

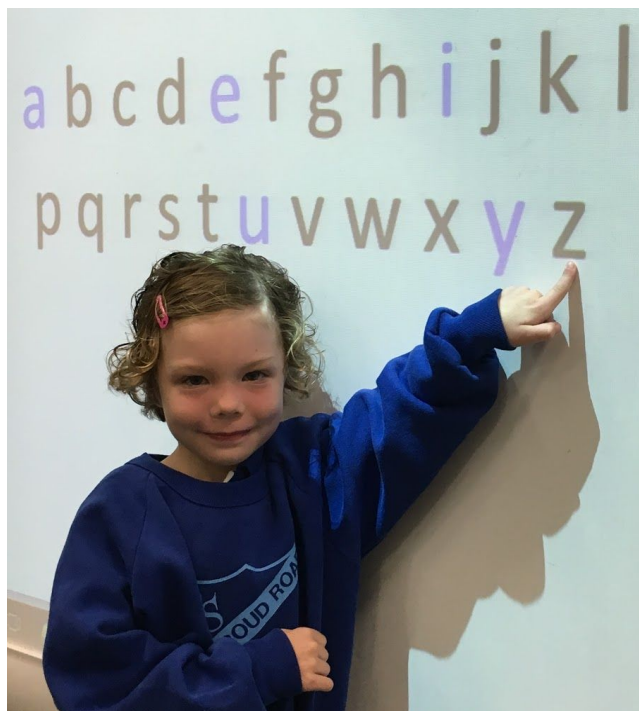
Term 1, Week 6



Stroud Road Public School and Community Newsletter

Participate - Learn - Succeed

LEARNING HIGHLIGHT: Alphabet



Zylia can read every letter in the alphabet. She has been practicing her letters and sounds every school day, and was very proud when she read the alphabet to the class.

Well done Zylia



CODING FOR THE FUTURE

Students in Year 2 - 6 have started a new, future-focussed program called 'An Hour of Code'. Each week they will take on a new computer science challenge. The program is designed to nurture problem-solving skills, logic and creativity. By starting early, students will have a foundation for success in any 21st-century career path.

**HOUR
OF
CODE**

REMINDERS FOR SCHOOL DAYS

Monday:

Netball

Tuesday:

Singing voices (choir)

Wednesday:

School banking

Story to share (news)

Thursday:

Recorders (music)

Friday:

Homework return

Chat with the Chappie



'Ahh, my brain hurts!' Ever heard that or said it yourself? I feel it when my teenager asks for help with Maths or

when I'm just so tired the words on the page seem to stop making sense. Our brains are actually quite amazing. They are so complex that even the smartest doctors and scientists haven't fully figured them out! Even at our tireddest, our brain is working the most intricate ways and processing so many things all at once.

Last week the students and I were discussing one of Dr Seuss's quotes.....

'You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose!'

There are some great ideas and thoughts about how our brains (and feet) can be used in life, and what a difference it can make if we use these things to make good choices in life. Our brains are like a muscle, the more we use it, the stronger it gets. This doesn't just

apply to our kids! How much are you exercising your brain? When was the last time you read a novel, article or even a newspaper rather than watching a favourite TV episode? Watching TV and movies is a great way to relax and zone out for a while, but it is also very passive. Can I encourage you all to do 2 things this week that will add to your family's overall health and happiness?

1. Commit to reading something rather than watching an episode of your favourite TV show; or even do a crossword puzzle!

2. Sit down in the evening and read a book to your child. Even your older children; read a chapter of their favourite novel. Not only will you connect with them but you will role model what it is to exercise your brain.

Encourage your kids to work hard and help their brain grow stronger this week!

Kath Thomas
School Chaplain

Character Awards

Week 4

Seth: For making some great choices and supporting the younger students in the school.

Hayley E: For her willingness and commitment to buddy up with a younger student to support them.

Week 5

Lotus: Consistently finding ways to fulfil her leadership role in a quiet and respectful way.

Xavier: For encouraging others when they achieve and starting each day with enthusiasm.

P&C News

STROUD SHOW

Thanks to everyone who have volunteered to help out at our stall for the Stroud Show. We are meeting very quickly on **Monday afternoon at 3:15**, to workout the menu. We would love to see you there.

If you haven't had a chance to put down your name, please let Kath Dennis know.

The more help the better.

EASTER RAFFLE

We are looking for chocolatey donations for our hamper. Please leave them in the office.



CANTEEN ROSTER

We are looking for volunteers to help keep our canteen operating. Please consider adding your name to the roster.

→ If you haven't helped out before, we'll help you get started.

WHAT'S ON?

- **Week 8 Friday**
Cross Country
- **Week 9 Wednesday**
Easter Hat Parade
- **Week 10 Friday**
Magic Show and Workshop
at Stratford PS
- **Week 10 Saturday**
Stroud Show



Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Pack at least one item from each of the following food groups for a healthy lunch!

Breads/ cereals: Wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, or homemade muffins and slices.

Fruit: Serve in fun ways; try fruit kebabs or fruit in jelly, cut whole fruit into small pieces for younger kids.



Vegies: Pack carrot or celery sticks with hummus.

Dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Meat and alternatives: Cooked chicken, tuna, egg, roast meat and legumes like red kidney beans or chickpeas.

Water or milk: Water or milk are the best drink choices.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



EASTER FUN!

At Stroud Lodge

Saturday
24th March 2018
at 3pm

The residents invite all families and children to come along and celebrate Easter with them in the Lodge garden.

Free Afternoon Tea

Games

Easter Hat Parade

Easter Egg



Enquiries: Phone Stroud Community Lodge 02 4994 5433

GLOUCESTER SCORPIONS SOCCER WINTER SEASON 2018

**FREE SOCCER THIS YEAR WITH
YOUR
ACTIVE KIDS VOUCHER !**

Take advantage of free soccer for our local competition, please make sure you have your ACTIVE KIDS VOUCHER before registering.

Info Day Saturday 17th March (9.30am –12.30pm
@ Soccer Grounds)

Trial Games Saturday 7th April

SeasonStart Saturday 28th April

To Register: www.gloucestersoccernsw.org

Facebook: **Gloucester Soccer Club**

Needhelp?

Call Trudy 0427 589 075

Or email gloucestersoccernsw@gmail.com



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