

The P & C will be catering for the William's Clearing Sale this Saturday.

Please see Helen if you can help in any way.

Hargraves Public School



The school with a heart of gold

24th June 2011

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Cody Breaks the Drought!

For the first time in nine years Hargraves school will have a representative compete at the PSSA State Cross Country Championships!

Cody Lawson attended the Western Area Cross Country Championships at Wellington last Wednesday, where he was successful in qualifying for the State carnival.

Cody will compete at Eastern Creek in late July. The last student from Hargraves to compete at the state championships was Harriett Messner in 2003. We are all very proud of you Cody!

On a winning streak, Cody has also been selected for the Western Region Primary Open Touch football team to play in Sydney in August.

A fantastic achievement for a Year 4 student.



Hargraves prove they are tops!

The Mudgee Small Schools braved a cold and blustery day to stage their annual Athletics Carnival at Walkers Field.

Despite a number of absent children, Hargraves was the Champion School, winning both the aggregate point score and the overall champion shield.

Well done to all our competing children who displayed fantastic sportsmanship and received many ribbons.

Liam O'Brien was the Champion Senior Boy, while Annabel Suttor was the Senior Girl Runner-up Champion.

The Junior Boy Champion was Cody Lawson, with Laylah O'Brien receiving the Juvenile Girl trophy and Reese Harley receiving Juvenile Boy Champion. Abbie Condren was the Runner-up Juvenile Girl Champion. Our Tunnel Ball and Captain Ball teams came first and received trophies.

Thank you to parents who came to watch their children despite the cold day. The children love to have their parents show an interest.



Once again the P & C and the Progress Association will be joining forces to hold a hot food stall at the Mudgee Small Farms Field Days on Friday 15th and Saturday 16th July.

Free entry to the Field Days will be given to those people who are able to help for a period of time, at the discretion of the organisers.

Terry Campbell's school bus will be ferrying people to the site each morning, leaving the school at 8.15 am and returning each afternoon. Please contact Terry to make a booking 6373 8542.

NAIDOC Day at Goolma School—Wednesday 29th June. A reminder that we will be leaving the school at 8.30 am. The bus will run at an earlier time on this day and you will be notified of exact times early next week. Parents will also be notified as to a return time. We are still very short of transport and would appreciate any offers of help. Children will need their morning tea, lunch and water to drink.

Children are able to wear casual clothes. Goolma are asking for children to wear something red, yellow or black.



Term 2 Dates

Monday 27th June	Parent Teacher Interviews Gulgong Horse Sports Day
Tuesday 28th June	Last Active After Schools for Term 2
Wednesday 29th June	Small Schools NAIDOC celebration at Goolma
Friday 1st July	Crazy Hair Day Last day of Term 2 P & C Disco at the Hall
Thursday 7th July	Tickets go on sale for Opera House Mimosa Concert

Term 3 Dates

Monday 18th July	Staff Development Day
<u>Tuesday 19th July</u>	<u>ALL children return to school</u> P&C meeting 2pm at the school
Friday 22nd July	Pre-Kinder children begin State Cross Country at Eastern Creek
Tuesday 26th July	Cudgong Zone Athletics Carnival Mudgee
Tuesday 2nd August	First Active After Schools begins for Term 3
Wednesday 3rd August	CWA International Day at Grattai
Thursday 11th August	Recorder players perform at the Mimosa Concert at the Sydney Opera House

Student of the Week



Annabel Suttor
For approaching
learning tasks with
enthusiasm

Cody Lawson

For outstanding
sportsmanship at
Western Region



Reese Harley
For great effort
during reading

Hargraves P & C Disco Night

Hargraves Hall Friday 1st July
2011

6.30pm

Cost: Gold coin donation at door

BBQ & Soft Drinks available—BYOG
Chocolate Wheel
Everyone Welcome



Hygiene and Health

Cleaning

Always keep your cooking space clean. Use hot water when washing up as well as detergent. Wash glasses first so they don't get food on them. Allow dishes to drip dry, but make sure you rinse the suds off first.

Leftovers

If you store and re-use leftovers, not only do you save money but also you will always have an easy meal at hand. It's like takeaway at home! To kill bacteria when reheating, always heat to steaming hot (75°C). Check food is heated all the way through before eating. Never leave leftovers on the bench to cool before putting them in the fridge and always freeze leftovers within 24 hours of preparation. Do not freeze food more than once.

Late News - Congratulations to Bronte O'Brien who won a 1st place in the Henry Lawson Youth Arts in Focus competition and Brett Hancock who received a Merit. Well done!

Barnardos Family Strengthening Project - Triple P Program

- Travelling with children on a car trip.

Car trips can be great fun but can also be a nightmare when children start to whine, fight or tease each other.

When "Are we there yet" starts ringing in your ears, it's often a sign that children are bored. This puts stress on the driver and is dangerous if you are distracted from driving.

Before the trip, explain that you need your child to behave for safety reasons. Tell them where you are going, how long it will take. Decide on 2 or 3 simple rules such as "use a quiet voice" and "keep your hands to yourself" and ask your child to repeat back the rules. Give your child an activity to keep them busy.

As you drive talk with them, ask them questions. Point out things along the way and regularly suggest new toys or activities like music CDs or the old favourite "I spy".

Remember to praise good behaviour, particularly in the early stages. If misbehaviour begins, give a clear, calm instruction to stop and suggest what they should do instead. If the misbehaviour continues, be prepared to stop the car.

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