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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WISHING YOU ALL A HAPPY AND JOYOUS EASTER!

EASTER BREAK
This year Easter does not fall in the school holidays. The break for students includes Good Friday, 25 March and Easter Monday, 28 March. Students return on Tuesday, 29 March.

Term 1 finishes on Friday, 8 April!

Congratulations to Harmih Turnbull on achieving a School Merit Badge!

HARMONY DAY
Thank you to everyone who attended our Harmony Day celebrations yesterday. We have included some photos taken during our activities.

TOMORROW’S INFANTS HAT PARADE
One of the great traditions of Parkes Public School is our ‘Parade of Hats’ that will be held tomorrow, Wednesday, 23 March. 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.

Today, K-2 made their hats with the assistance of some of our Year 6 students. Senior students helped our junior students with cutting, gluing, stapling and decorating.

This was a great activity where many of our senior students had the chance to reflect on how far they have come since they were in Kindergarten and it allowed our Kindergarten students to develop some new friendships.

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

EASTER EGG HUNT
Our AECG representatives have organised an Easter egg hunt to raise money for materials to repaint our Reconciliation Rock. The hunt will take place on Thursday. Students are asked to bring a donation of 50 cents.

This activity has been initiated and wholly organised by our senior students. Their leadership is to be commended.

WISHING YOU ALL A HAPPY AND JOYOUS EASTER!
**Years 3 and 4 Colonial Show**

Years 3 and 4 students will participate in an interactive live show that will visit our school. The show describes events relating to British Colonisation and assesses changes to the environment. Students will look at the roles played by significant people during the colonisation of Australia and aspects of the way of life and achievements in the early colony.

In the past, the Year 3 excursion has been a visit to Wellington Caves and Fern Gully. As this year we are studying different topics, Year 3 will not be going to Wellington Caves. The Colonial Show will take the place of the Year 3 excursion for 2016.

The performance will take place on **Thursday, 7 April (Week 11, Term 1), 2016. Please return money and permission note by Tuesday, 29 March.**

**Photo Catch up Day**

School photos were taken last week. If your child was absent there will be a catch up photo session on Monday, 4 April at 2.00pm. If your child still misses this session you can take your child to Middleton Public School on Tuesday, 5 April.

**Thank you! Thank You!! Thank you!!!**

A huge thank you to Cameron and his staff from Harvey Norman, Parkes who picked up our new purchase from PECC and transported it to our sensory gym. We are very appreciative of your efforts!

**Infants Garden Update**

Some fantastic new additions have recently been added to the new infants garden. There are now huge wooden tree logs used for seating under the shade of the trees. Thank you to Alex and Erin Woolstencroft and Simone and Erin Chambers who gave up their time to sand and smooth the logs getting them ready for use.

Thanks also goes to Simone Chambers who made and donated 10 fantastic mosaic tiles with beautiful Australian designs on them. They are situated throughout the garden for students to appreciate.

Mr Britt is doing a wonderful job watering the garden. He has also put in a wooden park bench that overlooks students playing on the grass. Thank you, Mr Britt!

We invite you to walk through the garden and enjoy the wonderful new additions.
My thanks to the wonderful parents who assisted with the Just4Kids breakfast on Friday, 11 March. We will be purchasing more sensory gym equipment with the generous donation from the rally drivers.

We had an exciting day yesterday celebrating Harmony Day. When I first started teaching in Western Region it was unheard of to have children from a diverse range of cultures. Now we embrace and enjoy the variety of at least 15 different cultural backgrounds of our students. Harmony Day has been celebrated across Australia for many years but this is the first time we have celebrated the occasion at our school. We have students from Thailand, South Africa, Philippines, Indonesia, Tonga, Papua New Guinea, just to name a few, and of course our Aboriginal children. Harmony Day is a day to recognise, appreciate and value the diverse cultures that make up our schools and Australia as a whole. It is very easy to forget in small rural towns such as Parkes that Australia has one of the most diverse range of cultures in the world.

This week I am including information about Helping Children Deal with Rejection by Michael Grose.

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection. Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached other children at school.

Paradoxically, children’s experiences of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever. And they learn that sadness and disappointment can be managed too, which is an important lesson to take into adolescence and beyond, when life is full of ups and downs.

To help children handle rejection and disappointment, try the following strategies:

♦ **Model optimism.** Watch how you present the world to children, as they will pick up your view.

♦ **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel, but they can learn a great deal by how their parents handle situations.

♦ **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise that those same strategies can be used again.

♦ **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind, the stronger the trees is the notion here. Supporting kids so that they can handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

I would like to wish all our families a Happy Easter and may you enjoy this special time with your families.

Have a wonderful week, everyone!

Mrs Breaden

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**DATES FOR YOUR DIARY**

- **Wednesday, 23 March** Infants Hat Parade - 2.00pm
- **Wednesday, 6 April** State Swimming Carnival
- **Thursday, 7 April** Years 3 and 4 Colonial Show
- **State Swimming Carnival**
- **Friday, 8 April** Last day of Term 1
- **Wednesday, 27 April** Term 2 Begins for Students

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**DON’T FORGET**

- **Infants Hat Parade**
  Tomorrow, 23 March at 2.00pm

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

- **Term 2 Begins for Students**
  Wednesday, 27 April
**Student Achievement**

**CONGRATULATIONS** to the following students who gained a:

**White Merit Certificate**
- Harmih Turnbull 5D
- Chelsea Ashford 3W
- William Longhurst 6W
- Jade Miller 3W
- Ewan Moody 3W
- Kristin Lennox 6S

**Badge**
- Harmih Turnbull 5D

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

- **Kindergarten:**
  - Lachlan MacGregor
  - Charlotte Wilson

- **Year 1:**
  - Kyarah Egan
  - Maurice Bates

- **Year 2:**
  - Cooper Smith
  - Ava Hamood

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**Student of the Week**

**Name:** Darcy Noakes  
**Age:** 12  
**Class:** 6W  
**Teacher:** Mrs Woolstencroft

**Teacher comments:** Darcy is a thoughtful, conscientious student. He always tries his best and enjoys problem solving.

**Favourite activities:** Playing handball.

**What career interests you?** I want to be a carpenter.

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**5W Class Work**

- **Fibonacci**  
  - Is a  
  - Brilliant mathematician  
  - Of course  
  - Numbers are his thing  
  - Arithmetic and  
  - Circles were things he liked to  
  - Celebrate Fibonacci was  
  - Intelligent so let's give him a cheer

- **Fantastic mathematician**  
  - Intelligent number counter  
  - Best with rectangles  
  - Obscure sequences  
  - Number patterns with mysterious rules  
  - Awesome nature theories  
  - Complicated  
  - Character  
  - Incredible man

**Heidi Parkin**  
**Emily Neems**
How Do You Practise Trust?
Trust brings a positive attitude toward life. By having confidence that things will go right, you help to make it true. When you trust, you relax and let go of worries. Even when difficult things happen, they can help you grow stronger and learn new things. Trust People to keep their promises unless they keep breaking them. It is foolish to trust people who keep breaking promises. Start trusting them only when they choose to be trustworthy.

Affirmation
I trust that there is some good in everything that happens. I have no need to control others. All fear and worry are released. I feel at peace and know I am not alone.

Breakfast
Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.

Why is breakfast important?
- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

Quick and easy breakfast ideas:
Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example:
- wholegrain cereal with reduced-fat milk
- boiled eggs and toast
- fruit smoothie
- slices of fruit with yoghurt

Key points to remember around schools - Helmet and safety on wheels
Your child must wear a helmet when riding a bike in any public place - it’s the law!
Your child’s helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.
Check that your child wears a bicycle helmet whenever playing or riding on wheels - bikes, foot scooters, roller-skates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the sides. It must protect the forehead.
Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.
Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.
When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the ‘STOP! LOOK! LISTEN! THINK!’ procedure.
Girls' Hockey Team Trials
The first trial for the girls' hockey team was held last 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

Lachlan Soccer
Congratulations to Elizabeth MacGregor, Jordan Moody, Sharna Ross, Hunter Hawke, William Tanks and Connor Batt who made it into the Lachlan Soccer Teams. We wish them all the very best at the Western selection trials.

Allison Watson

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 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 ____________________________
Parkes Marist Junior Rugby League and League Tag

Registrations now due!

Parkes Marist Junior Rugby League is a great family sport with the focus for 2016 being ‘Family’. There are plans for family days at home games, family bbq’s after home games at the Cambridge Hotel and families involved with their child’s team. Register by the date so as not to miss out.

Registrations due: Wednesday, 23 March  
Cost: $90.00

You will be required to register online at www.reg.sportingpulse.com.au with a fee to be paid at the time of registration. All players must be registered to train otherwise they are not covered by insurance.

Training sessions have started for:
Under 7’s and 8’s - training dates to be advised  
Under 12’s: 5.00-6.00pm at Cheney Park  
Under 16’s: 5.00-6.00pm at Pioneer Oval  
Junior Girls League Tag: 5.00-6.00pm at Cheney Park

Season Starting date: Saturday, 30 April

Taronga Western Plains Zoo

Zoo Adventures

Taronga Western Plains Zoo Education Centre’s Zoo Adventures is a school holiday program for students attending primary school aged 5-12 years and will be held during the April 2016 school holidays. This education program is designed for primary school-aged students and all activities are run by qualified staff.

Dates: Tuesday, 12 April to Friday, 15 April 2016  
Monday, 18 April to Thursday, 21 April 2016

Age: 5-12 years

Time: 8:30am to 3:30pm

Cost: Early Bird Special - $45.00 per child per day (if booked before Monday, 28 March 2016)  
Normal Rate - $55.00 per child per day (bookings after Monday, 28 March 2016).

How to Book: All information including booking form and daily activities can be found on our website http://taronga.org.au/taronga-western-plains-zoo/whats/zoo-adventures-dubbo or contact the zoo on 6881 1433.

Looking for School Holiday Care?

Look no further, Kidzcare at the Parkes PCYC offers quality vacation care!

Monday - Friday 8.30am to 5.30pm.

Come and join the fun activities including art and craft, cooking, IKI, drama incursions, excursions and games etc.

Approved childcare CCB and CCR available.
Walla Rugby Competition Registration Evenings:
When: Friday, 1 April and Friday, 8 April
Time: 5.30-6.30pm
Where: Spicer Oval
Cost: $65 Under 7’s
$75 Under 9’s and Under 11’s.

Fee reduction of $10 per extra sibling and $10 if you participated in the TRY RUGBY program.

Games: commencing Sundays, 1 May through to Saturday, 14 August 2016. Participating clubs throughout the Central West each host a Gala day where players take part in three games each week. Game format is as follows: Under 7’s - on field coach, no contact, two handed touch only. Under 9’s supported full contact (coach on field) and Under 11’s modified full contact. Both boys and girls are welcome to play. It is not compulsory to enter all gala days so parents and coaches can decide week to week which gala days to attend. It is a great day of fun where players get a good amount of game time, practise learned skills, make friends and gain self-confidence.

Training: Thursdays 5.30-6.30pm at Spicer Park beginning late April (exact date TBA).

For further details please contact:
Michelle MacGregor 0439 498 033 (coordinator), Brendan Guy (U7’s) 0405 160 140, Richard Rice (U9’s) 0428 623 210 or Wayne Osbourne (U11’s) 0429 621 800

“Come join one of the fastest growing junior rugby clubs in country NSW “