



Hargraves Public School

The school with a heart of gold

16th September 2011

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Under the artistic guidance of Miss Odgers, the gardening groups have been designing signs for each of their vegetable gardens.

The designs were created on paper and are being transferred to hardboard, where the groups will paint them in bright colours.

The children have also been busy watering, weeding and adding to the plantings.

Thankyou to Thea from Watershed Landcare for her help.



THE PURPLE PARSNIP
EATERS



THE EXPLOSIVE CARROTS



THE FUNKY BERRIES



THE PARTY PUMPKINS



THE ALLIUM VEGIE SALAD

The Woolworths Earn and Learn and Coles Sports for Schools program finish on 18th October 2011

Thank you to the parents and community members who came to our mini concert on Wednesday. A HUGE thank you to Colin for the delicious afternoon tea—hot scones—yummy!

Small Schools Eisteddfod Wednesday 21st September 2011

The Small Schools Eisteddfod will take place on Wednesday 21st September 2011 at the Town Hall Theatre, Mudgee, starting at 9.30 am. Transport will be by Terry's bus and private car—please volunteer if you can! We will be leaving school as soon as the second bus arrives and returning in time for the afternoon bus run.

Children are expected to be in full, clean school uniform and will need morning tea, lunch and a water bottle.

A permission note is attached to this newsletter.

Term 3 Dates	
Wednesday 21st September	Small Schools Eisteddfod
Friday 23rd September	Last day of Term 3
Term 4 Dates	
Monday 10th October	ALL CHILDREN return to school
Tuesday 11th October	Fishing Workshop for the whole school at AREC Mudjee
Friday 14th October	Super 8's for Years 3-6 in Mudjee
Friday 21st October	Go Go Golf Day at school Canteen
Tuesday 25th October	Zoo Mobile at Red Hill Active After Schools begins for Term 4 P & C Meeting 2.30 pm at school
Thursday 27th October	Musica Viva at Cudgong Valley PS 12 pm Year 6 to Mudjee High School 9 am —11.30 am
Friday 28th October	Touch Gala Day for Years 3-6 in Mudjee
Friday 4th November	Canteen
Tuesday 15th November	Year 6 students attend Mudjee High School
Monday 21st November	Small Schools Visual Arts Camp
Friday 18th November	Canteen
Monday 28th November to Friday 2nd December	Swimming lessons
Tuesday 6th December	Last Active After Schools for 2011
Thursday 15th December	Children's Christmas lunch at the hall

2011 Junior Touch Football

Junior Touch Football provides juniors interested in touch football an excellent opportunity to develop skills and knowledge about the game. They will learn the rules and develop the skills necessary to play. They will participate in organised drills and games whilst having fun playing in a team environment.

For Junior Touch to run successfully we need as many children to participate.

Junior Touch will be held on Thursday afternoons from 5.00-6:00pm at Glen Willow Sports Complex

Parent helpers are always welcome

Registrations will be taken on the first afternoon Thursday 13th October 2011 at Glen Willow Sports Complex.

Registration Fees: Boys and girls aged 8-14 years: \$40

The season will kick off on the Thursday 13th October 2011

At Glen Willow Sports Complex

For more information contact Danielle Wakely: 0403 652 122

Student of the Week

Bridget O'Brien

For always putting in her best effort with all of her work and finishing every task



Liam O'Brien

For an excellent week's work—The Quiet Achiever in Stage 3



Laylah O'Brien

For an outstanding effort with writing



Are you getting enough fibre?

Eat breakfast cereals that contain barley, wheat or oats, switch to wholemeal or multigrain breads and brown rice. Add an extra vegetables to every evening meal. Snack on fruit, dried fruit, nuts or wholemeal crackers.

Dietary fibre is found in the indigestible parts of plants. Good sources of fibre include wholegrain foods, fruits and vegetables. Drinking lots of fluid is also important to avoid constipation. The main role of fibre is to keep the digestive system healthy. Fibre has also been shown to benefit diabetes, blood cholesterol levels and weight control.



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

Children have a marvelous capacity to learn through watching what other people do.

Parents are important role models for children, who learn many positive skills and behaviours through observation - such as using the toilet by themselves, cleaning their teeth, dressing themselves, plus common sayings, expression and singing.

Children learn *misbehaviour* in the same way. If children see parents or brothers and sisters arguing and fighting and getting their own way, they are more likely to try the same tactics out for themselves. Behaviour such as yelling, swearing, talking back, losing your temper, hitting, untidiness and how to react when frightening things happen, can all be learned through observation.

When children's behaviour is causing a problem, it is often a good idea to check first that you are not showing your child through your own actions the very behaviour you want them to control.

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