



# Stroud Road Public School and Community Newsletter

Monday, 24th October 2016

## REMINDERS FOR SCHOOLS DAYS

Monday: Canteen (recess and lunch)

Tuesday: Garden Club

Wednesday: School banking, library borrowing

Thursday: Canteen (recess)

Friday: Sport, recorders, music

## NEWS DAYS

Monday – Jack, Izzabella, Lachlan, Darcy, Indy

Tuesday – Lucy, Hayley E, Nic, Raiden, Kaiden

Wednesday – Hayley FW, Bronte, Zarleigh, Connor, Ben

Thursday – Elijah, Poppy, Sam, Madeline, Layla

## STUDENT OF THE WEEK

Each week staff choose 1 student who has gone above and beyond to achieve one or more of our PBL goals (respect, care, learn, share). Congratulations to Raiden Hodge for progressing well in mathematics.



Raiden will receive a voucher to get an ice block or packet of chips from the canteen.

## SUPER SPELLERS

Well done to Bronte, Hayley FW, Ben, Sam, Hayley E, Jack and Lachlan who were our super spellers on Friday, getting 100% in their spelling test.



## 6-7 TRANSITION SESSIONS

I have heard back from Gloucester HS with the following information regarding 6-7 transition.

Info BBQ for all Year 6 Wednesday 19<sup>th</sup> October at 5:30pm

Orientation Day 5<sup>th</sup> December **PLEASE NOTE A CHANGE OF DATE**

Primary to HS visits

We have received the following **'DRAFT DATES'**

27<sup>th</sup> Oct 11:15am-12:30pm

2<sup>nd</sup> Nov 1pm-3:15pm

16<sup>th</sup> Nov 1pm-3:15pm

30<sup>th</sup> Nov 1pm-3:15pm

I have advised GHS that we have the Dungog League Tag day on 16/11 and Intensive swimming on 30/11.

I have also received an email from Dungog HS with their 6-7 transition information.

Jumpstart days – 28<sup>th</sup> Oct/11<sup>th</sup> Nov 9am-3:20pm

BEST days – 4<sup>th</sup> Nov/18<sup>th</sup> Nov 9am-3:20pm

Orientation day – 6<sup>th</sup> December (all students)

### DUNGOG PUBLIC SPEAKING COMPETITION

We have received confirmation that the Dungog Rotary Public Speaking competition will be on Monday 7<sup>th</sup> November at 6pm for a 6:30pm start. Layla and Ben have nominated themselves to participate in this competition and we wish them all the best as they prepare for the competition. Thank you to Mrs Melmeth for working with Layla and Ben in their preparation for this event. If you would like to attend this event tickets are \$25 a head (this includes dinner). Please let Mrs Dennis know if you would like to attend by Tuesday 1<sup>st</sup> November.

### YEAR 6 SLIDE SHOWS

Year 6 students are asked to bring in the following photos to create their end of year display for presentation night:

5-6 photos of themselves before they started school.

2-3 photos of themselves for each school year (including a school photo please).

Digital copies are preferred but we are able to scan original photos if necessary.

### SWAP IT

## LUNCHBOX IDEAS



Crunch&Sip®	Recess	Lunch	Drink
Lebanese cucumber Water	Grapes Fruit scone Sunflower seeds	Corn cakes with cheese & vegemite	Water bottle

#### FUSSY EATERS

Use your SWAP IT stickers to make everyday foods fun! Try sticking eyes on fruit or stick an 'I love you' on everyday snacks.

#### EVERYDAY TIP

If you're at a nut free school, try sunflower seeds or pepitas. A crunchy and everyday option that's nut free!

[www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)

### MUSIC LESSONS APP

Parents of students participating in music lessons with Henry are advised that there is a free app you are able to download for students to practise at home. The app is called 'Pro Metronome – Tempo Keeping with Beat, Subdi....'





### Keyboard & Guitar Lessons

Using Internet / Video Conferencing



#### Small Group & Private Lessons

Register your interest with the school today!

- Lessons are held once per week on school campus – typically during the school day
- Students work with a remotely based PMI teacher using Internet / video conferencing
- Only \$15.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available (\$32.95 per child for 30 minutes)
- Learning plan for all students via 'PMI Stars' program – structured objectives with progress visibility
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child's school results – including for reading, maths, coordination

P: 1300 362 824 E: [admin@primarymusicinstitute.com.au](mailto:admin@primarymusicinstitute.com.au) [www.primarymusicinstitute.com.au](http://www.primarymusicinstitute.com.au)

### WALK IT OFF

We had a pop in visit from some men who are walking from Currumbin to Sydney to raise awareness for mental health and suicide prevention. The men gave the students a wrist band and a toothbrush and toothpaste set. We were amazed at how far they are walking in total. When they left our school they were heading to Dungog where they will spend the night. To find out more about their story please visit: <https://www.everydayhero.com.au/event/walkitoff>



### BOORAL SCHOOL DISCO

On Friday 28<sup>th</sup> October Booral Public School SRC will be hosting a disco. The theme for the disco is Halloween. The disco will run from 5:30pm until 7:30pm. A canteen run by their SRC will be selling some treats on the night. The P&C will have a hot dog for each child who attends. Money raised from this disco will be sent to Stewart House to support the work they do for our students.

#### **WEEK 3**

Tuesday 25 <sup>th</sup> Oct	Kinder transition
Wednesday 26 <sup>th</sup> Oct	Whizzy visit 12:30pm
Thursday 27 <sup>th</sup> Oct	Hot Lunch (Molly) GHS transition 11:15-12:30
Friday 28 <sup>th</sup> Oct	DHS Jumpstart transition day

#### **WEEK 4**

Tuesday 1 <sup>st</sup> Nov	Troppo Bob @ Stratford PS
Wednesday 2 <sup>nd</sup> Nov	Kinder transition GHS transition 1pm-3:15pm
Thursday 3 <sup>rd</sup> Nov	BWCoS meeting
Friday 4 <sup>th</sup> Nov	DHS BEST transition day Principal Network Meeting
Saturday 5 <sup>th</sup> Nov	SDD (in lieu 20/12)

#### **WEEK 5**

Prac students (Ms Head and Mr Fitzsimmons)	
Monday 7 <sup>th</sup> Nov	Dungog Public Speaking 6pm Princ. Cred – Sydney (Crystal)
Tuesday 8 <sup>th</sup> Nov	Princ. Cred – Sydney (Crystal)
Thursday 10 <sup>th</sup> Nov	Kinder transition Hot Lunch (Janet)
Friday 11 <sup>th</sup> Nov	DHS Jumpstart transition day
Saturday 12 <sup>th</sup> Nov	SDD (in lieu 20/12)

#### **WEEK 6**

Prac students (Ms Head and Mr Fitzsimmons)	
Monday 14 <sup>th</sup> Nov	P&C meeting 7pm
Tuesday 15 <sup>th</sup> Nov	Maitland Horse Sports
Wednesday 16 <sup>th</sup> Nov	GHS transition 1pm-3:15pm Dungog League Tag Day
Thursday 17 <sup>th</sup> Nov	K-2 excursion (with Stroud)
Friday 18 <sup>th</sup> Nov	Kinder transition DHS BEST transition day CLN meeting

#### **WEEK 7**

Prac students (Ms Head and Mr Fitzsimmons)	
All week	Intensive swimming 1:30pm

#### **WEEK 8**

Prac students (Ms Head and Mr Fitzsimmons)	
All week	Intensive swimming 1:30pm
Wednesday 30 <sup>th</sup> Nov	GHS transition 1pm-3:15pm

#### **WEEK 9**

Monday 5 <sup>th</sup> Dec	6-7 transition G.H.S P&C meeting 3:10pm
Tuesday 6 <sup>th</sup> Dec	6-7 transition D.H.S.
Thursday 8 <sup>th</sup> Dec	Presentation night 6:30pm

#### **WEEK 10**

Friday 16 <sup>th</sup> Dec	Last day breakfast Students' last day
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#### **WEEK 11**

Monday 19 <sup>th</sup> Dec	SDD – Gloucester P.S.
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Crystal McGuigan  
Principal

### **P&C News**

#### **Canteen Roster – Term 4**

31 <sup>st</sup> October	Davina
7 <sup>th</sup> November	Leasa
14 <sup>th</sup> November	Janet
21 <sup>st</sup> November	Marianne
28 <sup>th</sup> November	Nicole
5 <sup>th</sup> December	Leonie
12 <sup>th</sup> December	Kim

Is anyone available to do canteen on Monday 7<sup>th</sup> November as Leasa is unavailable. Please discuss a possible swap with Leasa. Thank you

Thank you for your assistance with the canteen. If you are not able to attend on your rostered day, please arrange for a replacement.

**The next P&C meeting is Monday 14<sup>th</sup> November at 3:10pm.**

After a discussion at the P&C meeting it was decided that students would be asked to please only hand out cards at Christmas time (if you would like), rather than a card and a small gift each. Thank you for your understanding.



## Chat with the Chappie

Life can be very stressful, not just for us as adults, but for our little people too. Statistics tell us that one in six young Australians are currently experiencing an anxiety condition of some type; that's a lot of young people!

There are lots of reasons for anxiety in children and this is something you may want to discuss with a counsellor or your GP. Below are a few easy suggestions that may help your child cope with anxiety once it arrives.

1. Put the worries 'to bed' – Help your child write them out, roll them and put them away. You might have a special box to put them in or your child may want to throw them in the bin.
2. The 'face lifter' – This strategy tricks the brain. Think of the worry and then force your face to smile. It is very difficult to focus on the worry when you're smiling.
3. Breathing in waves – As you breathe in, imagine the wave coming in, and as you breathe out, imagine the wave going back out. Do this repeatedly. This slows the brain and body down and sends a message to the brain telling it everything is ok.

As Mum or Dad, you can be such a positive contributor to how your child deals with anxiety. You might not know it but you are their role model on how to cope with anxiety! So perhaps you might like to try using some of these strategies yourself! They take practice and time to master, so be patient and persist. Make it a time to connect with your child and work through them together on a regular basis.

If you're struggling right now, take the time to talk to someone about it, you don't have to journey alone.

Beyond Blue – 1300 22 4636 (24hr access)

Lifeline Australia – 13 11 14 (24hr access)

Or feel free to have a 'chat with the chappie' ☺

## Chaplain's Character Award – 24/10/16

Beginning this term will be a new award given out each week to students displaying great character traits. These might be, integrity, honesty, loyalty, respectfulness, responsibility, humility, compassion, fairness, forgiveness, authenticity, courage, generosity, perseverance, politeness, kindness, lovingness, optimism, reliability, conscientiousness, self-discipline and the list goes on!!

This week's awards go to:

### Hayley Edwards

For: Showing kindness to younger students whilst playing handball.

### Kaiden Went

For: Being thoughtful and kind in helping to sweep out the COLA ready for gymnastics.



### Dungog Festival is a magical place for kids this year, with a load of activities and things to see.

#### FRIDAY

**Artisan Night Markets, 4-10pm** with a jumping castle and the Hunter Water Markets Stage. Do some shopping, bring a picnic or savour some of the mouth-watering delights on offer, grab a glass of wine or beer and sit back and enjoy some wonderful music. The kids can dance the early evening away, under your watchful gaze.

**Dungog Museum, 6-9pm (& Sat)** Take the kids back in time and give them some insights into the rich heritage of this beautiful town.

#### SATURDAY

**Dungog Tractor Parade, 10.30am** Dowling Street will be transformed back in time with the historic tractors, bikes & cars.

**Fizzics: Big Science, 12.45-1.45pm** will never be the same again once you've experienced Fizzics, at the Uniting Church Hall.

**George Ellis' The Conductor and the Clown, 12 & 2pm** is guaranteed to bring laughter, while introducing the kids to some wonderful classical music brought by one of Australia's most eminent conductors and 12 of his classical musician friends, + one very naughty clown, George Washing machine.

**Virtual Reality sessions, between 10am & 5pm** don a headset & be transported to another world, free, book at Festival Lounge.

**Black-smithing demonstrations Sat & Sun between 9am & 4pm**, Nigel, of Phoenix Forge, will fascinate the kids.

#### SUNDAY

**IS GRANDPARENTS DAY**

**Fiddlesticks, 9am** This beautiful children's film will kick off a special Grandparents' Day event. From the James Theatre the children and their grandparents will head off to the Dungog Public School for some poetry, magic, face-painting and other fun activities, along with some morning tea. P.S. parents welcome too.



# Fizzics: Big Science

## at the Dungog Festival

### Sat 29 Oct, Uniting Church Hall

### *It's science, it's free & it's fun!*

This great 'science sampler' was developed as a way of introducing science to the greater community. It's a 60 minute tour of some fun, in-your-face science, and will suit adults or families.

See gigantic bubbles, flying toilet paper, hair-raising electricity, bubbling liquid nitrogen, levitating beach balls, volunteers on a nail chair, a giant gyroscope, coloured shadows, a flame equalizer and much more!

**Big Science Big Fun is a free one-hour event at the Dungog Festival at 12.45pm on Saturday 29 October in the Dungog Uniting Church Hall.**

**Paterson Allyn Williams**  
**SCIENCE HUB**

To find out more details visit the **Paterson Allyn Williams Science Hub Facebook page** or **[www.dungogcommunitycollege.org.au](http://www.dungogcommunitycollege.org.au)**



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