



Stroud Road Public School and Community Newsletter

Monday, 8th May 2017

REMINDERS FOR SCHOOLS DAYS

Monday: Canteen (recess and lunch)

Tuesday:

Wednesday: School banking, Story Sharing (news)

Thursday: Canteen (recess)

Friday: Sport, recorders, music, library borrowing

STANDOUT STUDENT AWARDS

Congratulations to Madeline who received the most ticks for week 2 and will receive a certificate and a voucher for a packet of chips or an ice block from the canteen.



TEXTBOOK PAYMENT

In lieu of a voluntary contribution we ask parents to contribute towards the cost of your child's textbooks. Please send in your payment ASAP.

NAPLAN 2017

NAPLAN assessments will occur this week for Years 3 & 5. Naplan assess skills in numeracy and literacy that are developed over time. Individual student reports will be distributed to individual student's parents in September.

NAPLAN results are useful to us to help us plan, program and identify areas needing additional

support and also to evaluate programs and analysis patterns of student growth and achievement.

NAPLAN though, is only one aspect of the school assessment and reporting process, and does not replace ongoing assessment by teachers about student performance. It needs to be remembered also that it is only one indicator of our school's achievement and that the quality of our school and student performance is made up of many components. Education is made up of a wide range of learning experiences that allow our children to achieve and develop to their full potential in many different areas. I believe our school and its various programs, offer our students these opportunities and our quality as a school is much more than the one indicator of achievement gained from NAPLAN results.

ZONE CROSS COUNTRY

Congratulations to Nicholas, Hayley E, Shilo and Madeline who have qualified to participate in the Zone Cross Country on the 12th May. It will be held at Lakeside Sporting Complex. Mrs Bartlem from Stroud Public School will be the supervising teacher. Parents will need to organise transport for their children to and from the event.

KICK ART

All students participated and enjoyed their first session of Kick Art last Thursday. This will continue throughout Term 2 and each student will add their weekly artwork to their own art portfolio. Thankyou Mrs Thomas for organising this wonderful for of expression for our students. Would all parents complete the attached participation and registration form.

HORSE TALES

Horse Tales will begin this Thursday, 11th May. It will take place at Clarencetown for our Year 6 students. Mrs Thomas will accompany students to this program.

SCHOOL PHOTOS

School photos will take place on the 17th May.
Sibling and leader envelopes are available from the office. Could students please wear winter uniforms for the photo.

TUNING INTO TEENS

The first session of 'Tuning into Teens' began last Monday. Thankyou to all the parents who attended and it was great to hear your positive comments regarding the session. I would like to encourage all parents of near teens to attend these very worthwhile sessions. We, after all, can never have enough information as we guide our students through these years of change. Thankyou again Mrs Thomas for organising this.

SMART BOTS

On Wednesday, 17th May we will be attending a SMARTbots program at Stroud School. This will be presented by the University of Newcastle and will coding and robotics in a fun and interactive show. We are very lucky to be able to participate in this program. The cost of the program is \$2.50 per student and transport will be required to and from Stroud Public School. Thankyou in anticipation of your support.

TEEN TALK

Year six students will have the opportunity to participate in Teen Talk at Stroud Public School on Tuesday, 23rd May. Permission note to follow.



Best wishes to everyone celebrating a birthday this week.

WEEK 3

Tuesday 9 th May	NAPLAN (Language) Yrs 3 & 5
Wednesday 10 th May	NAPLAN (Reading) Yrs 3 & 5
Thursday 11 th May	NAPLAN (Numeracy) Yrs 3 & 5
	Horse Tales Yr 6
	Canteen recess only
Friday 12 th May	Zone Cross Country

WEEK 4

Monday 15 th May	Tuning into Teens
	Canteen
Wednesday 17 th May	School Photos
	Smartbots at Stroud PS
Thursday 18 th May	Horse Tales Yr 6
	Canteen recess only
Friday 19 th May	Walk Safely to School Day

WEEK 5

Monday 22 nd May	Tuning into Teens
	Canteen
	Author Visit @ Stroud PS
Tuesday 23 rd May	Teen Talk
	K/1/2 Wetlands Excursion
Thursday 25 th May	Horse Tales Yr 6
	Canteen recess only
Friday 26 th May	Tenders close 5.00pm

WEEK 6

Monday 29 th May	Tuning into Teens
	Canteen
Thursday 1 st June	Horse Tales Yr 6
	Canteen recess only

WEEK 7

Monday 5 th June	Tuning into Teens
	Canteen
Wednesday 7 th June	Boating Safety Presentation
Thursday 8 th June	Horse Tales Yr 6
	Canteen recess only

WEEK 8

Monday 12 th June	Queen's Birthday Public Hol
Thursday 15 th June	Canteen recess only

WEEK 9

Monday 19 th June	Canteen
Wednesday 21 st June	Performance @ GHS
Thursday 22 nd June	Assembly
	Canteen recess only

WEEK 10

Monday 26 th June	Canteen
Tuesday 29 th June	Canteen recess only
Friday 30 th June	Last Day Term 2
Saturday 8 th July	Stroud Brickthrowing

Kaye Madden
Relieving Principal

P&C News

If you are able to assist with the canteen during Term 2 please see Kim Harris. Your assistance will be greatly appreciated.

Canteen Roster Term 2

15 th May	Kim
22 nd May	
29 th May	Kim
5 th June	
12 th June	Public Holiday
19 th June	
26 th June	Kim

Thank you to everyone who assisted with the stall at the Stroud Show – it was a great success and your effort was greatly appreciated.

P&C Meeting

Friday 19th May – 1.00pm

Everyone is welcome to attend.

Mothers Day Raffle

All raffle tickets for the Mother's Day raffle will need to be returned by Tuesday afternoon. The raffle will be drawn on Wednesday.

Thankyou to everyone who has donated prizes towards this great raffle and purchased tickets.

You must be in it to win it!!!!

Chat with the Chappie

Well, we're back into the swing of things and I amazed that we've already hit May! When life is busy times seems to fly by doesn't it? When life is busy, tiredness can weigh us down. I must confess that after a very full weekend and the demands of a sick baby, I woke up this morning feeling so tired. I'm sure most of you, if not all, have felt like that many times. There are lots of reasons for tiredness. Have a look at the list below and mentally check off the ones that apply to you.

- Long hours of work
- Long hours of parenting
- Poor eating habits
- Stress, which can lead to poor sleep
- Health issues/pain
- Demands of financial strain
- Mental health issues
- Caring for children with special needs, elderly parents & those struggling with mental health
- Grief
- Relationship problems

I'm sure we'd be able to add to the list! The reality is we can't escape a lot of the things listed above and being Mum or Dad is a 24/7 job, we don't get to just sign off. So what we can we do about tiredness, how can we manage it so that we can be the best parents possible? Here are some ideas, some may work better for you than others, but give them a try.

- Think about what you're fuelling your body with. Putting rubbish in is not going to give your body and brain what it needs to perform at it's best.
- Put in some boundaries, how much do I really need to work? Do I need to learn to say no?
- Decide to go to bed a half hour earlier than normal each night. It'll give you an extra 14 hours per month of sleep!
- Exercise; I know, I hate hearing that too, but the reality is the stronger and healthier we are the more we can do without fatiguing so quickly.
- Take time out to care for yourself. This may be just time to have a cuppa, read a chapter of your book and breathe. Or it might be taking the time to see a counsellor and get some support.

- Allow yourself the time and space to grieve. It's ok to be sad when we're dealing with pain in life. You can put an enormous amount of energy into trying to hold it all in and this can become exhausting!

Again, we could add to this list for a long time yet. Chat with a friend today and ask them how they are dealing with tiredness, maybe you'll get some great ideas from them!

If you'd like to chat through this more, feel free to pop into school on a Monday or Thursday or call my mobile on 0422 523 896 to arrange a suitable time.

Kath Thomas ☺

Chaplain's Character Award Week 2 Term 2

This week's award goes to:

Bronte Cooper

For: Her kindness to other students.

And the nominated award goes to:

Mrs Hawkins

For: Helping the students have fun at sport!

Great job guys, keep up the good work!

Chaplain's Character Award Week 3 Term 2

This week's award goes to:

Izzabella Hodge

For: Her persistence and great attitude.

And the nominated award goes to:

Hayley Edwards

For: Being kind and helpful to younger students.

Great job girls!!!



KickArt

