



Jerangle Public School Newsletter

Week 6 Term 4
11th November 2014



Mrs Sonja T. Sim
Principal Jerangle P. S.
Ph: 02 6454-3127

From the Principal's Desk

Wow, What a fantastic day Jerangle put on for the Small Schools Jerangle Highland Games Day. In true Scottish style the clouds hung around all day but no rain fell to dampen the fun atmosphere. Many of the visiting teachers and students expressed how much fun they had coming to Jerangle and can't wait to come again in the near future. Jerangle students had the opportunity to showcase their school and all the great things we do here in the Highlands!

The final part of the day was the concert from Tjupurru who had everyone clapping and grooving in the CWA rooms. He is an amazing musician and performer that utilised Aboriginal instruments with modern technology to create unbelievable sounds and music. It was wonderful to see everyone so engaged and feeling good about the day.

Mrs S. T. Sim

Kindy Start 2014

This week is the final week of the Kindy Start Program. The Grass heads that have been growing in the classroom for the past 5 weeks will now go home to their owners to enjoy. They certainly have increased in size and some could do with a hair cut! It has been wonderful to see the enthusiasm of the 3 new students and we can't wait to see them next year as they join the Jerangle School for 2015.

School Shirt Order

An order of school shirts is going to be placed on 13th Nov. If you would like a new school shirt for your child for next year then please ring the school and add your request to the list.



Library Day

Library day has returned to Fridays! Please encourage your child to bring back library books each Friday so new books can be borrowed. The library is absolutely brimming with fabulous new books which have been covered and catalogued and are now ready to be taken home to read. (thank you Helen for such an enormous effort). So make Fridays the day for books!



Active After School Sports

The Active After School Sports program is continuing with great gusto and the children look forward to Wednesday afternoons when Hamish Toohey leads a soccer training session at school. The students have improved their soccer skills and are gaining a better understanding of the rules of the game. The program has 3 more weeks and will conclude on 26th Nov. It is with great sadness that the Active After School Program is closing this year and will no longer be available for schools. Jerangle students have certainly benefited from the variety of sports offered in this program.





Cooba Camp

Last week Angela attended the transition to High school camp at Cooba near Berridale. The weather was superb and the activities had everyone smiling and laughing. Mrs Sim attended on Thursday and had a go at driving the buggies around a dirt course track. She went fairly well until there was a huge drop off in the track. Mrs Sim managed to regain composure and delicately manoeuvred the buggy down the drop off and back to the shed. Angela had a great time catching up with friends from Numeralla and Dalgety on the activities and had a ball dancing under the disco lights on Thursday evening. The group was a sensible and mature bunch and all the staff were amazed at their polite manners and respect for each other. Well done Year 5 and 6.



School Swimming

Children have been enjoying the weekly Friday swimming lessons this term in Cooma pool. They have all shown improvement in their swimming skills and the warmer weather has made the lessons in water a lot more pleasant. The lessons continue on Fridays until 5th December.

Vision Check

If you would like to check your child's vision at home in a familiar surroundings then simply call into the office or ring the school to arrange to take home a basic eye test at home. Parents will be asked to complete simple visual tasks that are weaved into the Penny the Pirate story with your child and record their responses as they go.

P & C Meeting

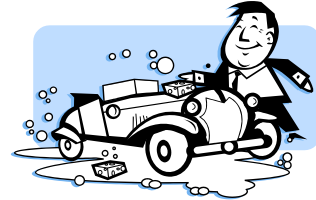
P & C held their final meeting for the year on Tue 14th Oct. Plans for the Highland Games Day and Presentation Night were discussed. Please see Lisa Philips or Cathy Hopkins for the minutes. The next meeting is scheduled for next year on Tuesday 10th Feb at 12 o'clock noon for a lunch followed by the meeting. Lunch will be provided, so why not put the date in next year's diary and be ready for a super meeting with energy and vitality.



Presentation Night

CHANGE OF DATE

Please note the change of date for this wonderful celebration of student learning throughout the year. Due to unforeseen circumstances the date had to be changed to **Wednesday 10th Dec**. Please put this new date in your calendar and come and joins us for a fantastic evening of entertainment.



Carwash

Jerangle Car Wash is back!!!!!! So why not visit the school on Wednesday 3rd Dec to have the students wash those dirty vehicles and get them ready for Christmas?

Money raised will help the students buy a gift for children less fortunate than those at Jerangle such as a goat in Africa, education books for Peru etc. The car wash will begin at 2pm and cost \$5 per car so come early and you can boast the cleanest car in Jerangle!

Congratulations

Congratulations to Angela for being awarded a Merit certificate in the computer competition. A big congratulation also goes to Tom who received a credit certificate for the computer competition last term. Keep it up guys!



Understanding climate change

Is your child learning about climate change at school? CSIRO's scientists are learning how the earth's climate system works through observation, measurement and modelling. Find out more: <http://www.csiro.au/Outcomes/Climate/Understanding.aspx>

Little Aussie Songsters competition

An Australia Day competition where primary students can video their singing of our national anthem. For further details, visit <http://www.aussievault.com.au/vault/136/detail/little-aussie-songster>.

The competition is now open and will close on **Saturday 14 February 2015**.



Merit Awards

Congratulations to all those who have been working hard to achieve Merit Awards and Certificates. This week we celebrate the achievements of the following members of the school.

31st October 2014

Merit Certificate	Abby Hall
Sport Award	Marcus Achanfuo-Yeboah
Reading Award	Jess Walker
Work of the Week	Darcy Hall

Planner Calendar – Term 4 2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6	10 th Nov	11 th Nov	12 th Nov Active After School Program 3-4pm	13 th Nov	14 th Nov Swimming 2:15 – 3pm L3 Sonja to attend	15/16
7	17 th Nov	18 th Nov	19 th Nov Active After School Program 3-4pm	20 th Nov	21 st Nov Swimming 2:15 – 3pm L3 Sonja to attend	22/23
8	24 th Nov	25 th Nov	26 th Nov Active After School Program 3-4pm	27 th Nov	28 th Nov Swimming 2:15 – 3pm	29/30
9	1 st Dec	2 nd Dec	3 rd Dec Car Wash	4 th Dec	5 th Dec Swimming 2:15 – 3pm	6/7
10	8 th Dec	9 th Dec	10 th Dec Presentation Night	11 th Dec	12 th Dec	13/14
11	15 th Dec Sonja on leave	16 th Dec Sonja on leave	17 th Dec Last day school for students Sonja on leave	18 th Dec Staff Dev. Day Sonja on leave	19 th Dec Staff Dev. Day Sonja on leave	20/21

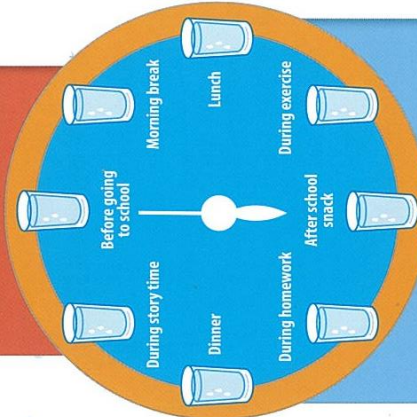




Hydration

We all know that drinking clean, fresh water is an important element in helping to keep our body healthy, but many people don't realise just HOW important it is for us, and especially for our children.

8 daily occasions to drink water



Healthy Habits

Help them to drink 8 glasses of water* all day long by scheduling 8 specific occasions that are easy to remember.

For example, before leaving for school in the morning, put a small bottle of water in their schoolbag or sports bag. Explain to them the importance of drinking by themselves, even before being thirsty.

*1 glass = 250mL

60% of your child's body composition is water.¹

Water is present in every part of the body, every organ, every cell, and notably the brain. During childhood, a crucial period of development and learning, keeping hydrated is essential for your child's body and brain to function optimally.

Help your children to drink water before, during and after school

The age-old saying that we need 8 glasses of water a day is not a hard and fast rule, but rather an average. The amount of water needed to keep your child hydrated depends on your child's gender, age, environment, health and level of physical activity.

What we do know is that we need to replace the water we lose through everyday activities. Making sure your child has access to clean, fresh drinking water at all times is an important step to helping them keep hydrated.

At home, at school and at their activities, keeping hydrated is important for your child to feel good, both physically and mentally.

¹ Jackson, Sheila (1985), *Anatomy & Physiology for Nurses*, Nurses' Aids Series (9th ed.), London: Baillière Tindall. ISBN 0-7020-0737-4.

Tips for keeping your child hydrated

"I find it is hard to convince my daughter to drink water."

Children often imitate adults. Consider being an example for your daughter. When she sees you drink water, she will want to drink some too.

Another tip: put bottles of water in accessible places like on the dining table, in her bedroom or in her schoolbag or sports bag.

"I have no control on what my son drinks at school or when he is not at home."

Teach him the importance of water and encourage him to drink regularly when you are together. If drinking water all day long becomes a habit, he will keep on doing so when you are not with him. **Another tip:** give him a small bottle of water for school.

"When my daughter is thirsty, she needs water right away and can't wait."

Whenever possible, place a bottle of water in her bag or with her belongings. You can also take one with you when you're out together.

"My son always tells me he is not thirsty when I suggest he should drink water."

The sensation of thirst arises when the body has already lost a lot of water. You can explain to him that by the time he feels thirsty, a lack of hydration is already there. Encourage him to drink small quantities of water regularly throughout the day before he gets thirsty.

MAINSTREET CLOTHING COOMA, 2XL & SNOW FM

PRESENTS:

THE 2014 CHARITY FOOD & TOY DRIVE

Thank you for being a part of this exciting and worthwhile promotion by agreeing to act as a "Drop Off" point for Donations.

Between 17th November and 5th December, 2014, **SNOWY MOUNTAINS 2XL & 97.7 SNOW FM** will be heavily promoting the **2014 SALVATION ARMY FOOD AND TOY DRIVE**.

The Promotion involves both **SNOWY MOUNTAINS 2XL** and **97.7 SNOW FM** airing promotional commercials and, "Live Read" promotional spots each and every day throughout the 19 day drive.

We will be asking for people to drop donations of **NON PERISHABLE** food items and **NEW** Toys (OH&S issues do not allow used Toys to be distributed as part of the **SALVATION ARMY'S** Care Packages) to Schools within the Monaro, Snowy Mountains and Bombala Regions, for collection by the **SALVATION ARMY** between Monday 8th December and Friday 12th December, 2014.

All we ask is that you contact Captain Louise Nicholson at the **SALVATION ARMY** on 8th December to arrange for collection. The number is 6452 1798. Mobile 0423 294 021.

In addition, we have sent you a flyer to be included in any NewsLetters being sent to the families of all students during the course of the promotion.

The **2014 SALVATION ARMY FOOD AND TOY DRIVE** benefits Families **IN OUR AREA**, who need our help and, we thank Mainstreet Clothing Cooma for their considerable contribution to it's success.

If you have ANY questions, please feel free to contact me on **6452 1521** or, **0408 425 484**.

Thanks again for expressing an interest in participating in this promotion,
Jim Walker-Broose Account Manager

RADIO SNOWY MOUNTAINS 2XL / 97.7 SNOW FM

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0408 425 484

walkerbroose@capitalradio.net.au

Community Get Together

Last Friday of the Month

Friday 31st October 6.30pm for 7.00pm

At CWA Rooms Jerangle

BYOG Please bring main course or dessert

Donation to help cover costs.

Come have a chat in our friendly cosy rooms.

