Congratulations to our students who won first place in the ‘Paint Parkes REaD Poppies’ Recitation and Verse Speaking Competitions: Elizabeth Hoyle, Chloe Drabsch, Gracie Jones, Jarrad Fletcher and Brody Clarke!

**MARKET DAY THIS SATURDAY! PLEASE COME ALONG AND SUPPORT YOUR CHILD’S SCHOOL!**
Saturday is going to be a fabulous day! Over 40 market stalls will be in attendance plus the usual cake, plant, tombola and food stalls. There will be loads of activities organised by the prefects, for the children to enjoy.

Don’t forget to visit the Portrait Gallery in the library to purchase your child’s artwork.

We are still hoping for volunteers to assist on the day. Please let Helen Longhurst know if you are able to help. Half an hour of your time will be greatly appreciated!

**All raffle tickets need to be returned tomorrow!**

All proceeds from the market day will be going towards the improvement of technology infrastructure in the school.

**PREMIER’S SPELLING BEE**
Congratulations to Mitchell Cox, Elizabeth Hoyle, Genevieve Bland and Joseph Tanswell who were the successful students in the school round of the Premier’s Spelling Challenge. They will represent Parkes Public at the regional final to be held at Dubbo West Public School on Thursday, 10 September. We wish you good luck. Mrs Buchanan will be accompanying the students.

**YEAR 6 BROADCAST LIVE ON 2LVR NEXT TUESDAY!**
Don’t forget to listen to Lachlan Valley Radio next Tuesday, 15 September at 5.00pm to hear Year 6 students bringing information about our school to the public. The students gather their own materials for the broadcast and choose the music to be played.

**JAPANESE GARDENS EXCURSION**
Years 1 and 2 are off to Cowra to visit the Japanese Gardens tomorrow. The children have been learning about Japanese culture this term. The children are to arrive at school at 8.15am and depart at 8.30am. Students will arrive back at school approximately 3.00pm

**DUBBO ZOO EXCURSION FOR KINDERGARTEN** is on next Wednesday, 16 September.
Students at Parkes Public School will now benefit from free, weekly supplies of fresh fruit from Woolworths, Parkes. Each Wednesday morning, Mr Roberts and Mrs Howard will collect a very generous amount of mixed fruit to be distributed throughout the school in a number of ways. Some fruit will be sent to our ‘Breakfast Club’, while some will be available, free of charge, from our infants and primary canteens during recess and lunch. This will happen every Wednesday.

Students simply need to line up at the canteen at recess and collect a piece (or two) of fruit. The only catch, they must eat what they take. If students wish, they may take it to eat at a later time during the day, such as while waiting for the bus in the afternoon or when they get home, as afternoon tea.

This week, students enjoyed apples, oranges and bananas. They were all top quality produce. Fruit options will vary throughout the year, depending on what is in season and what is on special.

Students and staff would sincerely like to thank Mrs Kerrie Kennedy and the staff of Woolworths in Parkes for this extremely generous contribution to our school community.

Mr Roberts, Live Life Well @ School Coordinator

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

Value of the Week

COURAGE

What is Courage?
Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. Courage is going ahead even when you feel like giving up. Courage is needed in trying new things. It is admitting mistakes and then doing the right thing. Courage is the strength in your heart.

Why practise it?
Without courage, people would only do what is easy. No one would try new things. Everyone would do what everyone else is doing, to avoid standing out - even if they knew it was wrong. Fear would be in charge. With courage you can face any situation. Courage helps you to do great things.

Sport News

Congratulations to the boys’ hockey team who made it to the state finals again this Year!

The boys played the finals this morning but the results were not finalised before the printing of our newsletter. The outcome will be published in next week’s newsletter!

Hockey Gala Day
The Rex Smith/Lois Brown Cups will be played next Wednesday, 16 September at the Parkes Hockey Turf.
I do hope all the fathers in our school community had a special day on Sunday and were spoilt.

My congratulations to all the students who performed in the Talent Shows. What wonderful entertainment! I know I have commented previously regarding the following, however, the children are amazing and I am in awe of the manner in which they stand up in front of an audience and perform! Many people of my vintage would never have had the confidence to perform for a large audience during their primary school years. Well done, performers!!

This week I am including an article from Michael Grose about Emotional Intelligence. High emotional intelligence is needed to build happy and respectful relationships. Children need to be taught emotional intelligence. They are off to a great start if emotional intelligence is modelled by parents in their homes.

Exploring the New Frontier in Parenting - Emotions

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence says, “Emotions matter as they drive learning, decision-making, creativity, relationships and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start, here are three ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first.** When your child fusses and fumes about some wrong-doing or hurt they’ve experienced, clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. **Contain rather than manage (let your kids do the managing).** Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant.** We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

There will be more on this subject next week.

I look forward to seeing many of you at our market day/fete on Saturday. Please encourage your neighbours, family and friends to come as this is our biennial major fundraiser!

Please also consider helping out for a short while at the fete on Saturday.

Have a great week!

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

Joshua Schiller  
Jayla Cornelissen  
Simon Hogan  
Harrison Vasconcelos  
Darcy Noakes  
Omar Alkhalayleh  
Caleb Wirth  
Kaiden Budd  
Caitlin Herft  
Kristin Lennox  
Bradley Swindle  
Leela Elliott  
Gemea Cartwright  
Crystal Seiler  
Sharna Ross  
Rebecca Kearney  
Isabelle Smith

Thank you to the Market Day Committee for all their busyness in preparing for market day. And to all the families and staff that have contributed to our Market Day so far with tombola, food hamper, trash and treasure and gift pot donations. All donations have been greatly appreciated!

Cooking: This week is baking week! We are asking for contributions of cakes, biscuits, slices, toffees, chocolate crackles, honey joys, fudge and any other delicious sweet treats you can think of for our cake stall. All cooking needs to be labelled with a list of ingredients, and can be left at the hall on Friday or delivered first thing Saturday morning. Thank you in advance.

Trash and Treasure: Spring is finally here! You may have started your spring cleaning and come across books, toys, DVD’s, puzzles and games that you no longer need. We would love to have more of these items for our Trash and Treasure stall! Please make sure they are clean and in working order. These, too, can be left at the hall on Friday or in the big box at the front office.

Years 5 and 6 met with Mrs Dolbel last week and have been given the opportunity of run one of the 26 games on Market Day. Students must return their signed permission note by Wednesday to Mrs Dolbel to be considered for a stall.

Working Bee: At the hall, this Friday from 9.00am we will be having a working bee to prepare for Saturday. We will need to set up the hall, sort the prizes, organise all the Year 5/6 games and prepare the chicken salads (after 2.00pm) just to name a few jobs. Your help will be appreciated, as long or short a time as you can spare - many hands make light work!

Volunteers: There are still some time slots left on the volunteer roster. Everyone should have their sports draws now and will know when they have a spare half an hour to help. Don’t forget that all volunteers go into a draw to win either a dinner voucher to the Parkes Hotel, a dinner voucher to Bushman’s Motel or a Body Express hot stone massage! Those that have volunteered will be contacted this week to confirm your times. Contact Helen (details below) if you can help.

Raffle tickets: There are still 47 outstanding raffle ticket booklets that must be handed back now! If you have lost/misplaced them contact Helen. All tickets need to be returned and accounted for, sold or not, to proceed with the raffle draw.

Don’t forget on Saturday: A gold coin entry, silent auction, major raffle, kid’s raffle, delicious food, SCU football passing competition, Lego guessing competition, cake stall, plant stall, face painting, tombola, photo booth, coloured hair spray, 41 Market Stalls, 26 games, Bunning’s activities and entertainment - something fun for everyone!

For more information please contact Helen Longhurst on 0428 266 602 or helenlonghurst@outlook.com

4 DAYS TO GO!