for your actions. When things go wrong and you make a mistake, you make amends instead of excuses. When you are responsible, you keep your agreements. You give your best to any job. Responsibility is the ability to respond ably. It is a sign of growing up.

Why Practise it?
When you take responsibility for your own actions, others can trust you. When people are not responsible, they break their promises, fail to do what they said they would do and let people down. People who make excuses instead of amends keep making the same mistakes. When you are responsible, you get things done with excellence.
Last week I was able to visit a number of classrooms during Peer Support and it was great to see the Year 6 students leading their groups in such a mature and confident manner. They are being excellent mentors.

As Fathers Day is drawing near I am going to include some information for dads about how to help your children that I am taking from ‘Word for the Day’. The article is titled ‘Dad, Equip Your Kids for the Real World!’ Research shows the results of the ‘dad deficit’. Too many children today are growing up without a father’s input. And as a result they end up making poor life, relationship and marriage choices. So how does a dad equip his kids for life in the real world?

1. **Know what they’re up to.** Get to know what makes them tick. Ask what subjects they enjoy at school and which ones they are struggling with. Learn who their friends are, who they spend time with at breaks and after school. Try to listen and learn. Take them out occasionally for breakfast or a hamburger; they’ll feel like royalty spending one-to-one time with Dad.

2. **Teach them to stand tall.** Teach children to stand up for themselves. Teach them respect and how to protect themselves by speaking up appropriately in class when they are unclear about the lesson, or courageously to say what they believe. Teach them assertiveness in confronting unfair treatment.

3. **Give them an example.** However accomplished your preaching skills may be, you need to be walking the walk in front of your children. You can tell them it is important to be healthy and active but if you’re a couch potato, they’re not convinced! Set an example by getting fit, pursuing a healthy lifestyle, activities and interests and watch them think how ‘cool’ it is to be like Dad!

I particularly liked the reminder to take them out for breakfast etc. When I was in primary school my father used to take me to the Chinese Restaurant at the end of each school year for gaining a good school report. I absolutely loved the dinner date with my Dad. It is a memory still very clear in my mind and I did feel like a princess when I went out with him!

I will share more for dads next week.

My best wishes to Libby Hoyle, the debating team, the touch and hockey teams and our athletics team this week as they progress through the next rounds of their various activities.

Have a wonderful week!

Mrs Breaden

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**DATES FOR YOUR DIARY**

- **Western Region Athletics Carnival**: Friday, 28 August
- **Half Day Show Holiday**: Tuesday, 1 September
- **Kinder Excursion to Bushman Dam**: Tuesday, 8 September
- **Years 1-2 Japanese Garden Excursion**: Wednesday, 9 September
- **Market Day**: Saturday, 12 September
- **‘The Dish’ Excursion**: Tuesday, 15 September
- **Kindergarten Excursion to Dubbo Zoo**: Wednesday, 16 September
- **Last Day of Term 3**: Friday, 18 September
- **Term 4 Begins for Students**: Tuesday, 6 October

**DON’T FORGET**

**The Canteen will be closed next Tuesday, 1 September**

**Book Club - Issue 6**
Closes on Friday, 28 August

**Woolworths Earn & Learn closes Tuesday, 8 Sept**
Please return sheets and/or stickers to the office.
CONGRATULATIONS to the following students who have gone up a level on the PBL Commendation System:

Brock Charlton
Thomas Fredericks
Bowe Kirwan
Ally Ross
Phoebe Usher
Tameeka Wright
Lily McCormick
Ethan Hunt
Taylah Gibson
Samuel Anderson
Paige Harry-Ross
Laney Cantrell
Resharna Seymour
Lachlan Walton
Mohammad Alkhalayleh
Jesse Woods
Alexander MacGregor
Matilda Wilson
Chyler Skillin
Elizabeth MacGregor
Jazara-Mariee Gibson
Kelsey Mann
Kane Nutley
Jazlyn Greenwood
Ava Hayes
Bridie Lacey
Ashton Bennie
Jasher Caneta
Madaline Rich
Kaid Lydford
Scarlett Hunt
Molly Kennedy
Austin MacGregor
Connor MacRae
Brian Mendoza
Jayden Pope
Jessie Chandler
Miranda Reid
Lily Leonard
Laura Rusten
Kasey Mills
Jackson Mohr
William Jacobs

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

Kindergarten
Maurice Bates
Seana Venaglia

Year 1
Sam Westcott
Izabella Terrill

Year 2
Mitchell Wirth
Tia Dunn

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

Chloe Mudiman
Shannon Reeves
Jack Gould
Ashton Lacey
Finlay Quince
Linc James
Bridie Weaver
Luka Parkin
Tia Dunn
Adam Barnard
Mitchell Wirth
Zac Nash
Charlotte Gould
Joshua Ball
Emmanuel Peter
Angélique Bland
Samuel Quince
Archer White-Crawford
Kasee Skillin
Charlie Lacey
Matayah Guy
Thomas Ball
Bryce O’Malley

CONGRATULATIONS to the following students who have gained a:

White Merit Certificate
Jesse Woods 3W
Nicolas McMaugh 2M
Ryan Dunford 4R
Brookelyn Pinkstone 4R
Katie Dunford 6B

Badges
Ryan Dunford 4R
Lachlan Newton 5/6W
ICAS SPELLING RESULTS

Students at our school participated in the ICAS UNSW Spelling exam and we received some fantastic results!

**High Distinction** - Elizabeth Hoyle  
**Distinction** - Genevieve Bland  
**Credit** - Heidi Parkin and Olivia Thompson  
**Merit** - Holly MacGregor  
**Participation** - Alexander MacGregor, Liam Moody, Brody Kennedy, Jordan Moody, and Iliana Peter.

Congratulations to these students on your results!

Peer Support

**Good Winners**  
In Peer Support this week children will be focusing on the skills of winning in a friendly way and coping with losing. The children will participate in various activities and discuss how to accept the outcome of a game, no matter what it is, in a friendly way in order to maintain those friendships.

During the week encourage your child to practise these skills in all aspects of life - whether it be weekend sport or choosing what to watch.

Sport News

Best wishes to our students who are competing in the Western Athletics Carnival at Dubbo on Friday!!

**Boys’ Hockey**  
The boys played the state quarter final round of the state hockey competition against Crookwell Public School today. Further details will be in next week's newsletter.

**Girls’ Touch Football**  
Our girls touch team will be playing Mudgee Public School at Mudgee On Thursday. Good luck girls!

**Boys’ Touch Football**  
Parkes Public School Boys’ touch team will play Wellington Public School in our next round on Thursday. The game is at Wellington.
Fruit and Vegetables

Did you know...
- Red plant foods, like tomatoes and watermelon, contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
- Green vegetables including spinach, cabbage, and broccoli contain lutein and zeaxanthin, which can protect against certain eye diseases.
- Blue and purple foods like eggplant and blueberries contain anthocyanins, which protect against cancers.
- White foods like cauliflower contain sulforaphane, which protect against cancer.
- Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene.

Fruit and vegetables are very healthy snacks for children, because:
- the fibre found in these foods can aid digestion
- they are rich in vitamins, such as vitamin C, which can build up your child’s immune system during the cold weather
- they add variety to a healthy and balanced diet.

Children need to eat vegetables every day...
Ideas for encouraging kids to eat vegetables include:
- baked beans on toast for breakfast or baked bean toasted sandwiches
- grate vegetables such as carrot and zucchini into stews, casseroles and mince
- salad in sandwiches or a small salad to go with a sandwich
- sliced vegetables, for example cherry tomatoes, cucumber wedges or carrot sticks

What am I?
I grow on a vine.
I can have furry or smooth skin.
My flesh can be green or gold.

Happy eating! Mr Roberts
(Answer: Kiwi Fruit)
THREE WEEKS TO GO!

- **Market Stalls** - We have 41 stalls booked to come to our Market Day from around the region. They will be selling a variety of things including: farm boards, jewellery, wine, candles, children’s clothes, craft, art, soaps, succulents, old wares, Mary Kay, Tupperware, lollies, pickles/jams and more! Have a look on our Market Day Facebook page for more information on the stalls.

- **Raffle Tickets** - Please return all ticket booklets (sold or not) and money by **Friday, 28 August**. We cannot hold the raffle unless **all** tickets are returned. Tickets went home to most K/1/2 and 5/6 students. There will be a small number of tickets available on Market Day.

- **Volunteers** - All volunteer notes need to be handed in this **Friday** too! We need lots of help, if only for half an hour before or after sport. It’s a more successful and less stressful day when there are plenty of people to help! There will be a draw to win one of two dinner vouchers for two lucky volunteers. Some Years 5 and 6 students will be given the opportunity to run the ‘game’ stalls, i.e. duck pond fishing, Jaffa smasher, lob-a-lolly. Parents will need to sign and return a permission note for their child to participate.

- **Silent Auction** - Parkes businesses have been very generous in donating items to help with our fundraising. Items up for auction include: a carpet cleaning voucher (S and K Mann), Nourishing Facial and Hot Stone Massage voucher (Body Express Beauty Salon), Hansen Optometrist voucher, Bent food and wine voucher kindly donated by P and L Breaden, Karen Creith book and consultation voucher, Bellas voucher, children’s ride on pink tractor (McPherson’s), bath robe and travel mug (Parkes Pharmacy), garden pack (Jim’s Mowing), Najo bracelet (Nangar Gems), gift pack of crocheted items (Sheri Rose), iPad work station folder (Longhurst Contracting), Billabong kids bag and hat (Byrnes Clothing), Aroma Boutique/makeup set (Ron Dunford’s Chemist), Martha Stewart knit/weave kit (Spotlight), and a red leather handbag (Little Black Dress). You will need to register on Market Day to bid on any or all of these items and they will need to be paid for and picked up on the day.

- **Cooking** - keep in mind that we will need donations of cakes/slices/toffees and other baked goodies for our cake stall. A drop off spot will be advised as we get closer to Market Day.

- **Other donations** - we are still accepting donations for the food hamper (second prize in the raffle) tombola and trash and treasure. These can be placed in the labelled boxes in the foyer of the front office. Please return your donation request cards! There are still some gift pots available to be filled and dropped back to the Library.

- **In the Library** - On Market Day you will be able to purchase you child’s Self Portrait for $2.00. They look fabulous! They will be available to purchase before and after Market Day if you’re not able to make it on the day. The Lego guessing competition is in full swing - 50c per guess and the children can also buy a 50c ticket in a raffle full of kid’s prizes.

- **Extra Events on Market Day** - SCU will be holding a football passing competition. Successful passes through the centre of the target will go into a draw to win an HP tablet valued at $200. Bunning’s Warehouse will be holding kids DIY workshops based on the theme ‘spring’. There will be a different activity every hour. There will also be a photo booth to have fun photos (selfies) taken with friends.

For more information or if you have any questions or need to know more contact:
Helen Longhurst on 0428 266 602,
Email - helenlonghurst@outlook.com or
Facebook - www.facebook.com/ParkesPublicSchoolMarketDay
Nicolas and Olivia McMaugh, looking very smart in their Parkes Public School uniforms, were very excited to meet members of Channel 7’s Sunrise at ‘The Dish’.

Little Athletics Registration Days at Northparkes Oval

Monday, 14 September from 5.00-7.00pm
Saturday, 10 October from 10.00am-1.00pm
For further information please contact Kellie on 0458 530 381

Parkes Show - Junior Needlework

Do you have articles at home or school that could be entered in the Junior Needlework Section at Parkes Show? They must have been completed in the past 12 months and contain stitchery. Items can be left at the show office or taken to the show on Monday, 31 August after 9.00am. Section details available at the show office. We would love to see them!!

With thanks, Heather Moss

Saturday, 19 September to Monday, 5 October 2015

Sydney’s largest school holiday program returns this spring school holiday! There is a bumper 70+ fun-filled activities to keep kids active, outdoors and entertained. A range of activities are free or under $25, making it affordable to discover Sydney’s most exciting playground this holiday.

Activities include:
Archery - Kids on Target and Little Archers
All Day Holiday Recreational Program
Science, cooking, writing workshops
Gymnastics
Circus Skills and Flying Trapeze
Circus Solarus Kids’ Games - FREE
Park Patrol - Mighty Minibeasts
Sport and adventure camps
Walk and Squawk - NEW
....and lots more.

Further information and full details are available at www.kidsinthepark.com.au