



RED RANGE PUBLIC SCHOOL

Term 4 Week 2

Week ending 17th October 2014

Principal Message

CALENDAR

23rd October
Responsible Pet Ownership

23rd October
P & C Meeting

31st October
Day for Daniel

3rd November
National Kindness Day

5th November
Glen Innes High School Year
Advisor visit

17th—28th November
Swimming School

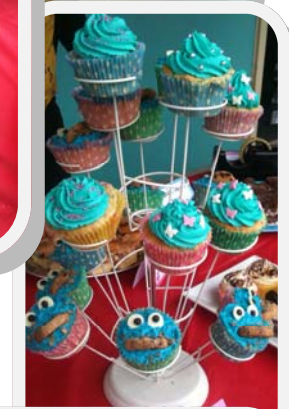
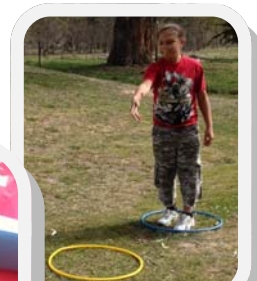
12th December
Presentation Day

Firstly I'd like to welcome you all back to term 4 with a special mention to our new students that have enrolled and their families. I hope you all had a restful holiday and ready for a busy term ahead. We also have our Kindergarten transition students joining our Infants class Mondays and Fridays this term.

At the end of last term our school held a mini fete and walk-a-thon as part of the September Challenge. This challenge was to help raise awareness and money to support people living with Cerebral Palsy. Our school raised \$360 towards this foundation. A special thanks to Miss McCarthy for her fantastic effort and organisation in the event.

Shanelle Gunther

Relieving Principal





INFANTS NEWS

Welcome back to term 4!

This term has started off busy with the introduction of several new units. In Literacy we will be building on our knowledge from last term about discussions and begin to explore and write our own expositions. In Science we are studying how light and sound is produced. Students will be observing different sounds and forms of light and conducting experiments to determine how they are produced. Play rehearsals have commenced again and students are working hard to remember their lines. We are busy collecting costumes for the children to wear. Donations of costumes or props would be greatly appreciated. Just a reminder that home readers are due in on TUESDAYS and THURSDAYS. Homework is due in on FRIDAYS. Our Library day is also FRIDAY so children will need to return their books in order to borrow new ones.

PRIMARY NEWS

Welcome back everyone!

This term our writing our focus is on Information Reports. Students will enjoy researching and writing reports on interesting topics using correct structure and language. In HSIE the students will be learning about the parts of Government and their roles and responsibilities. In Music we look forward in learning songs to perform at our end of year Presentation Day and our annual visits to the local Nursing Homes. Just a reminder that Homework is due on Friday and your child's Home Reader may be returned as often as possible.

On Thursday 23rd October 2014 Robyn Lewis and her pet Indie will visit the school to teach the children how to be safe around dogs. This program uses a range of activities to teach children



- When dogs should be left alone
- What to do if approached by an unknown dog/unfriendly dog
- The safe way to approach and greet a dog
- Things we should not do to dogs, and
- Situations when we should leave dogs alone.





AWARDS Week 10



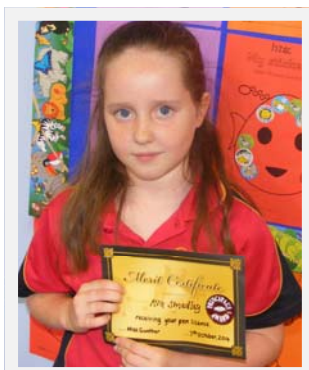
Super Spellers

Dainaihya Speedy
Thomas Ramsay
Elizabeth Reynolds
Nathan Philp
Dominic Holt
Haylie Reynolds
Jaimie Loeb
Marika Patterson

AWARDS Week 1

Super Spellers

Kaylea Law
Sarah-Jane Casson
Liam Byrne
Elizabeth Reynolds
Thomas Ramsay
Jaydan Taylor
Jaimie Loeb
Haylie Reynolds
Ava Smedley
Chelsea Darlington
Shayla Pevy
Marika Patterson
Dominic Holt
Chloe Johnson



Class Awards

Kaylea Law—Trying hard in all areas.
Jaydan Taylor—A great first week at Red Range Public School.
Iszac Speedy—Excellent recount of the story "Muffin is trapped".
Marika Patterson—Always being a good example.
Dotty Coulter—Trying very hard in maths.
Ava Smedley—Receiving your Pen Licence.
Huntah Dooley—For listening well and following instructions.



Dojo Awards

Lizzie Reynolds
Sarah-Jane Casson
Jaydan Taylor
Marika Patterson





22/10/14 Alex Loeb

Community Notices

Parents with children currently in Year 5 wishing to attend Farrer in Year 7 2016 need to register online for the Selective Schools exam . On-line applications are open from 14th October 2014 to 17th November 2014. For more information and to register go to www.farrer.nsw.edu.au and follow the selective schools link on the right hand side.

Lunch Box Ideas

Kids tired of the same old sandwiches for lunch each day? School A—Z's lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. <http://bit.ly/qsfdOE>

Team sports – more than health benefits

As well as helping kids stay fit and healthy, team sports help them learn that things don't go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: <http://bit.ly/HlgxVO>

THOUGHT FOR THE DAY.

It is far better to do your best than to win. Those who win are not always doing their best.

P.K. Shaw

DEC NEWS

Tricks for encouraging kids to read

Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they've enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at <http://bit.ly/HLPmB9>

How much water does your child really need?

Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don't feel thirsty until they are already dehydrated, so packing a drink bottle with your child's school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child's age at <http://bit.ly/ZjwUjo>

Leaving your child at home alone

At some point it will be necessary to leave your child home alone for a short period of time. There is no actual law in Australia that states what age a child can be left alone, but parents are legally responsible for their child's safety and wellbeing. You may be nervous the first few times (although most kids are excited about the independence) so making some clear 'home alone' rules with your child gives them an understanding of their boundaries and how to stay safe. Read more here: <http://bit.ly/1u5vTa9>

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Email: redrange-p.school@det.nsw.edu.au

Website: www.redrange-p.schools.nsw.edu.au

Good for Kids good for life

Tempting your tastebuds

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it's important to continue offering vegetables regularly as they are packed with nutrients that children need¹.

So how do we tempt children's taste buds?

It's important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food¹.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together¹.

The key is perseverance.

Below are some great vegetable ideas:

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets



**Trade &
Investment**
Resources & Energy



2014-2015 Family Energy Rebate



\$150*
**TOWARDS
ENERGY
BILLS**

**Apply before Midnight
16 June 2015**

2 MINUTES TO FILL IN A FORM

<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**APPLY
ONLINE
NOW!**

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate