

Term 1, Week 4

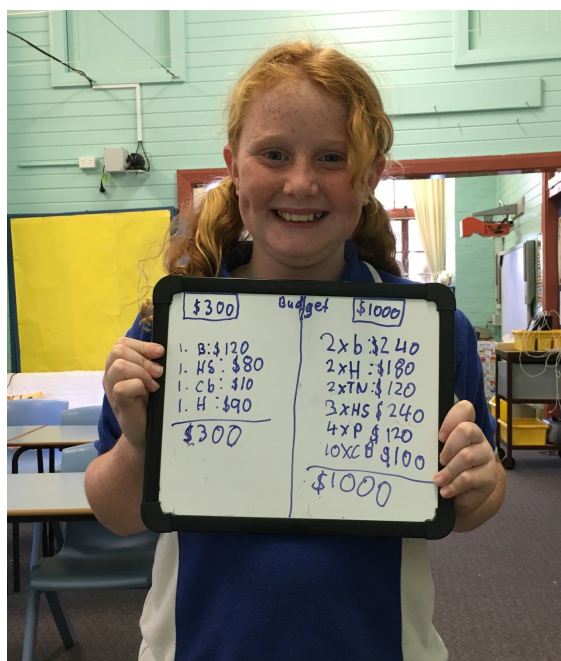


Stroud Road Public School and Community Newsletter

Participate - Learn - Succeed

LEARNING HIGHLIGHT: Numeracy

Our senior students were set the task of planning for a school sporting equipment budget.



Hayley was able to use a number of maths skills to balance a budget. She explained her mathematical thinking and neatly laid out the cost of each item and the total cost. *Well done Hayley*

SPECIAL AWARD

Jack was a great help during our author art session by giving the Kinders assistance with their cutting out and being generous & allowing younger

children to have materials he would have liked to use himself.

I was very impressed with his mature consideration for the Kinder students.

- Mrs Melmeth

BACK INTO OUR GARDEN



Mr Cooper has got our school garden off to a great start this year, and it has sparked a new enthusiasm in our students. We have been tending our vegetables and herbs

in preparation for the Stroud Show. Students (and staff) have enjoyed the opportunity for hands on learning.

REMINDERS FOR SCHOOL DAYS

Monday:

Gymnastics

Tuesday:

Singing voices (choir)

Wednesday:

School banking

Story to share (news)

Thursday:

Recorders (music)

Friday:

Homework return

SWIMMING CARNIVAL



A big WELL DONE to all our students for their brilliant participation in the swimming carnival. The races were challenging, with high quality swimmers

competing in each event. Stroud Road students were enthusiastic all day long, even in the scorching temperatures.

*Congratulations **Stroud Public School** for taking out the carnival!*



Lighting up the lanes



Stroud Road PS Medley Relay Team



A very close finish



Stroud Road PS Freestyle Relay Team



Mondays	Recess and Lunch
Thursdays	Recess Only Snacks & Drinks

New on the menu:

- *Delicious yogurt ice-blocks*
- *Nutritious wholemeal wraps and muffins*

Chat with the Chappie

There are often things in life that bring us great fear and anxiety. Maybe it's a fear of those big hairy spiders or anxiety about having to speak in front of a group of people! Even though our kids are young and innocent, they too struggle with fears. Sometimes it's things that are similar to our fears, like snakes (as we discovered last week in the library!), sometimes it's anxiety over lesser things like not knowing which shoes to wear to school that day. Regardless of what the issue is, the feelings can be just as strong or overwhelming as a fear of spiders or snakes.

So what can we do when our kids are struggling with anxiety or fear?

First and most important, hear them! Don't downplay their struggles; to them, it is real. Listen well, acknowledge that it must be hard for them.

Second, help them plan lots of small steps for how to deal with this fear or anxious thought. Decide on a goal and then the steps they can take to working towards that goal. Plan small rewards so that after they have reached a level of comfort in each step they can reward themselves and continue towards their

overall goal of overcoming their fear or feelings of anxiety.

Lastly, encourage them, be their biggest cheerleader! Let them know it's ok to fail and that you'll be there to help them back on their feet.

The funny thing is, as adults, these same steps can work for us too! Consider what you'd like to overcome today and make a plan.

Have a great day!
Mrs Kath Thomas :)

Character Awards Week 2

Shilo - Always looking for ways to help our new Kindy kids.

Riley E - Fantastic caring and sharing with the other Kindy kids.

Week 3

Darcy - Taking his leadership role very seriously and being committed to helping other students.

Lachlan - Using initiative and being a hard worker when it's time for gymnastics setup.

Well done to these students! We are loving seeing so many of our students displaying great character traits.



News

Our first Parents and Citizens Annual General Meeting will be held on **Tuesday 27th of February**, at 3:15, in the school hall. We encourage all parents and community members to come along and get involved.

Afternoon tea provided

WHAT'S ON?

- **Week 5 Tuesday**
P&C Annual General Meeting
- **Week 8 Friday**
Cross Country
- **Week 10 Friday**
Magic Show and Workshop
- **Week 10 Saturday**
Stroud Show

Gloucester & District Netball Assoc.



A Netball Fun Day and Registration morning will be held on the **24th February** at the netball courts from **9am – 11am**.

Children turning 5 years of age in 2018 to students in Year 12 are eligible to play Saturday netball.

Teenagers turning 14 in 2018 are also eligible to play in the Mixed Twilight competition on a Wednesday night. Names for twilight need to be in by **Friday 16th Feb** as we start on the **28th Feb**. Names are being taken on our Facebook page or phone Sally.

Saturday Netball starts on the 3rd March.

There are 3 divisions:

- **NetSetGO**

5 to 9 year old = \$70 annual fee

- **Junior Division**

Year 3 to Year 6 = \$75 annual fee

- **Intermediate Division**

Year 6 to Year 12 = \$75 annual fee

Intermediate's playing Twilight = \$100 includes fees for Twilight Comp 1 and Saturday netball.

All registrations need to be completed online including payment (no cash payments are being taken at the clubhouse).

Gloucester Netball is registered for the Active Kids Program. An option is available on the registration page to use your voucher.

For more information come along to our Fun day, email us on gloucesternetball@gmail.com, contact us through Facebook "Gloucester Netball" or phone Sally Maslen on 0427 582 718.

Good for Kids good for life

SUGARY DRINKS

The *NSW Healthy School Canteen Strategy* was introduced in 2017. As part of the strategy, sugary drinks are not to be sold in the canteen.

Sugary drinks include: regular soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, fruit drinks, coconut waters, cordials, slushies and frozen fruit drinks with less than 99% fruit juice. All energy drinks are also included.

Our canteen stocks refreshing everyday drinks for the students and includes water, plain and/or flavoured milk and 99% fruit juice.

Why not try cutting back on sugary drinks at home too?



Health
Hunter New England
Local Health District

PHONE 4924 6499