

Newsletter

Wednesday, 26th July 2017

REMINDERS FOR SCHOOLS DAYS

Monday: Canteen (please see roster for details)

Wednesday: School banking, Story Sharing (news)

Friday: Sport, recorders, music, library borrowing

WARM WELCOME

I have had a wonderful start at Stroud Road. I've been made to feel very welcome by the students, parents, and staff. I'm impressed by the attitude to learning and pride taken in the community, and I hope to contribute to both in my time as principal. I'm looking forward to making this semester a very successful end to the year.

STANDOUT STUDENT AWARD

Madeline Warner has shown outstanding responsibility in both the classroom and in the playground. She has been enthusiastic in all of her lessons, and has assisted her new teacher with the organisation of the class and school. Congratulations Madeline!



HORSE TALES

Our program has been a great success. We would like to thank Mrs Thomas and the Horse Tales Hunter Valley for providing this great opportunity for our students to grow and develop, and build equine skills.

MYUNA BAY EXCURSION

The Years 3 & 4 students have had an incredible time at the sport and rec camp. Students took part in a number of challenging activities and pushed themselves out of their comfort zones. I have been very proud of how the students represented our school, and look forward to going on future excursions.

STROUD BRICKTHROWING

The Stroud Brickthrowing was held on Saturday, 8th July. It was great to see so many parents, staff, and students helping out in the the school stall. Well done everyone for making it such a success. An extra thank you needs to go to Mrs Melmeth for coordinating our part in the parade.

LMBR

The school will be transitioning to the new NSW Public Schools finance system and a new bank account on the 4th September 2017.

Mr Lewis
Principal



Jack Fisher-Webster
Shi-lo Thomas

Woolworths Earn & Learn is back so please collect your stickers if you are shopping at Woolworths. The school will be able to choose some resources depending on how many stickers we all collect.

Thank you for your support with this.

WEEK 2Thursday 27th July Canteen Recess Only**Week 3**

Monday 31st July Canteen Recess Only
 Thursday 3rd August Canteen Recess Only
 Friday 4th August NAIDOC Day at Stroud PS

Week 4

Monday 7th August Canteen Recess & Lunch
 Tuesday 8th August Zone Athletics
 Thursday 10th August Recess Only
 Friday 11th August Zone Athletics

Week 5

Monday 14th August Canteen Recess Only
 Thursday 17th August Canteen Recess Only

Week 6 Book Week

Monday 21st August Canteen Recess & Lunch
 Wednesday 23rd August Newcastle Perm Maths Comp
 Thursday 24th August Canteen Recess Only

Week 7

Monday 28th August Canteen Recess Only
 Tuesday 29th August Responsible Pet Visit
 Thursday 31st August Canteen Recess Only

P&C News

Canteen Roster Term 3

27th July – Thursday	Recess Only
31 st July – Monday	Recess Only
3 rd August – Thursday	Recess Only
7 th August – Monday	Recess & Lunch
10th August - Thursday	Recess Only
14 th August – Monday	Recess Only
17 th August – Thursday	Recess Only
21 st August – Monday	Recess & Lunch
24 th August – Thursday	Recess Only
28th August – Monday	Recess Only
31 st August – Thursday	Recess Only

It would be wonderful if we could operate the canteen for recess and lunch every Monday. If you can help this happen it would be very much appreciated.

P&C Meeting – 4th August

9.00am

We hope you can make it!

Thank you to everyone who assisted with the Brickthrowing Stall. The stall was very successful. Further details will be available at the P&C meeting.

STROUD ROAD P & C SHOPPING TRIP FUNDRAISER

WHEN: SATURDAY 12TH AUGUST, 2017

WHERE: IKEA (RHODES) & DFO'S (HOMEBUSH)

COST: \$60 / PERSON

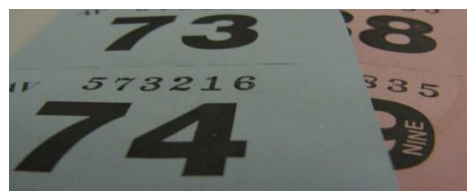
COME ALONG FOR A GREAT DAY OUT, WITH TWO GREAT STOPS, YOU CAN SHOP & DINE AT YOUR LEISURE!

ALL BOOKINGS & ENQUIRIES TO
LEONIE EDWARDS.

PHONE: 4994 7212 OR 0427 508 232
EMAIL: SLEDWARDS03@BIGPOND.COM

THERE ARE STILL SOME SEATS AVAILABLE
IF YOU WOULD LIKE TO JOIN US!

.....
The P&C would be very thankful if you could donate a few small items to be used as raffle prizes for the shopping bus. Some examples are coffee mugs, chocolates, notebooks and pens.



Chat with the Chappie

I hope everyone had a great holiday break and are back into the swing of things; Week 2 already! Have you started the term rested or already feeling run down with way too much to do each day? This week I want to look at self-care. As mums, dads and caregivers, we have a lot on our plate when it comes to looking after kids, managing the home and often throwing part-time or full-time work into the mix; even if you don't work outside the home there are still many jobs to be done, committee meetings to be at and volunteer work that fills our days.

You're probably familiar with the protocol when travelling in a plane; if the oxygen masks drop from the ceiling, you are to put your own mask on before helping others with theirs. This protocol is sometimes used to relate to self-care. You need to look after yourself so that you can help those around you! How can we help our kids, our extended family or our friends if we're not in such a healthy place ourselves?

I think the difference in 'real life' is that we can be doing both at the same time. The reality is as parents is that we can't just switch off so that we can just look after ourselves. I believe we can continue caring for others whilst caring for ourselves. Yes, occasionally we have some timeout and maybe go on a date night with our partner or take timeout for a massage rather than mop the floor; but all the while we're still considering our family and what needs to happen for it to run happily and smoothly.

Below are a few ideas for self-care that you might like to try out in your busy week!

- Stop rushing around for 20 minutes and have a cuppa. Listen to your favourite music, listen to the nature around you, take notice of your surroundings and just breathe (the ironing will wait for you!).
- Do something out of the ordinary this week. It might be stopping to pick some wild flowers on the side of the road, seeing a movie, try a new recipe, or go for a ride. Something that brings you joy.
- Spend some quality time with a family member or friend who you love. Make an effort to encourage each other and talk about how you can be looking out for each other.
- Consider your support network and how you could either strengthen that or expand it.

Have a great term everyone; be kind to yourself and be kind to others ☺

~ I am available on Mondays and Thursdays and am happy to meet with you at school or elsewhere if you'd like to chat more.

Kath Thomas ☺ 0422 523 896

Character Awards:

This week's character awards go to:

Shi-lo Thomas for using initiative and helping to keep the school clean.

and

Madeline Warner for persistence and a positive attitude at the Athletics Carnival

Congratulations girls!