

Term 4, Week 8

Stroud Road Public School and Community Newsletter

Participate - Learn - Succeed

LEARNING HIGHLIGHT: Sight Words



Koby has worked very hard to increase his speed when reading sight words. With the help of Jack, he tests himself each day to see how many words he can recall in 30 seconds. He has moved up more than 10 words this term. Well done.

CAROLS IN THE ROTUNDA

The students of Stroud Road have been invited to sing Carols on the **9th of December**, at Allen Park, Stroud. We will be joined by students from Booral PS and Stroud PS. It promises to be a

splendid evening. Carols begin at 6.00pm.

DUNGOG HIGH PERFORMANCE



We were lucky enough to view an outstanding music and drama performance by the students of Dungog High. The quality of the musicians, singers and actors was inspiring and we even spotted a few ex-pupils on the stage.

SPORTS AWARDS



Principal: Mr Adam Lewis
P & C President: Mrs Leonie Edwards

Ph: 4994 5276
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Congratulations Haley FW and Lotus

For showing excellent skill development and teamwork in basketball.

END OF YEAR BBQ

We will hold a Christmas BBQ breakfast on the last day of school, **Friday the 15th**, at 8:00am.

All community members welcome.

REMINDERS FOR SCHOOL DAYS

Tuesday:

Scripts (play)

Wednesday:

School banking

Story sharing (news)

Singing voices (choir)

Friday:

Sport shoes

Recorders (music)

Books for returning (Library)

Homework

P & C News

Meeting this Tuesday

28th November, 3:15

Please come along and help us
support our school.

All Welcome



Mondays	Recess and Lunch
Thursdays	Recess Only

- There is no more flavoured milk available.
- Quelch 99% Fruit Juice Iceblocks 70ml are available for 40c.

Canteen stock is being run down due to only a few weeks of term being left therefore some items may not be available.

DOLLARS FOR DAVID



To raise money for our sponsor child, David, we are holding a Christmas cake stall on the **1st of December**.

We will advertise on the road side and try to attract the weekend holidayers as they head towards Gloucester. We would love it if members of the community would like to contribute by baking and donating

something sweet. Our students have been busy decorating for the store.



Students decorating tins as part of the gifts to be presented to Stroud Community Lodge residents.

Chat with the Chappie

Parenting can be one of the most difficult jobs out there. There are no manuals or instructions that come with each age and stage, and it is certainly on the job training! Yet despite this lack of preparation, it is one of the most important jobs in the world. As parents we are tasked with the job of bringing up little people to be big people who contribute to society and are able to function in a healthy and happy manner throughout their adult lives. *This is no small task!*

So, something to consider this week as you parent...

Are you a reactive or proactive parent?

Reactive - Tending to be responsive, or to react to a stimulus.

Proactive - Creating or controlling a situation by causing something to

happen rather than waiting to respond to it after it has happened.

For example, reactive parenting would look like the following... You are frustrated and say, "I said to pack up! Right, you don't get your treat anymore". Proactive parenting would look like... "In 5 minutes it will be time to pack up, then you will get your treat."

In this scenario, the child may still not pack up but you have already set the boundaries and expectations. You don't need to feel frustrated and soon your child learns that when 'A' happens, then 'B' can happen.

As the parent, you can set the tone for what happens in your home. You can decide if you're going to be reactive and maybe end up yelling and screaming just to get things done, or whether you'll be proactive in the way you approach your kids.

Try some proactive parenting today and whilst it can take time to adjust to this new style, it will be worth it as you make your home a calmer environment for all.

If you'd like to discuss this further please feel free to contact me on 0422 523 896 to arrange a suitable time.

Have a great day!
Mrs Kath Thomas :)

Chaplain's Character Awards

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Lachlan - Showing kindness to other students.

Lotus - Helping her peers in the classroom.

Shi-Lo - Working hard to activate helpful thinking

Lucy - Choosing to use positive thinking



Health

Hunter New England
Local Health District

WHAT IS FRESH TASTES?

Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. We use a coloured spectrum to categorise food based on nutritional value:

GREEN: these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so **fill the menu with these foods.**

AMBER: these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so **select these foods carefully, avoid large portion sizes and don't allow them to dominate the menu.**

RED: have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules **These foods can only be sold on two occasions per term.**

Visit www.healthy-kids.com.au