

Peppercorn Press

Carrathool Public School

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Term 4– Week 6

Tuesday 10th November, 2015

Coming Events

Term 4 Week 6

Wednesday 11 November	School provided lunches
Thursday 12 November	BIKE DAY
Friday 13 November	Playgroup 9 - 11 am @ school

Term 4 Week 7

Wednesday 18 November	Pub lunch
Thursday 19 November	Mandarin lessons 10.30-11.00
Friday 20 November	Community Consulation Meeting

Term 4 Week 8

Wednesday 25 November	P & C lunches
Thursday 26 November	P & C Meeting
Thursday 26 November	Mandarin lessons 10.30-11.00
Friday 27 November	Playgroup 9 - 11 am @ school

Principal's Report

Thank you to Caroline Tuohey for visiting the school and presenting her new book, 'Forest Wonder' to the students and also to playgroup. An absolutely beautiful book and very Australian! We wish you well in your future endeavours.



Caroline Tuohey with Dean Blair

Caroline Tuohey with her beautiful new book 'Forest Wonder'



What a privilege it was to have all of the school attend the 'Turning of the Soil' Ceremony at the Carrathool Bridge, last Monday. It was absolutely wonderful to see the hard work (twelve years of lobbying) that Margaret Merrylees has done, has finally paid off! Well done Margaret!



Margaret Merrylees and Duncan Gay
(State Minister for Transport)

What a wonderful 'Grandparents' Day' we had yesterday! Thank you to all who came. Grandparents, aunts and parents enjoyed a song by the students, a tour of the school, garden and orchard and much more. We finished the afternoon with some afternoon tea. Students really enjoy having visits from family and friends.



Students singing a song called 'Grandma, Grandpa'

Leanne Hedt,
Principal

Grandparents Day

Theme of this year's Grandparents Day is 'Moments That Matter'. The moments that we share together are precious. Whether you're thinking about a special day you've shared with your grandparent, or a cup of tea you've shared with an older neighbour, Grandparents Day is a chance to remember how important these moments are and to spend the day creating new memories together.

Grandparents and special guests were treated to a special performance by the students with a song called Grandma, Grandpa. We then had a tour of the school (in groups with students) which included:

- COLA (Covered outdoor learning area) – where the special guests got to reminisce about the games they used to enjoy. They all got to have a go at twirling a hoop!

- GARDEN – students asked their special guests what plants they grew as children.
- CHOOKS AND ORCHARD – The children love our chooks. Guests were shown the fruit trees planted by our parents and students.
- CLASSROOM – Grandparents and special guests were shown how we do Maths on our laptops!
- LIBRARY – Guests got to complete a worksheet with students and to enjoy some afternoon tea!

Thank you all so much for coming!

Carrathool Bridge Turning of the Soil Ceremony

Last Monday our school attended the 'Turning of the Soil Ceremony' at the Carrathool Bridge. State Minister for Roads, Duncan Gay, was joined by Member for Riverina, Michael McCormack. Mr Gay said building the new bridge was critical to the community, befitting farmers, freight operators and residents alike. The students of the school were a great hit with all who spoke! The hard work of our local councillor, Mrs Margaret Merrylees, was recognised. Thank you Margaret for pestering ministers, councillors and whoever you had to, to bring this project to fruition!

P & C News

Next P & C meeting – Thursday 26th November, 2015

Congratulation to Paula Hayes and to the Mulcahy family for winning the P & C raffle at the pub. Nice to see two families from the school win!



Daniel Morecombe Red Day

On Thursday 29th October, we held a ‘Wear Red for Daniel Day’. Here are a few snippets from the students about what they learnt:

- Archie - Why Red Day was started
- Nicholas – Never take lollies from strangers
- Harry – Your body belongs to you
- Cassidy – Do not go with strangers
- Benjamin – Don’t hop in a car with someone you don’t know
- Monica – Don’t go into other people’s houses. If you feel unsafe your body tells you
- Rhett – Walk away if you feel unsafe
- Sam – You might shake or feel butterflies or sick in your tummy if you feel unsafe
- Lincoln – Red was Daniel’s favourite colour
- Anthony – It is important to have people with you when you play

(Note: Chloe and Charlotte were away)

Children will take their ‘Safety Network’ hands home with them. Discussion of how they would contact people if they feel unsafe would be a great follow up.



Tennis Courts

Carrathool Sports Club would like to advise that the tennis courts are out of action until further notice.

Canteen will continue on Fridays this year by the SRC. Children may purchase two items @ 50¢ each.

Items will be donated by parents on a fortnightly basis. Suggested donations are chips, fruit juice, fruit snack packs, flavoured milk, yoghurt, ice blocks, popcorn etc. Home cooked produce is also very welcome!

Term 4 Roster

Week 6	Hayes family
Week 8	Mulcahy family
Week 10	Blair family

Thank you to all families for their **very generous** donations.

Funds raised are usually donated once a term to a charity the SRC chooses.

School Captain’s Report

Five more weeks until Summer holidays!

This week we have ‘Bike Day’ on Thursday. Last week we had a Chinese lesson with Rhett’s mum, Angela. We learnt how to count to ten in Mandarin. It is very interesting learning about China!

Yesterday we had ‘Grandparents’ Day’, it went very well.

Over the last couple of weeks, we have been very busy. We had the Bridge Ceremony last Monday and Wear Red for Daniel Day, on the Thursday, 29th October. Caroline Tuohey came and presented her new book, ‘Forest Wonder’ to us on Friday 30th October. Caroline read the book to us and completed an art activity with us.

This week we are writing more persuasive texts.

Archie Ray,
School Captain



Community News

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 Combined Sports Club
(incorporating Hall Committee) would like to advise that their meetings are held on the last Sunday of the month at 10 am.

Next Meeting will be held on:

29th November, at 10.00 am. All

Welcome!

This meeting will be the AGM too.

Carrathool Sports Club

Xmas Party

Sunday 6th December

Starting 12 noon

At the Carrathool Memorial Hall

Lunch \$10 per head

Children free

Please provide a present for your child/children (not exceeding \$10 please)

Santa arrives late afternoon

Carrathool Family Hotel

Kids Christmas Party

Christmas Eve

Arrive 1pm for 2pm start

Lots of games (such as 3 legged races)

WATER SLIDE

And a visit from SANTA!!!

More details to follow

Please let Shaun, Angela or Paula if you intend coming



Chloe and Charlotte with Chloe's birthday cake (a horse of course!) on Melbourne Cup Day

The Athlete's Foot Griffith

The Athlete's Foot Griffith is our recommended supplier of approved school and sports shoes. With a shoe expertly fitted by one of 'The Athlete's Foot Fit Technicians', your child will have the right support for all of the school activities and sports they take part in every day.

The Athlete's Foot stock a range of Ascent and Clarks school shoes to ensure there are options for everyone!

Even better, **\$5 from every shoe purchase is donated back to our school.** This applies to your whole family across their fantastic range of school, sports, work and casual shoes.

Anybody from the community who purchases a pair of shoes for themselves can support our school. Just mention you support Carrathool Public School and they will donate \$5 to us.

Thank you to everyone who has done this in the past. We have just received our annual donation!

For more information about the program, please call Glennis on 6964 2231



Carrathool Family Playgroup will be holding their next session this Friday 13th November, at Carrathool Public School, from 9 am till 11am. **\$5 per child.** Next term, playgroup will be held under the COLA.

Please bring a hat and morning tea for your children.

Anyone welcome, the more the merrier!
The dates for Term 3 are as follows:

- 13/11/15 Week 6
- 27/11/15 Week 8
- 11/12/15 Week 10

For more information please call Belinda Mulcahy on 0417 825 258.

Teacher, students & families
The students, parents and staff of
Hay School of the Air
Are pleased to invite you to
‘Virtually Archibald’
An exhibition of portraiture
5 – 7 p.m.
Tuesday 1st December 2015
At Hay Tennis Clubhouse
Nibbles & Refreshments & Raffle

Rsvp by 23/11/15 to 69931882
Entry: gold coin donation



Aurora College

The virtual selective school for rural and remote students

Aurora College is NSW's first virtual selective school, offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective stream are chosen in the same way as students in all other selective classes in NSW government schools.



Applications for entry to Year 7 in 2017
OPEN 13th OCTOBER 2015 AND
CLOSE ON 16th NOVEMBER 2015

Visit Selective High Schools website
<http://bit.ly/shsyear7>

For further information about Aurora College, visit the our website
www.aurora.nsw.edu.au or phone 02 9886 7560



Grandparents' and Special Guests' Day



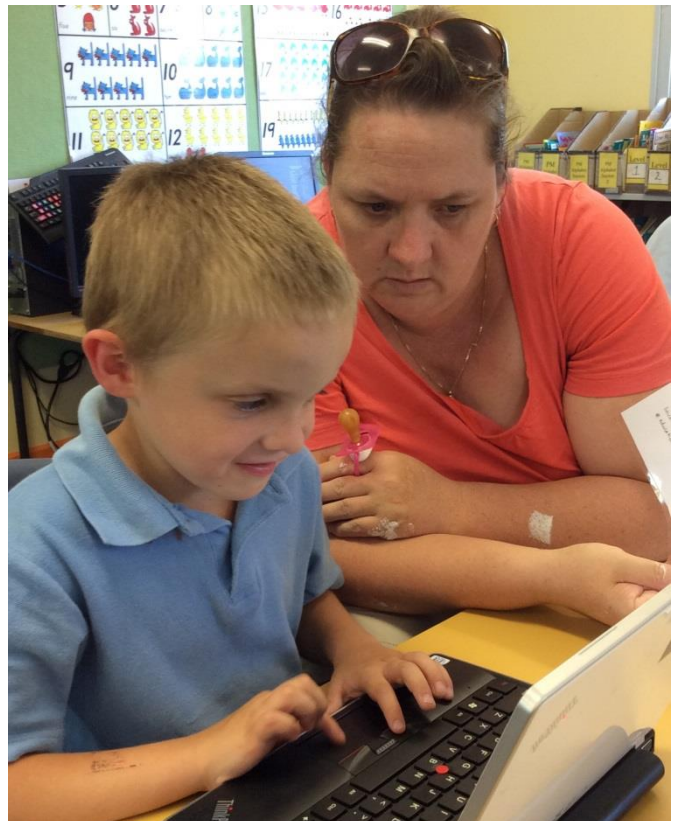
Sam with his grandfather Keith



Ben with his grandmother Margaret



Nicholas and Anthony's great grandparents, Heather and Peter (Peter watching Heather how to do it)



Lincoln with his mum Frances





Rhett with his adopted gran, Heather



Keighley showing her style!



Paula showing her expertise!



Paul showing the ladies how it is really done!!!





Lola (Charlotte and Chloe's nan) with Austin and Belinda



Monica showing her mum Terrianne Mathletics



John and Debbie with their grandson Anthony



Sophie with baby Chloe (where is your hoop Sophie???)





Georgia finds it easier with three hoops!



Now, this is what I call fun! – Austin



Nicholas with his pop Peter



Debbie with Anthony and Dean



A Quick Bite ...

Breakfast: Quick, Healthy Ideas for a Great Start

Here are some quick and healthy breakfast ideas that even children can prepare. Encourage your child to have a go at getting their own breakfast ready as they grow and their skills develop.

- Fresh fruit
- Wholemeal or multigrain toast with toppings such as cheese, baked beans or avocado
- Porridge – quick oats
- Muffins
- Crumpets
- Yoghurt
- Cereals such as muesli or wheat flakes
- Boiled egg with toast



Acknowledgement: <http://www.betterhealth.vic.gov.au/>

Image: freedigitalphotos.net/Serge Bertasius Photography

For more information visit
mldh.health.nsw.gov.au/keepinghealthy



Health
Murrumbidgee
Local Health District



A Quick Bite ...

Breakfast: A Great Start to the Day!

Do you know where the word 'breakfast' comes from? It's the breaking of the overnight fast or lack of food while you're asleep to provide the nutrients your body needs to give you energy through the day.

Children who go to school without breakfast may have trouble paying attention in class and learning. They are also more likely to be heavier than children who eat breakfast and are likely to want to snack throughout the day because they're hungry.

Children who have breakfast before school have more energy and are more likely to be able to concentrate on their learning. They're also more likely to choose healthier foods and be less likely to crave snacks during the day.

Acknowledgement: <http://www.betterhealth.vic.gov.au/>



Image: freedigitalphotos.net/PhotoStock

For more information visit
mldh.health.nsw.gov.au/keepinghealthy



Health
Murrumbidgee
Local Health District



A Quick Bite ...

A Good Night's Sleep

School aged children who don't get enough sleep may be irritable and get upset easily. Lack of sleep also affects their ability to learn at school. They may have difficulty listening to the teacher and understanding instructions. They may be unable to make good decisions and learn effectively.

Taking action early and setting a regular bedtime and waking time is a good start.

Avoiding stimulating activities before bedtime and having a quiet bedroom with no TV or games can help prepare the child for sleep.

Offer milk or water as drinks before bedtime rather than drinks containing caffeine, cola drinks, milo, hot chocolate or fruit drinks which can keep children awake.

A good sleep means a good start to the next day.

Acknowledgement: Centre for Community Child Health RCH Melbourne



Image: freedigitalphotos.net/PhotoStock

For more information visit
mldh.health.nsw.gov.au/keepinghealthy



Health
Murrumbidgee
Local Health District



A Quick Bite ...

A Good Sleep Routine

Is bedtime a struggle at your place? A simple, predictable routine might make a huge difference!

Your child may want to stay up later and seem full of beans but that does not mean they don't need sleep. Well ahead of bedtime let your child know what you expect – discuss some rules including a set bedtime. Avoid stimulating activities and have some calming activities before bedtime.

Avoid confrontation and revisit the rules so that they know what to expect. Tuck your child into bed and leave their room while they are still awake. If they call you or come out avoid discussion, return them to bed, remind them it's time for sleep and 'be boring'!

Acknowledgement: Melbourne Children's Sleep Centre



Image: freedigitalphotos.net/PhotoStock

For more information visit
mldh.health.nsw.gov.au/keepinghealthy



Health
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Australia Day. Celebrate what's great!

NOMINATIONS OPEN

Carrathool Shire residents are encouraged to nominate a person / group that has made an outstanding contribution to the community in 2015 in the following award categories:

- Citizen of the Year
- Young Citizen of the Year (Under 25)
- Junior-Citizen of the Year (5-12)
- Sportsperson of the Year (18+)
- Junior Sportsperson of the Year (12-18)
- Sub-junior Sportsperson of the Year (5-12)
- Community Group of the Year
- Community Event of the Year
- Environmental Care Award

Nomination Forms available at:

- * Council Offices in Hillston & Goolgowi,
- * Hillston Library,
- * Post Offices in Binya, Rankins Springs and Merriwagga
- * Carrathool Public School or
- * Complete an online application by visiting Council's website www.carrathool.nsw.gov.au.

For more information, contact Penny Davies, Community Development Officer on 6965 1900.

Nominations Close 4 pm Friday 4 December 2015



Please contact the school if you need application forms



**Turning of the Soil Ceremony,
Carrathool Bridge
Monday 2nd November, 2015**

