

# Red Range Public School Newsletter



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Issue 25 - Term 3 - Week 6

Monday, 23 August 2010

## District Athletics Carnival

Congratulations to Cody, Martin, Bryce, Jerry, Josh, Courtney, Hope and Emily who competed at the District Athletics carnival in Emmaville last Thursday. All the children performed well on the day and our relay team has again qualified to travel to Tamworth for the Regional Carnival on 3<sup>rd</sup> September 2010. Relay training will not be on this week at King George Oval due to the weather but we will still be training at school. A special 'Thank you' to Lane O'Hara who assisted staff with the measuring for the Long Jump at Emmaville.

## National Asthma Week

Did you know having asthma doesn't mean you have to live with coughing, being wheezy or breathless? People with asthma tend to think that having symptoms is a normal part of their lives, and that their asthma is under control even when it's not. Common complaints include:

- Waking at night with asthma symptoms,
- Needing reliever medication for symptoms more than 3 times per week,
- Feeling wheezy or breathless or having difficulty breathing during the day, or
- Being restricted in usual activities due to asthma symptoms.

But if someone with asthma is experiencing any of these then their asthma is out of control. They should talk with their doctor and/or their local Asthma Foundation ph 1800 645 130 to find out how they can take control.

## Literacy News

Students in Years 5 & 6 have been studying the book 'Babe' by Dick King-Smith. This week Miss McCarthy will be introducing students to 'Smelly Feat' by Paul Jennings.

## Help your child learn about length

Compare heights of family members and discuss who is shorter and who is taller. More ideas: [www.curriculumsupport.education.nsw.gov.au/primary/mathematics/assets/pdf/helpchnwith/length/eng\\_length.pdf](http://www.curriculumsupport.education.nsw.gov.au/primary/mathematics/assets/pdf/helpchnwith/length/eng_length.pdf)

## AWARDS

**Lili Andrews, Brandon Dawson & Katie Feeney-Smith** – Being helpful classroom members.

## SUPER SPELLERS

Chloe Hope Courtney Katie

## Super Readers

Lili Chloe

## Mathletics Awards

### Week 5

**Silver Award** – Lili Andrews (2352 points)

**Bronze Awards** – Chloe Arandale (1070 points), Lochlan Casson (2570 points), Laytone Donaldson-James (1960 points), Josh Hall (2040 points), Courtney O'Hara (3080 points), James Williamson (3056 points), Lane O'Hara (1140 points), Katie Feeney-Smith (1410 points), Emily Shannon (1046 points) and Martin Williamson (1060 points).

### Week 6

**Silver Awards** – Jerry Boney (2450 points), Chloe Arandale (3364 points) & Laytone Donaldson-James (3868 points)

**Bronze Awards** – Josh Hall (3082 points), Courtney O'Hara (3800 points), James Williamson (3500 points), Lochlan Casson (3470 points) & Lili Andrews (3250 points).



Education  
& Training

*We acknowledge the Ngorabul people as the traditional custodians of this land.*

# Home Bake

This week's 'Home Bake' special will be:-

Curried sausages and rice \$1.50  
Hot Milo .50c

## PLAYGROUP

Next week's activity will be 'Marble Painting'.  
Next week we will be making 'Crowns'.

### McDonalds School Football Program



On Thursday 16<sup>th</sup> September 2010 Football Australia accredited coaches from Northern NSW Football will visit the school to present specially designed football coaching sessions to the children. The skills development program aims to provide the opportunity for everyone to enjoy football, learn about the importance of good nutrition and leading a healthy and active lifestyle, as well as having fun with friends. The coaching sessions are suited to all age groups and ability levels.

### Lunch box treat - apple or carrot cake

*Free from gluten, dairy, eggs, nuts and soy*

- 1¼ cups rice flour
- 1 tsp gluten-free baking powder
- 1 tsp baking soda
- pinch salt
- ½ cup soft brown sugar
- 1 cup grated apple or grated carrot (about 2 medium apples or carrots)
- 3 tbsp canola oil
- 2 eggs or egg replacer (for egg allergies)
- 6 tbsp golden syrup

1. Preheat oven to 180°C. Grease a 20cm round sponge tin and line with baking paper.

2. Sift rice flour, baking powder and baking soda and add salt. Mix in the sugar and apple or carrot.
3. Beat together the oil, egg/egg replacer and golden syrup, and fold into the flour mixture.
4. Pour into the prepared tin and bake for 45 mins. When cold, sprinkle pure icing sugar on top. Serve warm with milk-free custard or margarine.

### Free download - weekly planners

Take advantage of free weekly planners and never miss an appointment again. Download here:

[www.schools.nsw.edu.au/news/ezine/yr2010/isue01/d\\_weeklyplan/index.php](http://www.schools.nsw.edu.au/news/ezine/yr2010/isue01/d_weeklyplan/index.php)

### Dates to Remember

1 <sup>st</sup> – 7 <sup>th</sup> September	National Asthma Week
3 <sup>rd</sup> September	Regional Athletics Carnival – Tamworth
3 <sup>rd</sup> September	Return book club orders
6 <sup>th</sup> September	Closing date for St Nicholas School Horse Sports entries
7 <sup>th</sup> September	Visit from GI Little Athletics representative
10 <sup>th</sup> September	Visiting Performance – What can I do?
10 <sup>th</sup> September	St Nicholas School Horse Sports Tamworth
15 <sup>th</sup> September	Transition to High School meeting
16 <sup>th</sup> September	Football Development Clinic
22 <sup>nd</sup> September	High School Orientation
24 <sup>th</sup> September	Last day of Term 3
4 <sup>th</sup> October	Labour Day Public Holiday
11 <sup>th</sup> October	First day of Term 4
20 <sup>th</sup> – 21 <sup>st</sup> October	NSW PSSA Athletics – Homebush
15 <sup>th</sup> – 18 <sup>th</sup> November	Coffs Harbour Swimming School

### Thought for the day

Little minds are interested in the extraordinary;  
great minds in the commonplace.

*Elbert Hubbard*