

STROUD ROAD PUBLIC SCHOOL

Respect and Care, Learn and Share

NEWSLETTER



Edition 31/2012

Tuesday, 9th October 2012, Term 4 Week 1

From the Principal's Desk:

Welcome back to a very busy term 4 and I hope that everyone had an enjoyable holiday break! It is hard to believe that we are in the final term of the year already.

Hard Work Books:

These were sent home on the last day of Term 3 and I hope that you took the time to share the work with the students. It would be appreciated if these could be returned by the end of this week.

Active After School:

Our first session of Active After School will commence on Wednesday with the activity being archery. Please pick up students from school at 3.30pm on this day. The other session is still being finalised and further details will be sent home shortly.

Jump Rope For Heart:

It was a wonderful day to end off last term with our skipping celebrations. Congratulations to the students for their efforts and to Mrs Madden for her organisation of the day. Please return all sponsorship forms and money by the end of this week.

Performance at Stroud:

Next Tuesday we will be travelling to Stroud PS to watch the performance of Ghana Beat My Drum. Please return permission notes and \$5 per student by Monday to allow for final organisation. We will require assistance to and from Stroud on this day. We will be leaving school at 9:10am and will return as soon as the performance is completed.

3-6 Bathurst Excursion:

The final countdown is now well and truly on with our departure coming around very fast! Attached to this newsletter is a dietary and medical form and it would be appreciated if these could be completed and returned to school by Thursday of this week, as we have to pass on this information by the end of the week.

All payments should now be finalised as we have to make the payments to the organising company. Further details will be sent home shortly and we are all getting very excited about the excursion. If you have any questions, please do not hesitate to contact me.

Presentation Night:

Claim the date for the 2012 presentation night is Wednesday 12th December 2012. Please mark this date in your diaries and on calendars. It will be a very entertaining night.

Congratulations to Leonie & Scott Edwards on the birth of their beautiful baby son, Riley.

Have a great week!

David Simes / Principal

Term 4 Week 1

Wednesday 10th October

- ◆ Active After School—Archery

Term 4 Week 2

Monday 15th October

- ◆ Canteen—Amanda on roster

Tuesday 16th October

- ◆ Performance at Stroud
- ◆ Active After School—Activity to be advised

Friday 19th October

- ◆ P&C Meeting—8.30am—Everyone welcome!

P&C NEWS

The following key items were discussed at the P&C meeting on 21st September 2012.

Honey – Term 4 Sale

We are aiming to sell all stocks of honey by the end of term 4 and it is now on sale at \$10 for a 1kg tub. Please see Kathy in the office to get your supplies.

Canteen Menu

The menu has been updated slightly for this term. See the new menu attached – fresh cooked pikelets will now be available at recess so get your orders in early!

All canteen volunteers will also be asked to complete a stock tally sheet each canteen day so we can ensure that we are not low on any items for the following week.

Events this Term

Presentation night

The date for the presentation night will be Thursday 12 December 2012. The P&C will be organising a sausage sizzle, raffle and other fundraising activities on the night. Please come to the next meeting and help by volunteering.

Cooking session

Dates for a cooking session this term will be confirmed soon. Please let Eleanor or Nic know if you can help out.

Date of Next Meeting

Tentatively scheduled for Friday 19 October at 8.30 am but may need to be re-scheduled due to insufficient member availability. All parents and community members are welcome to attend and date will be confirmed in next newsletter.

Debbie Forbes has a fish tank to give away—all you need is the water and the fish. Please see Debbie if you are interested in this.

CANTEEN NEWS—Term 4 2012

- Canteen will be held each Monday during Term 4 unless otherwise advised.
- 2 bags per child will be attached to the weekly newsletter—one for recess order one for lunch order. Please mark one bag recess and one lunch and then add your child's name, class and order to the relevant bag (correct money enclosed in the bags would be appreciated).
- Thank you for supporting the school canteen.

STROUD ROAD PUBLIC SCHOOL CANTEEN MENU—TERM 4 2012	
SNACKS	PRICE
Cake	\$1.20
2 Pikelets	\$1.00
Chips (honey soy)	\$1.20
Nutella	\$0.50
Ovaltinees	\$0.80
Sultana Boxes	\$0.50
LUNCH	
Ham & Pineapple Pizza Muffins	\$1.00
Sandwiches—Ham & Cheese Toasty	\$2.00
Sandwiches—Cheese Toasty	\$1.50
Chicken, lettuce & mayo wrap	\$2.50
Frozen	
Frozen yoghurt Ice Block	\$1.00
Milk Ice Block	\$1.00
Icy Bites	\$0.50
Frozen Fruit Surprise—(mixed frozen fruit eg grapes, blueberries, pineapple, strawberries)	\$0.50
Juice Popper—apple & blackcurrant or tropical	\$ 1.00
Cold / Hot Strawberry Milk	\$ 1.00
Cold / Hot Milo	\$ 1.00

Canteen Roster Term 4—2012	
15th October	Amanda
22nd October	Kelly
29th October	Nicole
5th November	Kate
12th November	Di & Di
19th November	Janet & Connie
26th November	Tess
3rd December	Eleanor
10th December	Kelly
17th December	Amanda

Thank you for your assistance with the canteen.
 If you are unable to attend please arrange a replacement.



Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$63 for school-aged children and \$46 for preschoolers (prices exclude pool entry fee).



For more information or to make a booking, phone 13 13 02
or visit www.dsrr.nsw.gov.au



**Office of
Communities**
Sport & Recreation



Health

Hunter New England
Local Health Network

27th September 2012

Dear Parent,

The Lower Mid North Coast Children, Young People and Families Service are running a series of FREE parenting seminars as part of the **Positive Parenting Program (Triple P)**.

The Triple P Seminar Series is a series of presentations on positive parenting for people with children aged 3-12 years. The seminars are designed to provide an overview and introduction to the principles of positive parenting for any interested parent. Parents learn how to use positive parenting to encourage children to learn the skills and competencies they need and to promote their health, development and overall wellbeing.

This will be a series of three seminars in one day. Each session is about 60 minutes long and there will be time throughout and at the end for any questions you may have as a parent.

The most benefit will be gained from attending all three of the seminars through the day however, attending for part of the day can still be beneficial to parents.

The seminars are being run at the School of Arts Hall, Bucketts Way Stroud on the following date:

Thursday 18th October @ 9:30am (finishing about 2:00pm)

Seminar 1: The Power of Positive Parenting

Seminar 2: Raising Confident, Competent Children

Seminar 3: Raising Resilient Children

See over for more details about each seminar.

If you plan to attend, we'll need to know that you're coming and all you need to do is call Gloucester Community Health Centre on 6538 5058 and register your name for the day.

We appreciate how busy you are as parents and that is why we have decided to run the three seminars across one day. Child minding will be available due to our partnership with the Stroud Playgroup. When registering for the seminars please let us know how many children you will be bringing along.

Morning tea and lunch will be provided on the day.

I look forward to seeing you at the seminars!

Andrew Harvey
Counsellor
LMNC Children, Young People and Families Service

Hunter New England Local Health Network
ABN 63 598 010 203

Gloucester Community Health Centre
Church Street, Gloucester NSW 2422
Telephone: (02) 6538 5058
Fax: (02) 6538 5059
Website www.hnehealth.nsw.gov.au

Positive Parenting Program (Triple P) Information Seminars

Parents who participate in a Triple P Seminar receive specific advice on ways to manage their child that will help to optimise their child's overall development as well as the experience of being a parent.

Seminar 1: The Power of Positive Parenting

This session introduces parents to the five core principles of positive parenting;

- Ensuring a safe and engaging environment for children
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

Seminar 2: Raising Confident, Competent Children

This session builds on seminar 1 and shows parents how they can use positive parenting principles to teach children important values and skills such as;

- Encouraging respect
- Cooperation
- Getting on with others
- Learning to be independent
- Learning to develop healthy self esteem
- Learning to become good problem solvers

Seminar 3: Raising Resilient Children

This session focuses on helping children learn to regulate their emotions. Parents are often uncertain about how to respond to children's expressions of emotion in ways that help them learn to manage their feelings. This seminar deals with;

- How to help children recognise and accept feelings
- How to help children express their feelings appropriately
- How to help children build positive feelings and deal with negative feelings
- How to help children develop coping skills and deal with upsetting or stressful life events

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