

# Red Range Public School Newsletter



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Monday, 11 October 2010

## SMASH

All students K – Year 6 will again have the opportunity to participate in the SMASH program each Friday this term. SMASH is an innovative sports and skills based program taught using modified sporting equipment to suit the size, strength and ability of each child. The activities are designed to improve hand-eye coordination and the enrichment of motor skills (gross motor) movement and control, perception along with teamwork. It also promotes bilateral movement which encourages use of both left and right brain hemispheres. There will be no additional cost to participate in SMASH for those families who have paid the student contribution. Permission notes are attached and must be returned to school by Wednesday 13<sup>th</sup> October 2010.

## Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks
- Avoid snacking on sugary and sticky foods and sweets between meals
- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling (02) 8821 4300 during business hours and quoting your suburb. From there, parents will be given the contact details for their local oral health service.

# Happy Birthday

22/10/10 Jeremiah Boney

## Update Contact Details

It is extremely important that the school is able to contact parents/caregivers or other emergency contacts at all times. At the moment with the current weather conditions the school can become isolated due to flooding without much warning. The bus is not permitted to travel by an alternate route so should there be a risk of the road being cut parents will be contacted and children may need to be collected early. To ensure we are able to contact parents please complete the attached form to update emergency contact details and return to school.

## Practical tips for kids dealing with an online bully

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
  - Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts, you take the power away from the harasser and refuse to play their game. You are now in charge.
    - Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook, Bebo or MySpace site and post any kind of rubbish if they know your password.
    - Stay out of chat rooms where you don't feel comfortable.
    - Keep all harassing emails (and any replies you've made) as evidence.
    - If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities.
- For more great tips on staying safe online, see [www.schools.nsw.edu.au/click](http://www.schools.nsw.edu.au/click)



## Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck
- Wear wrap-around sunglasses
- Apply SPF30+ broad spectrum water-resistant sunscreen every two hours.

Find out more at [www.cancercouncil.com.au/](http://www.cancercouncil.com.au/)

## Power Interruption

We have been advised by Country Energy that they will be carrying out maintenance work in our area on Thursday 14<sup>th</sup> October 2010 from 8.30am – 10.00pm. As we will have no power between these times children will not be able to order their lunch from the Canteen on Thursday. Parents who need to contact the school on Thursday morning will have to call on the Fax number (67342202) as our phone system will not operate without power.



Thank you to the parents and friends who are supporting the 'Sports for Schools' promotion. Remember to keep collecting vouchers and drop them in the collection box at the front office. Every \$10 spent\* at Coles or Bi Lo Supermarkets will earn customers a Coles Sports for Schools voucher worth 1 point. The promotion finishes on Sunday 31<sup>st</sup> October 2010 and all vouchers should be sent into school before Friday 5<sup>th</sup> November 2010.

## SPAM - How to avoid spam (junk mail in your inbox):

- Keep your email address private. Only give out your email address to people and groups that you know and trust.
- Don't reply to any emails if you don't know who they are from.

# PLAYGROUP

Playgroup will recommence this Thursday 14<sup>th</sup> October 2010. Outdoor activities will be the main focus this term depending on the weather. Children who are starting school next year are welcome to stay at school for the whole day. Please remember to pack something for their lunch and afternoon tea. If you would like your child to travel home on the bus please let Miss James know on Thursday morning.

## Dates to Remember

11 <sup>th</sup> October	First day of Term 4
12 <sup>th</sup> October	Closing date for Glen Innes High School Horse Sports entries
13 <sup>th</sup> October	Return permission note for SMASH
14 <sup>th</sup> October	Power disruption from 8.30am – 10.00am. <b>NO HOT FOOD</b> will be available from the canteen.
14 <sup>th</sup> October	Playgroup
14 <sup>th</sup> October	Kindergarten Orientation
15 <sup>th</sup> October	SMASH
15 <sup>th</sup> October	Glen Innes High School Horse Sports
20 <sup>th</sup> – 21 <sup>st</sup> October	NSW PSSA Athletics – Homebush
31 <sup>st</sup> October	Sports for Schools promotion finishes.
5 <sup>th</sup> November	Last day to send on Sports for Schools vouchers
5 <sup>th</sup> November	Final date for excursion payment
15 <sup>th</sup> – 18 <sup>th</sup> November	Coffs Harbour Swimming School

## Thought for the day

All of us do not have equal talent, but all of us should have an equal opportunity to develop our talent.

*John F Kennedy*