

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

Newsletter Issue 11

Week 1 Term 2

26th April, 2017

Welcome to Week 1 of Term 2. I hope everyone had a wonderful break. The term is looking very busy so be sure to keep up with everything through our newsletter, Facebook, Skoolbag and our website.

We had many of our sporting events planned for Term 1, so as to spread them out, but unfortunately the 4 weeks of rain and subsequent 2 weeks of wet fields means that we now have an incredibly busy Term 2 ahead. Whilst we did not plan it like this, I know that our kids will rise to the challenge and keep on top of all aspects of their learning and engagement, especially as this is a selection criteria in regards to all representative teams from our school.

This Friday will be our school Cross Country. The events start at 12:00 noon and will involve the whole school K-6. An info note is attached to this newsletter. Parents and carers are more than welcome to come along and cheer on the runners.

Mr Freebairn and I will be in Yamba with our MNC Rugby League representatives, Tarran, Mitchell and Angus. I am sure that the boys will do their school proud. All MNC trial participants will have the opportunity to move straight through to the District Cross Country in Bowraville as extras. They will not take anyone's place who runs the course and gains selection on the day.

This coming Monday will see Izzy, Lacey, Tarran, Mitchell, Richie, Angus, Jaiye and Daniel head over to Coffs for the MNC Touch Trials. Miss Wesley and Mr Freebairn will attend on the day. Yet another chance for our great kids to show the talents and skills that are a result of their dedication to training every day in their own time at school.

On Wednesday next week our netballers will be in action at Vost Park in Coffs Harbour. The girls are taking on NHPS in the PSSA Knockout and if successful will be playing either Repton or Boambee. The girls have really gelled as a team this year and we are looking forward to seeing them in action against some high quality opposition.

Thursday next week is the Legends Shield. We will be taking a girls Open League Tag team, a boys Stage 2 tackle and a boys Stage 3 tackle. This is a qualifying tournament for the Stage 3 boys who must win the day if they wish to head down to Sydney again. The teams have been training flat out since the beginning of the year and will be busting to get out on the paddock and play their games. Mr Freebairn, Pete, Mr Heward, Mrs Zucker and myself, will support the teams. Mrs Leahy is our secret weapon on the day and she will be coming along for some very special guidance and advice for all of the teams. This day is always lots of fun and I am sure that the kids will have a great time.

Diary

Fri 28th April
NC Rugby
League Trials
Yamba

Cross Country
12pm

Mon 1st May
MNC Touch
Trials
Toormina

Wed 3rd May
Netball
PSSA Knockout

Thurs 4th May
Legends 7's

Fri 5th May
District Cross
Country

Tues 9th May
NAPLAN

Wed 10th May
NAPLAN

Thur 11th May
NAPLAN

Friday next week is the District Cross Country in Bowraville. Mr Heward and Mrs Smith will support students selected to run in this event. A reminder that only students who make a sound attempt to run our full school course will be considered for selection at this next level. So get out there each arvo and go for a run with your kids. It is incredible the difference that regular exercise will make in regards to student fitness!

Many of our students are extremely talented across a range of activities and will be involved in several, if not all, of these events. If at any stage parents or carers are concerned that their child is missing too much time in the classroom then please contact me immediately. I am happy to support their participation as it reflects a positive level of engagement in the classroom and with their learning, however, I am more than happy to discuss any concerns that parents or carers may have.

This brings us to the end of Week 2 Term 2. Week 3 is also quite busy and we have NAPLAN as well for all Year 3 and Year 5 students. NAPLAN is a national testing process involving students in Year 3 and Year 5. It is a great opportunity for our students to show us just what they are capable of. NAPLAN results are not an indication of intelligence. Many students find the process itself to be quite limiting in its ability to allow them to show just how clever they are. Having said that, our students are now far more confident in their own abilities and as a result far more willing to take on new and unfamiliar tasks such as this assessment. I am excited to see just how far they have come in regards to their self-belief and engagement as they take on this challenge. It is important that all students attend school each day. Over the 3 NAPLAN days it is even more important that Year 3 and Year 5 students are on deck. If your child does need to be away, please contact the school as early as possible.

Thank you so much to the families and students who made the time to attend the ANZAC March on Tuesday. This is such a special day on Australia's calendar and your support was very much appreciated. Thanks also to the many staff who came along and marched with the kids. The students in blazers and slacks looked incredible and Shayla Colb was wonderful in leading the crowd in the Lord's Prayer. Well done Shayla! Our own school ANZAC service was held today.

Ms Edwards will be away for this week and possibly next. Miss Kidd will be working with KE and I am sure that they will have a great time. We look forward to getting Ms Edwards back as soon as possible.

Hang on and enjoy the ride! It is so exciting to be back!

Todd.

ANZAC Day March



Easter Hat Parade



WEDNESDAY	THURSDAY	FRIDAY	MONDAY
NAME _____ CLASS _____	NAME _____ CLASS _____	NAME _____ CLASS _____	NAME _____ CLASS _____
WELCOME BACK!	HOT HAM & CHEESE ROLL \$4.00	BACON & EGG ROLL WITH SAUCE \$5.00	SAUSAGE ROLL SAUCE NIPPYS MILK \$4.50

Thank you to Nambucca Plaza Bakery for their very generous ongoing donations of bread for our Breakfast Club!

Healthy Handy Hints

 Nutrition Snippet

The simplest way

...to eat your teeth clean

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

Oreo biscuit – a “sticky sweet” food that will fall in to all the grooves of the teeth;
Carrot – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;
Cheese cube – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



 Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or *puréed* berries with natural yoghurt for a fruit and dairy combo.

A healthy lunch box includes:

- Breads & cereals
- Meat & alternatives
- Vegetables & salads
- Fruit
- Reduced fat dairy
- Water

For more information visit
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