



Hargraves Public School

The school with a heart of gold

23rd September 2011

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Have a safe and happy holiday

ALL CHILDREN return to school Monday 10th October

Attached to this newsletter are two permission notes, depending on what class your child is in.

Fishing Workshop—All the school will be attending a Fishing workshop at the AREC site on the Cassilis Road on Tuesday 11th October. As this is the second day back at school after the holidays, it has been necessary to send this note out now. Children are to wear school uniform and take their morning tea, lunch and a water bottle. We will be taking the bus, but will also need help with transport. We will be leaving school as soon as the second bus arrives and returning in time for the afternoon bus run.

Super 8's Cricket—If your child is in the primary class, a permission note for the Super 8's Cricket competition is also attached. The cricket day will be held on Friday 21st October at Walkers Field, Mudgee commencing at 9.30 am. Children will need to wear school shorts/track pants, polo shirts, hat and joggers. They will also need morning tea, lunch and at least one large water bottle.

We will need assistance with transport as we are taking two teams. We will return in time for the afternoon bus run. Parents are most welcome to join us for the day and watch the games, or if you have shopping to do, a drop off and pick up at 2.00pm is an option.

If the day is postponed due to wet weather, children will be expected to come to school as normal.

Hargraves Shines at the Small Schools Eisteddfod

Fabulous performances by both the Infants and Primary recorder groups at the Small Schools Eisteddfod on Wednesday resulted in Hargraves being named the winners of the music division. A great effort by all—congratulations.

The primary children performed their play 'The Bus Trip', that they adapted from a poem by Michael Rosen and were placed their. This was the first time we have entered this eisteddfod and it proved to be a valuable experience. Next year we hope to enter all three sections.



Riding Along on My Pushbike, Honey

The children have had a great term with bike education for Active After Schools.

Under the coaching of Peter Harley the children have learnt bike skills, bike maintenance and safety.

It has been great to see some hesitant riders discard their training wheels as the weeks and their confidence progressed—congratulations.



Active After Schools for Term 4 will commence on Tuesday 25th October with T-ball

Term 4 Dates	
Monday 10th October	ALL CHILDREN return to school
Tuesday 11th October	Fishing Workshop for the whole school at AREC Mudgee
Friday 21st October	Super 8's for Years 3-6 in Mudgee
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 Cudgegong Valley PS 12 pm Year 6 to Mudgee High School 9 am —11.30 am
Friday 28th October	Touch Gala Day for Years 3-6 in Mudgee
Friday 4th November	Harhillayer Day
Wednesday 9th November	Go Go Golf Day
Tuesday 15th November	Year 6 students attend Mudgee High School
Monday 21st November	Small Schools Visual Arts Camp
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

Student of the Week



Jasper Peppernell-Baks
For having a positive attitude all week and for making a fabulous improvement in writing



Stephen Loxton
Improvement in Literacy



Zoi Dent
For excellent work on the Regent Honeyeater project

Tips for a Healthier Breakfast:

Porridge in an Instant

Instant porridge is great on a cold morning and contains fibre and vitamins. Choose a porridge that isn't already pre-sweetened. Sweeten it with raisins or fresh fruit.

Smoothie madness

Blend frozen fruit (bananas and berries are great), low-fat or fat-free milk, and 100% fruit-juice for a quick, tasty breakfast smoothie with lots of nutrients.

Go 100% whole grain

100% whole-grain, fibre-containing cereals served with low- or fat-free milk are a healthier alternative to sugary cereals.

Eggxactly!

Boil, scramble, or poach eggs and serve on whole-wheat toast - they're packed with nutrition and, in appropriate portions, are great for kids.

Go Nutty!

Spreading peanut or almond butter on whole-grain toast is a great way to get both protein and fibre.

Go Fruity

A fresh fruit cut up with a dollop of low-fat or fat-free yogurt is a great way to start the day.

Breakfast On-the-Go

Nuts and dried and fresh fruits that can be taken in the car (apple slices and bananas are also easy and not too messy!).

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

Shopping With Children

Shopping with children can be fun. However, when children misbehave it can be exhausting.

When children whinge and complain, constantly demand you buy them something or run away, parents often feel it is simply not worth all the effort. This will not help children learn the skills they need to become good shoppers.

Children are always more disruptive in situations where there is nothing for them to do or where naughty behaviour gets a big reaction.

Usually, a performance on a shopping trip guarantees a big audience. Lay down some simple ground rules just before entering the store, such as

- stay close,
- don't ask for anything and
- use a pleasant voice.

Keep them busy and involved with some interesting activities to do while you shop. Maybe they can have a small shopping list of their own, or maybe they could help push the trolley, for example. If your child keeps to the rules praise them frequently.

Start off with frequent short trips, rather than the big weekly trip to the supermarket. If your child behaves themselves, be prepared to plan something they like to do after the shopping trip as a reward for good behaviour.

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