

Stroud Road Public School and Community Newsletter

Monday, 5th September 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 Izzabella Hodge for displaying a conscientious effort in all school areas.



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

SUPER SPELLERS

Well done to Lachlan, Hayley FW (both on excursion), Darcy (absent), Kaiden, Layla, Ben, Izzabella, Sam, Raiden and Madeline who were our super spellers on Friday, getting 100% in their spelling test.



NAIDOC DAY

We have been advised that the new date for NAIDOC Day celebrations will be Thursday 13th October (Term 4, Week 1). All students will now be at Dungog Public School for the day as some students at Dungog High School have exams.

HORSE TALES

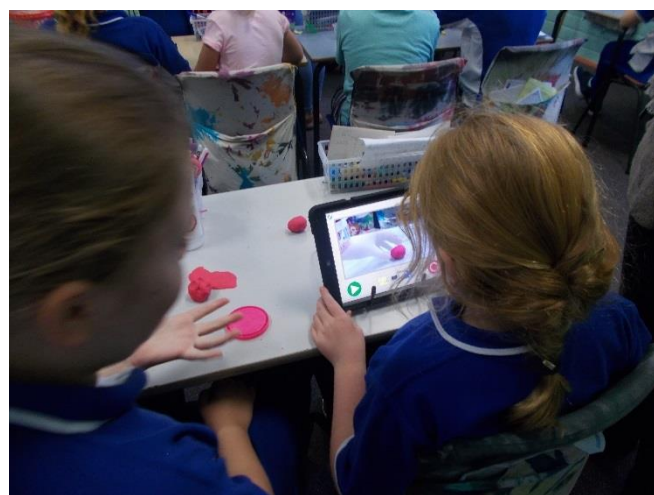
Connor, Indy, Kaiden and Layla have all been enjoying the Horse Tales sessions they are attending.





KOMA KOMA E-LEARNING

On Monday afternoon last week we participated in a videoconference with Mrs Sansom from Stratford school. During the VC we learnt how to use an app called Koma Koma.





TOONTASTIC E-LEARNING



Our next e-Learning videoconference is on Monday 12th September from 2pm-2:45pm. During this time we will be learning all about the Toontastic app. Parents and carers are welcome to join us for this videoconference.

CAMP QUALITY VISIT

Camp Quality are currently running a fundraiser and will be visiting our school as part of their 1000k ride. They will be presenting a puppet show at 9am and parents are welcome to attend. During recess and lunch we will be having a cake stall and running some fundraising games. If parents could please donate some cakes and slices it would be very much appreciated. Students are allowed to wear their pyjamas to school on Wednesday and we ask for a gold coin donation for coming out of uniform.

DUNGOG SCIENCE AND ENGINEERING DISCOVERY DAY

What a fantastic day we had at the Science and Engineering Discovery Day at Dungog High School last week.

SWAP IT

LUNCHBOX IDEAS



Crunch&Sip®	Recess	Lunch	Drink
Celery stalk Water	Peaches in juice Pikelets	Pita pocket with cucumber, lettuce and tuna	Frozen milk popper

EVERYDAY TIPS

Instead of sweet cakes and biscuits, SWAP IT to everyday foods like pikelets, plain, vegetable or fruit scones or uniced fruit buns. Buy them in a multi-pack or 'make your own versions with added vegetables or fruit.

SAVE MONEY \$\$

Buy larger cans of fruit in natural juice and portion into smaller containers. Don't forget to pack a spoon!

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good for life

*See goodforkids.nsw.gov.au for a recipe

swap it
everyday in
the lunchbox

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 we provide will meet individual health, nutritional or medical requirements, or individual school policy for more lunchbox suggestions see www.goodforkids.nsw.gov.au



ZOO SNOOZ EXCURSION

I am away today and tomorrow with the Stage 2 students on the Zoo Snooz excursion. Mrs McNeice will be on my class for the 2 days with Mrs Bell.

YEAR 5/6 EXCURSION TO HILL END AND BATHURST

Thank you for the notes and money that has been sent in for the Bathurst excursion. Full payment will be due before the end of the term (23/9).

Week 8

Mrs Bell prac	
Tuesday 6 th Sept	Stage 2 Zoo Snooz Kindergarten Transition
Wednesday 7 th Sept	Camp Quality Puppet Show Wear your pyjamas to school
Thursday 8 th Sept	Horse Tales

Week 9

Mrs Bell prac	
Wednesday 14 th Sept	Kindergarten Transition Mr Cornall - STEM Responsible Pet visit P&C meeting 7pm
Thursday 15 th Sept	Hot Lunch (Janet) Horse Tales

Week 10

Mrs Bell prac	
Thursday 22 nd Sept	Kindergarten Transition Horse Tales

HOLIDAYS

Saturday 1 st Oct	Stroud Country Fair
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Crystal McGuigan
Principal

P&C News

Canteen Roster – Term 3

12 th September	Molly
19 th September	Janet

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

UNIFORMS

If you would like to purchase any uniform items could you please send in the money with a note advising the item and size and the item will be sent home with your child or given to you.

*Thank
You*

to everyone who assisted with the food stall at the auction on Saturday. Despite the wind it was a great day.

Chat with the Chappie

Let's face it, some days, parenting can be really hard and we have to remind ourselves why we went down this path in the first place! We can struggle as parents to deal with our kids and their behaviours at all different ages and stages.

Remember the terrible twos!? Or maybe you're dealing with some pre-teen behaviours and attitudes that have left you wondering where your sweet little child has gone.

Communication is a big key to success in parenting. We are actually communicating all the time to our kids, but the question is, what are we communicating? Most parents can very quickly list off all the things that need fixing or changing in their kids, but what about us? What if we started looking at ourselves and maybe making some changes there?

This week when you feel like you're experiencing some communication problems with your kids (or even your partner!) try working through these steps.

Step 1 – Change *your* attitude:- maybe you need to start looking at things differently.

Step 2 – Change *your* communication style:- Does yelling or screaming really get the job done? And if it does, how do you and your kids feel after it all?

Step 3 – Change *your* behaviour:- It's still the old saying, 'Actions speak louder than words'.

Step 4 – Change *your* reactions:- Ask yourself, 'how can I remain calm in this moment?' As the adult, you will set the tone for your home and how people communicate.

Step 5 – Change *your* discipline:- What else could I do to help my child learn in this situation?

With a few simple changes, you can make all the difference in how your family communicates, have a go this week!