

# Frank Partridge VC Public School

*Educating your child for a bright future*



PO Box 288 Centenary Parade Nambucca Heads NSW 2448 Phone 6568 7100 Fax 6568 9147

Email [frankpart-p.school@det.nsw.edu.au](mailto:frankpart-p.school@det.nsw.edu.au)

Newsletter Issue 16

Term 2 Week 8

9th June, 2015

Welcome to Week 8 of Term 2. I trust that everyone had a great long weekend. The last day of term will be Friday the 26<sup>th</sup> June. This is also our School Athletics Carnival. The first day back at school next term will be Tuesday the 14<sup>th</sup> July.

We labelled Wednesday of last week "Wicked Wednesday" as it was chock full of activities, interruptions and representative duties.

Our debaters did themselves and their school proud as they took on and defeated all that came before them. Mrs Leahy's team of Jeremy Higgins, Sonja Stone, Edmund Hurley, Zara Brown and Brooke Heather beat teams from Toormina and Frederickton to move through the first of several round robin stages undefeated. Well done to everyone involved. A special thank you to Carly Donovan and Cody Larkin for their chairperson and time keeping roles. Our next debate was in Stuarts Point today.

Wednesday was also Photo Day for students and staff. The kids looked great and I am sure that the class and individual photos will come up a treat. Just a reminder that photo payment is collected by the company, not our school, so all photos must be paid for in full prior to delivery.

Our "Wicked Wednesday" was finished off by "Adamriginal", an Indigenous performer from Sydney. Uncle Az was very entertaining and informative and all of the students from K-6 were kept enthralled throughout the afternoon. Adam's didge playing was a real highlight! Aunty Nerida pulled this visit together for our school and we thank her for all of the work behind the scenes to get this type of activity into our school for our kids.

Tristian Bancks joined us on Thursday, along with several other schools, for a presentation on what it is to write for the love of it, and then a special workshop for talented writers. By all accounts the visit was most engaging and the kids involved have a new and deeper understanding of what it takes to be a writer. Mrs Coulter did a great job organising the visit through the Bellingen Readers and Writers Festival.

Keep an eye on the Guardian this week as Mrs Smith and her Picasso Cow team were paid a visit from one of their reporters. They also took the opportunity to get some 'Author Visit' photos as well.

Our PSSA Knockout Netballers travelled to Macksville and took on Eungai and South West Rocks. We won against Eungai but South West Rocks proved just too tough and defeated us. Our team learnt lots throughout the day and we look forward to future opportunities to put our skills on show. Mrs Bekis and Cass could not have been more proud of the girls and how they have developed throughout the year.

## Diary

**Thur 11th June**  
NC PSSA Touch

**Fri 12th June**  
PSSA Knockout  
Footy

**Mon 15th June**  
K-2 Excursion  
to Urunga &  
Solitary Island

**Wed 17th June**  
District Finals  
Multicultural  
Perspectives

**Tues 23rd June**  
NAIDOC  
All Invited!

**Wed 24th June**  
K-6  
Pirate Disco

**Fri 26th June**  
Athletics  
Carnival

Last Day  
of Term

The North Coast PSSA Touch Football is on Thursday this week and we have 4 representatives involved, Kailee Salway, Phoebe Schram, Jake Jones and Zane Jones. Best of luck to all of the representatives. Transport to and from this event is a parent's responsibility. Please contact the school as a matter of urgency should you have any trouble coordinating your child's travel.

We were scheduled to play Kempsey West on Friday in the PSSA Open Rugby League Knockout. They have had to forfeit unfortunately, so our next game will be announced as soon as we can get it organised. The boys will keep training so that we are ready to go when the next team makes a date.

Our end of semester reports are really beginning to take shape. Teachers have spent countless hours looking at just what stage of development your child is at and where we are going to go next. Please read these reports carefully and be sure to make an appointment to see your child's classroom teacher should you have any questions or concerns. Reports will come home on June 25<sup>th</sup>.

Have a great week.

Todd.

### NAIDOC Day - Tuesday 23rd June

We warmly invite you to help us celebrate NAIDOC Day on Tuesday 23rd June at 10am.

This year will see our students perform, followed by a scrumptious Bush Tucker Lunch. We hope to see you there for a deadly time!



### We All Stand on Gumbaynggirr Homeland



D  
E  
B  
A  
T  
I  
N  
G



### Caught Being Good

Jeremy Higgins 6/5L - Walking in Quad, Katejgah Stadhams 6/5S - Helping @ My Library, Alyra Lipman-Poynter 2/1E - Walking in Quad.

**Class Merit Awards KD:** Harley Elphick, Charlotte Brumpton, **KL:** Joshua Smith, Caleb Jarrett, **2/1W:** Mykalah McEachran, Blake Langhans, Noah Babula, Joshua Cleary, **2/1H:** Makayla Davis, Madison Langhans, Nicholas Stone, **2/1E:** McKenzie Winner-Coggan, Blake Neal, Codie Little, **4/3D:** Will Cohen, Ebony Wylie, **4/3F:** Jesse Cohen, Angela Brown, **6/5S:** Shaylee Farnsworth, Christa Parker, **6/5N:** Lawrence Witt, McKeely Ricaud, **6/5L:** Adam Griffiths, Edmund Hurley, **SCP:** Sharaiah Ridgeway, **Mrs Beris:** Talitha Andrews.

Class of the Week - 2/1H

Congratulations



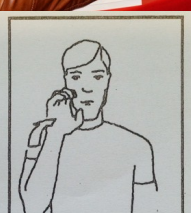
*Adamriginal*



*Author  
Tristan Bancks*



*Auslan Signs  
for  
This Week*



**DRINK** - Shape dominant hand as for holding a glass - tilt to mouth as for drinking. (Natural gesture)



**FOOD** - Close dominant fingertips on to ball of thumb. Tap formation on chin, twice.



WEDNESDAY	THURSDAY	FRIDAY	MONDAY
NAME _____ CLASS _____ BACON & EGG ROLL WITH SAUCE  PRICE: \$4.50	NAME _____ CLASS _____ CHICKEN BURGER WITH MAYO OR AIOLI  PRICE: \$4.00	NAME _____ CLASS _____ BEEF & BEAN NACHOS  PRICE: \$6.50 LARGE \$4.50 SMALL	NAME _____ CLASS _____ SAUSAGE ROLLS SAUCE & WARM MILO  PRICE: \$4.20

## Community News



### Safe Lunchboxes

In most cases, food is stored in lunch boxes for several hours, so the lunch box needs to stay cool.

#### Food safety suggestions include:

Choose an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle to keep the lunch box cool.

Follow hygienic food preparation methods. This is especially important when food will be stored in the lunch box for many hours before eating.

Perishable foods such as dairy products, eggs and sliced meats should be kept cool and eaten within four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.

For more information and ideas go to NSW Food Authority. Tips for safe kid's lunch boxes.



### Tips for parents to reduce screen time

Monitor children's use of television and small screen devices, set limits and encourage children to play outside during daylight hours.

Don't allow television or computers in children's bedrooms. Keeping televisions and computers in a common room enables you to monitor their use.

Encourage children to participate in other activities that involve physical activity as well as other indoor and outdoor games.

For more information and ideas on reducing screen time and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)  
Source: [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



### How much physical activity do children need?

The National Physical Activity Guidelines for Australians recommend at least 60 minutes of moderate to vigorous physical activity each day for children. This can be spread throughout the day. Children do not get enough physical activity at school so encourage your child to be active before and after school.

Some ways to be active with your children:  
Walk to school, the playground or childcare  
Bike ride at the park or on a bike track  
Play ball games in the backyard  
Dance to music  
Encourage sport and organised games  
Schedule regular family time for activity

For more information and ideas go to: [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

## YOUTH MENTORSHIP 2015 BELLO WINTER MUSIC

July 2, 2015 [www.bellowintermusic.com](http://www.bellowintermusic.com)

Becoming a professional musician is a lifetime journey and it's often the guidance, advice and lessons learnt from those 'already in the game' that prove most valuable. To help facilitate those initial career steps, Bello Winter Music 2015 is excited to invite young musicians to participate in its very first Youth Mentorship Program.

Bellingen Shire  
**Youth HUB**  
Activities, programs and services for youth 12-18 years

