

Stroud Road Public School and Community Newsletter

Monday, 31st 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 Bronte Cooper for showing great improvement in gymnastics.



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

SUPER SPELLERS

Well done to Ben, Hayley FW, Nicholas, Bronte, Darcy, Madeline, Lucy, Elijah and Jack who were our super spellers on Friday, getting 100% in their spelling test.



ARRIVAL AND DEPARTURE TIMES

We understand that, at times, you may need to drop your child/children off before 8:30am and may need to pick them up a little late. Could we please ask that you advise us if you are going to be early or late so we are able to organise suitable supervision.

DEODORANT

As we come into summer and the weather gets warmer students are reminded that they are allowed to be in roll-on deodorant to apply before fitness/sport. Please do not send in aerosol deodorant because we have many students with asthma. Students might also like to apply some deodorant before they come to school (with parents' permission).

DUNGOG PUBLIC SPEAKING COMPETITION

We have received confirmation that the Dungog Rotary Public Speaking competition will be on Monday 7th 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 1st 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.

WHIZZY VISIT

We enjoyed our informative session with Whizzy again this year. Congratulations to the students who won prizes for their entries in the Whizzy competition.



TROPPO BOB

We are all really looking forward to visiting Stratford School tomorrow for the Troppo Bob performance. We will have recess, followed by some activities and enjoy lunch with the students and staff at Stratford before heading back to Stroud Road PS.

PRINCIPAL NETWORK MEETING

I will be away on Friday, attending the Principals Network Meeting in Forster. After this meeting I am attending a farewell afternoon for my boss, Mr Willard, who is retiring at the end of this year.

GEOGRAPHY MEETING

Mrs Madden will be visiting Stroud School on Monday to work with Mrs Steele on their new Geography unit of work they are writing together. Miss Bratfield will be on the Infants class.

PRINCIPAL CREDENTIAL

I will be in Sydney on Monday and Tuesday next week attending the next 2 days of my Principal Credential course. Mrs McNeice will be on my class.

PRAC STUDENTS

On Monday next week we welcome Ms Chloe Head and Mr Jared Fitzsimmons to our school for their 4 week prac. Ms Head will be working in the Infants class and Mr Fitzsimmons will be in the Primary room. We are looking forward to having them here with us.

LUNCHBOX IDEAS



Crunch&Sip®	Recess	Lunch	Drink
Corn on the cob Water	Yoghurt Roasted fav-va beans Banana	Fruit spice English muffin with tahini	Water bottle

SAVE TIME 

Cook extra vegetables at dinner for lunchboxes the next day. Cooked corn on the cob, pumpkin and cauliflower make quick Crunch&Sip® options.

EVERYDAY TIP

Explore the variety of breads available in the supermarket. Simply changing the bread type can add variety and interest to the lunchbox.

www.goodforkids.nsw.gov.au



While brands may be depicted in these images, Good For Kids has no affiliation and does not endorse any specific food brand. We do not warrant that the information on products will meet individual health, nutritional or medical requirements, or individual school policy. For more lunchbox suggestions see www.goodforkids.nsw.gov.au



Have your say on SWAP IT!

Our school has been running the SWAP IT program since Term 3. Here is your chance to have your say and make the program better.

Location: Stroud Road Public School
Date: Monday 14th November
Time: 2:30 - 3.00pm

Registrations preferred for catering purposes but not essential.

Text **0437 305 075** with your name and school.

Free to attend with afternoon tea provided.

Attend the session to go in the draw to win a "Fruit and Vegetable Basket"



PMI KEYBOARD AND GUITAR LESSONS

I received an email from Ellie from PMI last week to ask if a Principal from another DoE school could dial in to one of the music sessions on Friday to see how they work. I have okayed this, as the Principal is from another Public School and would have completed the relevant checks and be aware of child protection issues. If you would prefer the Principal does not dial in to your child's session please contact me before Thursday. Thank you



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 www.primarymusicinstitute.com.au

WEEK 4

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

WEEK 5

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

WEEK 6

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

WEEK 7

Prac students (Ms Head and Mr Fitzsimmons)
All week Intensive swimming 1:30pm
Wednesday 23rd Nov Assembly 9am

WEEK 8

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

WEEK 9

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

WEEK 10

Friday 16th Dec Last day breakfast
Students' last day

WEEK 11

Monday 19th Dec SDD – Gloucester P.S.

Crystal McGuigan
Principal

P&C News

Canteen Roster – Term 4

7 th November	Leasa
14 th November	Janet
21 st November	Marianne
28 th November	Nicole
5 th December	Leasa
12 th December	Kim

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
14th November at 3:10pm.

AGENDA

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

Relationships have to be one of the trickier things to navigate in life. They require time, perseverance, sacrifice and of course, patience!

I read a quote recently;

“God please give me patience, if you give me strength I will just punch them in the face.”

Let's be honest, there are moments when we feel so frustrated and overwhelmed (lets also remember that violence is never the answer!). Sometimes it's not even about the other person but more that we are tired, unwell or stressed.

So what is patience? Wikipedia tells us that patience is the state of endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on negative annoyance/anger; or exhibiting forbearance when under strain, especially when faced with longer-term difficulties.

If you are a person of faith you'll know that patience is mentioned many times in the Bible; it is a character trait that most would say is desirable and takes time to hone and develop. Have a think about your own relationships with friends, work mates, partner and children. Where would you rate your level of patience in these different areas, 1 being the lowest and 10 being the highest?

Take a deep breath today, be the bigger person and show patience. What a different world we'd live in today if this wonderful character trait was our 'go to' response. ☺

Chaplain's Character Award – 31/10/16

This week the awards go to:

Poppy Northedge

For: Showing kindness to all creatures great and small. Not only to other students but also to the baby snails!

Ben Lathwell

For: Showing initiative and looking for opportunities for random acts of kindness towards his fellow students.

Great job Ben and Poppy, keep working hard at developing your character! 😊



You are invited to the **Wallis, Myall & Karuah Waterway 2016 @ Catchment REPORT CARD RELEASE**

Come and join us for a relaxed and informative evening, whilst enjoying delicious local food.

Find out how intensive farming and the environment can happily co-exist and hear about the health of your local waterways.

Meet Lynne Strong, multi-award winning farmer from Clover Hill Dairies, whose ethos is:


“Our Business is a Partnership between Our Cows, Our Landscape and Our Community”

WHEN: 6pm, Friday 18th of November 2016
WHERE: Stroud Country Club (Golf course), The Bucketts Way
RSVP CLOSES: 11th November

[Click here for more info & to RSVP](#)
or call 6591 7320
[MidCoast Council](#)

FREE EVENT

MidCoast Council water quality improvement projects are made possible by the Environmental Special Rate



Community News

Carols in the Rotunda

Saturday 3rd December 2016

Mark your calendar this is a great family night!

