

# Peppercorn Press

Carrathool Public School

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Term 2 Week 9

Tuesday 21st June, 2011

## Coming Events

### Term 2 Week 9

Tuesday	21 <sup>st</sup> June	Jump Rope for Heart 'Jump Off Day'
Thursday	23 <sup>rd</sup> June	Scripture
Friday	24 <sup>th</sup> June	Gymnastics

### Term 2 Week 10

Monday	27 <sup>th</sup> June	Long Weekend
Tuesday	28 <sup>th</sup> June	Life Education Visit
Wednesday	29 <sup>th</sup> June	School Disco 5pm-7pm
Thursday	30 <sup>th</sup> June	Scripture End of term assembly @ 2pm Reports sent home
Friday	1 <sup>st</sup> July	Gymnastics Last day of Term 2

### Term 3 Week 1

Monday	18 <sup>th</sup> July	Staff development day
Tuesday	19 <sup>th</sup> July	Students return to school
Thursday	21 <sup>st</sup> July	Scripture
Friday	22 <sup>nd</sup> July	P & C meeting 9am Gymnastics

### Term 3 Week 2

Thursday	28 <sup>th</sup> July	Mega sports Scripture
Friday	29 <sup>th</sup> July	Emily Eye Finger @ Griffith Regional Theatre

*Please note: School Newsletter will be produced fortnightly in odd school weeks.*

## REMINDERS

Book Club orders due 24<sup>th</sup> June.

## FROM THE PRINCIPAL

I often wonder where the time goes. It doesn't seem that long ago that everyone had returned from the vacation break and had quickly settled into school routines and this week I start by telling you that the last day of school is **Friday, 1st July**.

Between now and the 1st of July we have a number of events planned which include an invitation to parents/carers to attend.

The first day of school for Term 3 for all students is **Tuesday 19th July**.

## ATHLETICS CARNIVAL

Although the wind was a bit chilly our runners were hot!

Well done everyone for 'having a go'.

It was wonderful to see lots of Carrathool children with **lots** of ribbons and stickers.

Congratulations to Lauren Mijok, 11 yr Girl Age Champion and Amber Bevan, Jnr Girl Age Champion.

Our relay team was also great coming first. Well done Lachlan, Georgia, Amber and Lauren.

Please enjoy the students' recounts of their day.

Lesa Bevan,  
Principal

## End of Term Assembly Thursday 30<sup>th</sup> June

Parents, grandparents, carers invited

Start 2 pm

School leaders inducted

### ATHLETICS CARNIVAL RECOUNTS

I am skipping.

By Ashlee Morris

On Friday 17<sup>th</sup> of June we had our Athletics carnival. It happened in Hay with Booligal, Hay SOTA and Carrathool. We went to the Athletics carnival to get fit and for some competition. First we had the 800m, 200m and 100m races. They went youngest to oldest. Then we had recess. After recess we did the field events. The events were high jump, shot put, long jump, discus, skipping and ball games. Then it was lunch time. Soon after lunch we had our relay. Carrathool came first in the relay. After all the events the awards were handed out. Amber and Lauren both received a trophy. Out of all the schools we were competing against we came last, Hat SOTA came second and Booligal came first. I had a great time.

By Georgia Mijok

On Friday I went to the Athletics carnival and ran in the 100m race. I ran against Booligal and Hay SOTA.

By Chontelle Barton.

### HOMEWORK

It's great to see so many children completing their homework every week. Thanks to parents for your support. It is a good habit for children to develop.

### HANDS OFF AT SCHOOL

With a number of siblings at our school we are working on reminding children that we need to be safe at school by keeping our hands and feet to ourselves, and we cannot hurt other people.

### HEAD LICE

Once again our little friends are making their presence known. Pediculosis Capitis (Head Lice) is a very common occurrence amongst young school children. An infestation of head lice does not reflect on the personal hygiene of the child or their family. Head lice can be treated by a number of solutions which can be purchased from the local supermarket or chemist.

The life cycle of the Pediculosis Capitis (Head Lice) needs to be treated, which includes eggs, which often give the appearance of dandruff attached to a hair stem. The treatment cycle requires more than one hair wash using the chosen solution. Once treated the child's hair needs to be regularly inspected for possible re-infestation.

### REGIONAL CROSS COUNTRY

On Tuesday 14<sup>th</sup> June, Amber attended the Riverina Region Cross Country, not only representing Carrathool but also Deniliquin PSSA. I am pleased to report that she ran a great race and finished 9<sup>th</sup> in the 10 year girls event. Well done!





## JUMP ROPE FOR HEART

Today we are enjoying our “Jump Off” day. Thank you to everyone who was able to support this event by sponsoring the children and attending our special day. If your child has qualified for rewards from the Heart Foundation we will pass these on as soon as we receive them.

## END OF TERM ASSEMBLY

Carrathool Public School will be holding an end of term assembly on Thursday 30<sup>th</sup> June at 2pm. All parents, grandparents, family and friends are invited to attend. We will have some amazingly talented performances as well as our new school captains being inducted. Parents are asked to bring along a plate of food to share after the assembly.

## SEMESTER 1 REPORTS

Semester One reports will be handed out on Thursday 30<sup>th</sup> June.

At Carrathool Public School we use five words to describe student progress:

**Outstanding** - This student displays an extensive knowledge and understanding of the curriculum content and can readily apply this knowledge.

**High** – This student displays a thorough knowledge and understanding of the content and a high level of competence in the processes and skills.

**Sound** – This student has a sound understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.

**Basic** – This student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.

**Limited** – This student has an elementary knowledge and understanding in few areas of the content and has

achieved very limited competence in some of the skills and processes.

A student who has achieved a SOUND level of competence and understanding has achieved the expected outcomes for his/her stage of development.

## SCHOOL DISCO



Put on your dancing shoes, sharpen up those moves because the P & C will be holding a Disco in the school library on **Wednesday 29th June** commencing at **5:00 – 7:00pm**

Cost of entry for each child is **\$5.00** which includes entry, a hot dog, drink and a bag of chips.

Siblings are more than welcome to attend with a cost of \$2 for dinner.

By supporting the Disco, you are also supporting the school. We hope to see all our families attend.

## STUDENT OF THE WEEK



### **Natasha Morris – Week 8**

*Awarded for:*

***Settling easily into her new school and working consistently in class.***

## MINI AWARD RECIPIENTS – Week 8

Abbey, Shane, Amber, Lauren, Jamie, Tom, Natasha, Ashlee.

*Congratulations to all recipients.*



**HOMEWORK AWARD RECIPIENTS – Week 8**

Nicholas, Sam, Sarah, Georgia, Lauren, Tom.

It is great to see so many people return their homework. Keep up the great work!

**STUDENT OF THE WEEK**

**Chontelle Barton – Week 9**  
Awarded for:  
**Trying her best in all areas.**

**MINI AWARD RECIPIENTS – Week 9**

Nicholas, Chontelle, Sarah, Shane.

*Congratulations to all recipients.*

**LIBRARY DAY**

Borrowing from the school library will continue to be held on Wednesdays. With the holidays coming up fast this would be a good time to search for any outstanding books at home.

**SCHOOL BANKING**

School banking day is Fridays.

**P & C NEWS**

The Carrathool P & C held a BBQ at the Athletics Carnival on Friday 17<sup>th</sup> June. It was great to see parents come and help out on this day. A huge thank you to John Merrylees, Cath Merrylees, Paula Hayes and Amanda Barton

for your support and help on this day. Without it we couldn't have these fun events.

**Uniforms**

Some new uniforms have arrived at school so if you are in need of any please let us know.

**Working Bee**

We are hoping to have another Working Bee on the 24<sup>th</sup> July. We are about to purchase two new vegetable garden beds from Bunnings and will need all parents to come and help get these ready for our kids to start growing some healthy vegetables.

**Trivia Night**

The P & C is also in the beginning stages of organising a Trivia Night to help raise some money to assist in the cost of our camp this year to Dubbo with Tharbogang Public School. Should be a really fun night!

**Winter fire safety**

Winter brings with it the danger of house fires from electric blankets, clothes dryers, candles and unattended fires and heaters. For NSW Fire & Rescue's winter checklist go to:

<http://www.nswfb.nsw.gov.au/page.php?id=956>

New state laws now require smoke alarms to be installed in campervans and caravans.

**More info: 1800 151 614 or**

[www.fire.nsw.gov.au/page.php?id=948](http://www.fire.nsw.gov.au/page.php?id=948)

**Healthy sleep habits**

When children sleep well, they'll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:

- set bedtimes and wake times - try and keep these regular

- no TV/computer games one hour before bed
- no TVs in bedrooms
- no caffeine, high sugar or high spicy food 3-4 hours before bed
- comfortable temperature, light and noise levels in the bedroom
- warm milk or camomile tea can help induce sleep.
- convincing children that it is important to sleep well - reward them for complying with bedtime rules
- visiting your doctor and asking to be referred to a sleep specialist if your child's sleep problems persist or worsen.

**More info:**

[http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html)

**HERE ARE SOME PHOTOS' OF OUR ATHLETICS CARNIVAL**



**Lauren was named 11 Girl Champion!**



**Amber achieved jnr Girl Champion!**



**Lachlan and Abbey are on their way to becoming champions! Super fast!**



**Jamie ran like the wind!  
Our team!!! What super stars!!!**

## COMMUNITY NEWS

Congratulations to the Carrathool Sports Club for the excellent job of fencing around the tennis court.

Margaret Merrylees Cr

If you need community notices advertised in our newsletter please ring the school or fax your notice to the following numbers:

Phone 69 935 143

Fax 69 935 002

## CARRATHOOL SHIRE MANAGEMENT PLAN

The Carrathool Shire Council Management Plan 2011/12-2013/14 is available for viewing at Carrathool Public School Monday to Friday from 8:30am to 3:30pm. If you have any comment please write to Council before **24<sup>th</sup> June, 2011.**

## ATTACHED NOTES

- Head Lice – A guide for parents.
- Carrathool Shire Council Draft Management Plan cover letter.
- Relay For Life team information night.





**Hay Relay for Life**  
24-25 September 2011

**Team Information Night**  
**7pm Wednesday 22 June 2011**  
**Hay Services Club**

- Learn more about what Relay for Life is and why we Relay;
- Hear important information about the event e.g. entertainment, activities, catering, set up, what to bring and much more;
- Register as a survivor or carer (event VIPs)
- Gain some great fundraising ideas: as a team, as an individual and on the day;
- Ask all your questions;
- Register a team or an individual;
- Collect receipt and raffle books and deposit slips;
- Pre-registered teams will be able to collect t-shirts and merchandise ordered.