

# Jerilderie Public School



## NEWSLETTER

Tuesday, 20 October '09

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*Rhonda Bryce*

(Relieving Principal)

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### From the Principal's Desk



#### Welcome Back

After a well earned holiday, children and staff have returned to school refreshed and eager to begin a busy Term 4. All classes will go on their major excursions this term, 5/6 to Sydney next week, 3/4 to Borambola in week 6 and K/1/2 to Darlington Point also in week 6. This is a nine week term, ending for students on Wednesday 16<sup>th</sup> December.

#### Welcome Miss Almond

Miss Alison Almond will be teaching the 5/6 class this term while Mr Hanns is on leave. Miss Almond is familiar with the class and the school, having completed her University teaching experience on the 5/6 class in 2008. Staff and students are all very excited about Miss Almond joining our school. Miss Almond will take up the position from tomorrow.

#### Sydney Excursion

The Year 5/6 Sydney Excursion will take place from 26<sup>th</sup> – 30<sup>th</sup> October, next week. The students are all very excited and looking forward to their trip away to Sydney. Mrs Rhonda Bryce will supervise the students while they are away, with the assistance of Shaun Bryce and parents Janelle Peters and Craig Knight. Students, teachers and parents from Berrigan PS will also be joining us on the excursion. Payment for the excursion must be finalised this week. Families experiencing difficulties with the expense are asked to speak to Mr McEachern.

#### Cricket NSW K/1/2 Clinic

Children in Year K/1/2 were lucky enough to participate in a cricket clinic today. They had a lot of fun learning cricket skills with David Nicholls, who is the Southern Riverina Director of Coaching for Cricket NSW. Thank you to Andrew Browning for organising this fabulous clinic.



#### Uniting Church Flower Show

The annual Uniting Church Flower Show is on again this Friday. Students have made delightful art works, which will be on display. Children in K/1/2, with the musically talented Mrs Browning at the helm, will be performing a couple of songs. Students from years 3, 4 and 5 will visit the show to have a look at the displays after lunch.

#### Gymnastics

Every Friday for the first eight weeks of this term, beginning this week, students will participate in a Gymnastics program with children from St Joseph School. The children will have a fabulous time learning the skills of gymnastics under the guidance of trained instructors. The program will be held at Jerilderie PS. There will be no cost to parents. Session times are as follows: Kindergarten - 9.10 to 9.50; Year 1/2 - 9.50 to 10.20; Year 3 - 10.20 to 11.00; Year 4 - 12.00 to 12.40; Year 5 - 12.40 to 1.20; Year 6 - 2.00 to 2.40.

#### CSU Student Teacher

Next week we welcome CSU student teacher, Jasmine Painting to our school. Jasmine is in her third year of study and will be working with the 3/4 class for five weeks.

#### *Andrew McEachern –Principal*

#### WEEKLY ASSEMBLY AWARDS

**30-9-09**

**Encouragement Awards:** Hannah A, Rory K, Ben B, Mitchell A, Ebony A, Lauren K & Natalie P.

**Honour Badge:** Zander N.



## Upcoming Events.....

### OCTOBER

Tuesday 20	K/1/2 Cricket Clinic – 2pm.
Friday 23	Jerilderie Flower Show.
Mon 26 – Fri 30	Yr 5/6 excursion to Sydney.
Wed 28-29	State Athletics Carnival.

### NOVEMBER

Tuesday 24	Musica Viva – 2pm.
Wednesday 25	K/1/2 excursion to Altina Wildlife Park at Darlington Point.
Wed 25 – Fri 27	Yr 3/4 excursion to Borambola.

### DECEMBER

Wednesday 9	JPS Presentation Evening.
Monday 14	Year 6 Farewell Dinner.
Wednesday 16	Last Day of Term for Students.
Friday 18	Last Day of Term for Staff.

### PARENT PROFILES

**Please** keep sending in parent profiles. Email or send in profile along with a photo to [victoria.bryce@det.nsw.edu.au](mailto:victoria.bryce@det.nsw.edu.au)

URGENT - We are looking for some more parents to participate in the parent profile column. Parent profile forms are available from the school office. If you would like one, please see Vic.

### IGA SHOPPING DOCKETS

Thank you to all the families who send in their Jerilderie IGA shopping docket every month. Dockets for October need to be handed in by Monday, 9<sup>th</sup> November. **Please send docket in flat, (not rolled up), as this makes it easier for processing.**

**THIS IS A GREAT FUNDRAISER FOR OUR SCHOOL.**

PLEASE KEEP COLLECTING!!

### Head Lice

Please check tonight and regularly every Friday. We can never completely eradicate this problem, but if we all work together, we can at least contain their spread.

### PEANUT ALLERGY REMINDER

Just a reminder to all parents that students are asked not to bring peanut butter sandwiches or products containing nuts to school. Thank you for your support.

### Sydney Excursion Reminder

The Year 5/6 Sydney Excursion will take place from 26<sup>th</sup> – 30<sup>th</sup> October, next week.

Permission notes along with payment need to be returned before the end of this week.

If you have any difficulties with payment, please see Mr McEachern.



### Help with 'that' talk

Inevitably your child will want to know where they came from – and more. For a lot of parents this can be an uncomfortable conversation, but help is at hand. There are great books, websites and even telephone help lines to help you have this chat. Read all about it in the latest issue of the School Parents ezine at: [www.schools.nsw.edu.au/ezine](http://www.schools.nsw.edu.au/ezine)

# Have a Laugh.....

### Why did the skeleton visit the restaurant?

It wanted some spare ribs.

\*\*\*\*\*

### Where do Aussie witches learn to fly?

Broome!

Jokes contributed by Austin K.

\*\*\*\*\*

(if you have a great joke to share on the newsletter, please send them into the school office).

**Hygiene Teacher:** "How can you prevent diseases caused by biting insects?"

**Jim:** "Don't bite any."

**BIRTHDAYS FOR OCTOBER:** Joelyne C 4<sup>th</sup>, Ally B 5<sup>th</sup>, Hannah A 7<sup>th</sup>, Ned B 22<sup>nd</sup>, Tiana C 24<sup>th</sup>.



## Housekeeping Reminders.....

### SCHOOL CONTRIBUTIONS

There are still some families who have not yet paid school contributions. The school contributions have remained at **\$35.00** per child this year. This will help cover the cost of school resources that are regularly used in the classroom. This is the only major contribution we ask from families apart from major school excursions later in the year.

**Could this please be paid as soon as possible**, before the end of year financial rollover at the end of November.

Please feel free to come and see me if you have any concerns with payment.

### CANTEEN NEWS

TERM 3	<u>Supervisor</u>	<u>Helper</u>
<b>OCTOBER</b>		
Monday 26	Lisa Knight	Kellie Harrison
<b>NOVEMBER</b>		
Monday 2	Rozie Kennett	Janine A'Vard
Monday 9	Julie Sleigh	Sally Simpson
Monday 16	Shelley Barlow	Sherryn Peisley
Monday 23	Kellie Thomas	Gaila Smith
Monday 30	Carmen Lawton	Susan Kofoed
<b>DECEMBER</b>		
Monday 7	Tash Nash	Kylie Pitt
Monday 14	Shelley Barlow	Joyleen Kholer

*Families are rostered on in turn again this term.*

**Families are responsible for arranging swaps if unable to attend their rostered day.**

### STUDENT ACCIDENT/INJURY INSURANCE

As in previous years, an accident/injury insurance cover is available through the P&C at a cost of **\$4.40 per student**. This will cover your child for one year, **24 hours a day** (school and home). Only loss of limbs, eyes etc. are covered at home. Broken bones, stitches etc. are only covered if they occur at school.

### TISSUES - URGENT

It is asked that each family please send in a box of tissues to school as classroom supplies are running low. This small donation is very much appreciated, especially with all the coughs, sniffles and hayfever around at the moment.

# P&C News

### P&C CATERING:

On Friday 2 October (last day of term) P&C catered for the John Wells Memorial Sheep Sale. It turned out to be a very busy and very successful day. Many thanks to Rozie, Julie and Jessie for helping all day and baking. Thanks to our "Barista", Craig, and our "Masterchef" of hot dogs, Dave Kennett - without your help we would have been run off our feet.

Thanks also to Janine A'vard for baking two cakes and doing a trip up the street for supplies. All in all it was a very good day. (Next catering job - Thursday 5 November, "Broome" bull sale.)  
Thank you -Lisa Knight

# JPS SPORT

### State PSSA Athletics Carnival

Several students from Jerilderie PS will be representing the Riverina in the State PSSA Athletics Carnival in Sydney next week and we wish them all the best.

Tom Sleigh: 800m, 200m, High Jump and relay; Lachie L: 800m and relay; Harry L: relay; James G: relay; James B: relay.



### **PLASTIC BAG CHALLENGE** **JUNIOR LANDCARE**

JPS has registered for the Coles Plastic Bag Challenge. Could all unwanted plastic bags please be sent into school.

Not only will you be helping the environment by keeping plastic bags out of landfill and waterways, you will be raising money for Junior Landcare in the process.



#### **Website for parents**

A new website is available to help you better understand the reports about your child's and their school's performance in the National Assessment Program - Literacy and Numeracy (NAPLAN) tests.

Students in Years 3, 5, 7 and 9 sat these tests in May. We urge you to read your child's report and access the website and if you would like to know more about how your child is performing, make an appointment to meet with your child's teacher. For more information go to: [www.naplanforparentsnsw.com.au](http://www.naplanforparentsnsw.com.au)

#### **Year 3/4 Excursion to Borambola**

Leave – 9:00am on Wednesday, 25<sup>th</sup> November '09  
Return – 3:00pm on Friday, 27<sup>th</sup> November '09

Our generous P&C has paid for half of this excursion and along with drought assistance funding has reduced the cost from \$120.00 to only \$45.00.

The Willawa Bus will transport the students to and from Borambola at no cost.

Attached to the newsletter is a permission note, medical form and information regarding the camp. Please return the permission note and medical form along with \$45.00 for the excursion as soon as possible.

## **Preschool Transition to School Program**

### **Preschool Transition to School Program**

As a preparation for Kindergarten, our Preschool Transition to School Program will take place later this term. All preschool children, who will be turning 5 by June 30, 2010, are more than welcome and encouraged to join in on this fun and exciting program. The program will give children (and parents) the chance to experience big school and get ready for Kindergarten in 2010.

**Monday, 2nd November, 9am till 1pm**

**Monday, 9th November, 9am till 1pm**

**Wednesday, 18th November, 9am till 1pm**

**Wednesday, 25th November, 9am till 1pm**

**Wednesday, 2nd December, 9am till 3.15pm**



### **SWIMSAFE CLASSES STARTING SOON**

Swimsafe classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make Swimsafe affordable for all the children and the family.

Sport and Recreation runs Swimsafe classes in pools all over the state, including somewhere near you.

Swimsafe have been going for more than 30 years, with more than 15,000 people attending classes each year. Swimsafe instructors are nationally qualified and screened for their suitability to work with children.

**Prices for nine lessons are \$57.30 for school-aged children and \$43 for preschoolers (Prices exclude pool entry fee).**

**PLEASE SEE ATTACHED BROCHURE.**

## Classifieds .....

### MILO CRICKET

Milo in2cricket is back this season after the renovation of the Monash Park playing surface. Milo in2cricket is structured to introduce school attending girls and boys, ages 5 - 9 years of age, to the game of cricket using soft balls and equipment. The program utilises games and fun, skill focused drills.

The program will run on Thursdays at the same time as U12s and U14s training. The cost is \$30.00 per participant, which includes the 10 week program (there is a break for summer holidays) and a pack including a shirt, hat, bat, ball etc. Brad Belling and Zac Taylor-Nugent are the coordinators of the program.

**Sign on day for Milo in2cricket will take place this Thursday, 22<sup>nd</sup> October, 2009** (first Thursday of term 4), 5:00pm at Monash Park. The program will commence on Thursday, 5<sup>th</sup> November, 2009 at Monash Park, commencing at 5:00pm.

Any queries please contact Andrew Browning on 0429 803187.

### NETBALL CLUB AGM

*The Jerilderie Netball Club AGM will be held on Thursday, 22<sup>nd</sup> October at 7:00pm in the Monash Park Tea Rooms. All Welcome.*

### **HEY KIDS!**

#### **COME ALONG TO THE JERILDERIE MINI RAIL HALLOWEEN?**

**WHEN: SATURDAY, 31<sup>ST</sup> OCTOBER**

**5:00PM TILL AFTER DARK**

. TREASURE HUNT / . LOLLY DROP

. HALLOWEEN SOFT DRINK

. HALLOWEEN CUP CAKES

. GLO STICKS / . SAUSAGE SIZZLE

**MAKE IT A FAMILY NIGHT AND ALL DRESS UP – PRIZES FOR BEST DRESSED.**

**WE NEED GHOSTS, PIRATES, SKELETONS, FAIRIES, WITCHES.**

### JERILDERIE JUNIOR CRICKET

This week, training for U12s will be in the nets and U14s on the ground on Thursday at 4.30pm at Monash Park.

### **SCHOOL HOLIDAY CAMP 2010**

Just a reminder to all parents that Jerilderie Shire Portsea Camp Committee is once again seeking children interested in attending the 2010 Portsea Camp.

The camp will be held from **Monday January 18 to Sunday January 24 2010**, for children aged between 9 and 12 years of age.

The cost of the camp has been set at \$275.00, being for 7 days of great fun and awesome activities with accommodation, meals and transport provided and children will also receive a T-shirt, hat and drink bottle included in the cost (\$5 off if you provide your own hat).

Jerilderie Shire has been allocated with 20 places only and applications with a deposit of \$100.00 are to be returned to Jerilderie Shire Office by Thursday 5 November, 2009. The balance of the fee (\$175) is payable by 1 December, 2009. Please make payments by the due date to guarantee your spot.

A Portsea Camp Counsellor position is also available. Counsellors must be 18 years old at the time of the camp and will need to have working with children check prior to selection. This is a great experience and is fantastic to have on your resume.

Parents who are interested can obtain an application form and further information from the Jerilderie Shire Office 35 Jerilderie Street during office hours. Or phone (03) 5886 1200 to have an application form posted to you.

### JUNIOR TENNIS

A reminder for those participating in the Friday evening inter-town competition that there will be training at 4:30pm at the tennis courts this Wednesday.

### JUNIOR TENNIS PROGRAM

Registration for Aviva Hot Shots program will be held at the Jerilderie tennis courts on Wednesday, 21<sup>st</sup> October at 3:30pm for ages 5-12yrs. Registration is free as long as you are a current junior member of the Jerilderie Sports Club. Aviva Hot Shots program has been designed by Tennis Australia especially for children, it is for early learners as well as those more advanced. The program utilises small nets, (where needed) low impact balls and exciting techniques to improve their tennis skills. Bring your own racquet or borrow one of ours. See you there.

### GYM CLASSES

Sylvia will be running gym classes at the Sports Centre on Mondays at 7:15pm at \$12 per session OR \$60 for 6 weeks.

Classes will also run on Tuesday mornings at 9:15am with Sylvia (cost as above).

### **SWIMMING CLUB GENERAL MEETING THURSDAY, 22<sup>ND</sup> OCTOBER 2009**

**5:00PM**

**MONASH PARK**

## Parenting Tips Term 4 - 2009

### **Discipline**

*Discipline is a necessary part of parenting, yet it is often misunderstood. It is usually associated with punishment, smacking, humiliation etc. Effective discipline teaches children about appropriate behaviour. Good discipline encourages children to take responsibility for their own actions. It doesn't involve physical harm or verbal put-downs. However, it does require firmness and a willingness to treat children with respect, even if they don't always respond to us the way we would like. Remember, consistency rather than severity is the key to effective discipline.*

- *Rules need to be clear and specific*
- *If you feel you are going to lose your cool, take a walk, ring a friend*
- *Be consistent*
- *Have clear consequences for doing the wrong thing and stick to them.*
- *Encourage children at every opportunity. Children who are difficult to deal with often lack self – confidence and doubt their self – worth so they need constant encouragement.*
- *Spend energy on the really important things and learn to overlook the minor irritations*
- *Think about what you expect, is it reasonable and is it age appropriate?*

### **Home Alone!!!!**

Parents at some stage are faced with the dilemma of having to leave their children on their own. “At what age can my children be left at home by themselves?” is a common question asked by many parents. Given that there is no clear direction in the law you need to use your own judgment taking into account your own family circumstances and the age and maturity of your children. Parents are expected to make “reasonable” decisions about their children’s safety and have a legal obligation to make sure that their children are properly looked after.

- Be sure that you have no other choice but to leave your child alone.
- If there are other options, be very careful who cares for your child.
- Place someone in charge that is able to handle any emergency and knows where to get help.
- Check the safety of your home.
- Have very clear rules and make sure your child is aware of these rules.
- Check that each child feels safe.
- Phone regularly to check everything is O.K.
- Return home when you said you would.

## **Coping skills for children**

Helping children build inner strength to cope with the ups & downs of growing up is one of the best things parents can do for them. Often we cannot prevent things going wrong for children but we can try to help them build the strength that will help them cope.

- Children need to feel loved and lovable just for being themselves, not only when they do things well
- Children need to feel they have some control in their lives
- Children need to feel that they can be successful at something
- Children need a sense of belonging
- Children are helped by having people apart from their parents who care about them and support them
- Grandparents can be a special support for children and teenagers

## **Transition to High School**

Starting high School presents many new experiences which place demands on children. Being at the bottom of the pecking order where you are unsure of the rules of the playground is just one adjustment to make. Dealing with multiple teachers, changing classrooms, reading a timetable and carrying a load of books around is difficult enough without the added task of meeting new people and making friends. Some kids take these new experiences in their stride but it is natural to experience some difficulty making this transition.

### **Bright Ideas**

- Talk to your child about the changes and reassure them.
- Prepare thoroughly for the first day. Have the correct uniform and books.
- Familiarise your child with their travel arrangements to and from school.
- Try to encourage them to go to school with a friend or arrange a meeting place when they arrive.
- Try to avoid telling children about your own bad memories or the horror first day stories.
- Show confidence in their ability to cope.
- Show an interest in what they are doing. Ask questions about new subjects, teachers etc.
- Make contact with your child's year advisor if you have any concerns.

### **Self Esteem – a gift for life !!!**

More than anything else, young people want to be listened to, trusted and respected. Sound familiar? Isn't that what we all want?

We acquire the beliefs and attitudes we have about ourselves early in life, but our need for personal validation stays with us forever. Fostering healthy self-esteem in our children is probably our most important task as parents. To grow up feeling good about oneself is a "gift for life".

### **Some basic do's & don'ts**

Your child's self-esteem **isn't** helped by:

- Being compared to siblings, other relatives or other kids.
- Constant nagging, lecturing or moralizing.
- Being put down
- Being flippantly dismissed or ignored.

Foster your child's self-esteem by:

- Listening to them
- Trusting them
- Respecting them
- Well timed word and actions which encourage children.

### **Making the most of Holidays**

School holidays offer families a chance to unwind away from the normal routine. They also provide a window of opportunity for parents to spend some enjoyable time with children. There are many theories about promoting healthy parent-child relationships and strengthening families, however it's easy to overlook a simple, cheap way of forming family relationships and spending enjoyable time together. Research has found that the happiest childhood memories that adults hold have two common threads. First, childhood happiness always centres on activities experienced together as a family. Second, the most pleasurable childhood times almost always centre on simple, inexpensive activities. During the holidays do something fun and enjoyable with your children. It doesn't have to be expensive but it should be something fun and something that involves laughter and play.

**Remember, money can't buy happiness, but loving family relationships can create it.**

**CANTEEN PRICE LIST**  
**TERM 4, 2009 & TERM 1, 2010**

## SUMMER MENU

### **RECESS**

Veg / Cheese Quarters	.40c	Big M's	\$1.50
Raisin Toast (1 slice)	.40c	Apple / Orange Juice	\$1.00
Pikelets	.40c		
Cinnamon Log	.40c		
Pizza Quarters	.40c		
Dim Sims	.80c		
Fruit Salad Cup	.80c		
Fresh fruit / Apples	prices vary		

*Other snacks may be available at recess.*

### **LUNCH**

### **ROLLS**

### **SANDWICHES**

JPS Wrap & Roll	\$3.20		
(Crumbed tenderloin chicken, lettuce, tomato, mayonnaise)			
Fresh Chicken & Salad	\$3.70	\$3.50	
Chicken Loaf & Salad	\$3.00	\$2.80	
Ham & Salad	\$3.20	\$3.00	
Salad only	\$2.40	\$2.20	
Fresh Chicken	\$2.70	\$2.50	
Ham	\$2.20	\$2.00	
Devon	\$2.00	\$1.80	
Egg	\$2.20	\$2.00	
Cheese	\$1.90	\$1.70	
Vegemite	\$1.80	\$1.60	

*Toasted – extra 10 cents*

***Mayonnaise – extra 10 cents***

### **DRINKS**

### **ICECREAMS**

Big M's	\$1.50	Billabong	\$1.20
(Chocolate, Strawberry)		Icy Pole	.80
Fruit Juice 100% 200ml	\$1.00	Frost Fruit	\$1.30
(Orange or Apple)			

*Drinks are available at recess and lunchtime.*

**CANTEEN ROSTER**  
**JERILDERIE PUBLIC SCHOOL**  
**TERM 4, 2009**

I will be able to help out with canteen on the following date/s.

Supervisor and helper need to be at school by 9:30am.

	<u>Supervisor</u>	<u>Helper</u>
Monday, 26 <sup>th</sup> October	Lisa Knight	Kellie Harrison
Monday, 2 <sup>nd</sup> November	Rozie Kennett	Janine A'Vard
Monday, 9 <sup>th</sup> November	Julie Sleigh	Sally Simpson
Monday, 16 <sup>th</sup> November	Shelley Barlow	Sherryn Peisley
Monday, 23 <sup>rd</sup> November	Kellie Thomas	Gaila Smith
Monday, 30 <sup>th</sup> November	Carmen Lawton	Susan Kofoed
Monday, 7 <sup>th</sup> December	Tash Nash	Kylie Pitt
Monday, 14 <sup>th</sup> December	Shelley Barlow	Joyleen Kohler

Signed: .....

Emergency Helper: .....