

The last Preschool day with Karin
will be Wednesday 23rd November

The last Pre-Kinder day for children
starting school next year in
Mrs Unicomb's class will be
Friday 25th November

Hargraves Public School

The school with a heart of gold



18th November 2011

Phone: 6373 8524

Fax: 6373 8609

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

Website: hargraves-p.schools.nsw.edu.au

Our School has Mathletics Mania!

Our school has become a Mathletics school.

Mathletics is an online Maths program that caters for all children levels K-6 across a range of Maths topics. It's fun, supportive and effective for students of all ages and abilities. Each child has their own unique username and password that allows them to access Mathletics at school and at home, 24 hours a day.

Mathletics is used around the world by thousands of schools and allows for schools to interact with each other in a Mathematics virtual world. Mathletics also allows access to Rainforest Maths.

Please speak to your child's teacher if you need help accessing the Mathletics website from home. www.mathletics.com.au



This year's Village Christmas Tree will be held on
Saturday 17th December at the Recreation Ground.
Santa will arrive at 6 pm—a barbeque will operate from 7 pm.

The last P & C Meeting for 2011 will be held on Tuesday 2nd
November at 2.30 pm at the school. Topics for discussion will
include arrangement for the upcoming Village Christmas Tree.
Come along and have your say!

Next Wednesday 23rd November Leza Weber from Barnados will be at Playgroup to talk to the parents.

Cooking with Thea

What a fabulous day the children had on Thursday, preparing vegetables for some great dishes!

Using produce from their gardens, the teams made flat bread, tabbouleh, spinach and beetroot salad, spring salad, all served with hot lamb. The meal was topped off with rhubarb and apple crumble served with yoghurt.

For some of the children, it was their first experience of tasting previously unknown foods. Thank you to Thea who has been an inspiration to the children. We will see her again next year when she will visit the school for another cooking day. It will be interesting to see which vegetables mature over the Christmas holidays and what recipes the children will create.



Fresh produce, straight from the garden



Mixing the dough for flat bread



All ready to eat

We are currently hosting practicum student Hannah Mills at school until Friday 25th November. She is working with Mrs Unicomb on the Infants class.

Term 4 Dates

Tuesday 22nd November	P & C Meeting
Wednesday 23rd November	Leza Weber at Playgroup Last Pre-school with Karin for 2011
Friday 25th November	Last Pre-kinder day for children starting school in 2012
28th November to 2nd December	Swimming lessons
Tuesday 6th December	Last Active After School for 2011
Wednesday 7th December	Last Library van visit for this year
Friday 9th December	Nugget News deadline
Tuesday 13th December	End of Year Presentation Evening
Thursday 15th December	Christmas Church Service 11.30 am Children's Christmas lunch Official opening of BER classroom
Saturday 17th December	Village Christmas Tree
Sunday 18th December	Carols at the Court House

Scenes from last week's Remembrance Day Service

Representatives from the National Servicemen's Association Reverend Fry and Mr Bassingthwaite took part in the service.



Student of the Week



Isabella Hurney-Butcher
For lovely independent computer skills



Stella Peppernell-Baks
For always working her best and being a quiet and proud achiever



Annabel Suttor
For working hard in Maths

Did you know?

- Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week

- Over a quarter of young people in NSW eat confectionary at least 4 times per week

Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients.

The simplest way to limit unhealthy snacks is to not buy them. Instead, stock the pantry, fruit bowl and fridge with healthy snacks and include them in lunchboxes.

Barnardos Family Strengthening Project - Triple P (Positive Parenting Program)

Brief Quality Time

It may surprise some parents but healthy relationships with children often revolve around brief periods (not necessarily hours) of quality time.

Young children who are developing well often come from homes where parents are prepared to interrupt what they are doing to give their children attention. Spending frequent, small amounts of time with children can be more beneficial than less frequent but longer periods of time. 30 seconds to a couple of minutes throughout the day is often enough.

Time that is special to your child occurs when a child approaches you:

- to tell you something,
- ask a question or
- involve you in their activity.

If children are always told 'wait' or 'in a minute' they often learn they have to demand, rather than politely ask for attention. So, when children approach you and you're not occupied with something really important, stop what you are doing and listen to your child.

Sometimes simply watching your child do something can be very rewarding for the child (and for the parent).

For more information on the Triple P program go to www.triplep.net or phone Leza at Barnardos Mudgee on 63721422.