

Red Range Public School Newsletter



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Issue 25 - Term 3 - Week 9

Monday, 12 September 2011

Senior Leadership Excursion

Plans are underway for the Senior Leadership excursion in Term 4. Numbers will be limited and therefore this excursion will only be offered to those students who can be relied upon to behave appropriately both at school and during extra curricula activities. Participation in school excursions is a privilege and children are encouraged to take advantage of the opportunities offered. This excursion will aim at enhancing independence, self-confidence and leadership skills. These skills are important in building a solid foundation for our leaders next year as well as our students moving on to High School. More details will be advised early Term 4.

Science Unit

As part of our science unit on 'Plants' students will be growing their own vegetables from seed. These will initially be planted in egg cartons and later be transplanted into the school vegetable garden. Each child will need to bring their own egg carton to school by Friday for this activity.

Building self esteem

It's never too early to help build self-esteem and resilience in a child. Self-esteem builds a solid foundation for people to deal with life and the many challenges it can pose. The Department of Family and Community Services has a good publication on this subject, as well as more for grandparents who are caring for young children, step families, single parents and coping with grief. Go to: www.community.nsw.gov.au/parents_carers_and_families/parenting/general_tips_for_parents_and_carers.html

AWARDS

Trinity McLennan – Great 'First Fleet' journal writing.

Amy Beale – Great explorer mapping.

Tasmyn McLennan – Great effort with speech.

SUPER SPELLERS

Emily	Jerry	Jesse	Lochlan
Laytone	Trinity	Chloe A	Chloe J
Izarha	Jada		

Mathletics Awards

Bronze Awards

Izarha Fields (1190 points), Jaimie Loeb (3036 points), Maleika Speedy (1980 points), Nathan Jones (2160 points), Taneekwa Patterson (3400 points), Amy Beale (2080 points), Jada Fields (1700 points), Marika Patterson (2460 points) and Rachel Jones (1200 points).

Shopping Vouchers/Dockets

Don't forget to collect your Woolworths shopping docketts and Bi-Lo vouchers. Bring them to school and put them in the special collection boxes at the front office. Collect extra vouchers from family and friends if you can. The school is given points for these vouchers which can be redeemed for extra educational resources and sports equipment for the children.

Our tally so far:

Woolworths	635
Coles/Bi-Lo	1585



Education &
Communities

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

Spring Holidays

The last day of Term 3 is Friday 23 September 2011. With warmer weather hopefully upon us, here are some ideas for enjoying the holidays with your family:

- www.nsw.gov.au/school-holidays
- <http://goplay.nsw.gov.au/>
- www.kidspot.com.au
- <http://ourkidz.com.au/content/view/196/156/lang.en/>
- www.visitnsw.com

Food for the School Day

A diet high in carbohydrates is good for sustaining energy in your kids throughout the school day, but if you want to give them an extra brain boost, try serving them a breakfast of proteins such as eggs and milk. Mother Nature is full of foods that aid smarter thinking and help kids and adults alike live longer – try richly coloured berries to improve your child's mood, avocado on toast to calm them. It all comes down to regularly eating foods that supply nutrients which support specific brain and body functions. Exercise is important for thinking because it supplies oxygen to the brain. Try adding a multivitamin to your child's diet to avoid deficiencies in vitamin B6 and B12. If you want your kids to be on top of the game, they need to have an optimal brain and you only get an optimal brain if you sleep well, eat well, live well.

Community Notices

Kids' camps

Bookings are now open for October school holiday kids' camps at seven Sport and Recreation Centres around NSW. Five-day camps and one-day Kids' Club programs will be held during the October holidays from 26 September 2011 to 7 October 2011. Camps give children aged seven to fifteen the opportunity to learn and master new skills while making new friends. They can enjoy adventurous activities, such as rock climbing, abseiling, kayaking and archery, which are included in the structured programs.

A range of camps with different themes are available:

- Berry Sport and Recreation Centre: Kids' Club, Surf's Up, Adventure Camp
- Broken Bay Sport and Recreation Centre: Adventure Camp, Hooked on Fishing
- Jindabyne Sport and Recreation Centre: Frosties Snow Play, Adventure Camp
- Lake Burrendong Sport and Recreation Centre: BushVenture, Western Horse Riders
- Lake Keepit Sport and Recreation Centre: Hooked on Fishing, Cooking 4 Kids
- Milson Island Sport and Recreation Centre: Adventure Camp, Cooking 4 Kids, Kreative Kids
- Sydney Academy of Sport and Recreation (Narrabeen): Surfs Up, Kids' Club.

Bookings close on the Monday two weeks prior to the starting date of each camp.

Dates to Remember

18 th September	Closing date for Woolworths Earn and Learn promotion
20 th September	Last day for Bookclub orders
23 rd September	Last day Term 3
24 th September	Red Range Sports Committee Social
28 th September	Rugby Union Development Day
3 rd October	Labour Day Public Holiday
10 th October	First day Term 4
11 th October	Closing date for Glen Innes High School Horse Sports entries
14 th October	Glen Innes High School Horse Sports
18 th October	Closing date for Coles Sports for Schools promotion
19 th -20 th October	NSW PSSA Athletics – Homebush

Thought for the day

The first thing education teaches you to do is to walk alone.

Alfred Aloysius Horn

ABSENTEE NOTICE

