



Jerangle Public School Newsletter

Week 10 Term 3
16th September 2014



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

From the Principal's Desk

It really is amazing that we are now at the end of a busy and productive term 3. The winter months have certainly seen some fabulous work efforts from all students and they should all be very proud of their progress this term. The Gold theme has been a huge success and we thank Miss Toole for organising the gold licences and gold digging money ideas. All the staff have enjoyed playing "Police" and demanding licences from students and then issuing chores around the school for diggers who don't carry their licences with them. The Year 4 and 5 students have presented their speeches on gold and bushrangers to the class and since they were such good quality they have decided to present them to the parents during weekly assemblies. Last week we heard the girls speeches and this week we look forward to hearing the boys

The theme for next term is all about growing and changing which will be appropriate as we head into spring growth on the surrounding farms.

We all know that the school holidays are a good time to relax and recharge the batteries, so I hope all families use the next two weeks of school holidays to enjoy time away from school and be ready to face a busy and exciting term 4.

Mrs S. T. Sim

Congratulations

Congratulations to the Year 4 and Year 5 students who participated in the NSW Uni Science Competition earlier on this term. Abby, Tom and Angela obtained a participation certificate while Adam was the super scientist and was awarded a

credit certificate. **Well done Adam.**

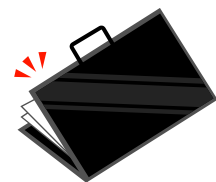


SASS WEEK

Last week the students held a big thank you to all the staff who help make Jerangle school a great place to learn. Without the dedicated efforts of the support staff many programs would not be possible. Thank everyone.



Helen blows out the candles for SASS Week



Student Portfolios

The children have been very busy this term in all key learning areas and have created special work to be included in their portfolios. **Please send them back to school this week** so more can be added to this wonderful snapshot of your child's learning experience.

Pete the Sheep and Queenbeyan excursion

Yesterday Jerangle students travelled to Queenbeyan to experience some of their civic services and watch a live performance based on the book Pete the Sheep. The weather was just right to let all students enjoy open parks and gardens for recess and lunch. The new Ray Morton Park near the river had many interactive sculptures for the students to explore.

The performance was absolutely fabulous and everyone enjoyed watching the shearing shed adventures unfold. The number of parts were all played by 4 actors who cleverly used simple props to change characters. Once again the students gained a new experience by watching a live performance.



NAPLAN results

Angela was the only student this year to sit for the National performance test in May this year. Although her results can't be published in their entirety she should be congratulated on gaining some super results. She scored well above the State average in reading, spelling, grammar and numeracy.

WELL DONE ANGELA.

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!



School Swimming

This year we will be participating in swimming lessons back at Cooma Pool on Fridays. The start time is 2:15 and will finish at 3pm each week. Children will start the school with normal lessons and leave on the bus at lunchtime to be in Cooma ready to start the swimming lesson. Children will change into their swimmers at school before they leave for the pool. Please make sure you have swimmers, goggles and towels ready for this invaluable program next term.

Extra curriculum swimming lessons

Bookings are now being taken for term 4 Swimming Lessons and Squads at both the Cooma Swim Centre and The Cooma Hospital, Hydrotherapy pool. All ages and levels catered for. For bookings and enquiry's please phone Michelle on 64524289.

Thanks again

Michelle Thomas

Michelle's Swim School

0414 880 783

Kindy Start 2014

Next term we will run the Kindy Start Program for new students starting next year. The Program will be on Wednesday starting on the first week of term being 8th Oct and run for 5 weeks (excluding 5th November due to the Jerangle Highland Games Day) and finish on 12th Nov. This year the students will stay at school all day rather than leave at lunch time. This is a new initiative and will be evaluated during the program to ascertain its effectiveness.

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 for parents 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

The next meeting will be held on Thursday 9th October starting at 1pm. This meeting will cover The Jerangle Highland Games Day and presentation Night, so please come along with your ideas to share.



Active After School Sports

Next term we will once again run the Active After School Sport program at Jerangle Public School. It will be held each Wednesday afternoon starting at 3pm and finish at 4pm commencing in week 2 being 15th October. Hamish Toohey will be running a soccer and ball skills program and after his huge success in the program last year I'm sure all the students will be looking forward to once again taking part in this fabulous opportunity to have formal sport activities at Jerangle.

School Assemblies

School assemblies has moved back to Fridays and the children would like to extend their invitations to all community members to join us and celebrate the achievements of the week. They are held in the classroom and start at 2:15pm Friday afternoon. So come and be part of a special time at Jerangle Public School.

Waterweek

To celebrate National Waterweek 2014, Cooma-Monaro Shire Council is installing a water refill station in Centennial Park, Cooma. This refill station will be officially opened at 10am on Tuesday 21st October and all are welcome to watch



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.

5th September 2014

Merit Certificate	Adam Constance
Sport Award	Jack Hopkins
Reading Award	Darcy Hall
Work of the Week	Abby Hall

the unveiling. Jerangle students unfortunately won't be able to attend the unveiling but the Council will send everyone a re-usable water bottle that can be used at the park with the new refill station.



Letters learnt so far.....

a,m,s,t,i,f,d,r,o,g,h l,u,c,n,k,v,b,e,p,j,w,x,y,z,q.



New aprons for weekly cooking

12th September 2014

Angus Kelly
Marcus Achanfuo-Yeboah
Angela Constance
Tom Walker

Planner Calendar – Term 3 2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
10	15 th Sept Live theatre in Queenbyan	16 th Sept	17 th Sept MSSN Meeting – Sonja to attend	18 th Sept Fizzics Education school visit	19 th Sept L3 Training- Sonja to attend Cancelled	20/21
Holidays	22 nd Sept	23 rd Sept	24 th Sept	25 th Sept	26 th Sept	27/28
Holidays	29 th Sept	30 th sept	1 st Oct	2 nd Oct	3 rd Oct	4/5

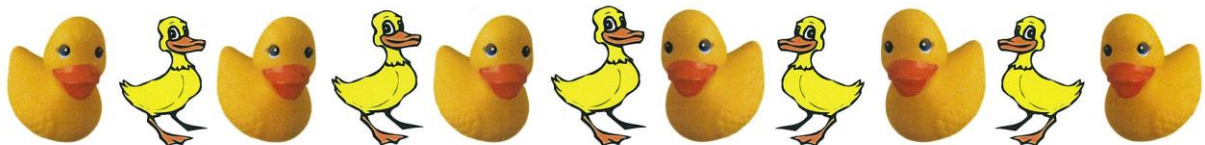
Planner Calendar – Term 4 2014

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	6 th Oct Public Holiday	7 th Oct Teachers and Students return	8 th Oct	9 th Oct P & C Meeting 1pm	10 th Oct Swimming 2:15 – 3pm	11/12
2	13 th Oct	14 th Oct	15 th Oct Active After School Program 3-4pm	16 th Oct	17 th Oct Swimming 2:15 – 3pm L3 Training- Sonja to attend	18/19
3	20 th Oct	21 st Oct	22 nd Oct Active After School Program 3-4pm	23 rd Oct	24 th Oct Swimming 2:15 – 3pm	25/26
4	27 th Oct	28 th Oct	29 th Oct MEG meeting – Active After School Program 3-4pm	30 th Oct	31 st Oct Swimming 2:15 – 3pm	1/2
5	3 rd Nov	4 th Nov	5 th Nov Highland Games Day Active After School Program 3-4pm	6 th Nov	7 th Nov Swimming 2:15 – 3pm	8/9
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	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	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	4 th Dec	5 th Dec Swimming 2:15 – 3pm	6/7
10	8 th Dec	9 th Dec	10 th Dec	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	20/21





Tom paints Ned Kelly for work of the week.



The Duck Race

Rotary Club of Cooma Inc

Sunday 19th October at 12pm

from the Commissioner St Causeway to the Sharp St Bridge!

Winners will be announced at approx 1 pm on the day

Proceeds to The Monaro Community Chest



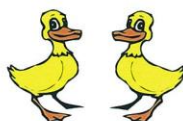
TICKETS - \$ 5 each

Rotary Markets - September & October

The Cooma Visitors Centre - Sharp St

The Fabric Salon - Vale St

Leading Edge Electronics - Vale St



PRIZES

- | | |
|--------------|---|
| 1st - \$ 500 | Cash Prize |
| 2nd - \$ 100 | Gift Certificate - Leading Edge Electronics |
| 3rd - \$ 75 | Fuel Voucher - John H Jones Pty Ltd Caltex |
| 4th - \$ 50 | Donation - Darrell Gaukroger |
| 5th - \$ 30 | Gift Certificate - P D Murphy Cafe |
| 6th - \$ 25 | Fuel Voucher - John H. Jones Pty Ltd Caltex |
| 7th - \$ 20 | Donation - Rob Simms |





A good breakfast

Get set for the day. Breakfast takes only 10 minutes to eat and provides essential nutrients that you'll need to help get the most out of the day ahead.

Benefits of eating breakfast

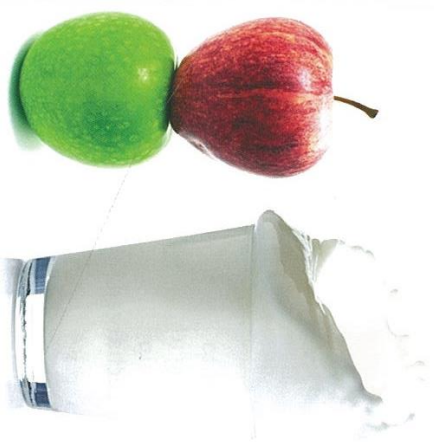


Boost wholegrain intake

Cereals can contain wholegrains and starting your day with a wholegrain cereal will help kick start your daily intake of wholegrains. It's that simple!



For more information on nutrition, visit: www.nutrition.nestle.com.au



Tips for a brilliant breakfast

Get into grains

Buy high fibre bread and cereals for dietary fibre to help keep you regular.

Breakfast on the go

For a quick brekkie if you're in a rush, make some wholegrain toast and pour yourself a glass of reduced fat milk.

Dabble in dairy

Enjoy reduced fat dairy (milk, yoghurt and cheese) for protein, calcium and other essential nutrients.

Have it hot

For a warm start to the day try some porridge, or poached eggs or baked beans on toast.

Fit in fruit

For a light breakfast grab an apple or a banana.

Calcium

The most recent national children's nutrition survey in Australia shows that calcium is a key nutrient of concern with 60% of children aged 9-16 years not meeting calcium requirements.

Calcium is important for building and maintaining strong bones. As children get older their calcium requirements increase, but their intake of dairy foods does not increase to meet their needs. Many teenagers, especially girls, have low intakes of dairy foods and subsequently more than 80% are not meeting their calcium needs¹.

Dairy has long been recognised as an important dietary source of calcium, with milk being the greatest source. Dairy Australia recommends 3 serves of dairy foods per day. Reduced fat milk, yoghurt, and cheese are great choices.

While plain milk is always a great choice, flavoured milk is also a nutrient rich beverage and may be an effective way to help increase milk consumption and calcium in children's diets, without impacting on body weight measures.*



¹2007 Australian National Children's Nutrition & Physical Activity Survey.

* Fyfe et al 2013, 'Australian Children who drink milk (plain or flavoured) have higher milk and micronutrient intakes but similar body mass index to those who do not drink milk', Nutrition Research, 33: 95-102.



MONARCH CRICKET ACCADEMY

Cooma/Monaro clinic

Perseverance – Continuous in a state of grace, leading finally to a state of glory

Performance – To execute and accomplish.

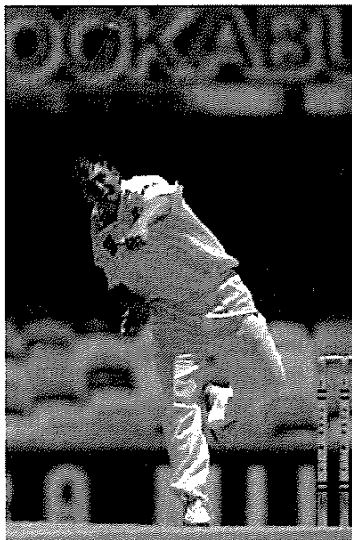
Perfection – The quality of being as free from flaws as possible.

DATE: Sunday 21st September and Monday 22nd Sept 2014.

LOCATION: Rotary Oval, Murray Street, COOMA

TIME: Future Stars (12years and below) 9am -12noon

High Performance (13-18 years) 1pm – 4pm



HEAD COACH: Mark Higgs

Coaching Experience: Canberra Comets, Prime Minister's XI, Chairman's XI, National Spin Panel, Centre of Excellence.

Playing Experience: Australia, Australia A, NSW, SA, Hobart Hurricanes, BBL2

Qualification: Level 3, High Performance

COST: Future Stars - \$30/session

High Performance - \$35/session

Please bring: Hat, drink, kit (if possible – not necessary).

BBQ will be available on both days

TO REGISTER: Please contact Lisa Phillips (lisa@granitesolutions.com.au) for registration or more information.

Enquiries
Our Ref
Your Ref

Arthur Wilkinson (AW:DC)
Engineering Services
RO/STR/0470



21 August 2014

Dear Jerangle Road User

Support for Council to seek Additional Funding for Jerangle Road

Council is seeking the support of users of Jerangle Road in preparing submissions for additional funding.

The specific objectives are to improve the safety environment for heavy vehicles using the Jerangle Road as a B-Double route.

It would be appreciated if you would forward to Council your letter of support stating how you would benefit from improvements to Jerangle Road. Some examples would be:

- Improved safety environment for heavy vehicles and therefore improved safety for school buses and road users in general.
- Better freight movements for stock, wool etc. connecting to major stock routes.
- Improved conditions for log trucks connecting to other freight corridors.
- Improved travelling time for people who commute to work.
- Use of the road as a bypass route when accidents occur on the highway.

Please email your letter of support to arthur.wilkinson@cooma.nsw.gov.au, council@cooma.nsw.gov.au, or post to P O Box 714, Cooma 2630.

If you require further information please contact me on 6455 1831.

Yours sincerely



Arthur Wilkinson
Works Manager
For
Linda Nicholson
Director of Engineering Services