

Peppercorn Press

Carrathool Public School

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Term 3– Week 2

Tuesday 21st July, 2015

Coming Events

Term 3 Week 2

Thursday	23 July	Playgroup at CPS 9 am
Friday	24 July	Athletics Training

Term 3 Week 3

Monday	27 July	Small Schools Athletics Carnival @ Hay
Tuesday	28 July	UNSW English Test
Thursday	30 July	Borambola Excursion Yr 2-6
Friday	30 July	Borambola Excursion Yr 2-6

Term 3 Week 4

Wednesday	5 August	P & C Meeting @ 9 am
Wednesday	5 August	Mobile Library
Thursday	6 August	Playgroup at CPS 9 am
Friday	7 August	Jeans for Genes Day @ School

Term 3 Week 5

Tuesday	11 August	UNSW Maths Test
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Principal's Report

Another term is upon us! We hope everyone enjoyed their break over the school holidays. Weather has been just a tad freezing! Good to see some well needed rain fall in the area.

We would like to welcome two new students to the school, Lincoln in Kindergarten and Cassidy in Year 3. We hope the Dewson Carvell family are very happy here!

Last week the school attended a NAIDOC Day at Yoogali Public School, where Lesa Bevan is the Relieving Principal. The students' behaviour was impeccable and very admirable. They have been able to recall a lot of facts about Aboriginal art and culture that they learnt on the day. Well done everybody!

We had our first P & C Meeting for the term last week. The number of parents attending these meetings is absolutely outstanding. Over 90% of families were

represented. Thank you to everyone for participating. At the meeting the P & C agreed to fully subsidise the Borombola excursion. They have also organised the transportation of all students to and from the excursion. What a great help to all families.

Please note that Playgroup will be on every second Thursday this term.

Next week is 'Education Week' and as a part of our celebration will be attending our annual Athletics Carnival at Hay on Monday 27th July, as well as taking Years 2 – 6 to Borambola Sports and Recreation Camp.

We have been practising very hard for all of the athletics events. Good luck on the day everyone, just remember to do your best! Please return your permission notes as soon as possible.

Leanne Hedt,
Principal

NEWS FLASH

Carrathool Playgroup has moved to Thursdays this term. Dates for Term 3 are:
23rd July, 6th August, 20th August, 3rd September and 17th September (just typing the word September makes me feel warm!!)

Woolworths Earn and Learn Promotion

Promotion started on 15/7/15 and ends 8/9/15. Shop at Woollies and collect stickers for our school. If anyone in the community would like to help, it would be greatly appreciated! We purchased some great literacy resources with the last promotion.

Borambola Excursion

Our excursion to Borambola is on next Thursday and Friday 30th and 31st July. Notes will go home this week with more information. This excursion is for Years 2 – 6 only. Kindergarten and Year 1 are to come to school.

Athletics Carnival at Hay

We have all been practising very hard for our carnival. Students need to be at the Hay Park at 9.15 am for a 9.30 am start. Recess and lunch will be provided on the day. Good luck to everyone!



Kieya, Cassidy, Chloe and Charlotte – almost a photo finish!



Cassidy jumping as high and far as she can!



Dean – 'I can nearly touch the sky from here'



I think having a crew-cut makes you jump even higher - Nicholas!

Jeans for Genes Day

Friday 7th August, 2015

Did you know, 1 in 20 Aussie kids is born with a birth defect or genetic disease?

Denim mufti day – gold coin donation

Parent donations welcome!

Help support the Children's Medical Research Institute to unravel cures to a range of childhood medical conditions

**Happy birthday
to
Ben Merrylees**



Ben turned 8 on the 10th July!

We hope you had a fantastic day Ben!

Voluntary School Contributions

Schools operate much more effectively and provide a much-improved service to students with funds donated by parents in addition to that provided by the government and the P & C.

Voluntary school contributions this year are:

\$20 per child or

\$30 per family

Thank you to those who have already paid.

NAIDOC Day at Yoogali PS

Last Wednesday our school attended a NAIDOC Day at Yoogali Public School. Here are a couple of recounts from the students:

Yesterday Carrathool P.S travelled to Yoogali P.S for an excursion, to learn about NAIDOC Day.

Firstly we were sorted into our groups. K-1s were in a group. Then 2-3s were together. Lastly 4-5 & 6 were in the same room. We were introduced to Mark Saddler and our teachers for the day. After that we headed to our classroom to start an activity. We had to watch a video about a bark canoe. Then after we watched the video we were asked to answer some comprehension questions about the bark canoe and the history of indigenous languages and about the history of Aboriginal Culture.

After that activity, we had recess and played handball with Rhett's handball, it was a quick match, except when versed one of the Yoogali girls, that was a bit of a battle! Then we had to go back to class, it was time to go to the library to listen to Mark.

At the presentation, Mark told us about megafauna and the didgeridoo; it was a lot of fun.

Then we had to go home after lunch, but before we did that, Mark talked to us about his art. It was very fascinating.

By Archie Ray



Cheyenne, Mark, Archie, Nicholas, Sam and Benjamin

Yesterday Carrathool Public school went to Yoogali. We met Mark. He told us that it was diabetes week as well as NAIDOC Day. Mark is a really nice person. He told us that megafauna emus were taller and had longer tails than the emus of today.

We designed our own flag that represented us.

Next we went to a presentation and Mark told us about Aboriginal languages and megafauna.

It was a great day!

By Cassidy Dewson Carvell



Carrathool Public School went to Yoogali Public School for NAIDOC Day on Wednesday 15th July. We found out, it was also Diabetes week. The whole school stayed from 9.30 am to 2.00 pm including recess and lunch.

Our first activity was drawing our own flag. It was hard to figure out what we wanted our design to be.

Later, our host, Mark taught us about Aboriginal languages and about megafauna. He uses the Warradgeri Language.

His presentation was fun and interesting. Also exciting and funny!

The sausage sizzle was delicious! Yum!!!

By Harry Ray



Mark Saddler our NAIDOC host

Jump Rope for Heart Foundation

We hope you all enjoyed the students 'Jump Off' for the Heart Foundation at our end of term assembly. ***We are still awaiting some sponsorship forms and money. Could you please return these to the school by the end of the week.***

A Quick Bite ...

Food Additives: Friend or Foe?

Food additives can be used to preserve food for longer, enhance their colour and taste and thicken foods like sauces. The more we rely on packaged foods, the more we are more exposed to these food additives which can cause concern among parents.

Food Standards Australia New Zealand (FSANZ) decide what food additives and how much can be added into foods. Rigorous testing is used to determine if the food additive is safe. FSANZ also determines if there is a legitimate reason for adding an additive to a food, and passes on information about the additive to consumers.

The key is to choose more fresh foods that don't require additives and that at the same time will provide us with the nutrients we need to be healthy.

For more information go to:

<http://www.foodstandards.gov.au/consumer/additives/additiveoverview/Pages/default.aspx>

For more information visit

mihd.health.nsw.gov.au/keepinghealthy

Live Life Well
@ School

NSW

Health
Murrumbidgee
Local Health District

munch & move



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 3 Roster

Week 3	Merrylees family
Week 5	Hayes family
Week 7	Mulcahy family
Week 9	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.



P & C News

Trivia Night will be held on Saturday 5th September, 2015 at the Carrathool Memorial Hall. Grant Wynne will host the night and it will be lots of fun for the whole family!

Our Webber bbq raffle was drawn on Friday 26th, 2015. Congratulations goes to Suzette Martin who won the bbq! 2nd Prize of a Case Jacket went to Graham Norris (a.k.a. Gub) and 3rd prize went to Roz Lees who won the Carrathool Family Hotel voucher. Thank you to everyone who supported us!

Next P & C meeting will be held on Wednesday 5th August, starting at 9 am.

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:

Sunday 26th July, at 10.00 am.

All Welcome!

School Captain's Report

Term 3 has started and so far we have had a busy start. We have been to Yoogali Public School for NAIDOC Day. We all had a great day. Next Monday we are going to participate in our athletics carnival with Hay SOTA and Booligal Public Schools. We can't wait; we have been practising lots! At the end of next week, Thursday and Friday, Years 2 to 6, are going on an excursion to Borambola Sports and Recreation Camp (just outside of Wagga) for a one night excursion, so we are very excited!

By Archie Ray,
School Captain

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 Hotel Chinese Nights



Every Wednesday Night!
Carrathool Hotel
Chinese meals

A Chinese chef from Griffith will be
cooking.

Please enquire at the hotel if interested.

Takeaways available!!

Bookings may be made by phoning
Shaun and Angela on 6993 5117.

Carrathool Family Playgroup will be holding
their next session this Thursday the 23rd July, at
Carrathool Public School, from 9 am till 11am.
\$5 per child.

Please bring a hat and morning tea for your
children.

Morning tea will be provided for parents and
visitors.

Anyone welcome, the more the merrier!

The dates for Term 3 are as follows:

Thursday 23rd July

Thursday 6th August

Thursday 20th August

Thursday 3rd September

Thursday 17th September

Please note the days have been changed from
Fridays to **THURSDAYS**.

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

A Quick Bite ...

Is This Really Healthy? That is the Question!

Food label reading is a great tool to help us navigate the sea of new food products seeking our attention. Many manufacturers will make claims of their products being "light", "low salt", "cholesterol free" but are they all they promise to be?

One method is to read the Ingredients List. Ingredients are listed in descending order by weight, so the first ingredient is the main ingredient and the last ingredient is the least.



Image: Healthy Kids Association

If sugar, fat or salt is listed near the beginning of the ingredient list, it is likely the product has a lot of these in it.

Another method is to refer to the Nutrition Information Panel and compare the values in the "per 100g" column. You can compare 2 different food products to find the best one when it comes to fat, sugar, salt and fibre content.

For more information visit

mld.health.nsw.gov.au/keepinghealthy

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



2015-16

COMMUNITY GRANTS SCHEME

Is your community group seeking funding for a project?

The Scheme is Council's annual funding program that enables community groups to undertake a project to meet identified needs in the community.

The purpose of the Scheme is to support the well-being and enhance the development of strong local communities.

The funding program provides **up to \$1500** for not-for-profit community groups to complete a project (within the Carrathool Shire) that benefits the community.



Some of the 2014/15 projects include:
Hillston Public School - Wood of the Wilderness
Carrathool Public School - Book Boxes
St Joseph's Primary School - Marquee's
Hillston CWA - Hall Painting
Goolgowi Sports Club - Storage Trolley & Backstroke Flags



**GRANTS OF
UP TO \$1,500**

Past projects have included outdoor seating, BBQ, hot water service, new chairs, storage container, playground training, tennis nets, fencing, water tank, shade sails, community notice board, PA system and bike rack!

APPLICATIONS NOW OPEN

Application Forms and Guidelines are available from the Goolgowi Shire Office, Hillston District Office, and the WG Parker Memorial Library. Copies can also be downloaded from Council's website www.carrathool.nsw.gov.au.

For further information, or assistance with applications, contact Penny Davies, Community Development Officer, on 02 6965 1900.

The closing date for applications is 12 noon, Monday 10 August 2015.
No late submissions accepted.

