

# Red Range Public School Newsletter



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Monday, 14 May 2012

## NAPLAN testing

The annual National Assessment Program testing for Years 3, 5, 7 and 9 takes place from 15-17 May 2012. Students are tested nationally in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. For more information including FAQs, a parent brochure and past results, go to: [www.nap.edu.au/](http://www.nap.edu.au/).

## Small School's Cross Country

This Friday we will travel to Ben Lomond for the Small School's Cross Country. Following the Cross Country the children will participate in other sporting activities and novelty games. The Ben Lomond P & C committee will be making Roast meat and gravy rolls and Hot Dogs for lunch at a cost of \$5 each. Permission notes have been handed out today and to assist Ben Lomond with catering these must be returned **tomorrow**.

## Library News

If your child is an independent reader in years 3-6 please ensure they **return their library books tomorrow** (Tuesday) as they will not be allowed to borrow unless they have been returned. If your child has not finished reading their chapter book and would like to continue reading it please send it to school so they can borrow it again.

## MATHLETICS AWARDS

### Gold Awards

Jada Fields (1088 points)

### Bronze Awards

Dominic Holt (1060 points), James Williamson (1070 points) and Sarah-Jane Casson (1314 points).

## AWARDS

**Elierha Fields** – Trying her best in all areas.

**Sophiea Speedy** – Great exposition writing.

**Sarah-Jane Casson** – A super effort at Assembly.

**Sarah-Jane Casson** – Excellent work in Maths.

**Chloe Johnson** – Excellent work in Maths.

**Izarha Fields** – Excellent work in Maths.

**Jada Fields** – Excellent work in Maths.

**Trinity McLennan** – Excellent work in Maths.

## SUPER SPELLERS

### Week 3

Jada

Chloe

## Getting involved reaps benefits

Did you know that the latest research shows the more involved parents are in their child's education, the happier their children are and the better they do at school. Being involved can include taking more of an interest in what your child is doing at school, helping out at school if you can and being supportive. Read more about this at School A to Z: [www.schoolatoz.nsw.edu.au/wellbeing/development/children-thrive-on-parental-involvement](http://www.schoolatoz.nsw.edu.au/wellbeing/development/children-thrive-on-parental-involvement).

## Cycling info

Riding a pushbike is a great way to get from A to B and keep fit in the process. A new website dedicated to cycling – whether for fun, transport or performance – is available at: [www.bicycleinfo.nsw.gov.au](http://www.bicycleinfo.nsw.gov.au). Here you will find info on cyclepaths around NSW, keeping your bike in top condition, upcoming workshops, sharing the road and much more.



Education &  
Communities

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

### Funding for disability

Every Student, Every School is a State Government initiative to provide better learning and support for the 90,000 students with disabilities, learning difficulties or behaviour support needs in our public schools throughout 2012/2013. Extra funding will help teachers and support staff to gain more skills to help these students reach their potential.

For more information, including a booklet to download, questions and answers, and a timeline, please go to:

[www.det.nsw.edu.au/every-student-every-school](http://www.det.nsw.edu.au/every-student-every-school).

## HOMEBAKE

The 'Homebake' special for this Tuesday 15<sup>th</sup> May 2012 will be:-

Grilled Honey Beef Sausage or Honey Soy Chicken	
Fillet with cob of corn and garlic bread	\$2.00
Hot Milo	.50



### Healthy Kids

#### What is a Balanced Diet for Healthy Kids?

The Dietary Guidelines for Children and Adolescents in Australia (DGCA) recommends that for best health, children should "enjoy a wide variety of nutritious foods". This means eating different food types, as shown by The Australian Guide to Healthy Eating (AGHE) to obtain all the required nutrients without excess energy (kilojoule) intake. Variety also refers to choosing a range of foods from within each food group, particularly from the plant-based food groups (Fruit, Vegetables and Legumes and Breads and Cereals). **The Australian Guide to Healthy Eating** - The AGHE is a guide to the amounts and types of foods that are necessary to get enough of the nutrients needed for good health and wellbeing. The AGHE is divided into five food groups that provide important nutrients the body needs.

These are referred to as 'everyday' foods and are:

- \* Breads, cereals, rice, pasta and noodles;
- \* Vegetables and legumes;
- \* Fruit;
- \* Milk, yoghurt and cheese; and
- \* Meat, fish, poultry, eggs, nuts and legumes.

In addition, 'extra foods' are the other foods that don't fit into the above food groups because they have limited nutritional benefit. Oils and margarine should be eaten in small amounts and confectionary, soft drinks, hot chips and crisps should be eaten only 'sometimes'. It is also important that plenty of water is drunk as part of a balanced diet.

### Community Notices

Gail's Biggest Morning Tea – Tuesday 22<sup>nd</sup> May 2012 10am at 2717 Pinkett Rd (Approx 40k from Glen Innes). There will be a Trading Table and Raffles. All welcome. For more information please contact Gail on 67334656.

### Dates to Remember

	Library books to be returned
15 <sup>th</sup> May	
15 <sup>th</sup> May	Return permission notes for Ben Lomond Cross Country
15 <sup>th</sup> , 16 <sup>th</sup> & 17 <sup>th</sup> May	NAPLAN
18 <sup>th</sup> May	Small Schools Cross Country – Ben Lomond
18 <sup>th</sup> May	Walk Safely to School Day
25 <sup>th</sup> May	Zone Cross Country – Tenterfield
15 <sup>th</sup> June	Regional Cross Country – Coolah
20 <sup>th</sup> July	State Cross Country – Eastern Creek

### Thought for the day

People will always forget what you do, and they will always forget what you say, but they will never, ever forget the way you make them feel.

Amelia Stanelle

ABSENTEE NOTICE



Education & Communities

STUDENT'S NAME .....DATE OF ABSENCE.....

REASON FOR ABSENCE .....

SIGNATURE OF PARENT.....