



**STRIVE TO
ADVANCE TOGETHER**

Pooncarie Public School

Newsletter 14, Term 3, Week 6 Monday 7th September 2009

Upcoming Events:

- ◇ **Mondays & Wednesdays**
Active Sports 3:00 - 4:00 pm
- ◇ **Sunday 6th September**
Year 6 depart for Canberra
7am
- ◇ **Wednesday 9th September**
Pre-School
- ◇ **Friday 11th September**
Year 6 arrive home 5:30pm
approximately.
- ◇ **Monday 14th September**
Literacy Consultant Visit
- ◇ **Monday 14th September**
Video Conference 1:45pm with
Police Officer Yr K-4
- ◇ **Friday 18th September**
Quality Sports Day
- ◇ **Wednesday 23rd September**
Pre-School
- ◇ **Thursday 24th September**
Toy Library
- ◇ **24th—25th September**
Rising Generations Leadership
Day—Yr 4 & 6

PRINCIPAL'S MESSAGE

I hope everyone is enjoying having a small school this week while most of our year six are away on another educational journey.

Thank you to Mr. Baird for taking the class from Monday to Wednesday.

Environmental Camp

I was very proud of our students during the whole school excursion in week five, their participation, behaviour and the way in which our students mixed with the other schools was exceptional. There was lots of great feedback!

I must also thank our bus drivers, Mick and Mr. H, for safely getting us to and from Lake Culluleraie, also to Mrs. Holgate, Jennifer and Shona for all their efforts, you really made a big difference, thank you!

School Education Director

At my request the School Education Director will be visiting the school in week eight this term. Mrs. Webb will be happy to speak to parents during her visit. A day, and meeting time will be forwarded to you as soon as possible.

Homework

There have been a couple of enquiries about homework in this last week. As a result I would like to discuss and evaluate how we can improve the schools process of homework at our next P&C meeting. Remember homework can not be enforced, if you have any concerns or would like your child's homework changed before then, please contact the office to make an appointment before or after school (8:00 to 8:30 am or between 3:15 and 4:00 pm in week eight.

Wentworth Show

Congratulations to all our student who displayed and entered their work in the Wentworth Show, and well done to those who won prizes. The pet rocks were awesome!

Also a very big thank you to Stacey for taking down the display, picking up the pet rocks and drawings, it was much appreciated.

Class Cooking

Well done to Jenny and our year four students for their delicious lunch last Friday, best lasagna I've tasted! Lunch was enjoyed by all!

Quality Sports

I apologise for the late notice for the Quality Sports day at Palinyewah on the 18th of September. Please return your notes by Monday 14th September so we can confirm transport.

Appointments

Please remember that my door is always open, and if you have any concerns with your child's learning or the management of the school, please contact the office and make a suitable time to meet with me (Fridays are the best day).

Thank you, Mrs. Kemp

ACTIVE SPORTS

Remember week eight will be the last week of Active Sports. Thank you to those parents who are able to assist Sally and help provide the healthy snack.



**SEPTEMBER
BIRTHDAYS**

13th Sean

21st Jacob

School zone road safety
 A reminder to parents that from 1 July 2009 the government has increased fines and loss of demerit points for all driving offences occurring in school zones. We are committed to providing a safe environment for all our students and visitors, so please observe the 40km/h speed limit during school hours

Quality Sports in Orange have organised coaching camps for the next school holidays for Athletics, Cricket and Swimming. All three camps will be over three days on 13th, 14th & 15th. October and will be held at the Kinross Wolaroi School facilities in Orange.

The Swimming and Cricket camps are open to the age group of 9 to 14 years and the Athletics will be for 8 to 15 years and all three camps are available to boys and girls. Residential places are available that include all meals and accommodation and the cost is \$290. For those wishing to live out and just attend each day, the cost will be \$235 which includes Lunch and Morning and Afternoon fruit and drinks.

Application forms can be obtained by phoning 63629244 or by visiting the Kinross Wolaroi website after 31st. August.



Breakfast

Breakfast may be rushed, but is essential for your child's learning at school. Breaking the fast is what having breakfast is all about. Breakfast is the meal that gives your body the 'kickstart' for the day, and supplies your brain with valuable energy. Concentration levels in the morning at school depend on an adequate breakfast. Without breakfast your child could be missing out on valuable lesson information. Children are more likely to feel hungry at mid morning break and will crave instant sugar/fat energy foods to give their body the fuel required. This is not a good pattern to be encouraging.

Breakfast can be very basic, but still nutritious. Setting a good example as parents and carers is essential. Have a few healthy cereal choices for your child to choose from.

Make up your own muesli

Cut up fruit and yogurt to help the appeal of the cereal.

Encourage different spreads for toast, and try different types of breads, muffins, crumpets etc.

For more tips visit www.goodforkids.nsw.gov.au

Starting school
 If you have a child starting school next year it's important to enrol your child and to attend Kindergarten orientation later in the year. Watch a vodcast on starting school and Kindergarten orientation at www.schools.nsw.edu.au/news/ezone/yr2009/issue03/watch/index.php . You might know of other families that would like this information.

Coomecalla Wentworth Cricket Club junior training

UNDER 10 and UNDER 12

Training to start Wednesday 9th September at Wentworth Oval from 4:00pm

UNDER 14 and UNDER 16

Training to start Wednesday 2nd September at Dareton Oval from 4:00pm, reverting to Thursdays from 4pm once football has finished.

All new and existing players most welcome.

MEDIA RELEASE

Desperately Seeking Audacious Catchment Women! *A Touch of Pink!*

There are limited seats still available on the bus to the Junee Rural Women's Gathering that will be heading out on Friday 18 September 2009 and returning on Sunday 20 September 2009.

At the Gathering, LMD catchment women will have the opportunity to experience the activities and networking that hundreds of rural and remote women undertake each year. The Rural Women's Gathering is financially supported by the NSW government's Department of Industry & Investment (previously DPI) and other organisations who believe that such gatherings are a positive influence on the mental and physical health of country women.

The Junee organisers have developed a great program for the weekend that will offer something for women of all ages and backgrounds.

The Gatherings are designed to provide opportunities to learn skills from the wide range of workshops, listen to inspiring and informative speakers and access information on existing services and resources.

In recent years, there has been a strong emphasis on giving participants the chance to network with a broad range of women, and also have a break from dealing with the effects of the on-going drought, which continues to impact on so many.

This year, the Junee committee has thought about the men in our lives and are encouraging men to also take a break and accompany their wives, with special activities offered for partners.

The Lower Murray Darling CMA will be subsidising the transport and accommodation costs for our catchment women. The Gathering registration is only \$165.00 which includes all food and activities over the weekend while in Junee.

Interested catchment women can find out more details by phoning Susan Walla on 03 5021 9460 or 0429 035 961 and requesting the Junee Gathering Information Pack.

It's not too late to get on the bus!