

# Red Range Public School Newsletter



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Issue 32 Term 3 – Week 10

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## SMASH

Next term children will again be participating in the SMASH program on Friday morning. SMASH is taught using modified sporting equipment to suit the size, strength and ability of each individual. The activities are designed to improve hand eye co-ordination and the enrichment of motor skills movement and control, perception along with teamwork. It also promotes bilateral movement, which encourages use of both left and right brain hemispheres. Permission notes have been sent home and must be returned by Friday.

## Lower Division News

Our Home/School Reading Program has finished for the term. Could you please remind your child to return their folders so that we can organise our books for next term. Thank you to parents and other family members for taking the time to support your child's reading journey. Together we can make a difference.

## Good for kids Good for life

### TV Food Advertising To Children

There has been a lot of debate in the media about how TV influences food choices of children. Here are some interesting facts:

- During children's television programs there is an average of one junk food advertisement per ad break and in some cases up to 3 ads per break.
- Over 99% of food advertisements broadcast during children's TV viewing were for junk food ie food high in fat, sugar or salt with little nutritional value.
- The main foods advertised were: fast food (hamburgers, pizza and fried chicken), soft

drinks, ice cream and chocolate confectionary.

- Children watching 2 ½ hours of TV per day would have been exposed to 406 advertising messages.
- The National Health and Medical Research Council (NH&MRC) has found that even a 30 second exposure to junk food advertising can alter a child's food preferences.

Tips for parents:

- When the program kids want to watch finished, turn off the TV.
- Don't allow TV's in kids bedrooms.
- Go outside and play with the kids.
- Talk to your kids about healthy food options.

## AWARDS

*Emily Shannon* – Fantastic effort with homework.

*Katie Feeney-Smith* – Fantastic effort with homework.

*Harmony Cotten* – Super effort in comparing angles.

*Jordan Heinz* – Super 'Snails & Trails' artwork.

*Joshua Hall* – Great division work in maths.

*Hope McIntyre* – Showing great sportsmanship with peers.

*Jeremiah Boney* – Fantastic 'Amazing Masks' artwork.

*Jacob Cotten* – Fantastic behaviour during 'Visual Arts'.

*Hamish Hayes* – Great attitude to Maths.

*Nic Ratliff* – Great work with 2D shapes.

*Bailey Ratliff* – Super procedure to make a fish kite.

*Jordan Heinz* – Fantastic 2D shape finding.

*Nicholas Ratliff, Braiden Crawford & Hope McIntyre* – Term 3 Guided Reading award.

### Staff News

Mr Goodwin, our General Assistant, has been transferred to Glen Innes West Infants School. He will finish at Red Range at the end of the term. We would like to thank Mr Goodwin for the great work he has done here at the school over the past 2 years and wish him well at Glen Innes West.

### Whooping cough alert

Whooping cough is serious, with younger children most at risk, but there are steps you can take to prevent getting it. Watch the latest School Parents' vodcast with medical experts giving the low down on this bacterial infection and how a simple immunization can stop it in its tracks. Visit [www.schools.nsw.edu.au/ezine](http://www.schools.nsw.edu.au/ezine).

## HOME BAKE

The 'Home Bake' special this Friday will be:-

Sausage Sandwich	\$1.00
(1 sausage, 1 slice of bread)	
Ice Cream Cone	.50c
Hot Milo	.50c



This will be the last special for the year. Thank you to all the parents who have supported 'Home Bake' this year. It has once again proved to be very popular with the children.

### Term dates

The last day for Term 3 is Friday 2 October. Term 4 commences for both teachers and students in NSW public schools on Monday 19 October. We wish you and your family a happy and safe school holidays.

### Community Notices

**Computer skills for parents** Has your child left you behind in the technology stakes? Update your computer skills easily online now with video tutorials and classes, many of which are free. Video tutorials, vodcasts and webcasts are the easiest way to learn about technology because you can watch example tasks being performed on screen while you listen to the explanation. Get started now at [www.schools.nsw.edu.au/click](http://www.schools.nsw.edu.au/click)

**Share Your Thoughts on Parenting** Share your thoughts and ideas about parenting and programs to support parents, as part of a project conducted by the Parenting and Family Support Clinic (PFSC) at the University of Queensland. We are looking for parents of a 2-10 year old child to complete a survey and view some short videos about parenting programs P. The study is available online at: <https://exp.psy.uq.edu.au/engagement>.

### Dates to Remember

28 <sup>th</sup> – 29 <sup>th</sup> September	Connected Classroom Training
2 <sup>nd</sup> October	Return SMASH permission note
2 <sup>nd</sup> October	Last day of Term 3
3 <sup>rd</sup> October	Newton Boyd Community Picnic – Box Car Racing Extravaganza
5 <sup>th</sup> October	Labour Day Public Holiday
12 <sup>th</sup> October	NIAS Healthy Kids Camp – Varley Oval Inverell
14 <sup>th</sup> – 15 <sup>th</sup> October	NIAS healthy Kids Camp – No 1 Oval Tamworth
15 <sup>th</sup> October	NSW Sport and Recreation Cricket Coaching Clinic – Wilson Park
19 <sup>th</sup> October	First day of Term 4
20 <sup>th</sup> October	Glen Innes Arts Council Performance "The Jungle Book – A Musical Tale"
23 <sup>rd</sup> October	Closing date for Glen Innes High School Horse Sports entries
28 <sup>th</sup> -29 <sup>th</sup> October	PSSA Athletics Carnival Homebush
30 <sup>th</sup> October	Glen Innes High School Horse Sports
31 <sup>st</sup> October	Anglican Church Fete
1 <sup>st</sup> – 6 <sup>th</sup> November	Senior Leadership Excursion
4 <sup>th</sup> November	Telstra Beach to Bush Program

### Thought for the day

Make happy those who are near & those who are far will come.

*Chinese Proverb*