HARMONY DAY, 2016 - STRENGTH IN DIVERSITY
On Monday, 21 March our school will be celebrating Harmony Day. Students will be involved in lessons within their classroom and on the playground.

Parents are welcome to attend a whole school assembly celebrating Harmony Day from 12.30-1.15pm. After the assembly you can join your child or children having a picnic lunch on the playground. Please note there is no canteen on Monday so you will need to ensure your child and yourself bring lunch. Activities in the classroom will resume after lunch.

Orange is the colour for Harmony Day so please send your child to school in something orange. It should be a fun day and a chance for your child to learn about the different people that make Australia what it is today.

Cathy Pearssall - Organising Teacher

NEXT WEEK’S HAT PARADE
One of the great traditions of Parkes Public School is our ‘Parade of Hats’ that will be held next Wednesday, 23 March in the school hall from 2.00pm. On this day K-2 students display their creative talents as they show a wide array of hats, bonnets and headwear that have been made during creative arts classes.

On Tuesday, 22 March, K-2 will be making their hats with the assistance of some of our Year 6 Students. Senior students will be helping our junior children with cutting, gluing, stapling and decorating.

We are seeking donations of scrap craft items: ribbons, feathers, sparkly materials, stickers and anything bright that will add colour and sparkle to the hats. We stress that all materials your child brings to school will be shared with his/her class.

Parents and family members are invited to watch the hat parade in the school hall commencing at 2.00pm on Wednesday, 23 March. Each class will show their creations, so bring your cameras as it is always quite a spectacle.

K-2 WEEK 8 INFANTS ASSEMBLY
KH will be presenting an item at the infants assembly tomorrow, Wednesday, 16 March. Parents and friends are invited to attend.

Thank you, Mrs Howard

THANK YOU! THANK YOU!! THANK YOU!!!
Parkes Public School would like to acknowledge and thank Woolworths and Coles Supermarkets for their continued support of our Breakfast Club and other programs run at our school. These programs are only possible due to the generous contributions both make.
Just4Kids Motor Trail drivers arrived at our school and enjoyed a breakfast kindly donated by Woolworths and cooked by our wonderful P&C members, before they continued on with their long journey.

Just4Kids officials donated a cheque to our school that was gratefully accepted by Mrs Shore and Mr Smith. The donation will be used to purchase more sensory gym equipment.

We were also presented with a framed Certificate of Appreciation and a basket containing a healthy range of fresh fruit and vegetables was handed over to the Special Education Unit for their cooking program.

A CASE OF EMERGENCY

On Wednesday, 9 March, a number of students in Years 4-6 went to an event called 'A Case of Emergency'. It was all about forensic science, and what forensic scientists do to help police when there’s a crime or a mystery. For example, they help when someone goes missing or someone dies and the police need to find out how and why.

Our case was about a twelve-year old boy called Josh Stevens who goes missing. We had to help find out how and why he went missing. We had two theories; either, he ran away or he was kidnapped.

To help solve this mystery we used a fingerprint station, where we examined our fingerprints, and the fingerprints on a water bottle that was at the campsite where most of the primary sources were. There was a black light and we also examined a jacket that was also found at the campsite, a pair of thongs, a koala information sheet and a blank piece of paper which really was a secret list, and, a scat (poo) station where we had to figure out which animal had last been at the campsite. We rolled play-dough in a set of tracks and held them up to a sign, to find out whose tracks they were. Most of the group went to a microscope station where we looked at leaves and seeds, and figured out where they came from.

While we were doing all of this, we worked on a sheet. It gave us an idea what it is like being a real detective. We found out that Josh had run away from home because he knew that his parents wouldn’t allow him to bring home an orphan baby koala that he had found clinging to a lifeless mother koala. So he wrote a list of what to take, packed and set off. One day later police found him unconscious in the haunted house of a circus. We all had the best of fun and thanked the lady from Education Interactive profusely.

Jordan Moody
My congratulations to all the students who represented the school at the Western Swimming Carnival. A special mention must go to Meg Turner who qualified for the state carnival! Great swimming Meg!!

On Friday we join other Australian schools in observing a ‘Day of Action’ against bullying and violence. The following article by Michael Grose is very fitting.

Teasing Versus Bullying

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- “What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids.

But I fear it's being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It's generally an attempt to get under a person's skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person's rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements - intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can't escape bullies like they once could.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

We appreciate students and parents letting us know when teasing or bullying is happening. If we don’t know, we can’t help!

Have a wonderful week, everyone!

Mrs Breaden

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DATES FOR YOUR DIARY

Wednesday, 16 March ............... School Photos
Thursday, 17 March ............... Lachlan Rugby League Trials
Friday, 18 March .................. Girls’ Western Hockey Trials
Monday, 21 March ............... Harmony ‘Orange’ Day P&C Meeting at 7.30pm
Wednesday, 23 March .......... Infants Hat Parade - 2.00pm
Wednesday, 6 April ............... State Swimming Carnival
Thursday, 7 April .................. State Swimming Carnival

DON’T FORGET

Book Club - Issue 2
Closes Thursday, 17 March

Harmony Day
Monday, 21 March
Students to wear something orange

P&C Meeting
Monday, 21 March at 7.30pm

Infants Hat Parade
Wednesday, 23 March at 2.00pm
The children who received the literacy awards and capes at the Infants Assembly were:

**Kindergarten:** Chelsea Hall and Lucas Anderson

**Year 1:** Haylee Chambers-Lewis

**Year 2:** Tandric McGahey

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**White Merit Certificate**

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
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<tbody>
<tr>
<td>Ruby Wilson</td>
<td>2R</td>
</tr>
<tr>
<td>Jayla Cornelissen</td>
<td>4R</td>
</tr>
<tr>
<td>Matilda Wilson</td>
<td>3/4S</td>
</tr>
<tr>
<td>Sonny MacGregor</td>
<td>2R</td>
</tr>
<tr>
<td>Liam Moody</td>
<td>5D</td>
</tr>
<tr>
<td>Toby Swain</td>
<td>1B</td>
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<tr>
<td>Kyarah Egan</td>
<td>1B</td>
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<tr>
<td>Chloe Mudiman</td>
<td>1B</td>
</tr>
<tr>
<td>Jack Gould</td>
<td>1/2A</td>
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<tr>
<td>Anna Woodlands</td>
<td>2R</td>
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<tr>
<td>Ellie Szczerbanik</td>
<td>1/2A</td>
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<tr>
<td>Haylee Chambers-Lewis</td>
<td>1/2A</td>
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<tr>
<td>Gracie-Mae Cummings</td>
<td>1/2A</td>
</tr>
<tr>
<td>Taylor O’Malley</td>
<td>1B</td>
</tr>
<tr>
<td>Camron Prior</td>
<td>3N</td>
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<tr>
<td>Hannah McIntyre</td>
<td>1/2A</td>
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</tbody>
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**CONGRATULATIONS** to the following students who gained a:

**K-2 LITERACY AWARDS**

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

**Kindergarten:** Chelsea Hall and Lucas Anderson

**Year 1:** Haylee Chambers-Lewis

**Year 2:** Tandric McGahey

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**Student of the Week**

**Name:** Jemima Hall

**Age:** 12

**Class:** 6W

**Teacher:** Mrs Woolstencroft

**Teacher comments:** Jemima is an enthusiastic class member. She throws herself into all activities eagerly and always tries her hardest.

**Favourite activities:** Netball, dance, acrobatics, gymnastics, motorbike riding and skiing.

**What career interests you?** I would like to be a physiotherapist, ski instructor, aquarium owner, farmer or a gymnast.
What is Bullying? Bullying is about lack of power. Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Online bullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Michael Grose, in his Parenting Insights newsletter says that bullying involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

What bullying isn't: Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

What to do if it happens: If you think your child is being bullied then handle with care, as children often don't want to admit that they are on the receiving end of bullying.

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts such as rudeness and teasing. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period. It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

The Bullying No Way! Website (www.bullyingnoway.gov.au) has many resources and information around bullying to support parents, teachers and students.

**TRUST**

**What is Trust?**
Trust is believing in someone or something. It is having confidence that the right thing will happen without trying to control it or make it happen. Sometimes it is hard to trust when life brings painful experiences. Trust is being sure, deep down, that there is some good in everything that happens.

**Why Practise Trust?**
Without trust, you always feel you have to control things to make them turn out right. You worry over what others are doing and worry about things you cannot control. Trusting others leaves you free to concentrate on the things you need to do. Trusting yourself is an important part of growing up. Instead of worrying over every mistake, you do your best and trust it to be enough.

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**Value of the Week**

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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.
Girls’ Hockey Team Trials
The girls’ hockey team trials will be held on:
• Monday, 21 March (Week 9) and 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 a 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

Parkes Public School Girls’ Netball Training
Training for the girls’ netball team will take place on:
• Thursday afternoon from 3.00-4.30pm under the Primary COLA. (We have added an extra half hour due to the limited time we have to train).

• Friday lunch time 1:15pm – 2:00pm under the Infants’ COLA (closest to the library).

Don’t forget appropriate footwear and a water bottle. If you cannot attend, please let Mrs Dolbel know.

Thank you. Mrs Dolbel and Miss Bowkett

Rugby Union News
On Thursday, 3 March our rugby union team travelled to Forbes to participate in the NSW Rugby 7’s Gala Day. This competition is run right across NSW and culminates with a grand final in Sydney held as a curtain raiser to one of the NSW Waratahs home Super Rugby games.

We entered a team in both the under 10’s division and the under 12’s. Both our teams were very successful on the day. The Under 10’s played against three different teams from Holy Family Parkes and also Parkes East Public School. They went through the entire day undefeated and were declared winners of their division. Our Under 12’s played the Holy Family girls’ team and Holy Family A in their pool games, winning against the girls and losing narrowly against the boys. In their semi-final, they played against St Laurence’s School from Forbes and dramatically improved their standard of play, running away winners seven tries to two. In the final, our team came up against Holy Family A again. This was the best game of rugby to watch on the day. In a very close tussle, our boys scored some early tries and skipped away to a 2-0 lead, only to see the Holy Family team come back and level the scores. In the second half, we scored another quick try and defended very strongly to hold Holy Family out until full-time and win 3-2. Both our teams now progress to the Western Region finals day to be held in Orange, in May.

All our boys played exceptionally well and represented our school with pride, displaying great sportsmanship throughout the day. Special congratulations go to Gabe Goodrick, Sam Duffy, Wilson Duffy, Austin MacGregor and Henry Johns who all put in excellent performances. Training will continue on Thursday afternoons between 3.30 and 4.30pm for the senior team and will include the juniors in Term 2.

Teams:
Under 10’s - Ewan Moody, Gabe Goodrick, Hunter Green, Sterling Green, Rhys James, Flynn Thompson, Sam Duffy and Angus Johns. Try scorers: Ewan, Gabe(7), Hunter (3), Sterling (4), Flynn (2), Sam (4).

LACHLAN PSSA CRICKET
On Wednesday, 9 March our school cricket team played Forbes Public School at Gaggin Oval Forbes. The boys won the match comfortably 145-25. Each of the 11 players contributed to the win and I was very proud of the boys for their sportsmanship and excellent behaviour.

We batted first and our batting figures follow:
Harry Jones, 21 not-out; Ryan Dunford, 31; Hunter Hawke, 29; Wilson Duffy, 10; Henry Johns, 5 and Joseph Tanswell 3 not-out.

Bowling figures were:
Hunter Hawke, 1/8 plus a catch; Wilson Duffy, 0/4 plus an outstanding diving catch at mid-wicket; Harry Jones, 3/0 plus a catch; Ryan Dunford, 2/4 plus a catch; Jayden Pope, 1/0 plus a catch; Kane Nutley, 1/6; Ewan Moody, 1/1 and Connor Batt 1/0 plus a run-out.

Our next game is against Condobolin Public School on Tuesday, 22 March. We are playing on the soccer fields of Condobolin SRA Grounds, Digger Avenue, with a 10.00am start.

Cathy Pearsall - manager; Clinton Hawke - coach

Competition

2016 AUSTRALASIAN SCHOOLS COMPETITIONS

These competitions are for students in Years 3-6.

The closing date for entry in the Digital Technology competition is 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 ________________________________________________