



Stroud Road Public School and Community Newsletter

Tuesday, 22nd August 2017

REMINDERS FOR SCHOOLS DAYS

Monday: Canteen – recess and easy lunch

Wednesday: School banking, Story Sharing (news)

Thursday: Canteen – recess only

Friday: Sport, recorders, music, library borrowing

LEARNING HIGHLIGHT



Lachlan Warner worked very hard to develop his ability to multiply fraction and whole numbers. He could explain his thinking using mathematical language, which is a very useful skill.

Well done Lachlan. Keep using that brilliant *self-talk*!

KEEPING HEALTHY

As the weather goes from hot to cold this time of year, we urge everyone to look after themselves and keep the cold away. *Kids, remember to:*

- Wash your hands
- Eat fruit and veg
- Get plenty of sleep

Reminder – We need to see a doctor's certificate if a student is away for 3 or more days.

JEANS FOR GENES



Well done Stroud Road PS, we raised \$50.00. This contribution makes a difference for children with genetic diseases. Once again, our community has shown generosity, and our students have continued to think of other people's needs.

REGIONAL ATHLETICS

Well done to our zone athletics competitors. A big congratulations and good luck to Nic who will be representing our school in the Regional Athletics competition for high jump. Our community is very proud of you!

BOOK WEEK



Each year across Australia, the Children's Book Council of Australia brings children and books together celebrating Children's Book Week. At Stroud Road PS, we are holding our Book Week parade and activities on Wednesday, 23rd August, commencing at 12.30pm with a picnic lunch. We encourage all students, staff and community to dress as any book character in this year's theme 'Escape to Everywhere'. Parents are also welcome to join us in the afternoon's craft activities, following 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.

Dates to remember:

Friday, 25th August – no online payments after this date.

Monday, 28th August – no payments (cash or cheque) to be receipted after this date.

Thank you for your cooperation regarding LMBR.

STUDENT SURVEY

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.



Just a reminder that the school is collecting the stickers. Please ask family and friends for their sticker – the more stickers the more resources the school can order!

Thank you for your support with this.

Mr Lewis
Principal

Week 6 BOOK WEEK

Wednesday 23rd August Newcastle Perm Maths Comp
Book Week Celebration

Week 7

Tuesday 29th August Responsible Pet Visit

Week 8

Monday 4th September LMBR Live
Saturday 9th September **Election Day Cake Stall & BBQ**

Week 9

Tuesday 12th September Snake Tails @ Stroud PS

Week 10

Friday 22nd September Last Day of Term

P&C News

ELECTION DAY STALL

NSW Local Council Elections are on *Saturday, 9th September*. This is a great opportunity to raise money. We would like to invite everyone to contribute to an Election Day Cake Stall. If you are able to bring a cake or slice to school on the day or the Friday before that would be greatly appreciated.

We will also run a BBQ on the day. If you can lend a hand please let the office know.

Chat with the Chappie

This week I heard Mr Lewis and the kids talking about what they were grateful for at the end of the school day. It was fantastic to see such positive thinking and it made me think more about how we don't see a lot of 'gratitude' in our culture today. There is often a pull to talk about the negative things in our lives and focus on them rather than look at what we can be grateful for.

In the last 10 years or so there have been many studies conducted on the benefits of gratitude, some of these benefits might surprise you! An article in 'Psychology Today' suggests the points below.

1. **Gratitude increases the potential for more relationships** – showing appreciation and acknowledging other people's contributions increases the opportunities to make more friends.
2. **Gratitude improves physical health** – People who practice gratitude report having less aches and pains and are more likely to look after their long-term health.
3. **Gratitude improves psychological health** – Being grateful reduces lots of negative feelings and emotions like envy, resentment, frustration and regret. Gratitude increases happiness and reduces depression.
4. **Gratitude enhances empathy and reduces aggression** – Grateful people show an increase in sensitivity and empathy towards others and are less likely to seek revenge and retaliate, even when provoked.

5. **Grateful people sleep better** – Writing in a gratitude journal before going to sleep helps you focus on positive things, which can assist with sleeping longer and better.
6. **Gratitude improves self-esteem** – Gratefulness reduces social comparisons and resentment towards others; what they have and their successes. Gratefulness helps to appreciate others accomplishments.
7. **Gratitude increases mental strength** – Gratefulness reduces stress and can help overcome trauma. Recognising all you have to be thankful for, even during the tough times, fosters resilience.

So, who would have thought that gratitude could have so many diverse benefits? Could I encourage you this week to find a way to include gratefulness into your family routine? Try adding it to your dinnertime routine, everyone gets a turn at saying what they are grateful for today, or perhaps when you are saying goodnight and tucking the kids into bed.

Today, I am grateful that I can be grateful 😊

Character Awards:

Week 4

- **Lucy Graham** for being a kind and caring friend.
- **Hayley Fisher-Webster** for persistence in her work and assisting other students.

Week 5

- **Madeline Warner** for working persistently in the garden.
- **Seth Gosden** for doing a great job in using conflict resolution skills.

Congratulations!

STROUD ROAD

'Bash 'n Bang'

Family Bonfire & Fireworks

SATURDAY 26TH AUGUST

Entertainment from 6.00pm

Adults / High School \$10.00
Kinder to Year 6 \$3.00

Experience incredible views of Saturn, Jupiter & the Moon
through Dustin's telescope by Gold Coin Donation

Food & Drinks Available 'Random Raffle' Draw

Bring a chair & say good-bye to Winter with our warm bonfire
As we welcome in Spring with a night's sky filled with colour

A Stroud Road Community Hall Fundraiser
Gratefully supported by :-

 **STRATFORD COAL**
Part of the Yancoal Australia Group

 **Norco Rural**

 **GLoucester RESOURCES LTD**

 **MIDCOAST WATER**

 **BIG BOYS**
BUILDING SERVICES

Enquiries :- Rod Williams 0439 193288 or Garry Snowdon 0427 396745



Please find below details of the canteen menu and roster for the remainder of the term.

Mrs Thomas will be doing recess and an 'easy lunch' on the alternate Mondays to full canteen.

The easy lunch menu is as follows:

- Pies
- Sausage Rolls
- Cheese & Bacon Rolls
- Nuggets
- (sauce optional)

Please keep 'an eye' on the table below so you know what is happening with the canteen.

Thursday 24/8	Recess Only
Monday 28/8	Recess & Easy Lunch
Thursday 31/8	Recess Only
Monday 4/9	Recess & Full Canteen
Thursday 7/9	Recess Only
Monday 11/9	Recess & Easy Lunch
Thursday 14/9	Recess Only
Monday 18/9	Recess & Easy Lunch
Thursday 21/9	Recess Only