

Term 2, Week 2



# Stroud Road Public School and Community Newsletter

*Participate - Learn - Succeed*

## LEARNING HIGHLIGHT:

### Comprehension



Jack has greatly improved his ability to answer inferential questions this term. When reading a text he is able to find the important information and use clues to find an answer. He has also been able to explain how he arrived at an answer.

*Well done Jack!*

## ATHLETICS CARNIVAL

Congratulations to all of our students who participated in the Combined Athletics Carnival, last Friday. Stroud Road students showed brilliant sporting spirit, and a number of our students received ribbons.

## SCHOOL SPORT: TENNIS

It's been great to see our students enjoying our tennis coaching sessions this term. Coach Herden has been running them through the basics; developing their co-ordination, agility and confidence.



## ACTIVE TRAVEL

For any students that would like to take part in a walk to school, we will meet at Stroud Road Park in Karuah Street at 8:30. We will walk together.



**FRIDAY 18 MAY 2018**  
**WALK.COM.AU**

Principal: Mr Adam Lewis

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P & C President: Ms Danielle Phillipson

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## ANZAC SERVICES

Our school commemorated the sacrifices made by Australia's service men and women at the Stroud Anzac Day ceremony, and at our school's service.

At the Stroud ceremony, a school leader was given the opportunity to speak and a number of our students marched in the parade. Laying a wreath to honour the Anzacs was a particularly moving moment.

At our school, we were fortunate enough to listen to Mr Olsen Vice president of the Dungog RSL Sub-branch. We thank Mr Olsen for delivering such a poignant address. Thanks to all our community members that attended the ceremonies.



## GARDEN PRODUCE

Our senior students will be selling some of our fruit and vegetables on Wednesday afternoon. Be sure to stop by their store on your way to pick up your children. The funds will go towards our sponsor child, David.



# P&C

## Term 2 Meeting:

Monday 14th May at 3.15pm.

Hope you can make it!



Please put your name on the roster if you are able to help out this term.

## Chat with the Chappie

There is an old Chinese Proverb that says, 'All things are difficult before they are easy'.

This might seem obvious but the reality is that there are very few things in life that come easy to us, at least things of worth and value. The big word we've looked at with kids this week is perseverance. What is it? 'To keep trying even when something is difficult, not giving up'. Perseverance usually suggests that something is hard. We don't need perseverance when watching our favourite TV

shows or eating our favourite foods; these things come easily, way to easily in fact!

There are some other great words that are similar to perseverance like, endurance, steadfastness, consistency, determination, dedication and tenacity. So, as parents and caregivers, how can we foster perseverance in our kids?

- Regularly encourage our kids to try new things.
- Adjust the degree of perseverance needed.
- Share some instances when you've needed perseverance and grit to accomplish a difficult task.
- Be patient - it takes time for our kids to develop perseverance.
- Role model it - demonstrate to your kids how to set realistic goals with suitable time frames.
- Applaud their efforts and encourage them to keep going.

In this world of instant gratification and easy credit, perseverance is a critical character trait to foster in our kids.

Charles Kettering said,

'It doesn't matter if you try and try and try again, and fail. It does matter if you try and fail, and fail to try again'.

# Character Awards

## **Week 1 & 2**

### **Seth Gosden**

For having a great attitude and commitment to his learning.

### **Hayley Edwards**

For being kind to those around her.

### **Shi-Lo Wilson**

For working hard in class and being a great friend to the Kindergarten students.

### **Hayley Fisher-Webster**

For thinking about others and being generous in her R.A.K. Challenge.

## **Good for Kids** good for life

### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.

Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299



## **WHAT'S ON?**

- **Week 3**  
**Monday**  
P&C Meeting 3.15pm  
**Friday**  
Walk Safely to School
- **Week 4** **Tuesday**  
Author Visit - Book Festival
- **Week 5** **Tuesday**  
Young Teen Talk
- **Week 5** **Thursday**  
Horse Tales
- **Week 5** **Friday**  
Gloucester Gallery Visit

# **STROUD ROAD P & C SHOPPING TRIP FUNDRAISER**

**WHEN: SATURDAY 4TH AUGUST, 2018**

**WHERE: BIRKENHEAD POINT**

**COST: \$60/PERSON**

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

ALL BOOKINGS & ENQUIRIES TO LEONIE EDWARDS.

PHONE: 4994 7212 OR 0427 508 232

EMAIL: SLEDWARDS03@BIGPOND.COM

A NON-REFUNDABLE DEPOSIT OF \$30.00 DUE BY FRIDAY  
29TH JUNE, 2018. (MAY BE EARLIER DUE TO A LIMITED

NUMBER OF SEATS)





Our **tennis program** combines our own Perceptual Motor program (4-5 yrs) Tennis Australia Hot Shots (5 -12 yrs) and our Leader System to deliver a state of the art tennis program.

### **Perceptual Motor program (4-5 yrs)**

A great introduction to basic tennis technique focusing on improving perceptual motor skills in a fun, play based environment.

- Mixture of cross training using other sports for tennis related activities (cricket, soccer, t-ball, basketball) helping children to further develop their hand-eye co-ordination. Tennis is still the main focus. Foam and low compression balls-smaller bats/racquets.
- Agility, tracking, manipulative skills along with body and spatial awareness.

### **Tennis Australia ANZ Hot Shots (5-12yrs)**

The Hot Shot Red, Orange and Green balls offer players a progressive pathway through stroke production, court positioning and tactics. Teaching the framework of key skills “first” allows the more intricate skills to fall into place.

Match play is also available. This is the opportunity to compete against other players.

### **Leader System**

Covers concepts in making decisions, resolving conflicts and managing stress are just a few of the affective objectives detailed for each “Life” lesson. Basic concepts such as self -esteem, confidence (success), communication, discipline, appropriate behaviour, sportsmanship, nutrition, setting and achieving goals, personal behaviour, decision-making, appreciation and consideration are focused on in the program.



*Tennis is a family,  
life long sport  
played world wide.*

*By hitting a lot of balls you can learn to play. With some Leadership skills you can go all the way.*

**Venue:** Booral Public School

**Times:** After school and weekends

Conducted by Chris Herden - Tennis Australia Club Professional. NSW junior ranking, US college representative, 25 years international/Australian coaching and playing experience, PE degree.

**Enquiries and bookings**

**0400 331 553.**