MISSION STATEMENT
Parkes Public School strives for excellence in the education of responsible and respectful students in a safe learning community.

CONTACT US
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P&C ASSOCIATION
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Secretary
Keri MacGregor: 6863 1155
Treasurer
Vivienne King: 6863 5168

SCHOOL COUNCIL
President
David Bicket: 6862 3608

AECG FUNDRAISER
Congratulations to Samantha Riley, Caitlin Herft, Sierra Beazley and Rebecca Kearney who organised the Easter egg hunts for our students last week. There were lots of squeals of delight coming from the Infants playground! Many thanks to those very generous families and staff who donated Easter eggs for the hunts. Thank you to all the children who participated. The activity raised $126.00.

PARENT/TEACHER INTERVIEWS
Progress interviews will be taking place over the next two weeks. Parents are encouraged to attend the meetings so that you are aware and informed of how your child is learning and developing. It is a good idea to write down questions you may have so that you can get the most out of your interview time. Teachers will send home notes giving times available for interviews. Please ensure you fill these out and return promptly. If your child does not bring a note home please contact your child’s teacher as all classes will be having interviews.

ANZAC DAY
ANZAC Day, Monday 25 April, will fall on the last day of the holidays. Our school will be marching and we invite all children to participate in the march. Students are to meet Mrs Breaden and staff on the corner of Caledonia and Short streets at 8.15am. Summer uniform is to be worn. School jackets or sloppy joes can be worn if the weather is cool. No hats are to be worn. The march will take about 15 minutes.

If anyone has rosemary growing in their garden we would appreciate some for the children to wear in the march. Please just bring to the march on the Monday morning.

Mrs Breaden and the school captains will be representing our school at the Dawn Service. The Dawn Service commences at 5.30am on Memorial Hill and is open to the public.

OUR PROGRAMS
To ensure you are informed of the broad array of programs on offer for your children at our school, each week we are going to focus on one program.

School Counsellors
We have a school counsellor at school from Monday to Wednesday each week. Mrs McIntyre works on Mondays and Tuesdays and Mrs Burkitt is in attendance on Wednesdays. Our counsellors are registered psychologists and can undertake counselling and behavioural and academic assessments. Teachers and/or parents can request their child see a counsellor. If a parent wishes their child to see a counsellor the parent must complete a referral form. These forms can be obtained from a counsellor or from Mrs Breaden. Please be aware that there may be times when our counsellors are unable to assist your child and may recommend another agency to you. If teachers wish your child to be assessed by a counsellor they will seek your written permission.

We are very fortunate to be one of a small number of schools who this year have received additional funding for student well-being. We are hoping to employ a school counsellor on an additional day to work with small groups or classes on social skills type programs.
Primary sport this Friday is Swimming.

There is no cost due to missing sport on Friday, 18 March due to the rain.

**Last Day of Term 1**
Friday, 8 April

**ANZAC Day March**
Monday, 25 April
Meet at 8.15am on the corner of Short and Caledonia Streets

**Term 2 Begins for Students**
Wednesday, 27 April

**Friday, 13 May**
Cross Country Carnival

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**Student of the Week**

**Name:** Caitlin Herft  
**Age:** 12  
**Class:** 6W  
**Teacher:** Mrs Woolstencroft

**Teacher comments:** Caitlin is a friendly classroom member. She always has thoughtful contributions to make to class discussions.

**Favourite activities:** Riding horses, playing with animals, motorbike riding and playing with Hunni and Russell.

**What career interests you?** I would like to work with animals, ride horses, be a vet or be a professional dancer.

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**DATES FOR YOUR DIARY**

- **Wednesday, 6 April** .............. State Swimming Carnival  
- **Thursday, 7 April** ............... Years 3 and 4 History Incursion  
- **Friday, 8 April** .................. Athletics Trials - Field Events  
- **Monday, 25 April** .............. ANZAC Day  
- **Wednesday, 27 April** .......... Term 2 Begins for Students  
- **Wednesday, 28 April** .......... Western Boys’ Hockey Trials  
- **Wednesday, 4 May** ............. Evening Performance - ‘Young Hercules’  
- **Friday, 6 May** .................. P&C Fun Run Event  
- **Tuesday, 10 May** ............... NAPLAN - Writing  
- **Wednesday, 11 May** .......... NAPLAN - Reading and Language  
- **Thursday, 12 May** ............. NAPLAN - Numeracy  
- **Friday, 13 May** ................. Cross Country Carnival  
- **Thursday, 8 December** ......... Presentation Night

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**DON’T FORGET**

**Multicultural Perspectives Public Speaking**
The Multicultural Perspective Speaking Competition is open to NSW government school students.

Students will compete in either a Years 3 and 4 or a Years 5 and 6 age division delivering speeches on a multicultural theme. Entries must be submitted by Friday, 8 April and cost $20.00 per student. If you would like your child to be involved please contact Mrs Woolstencroft.

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I do hope everyone had a lovely Easter!

Over the last few weeks we have had a number of break-and-enters and trespassing incidents at school. Last week eggs were thrown at exterior walls and garbage bins emptied in the playground. We would greatly appreciate our families keeping an eye out when driving or walking past school. If you see people in our playgrounds please take notice of their clothing and appearances. We would appreciate you contacting the police and/or notifying Mrs Breaden.

We will be installing security cameras and further alarm systems over the coming weeks.

This week I am including some information from Michael Grose about helping your children with anxiety.

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious so that children can learn how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

- **Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.
- **Accept** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.
- **Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.
- **Encourage** your child to overcome their anxiety through action.
- **Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

My best wishes to Meg Turner as she swims at the State Swimming Carnival next week!

I will be attending the Primary Principals Association meeting in Young this Friday. Attendance at these meetings is very important so that I stay abreast of the ongoing changes and requirements of the Department of Education.

Have a wonderful week!

Mrs Breaden

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**NO HAT, NO PLAY!**

Teachers will be diligent in enforcing this important rule.

Broad-brimmed hats are the only acceptable hats to be worn at school.
Get active each day!!

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.

Competitions

2016 AUSTRALASIAN SCHOOLS COMPETITIONS

These competitions are for students in Years 3-6.

The closing date for entry in the Digital Technology competition is tomorrow, Wednesday, 30 March and the Science competition, Wednesday, 6 April.

The competitions will be held on the following dates:
♦ Digital Technologies (Computer) - Tuesday, 17 May
♦ Science - Tuesday, 31 May

DIGITAL TECHNOLOGIES COMPETITION
I give permission for my child/ren:
___________________________ Class ______
___________________________ Class ______
___________________________ Class ______
to participate in the 2016 Australasian Schools Digital Technologies Competition.

Please find enclosed $8.00 entry fee for each child.

Parent/carer ______________________
Date ______________________

SCIENCE COMPETITION
I give permission for my child/ren:
___________________________ Class ______
___________________________ Class ______
___________________________ Class ______
to participate in the 2016 Australasian Schools Science Competition.

Please find enclosed $8.00 entry fee for each child.

Parent/carer ______________________
Date ______________________
Best wishes to Meg Turner as she represents Western Region at the State Swimming Carnival next week!

Meg will be swimming in the all age medley, all age 100m freestyle, 11 yrs 50m freestyle, 11 yrs 50m backstroke, 11 yrs 50m butterfly and the all age relay! A total of six events!

She has also been selected in the Western All Age Relay team as she was the fastest swimmer in her age group at the Western Carnival. We are very proud of you, Meg! Meg has trained very hard to gain selection for the State Carnival!

Athletics Trials - Field Events
All Year 3 to 6 students will be walking to North Parkes Oval on Friday, 8 April to participate in field events, (shot put, long jump, high jump and discus) in preparation for this year’s Athletics Carnival.

Students will come to school as normal and will walk to the oval at 9.15am. They will need to bring recess, lunch, a water bottle and a hat with them. There will be no canteen at the oval. Students will return to school by 3.00pm.

Boys’ PSSA Hockey
We would like to congratulate the following students on their selection in the Parkes Public Boys’ Hockey Team for 2016: Austin MacGregor, Harmih Turnbull, Ashton Bennie, Henry Johns, Jayden Pope, Gabe Goodrick, Wilson Duffy, Jake Barnes, Zeke Harris and Dylan Wood attended the Lachlan District PSSA Rugby League trials, held at Spicer Oval, Parkes.

During the day, these students had to play with and against other students from schools in the Lachlan District, as they were put into mixed teams. Some students tried out for the under 11’s team and some tried out for the Opens.

All students tried hard and displayed excellent sportsmanship during their two games. This hard work and sportsmanship was well-rewarded, as eight of our students were successful in gaining selection. Students selected were Austin MacGregor, Harmih Turnbull, Ashton Bennie, Henry Johns, Wilson Duffy, Jake Barnes, Zeke Harris and Dylan Wood.

These boys will now travel to Dubbo on Monday, 4 April to represent Lachlan District PSSA at the Western NSW Rugby League Trials.

We wish the boys well in Dubbo.

Boys’ and Girls’ Touch Football Trials
The first trial for both boys’ and girls’ Parkes Public School Touch Football Team will be held:
Date: Friday, 1 April, (Week 10)
Where: Infants grass
Time: 3.00pm to 3.45pm.

The second trial for both boys and girls will be held:
Date: Friday, 8 April, (Week 11)
Where: Infants grass
Time: 3.00pm to 3.45pm.

If you cannot make either afternoon please see Mrs Smith (girls) or Mrs Wright (boys).
**Lachlan PSSA Cricket**

On Wednesday, 23 March our school cricket team played Condobolin Public School at the SRA grounds in Condobolin. It was a very close game. We won the toss and elected to bat. We scored 73 runs in the 25 overs. That meant we had to bowl and field really well to win the match and that’s exactly what the boys did!!!!!! Once again I was proud of the boys’ behaviour and sportsmanship; they are a credit to their families.

Every boy contributed to our batting tally this week: Wilson Duffy 5, Joseph Tanswell 3, Hunter Hawke 5, Ryan Dunford 13, Henry Johns 1, Harry Jones 16, Jayden Pope 1, Gabe Goodrick 1, Connor Batt 1, Liam Moody 1, Kane Nutley 1 and Ewan Moody was the 12th man for batting on the day.

Bowling and fielding: Hunter Hawke 1/7, Wilson Duffy 1/9, Harry Jones 2/10, Ryan Dunford 1/18, Joseph Tanswell 1/11, Liam Moody 0/3, Henry and Liam both took a catch, the rest were bowled.

Now onto the next round!

*Cathy Pearsall - manager; Clinton Hawke - coach*

**Boys’ and Girls’ Football (soccer) Trials**

Football (soccer) trials for the boys’ and girls’ Parkes Public School team will be held on Thursday, 28 April starting at 4.30pm. The second trial date will be Friday, 29 April starting at 3.30pm. All trials will be held at Harrison Park. If your child is interested in trying out, please see Mrs Watson before the day.

*Mrs Watson*

**Girls’ Hockey Team Trials**

The first trial for the girls’ hockey team was held on Monday, 21 March. Thank you to all the girls who came along.

The second trial is to be held on:
- Monday, 4 April (Week 11)
- from 4.00-5.00pm at the Stephen Davies Hockey Field.

Any girl from Years 3 to 6 is eligible to try out. If for any reason you are unable to make at least one of the trials and still wish to try out, please let Mrs Deland know before the set dates.

**All students will require a hockey stick, shin pads and mouth guard.**

It is a legal requirement that all children are to be wearing a mouthguard when they take the field, even to train. We look forward to seeing you there!

*Mrs Deland and Janelle Thompson*

**PSSA Netball**

The Parkes Public School Girls’ Netball Team will be playing Forbes Public School on Tuesday, 5 April (Tuesday, Week 11). They will play at the Stephen Field Courts in Forbes at roughly 10.00am. Girls are to meet at 8.40am under the Infants’ COLA near the library to be transported to Forbes. A permission note was sent home in Week 9 with further details.

Please note a change in the training venue for this week. We will meet at 3.15pm at the Parkes McGlynn Netball Courts. Please see Mrs Dolbel if you cannot attend. Students will need to be picked up from the McGlynn courts at 4.30pm.

Students will also train during Friday lunch under the Infants’ COLA near the library.

*Thank you, Mrs Dolbel and Miss Bowkett*