



Jerangle Public School

Newsletter



Week 4 Term 4
26th Oct 2015

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

From the Principal's Desk

The students have been very busy over the last 2 weeks with many programs starting and initiatives being carried out. Lisa Coyne has settled into the routine and has engaged the senior students with her lessons.

Kinder Starters are enjoying being part of our school day each Wednesday and this week will be their last day before we see them next year. Thanks for being part of our school!

Swimming lessons are going well on Fridays and students are challenging themselves to improve each lesson. Teachers can see the enthusiasm each student has in the pool. We hope the warm weather stays on Fridays to make the lessons even better.

Mrs S. T. Sim

New Assembly times.

Please note that there will be a new assembly time this term. Assemblies will continue on

Wednesday afternoon at 2:45pm and run for 15min before the end of the day. We look forward to seeing the senior students increase their public speaking and presentation skills in readiness for presentation night.

The Great Thing Swap

The Great Thing Swap was a huge success last week with the children raising over \$200 by selling all the wonderful donations from the community. Thank you to all the people who helped donate goods and to those who came along to the school on the day. The children had fun making the library into a shop for the day and everyone had a crash course on giving correct change to the customers. The children will now decide on how to spend the money to help people in needy counties and communities. THANKS.

Spectra Awards

The third and final science sharing day from the students Spectra awards are due next week. Some students haven't brought back their second experiment, which can be shared with the class any time this week. If your child has completed the science experiment then please send them with the results and their short presentation explaining what they did so that all the students can hear what fun they had doing science at home.



Swimming.

This term the school will join Adaminaby school for swimming lessons each Friday in Cooma. The students will need to bring their swimming costumes, towel, a bag to carry wet things home in and thongs or sandals to wear to the pool. The students will change into their costumes at school and travel to the pool on the school bus. The lessons conclude at 2:15 and time has been allocated for students to change back into their school clothes before returning to Jerangle on the bus. With the warmer weather on the way it will be a great way to learn to swim and have some fun in the water.



Presentation Night

Our Presentation Night will be held on Monday 14th Dec at the CWA Hall at 6pm.

Woodwork

This term students will be working with Mr Dave Philips on some woodwork projects. This will involve sawing, sanding and a few machine tools to create some awesome wood items.

Cooba Camp

Last week on Thursday and Friday Adam, Tom, Abby and I went to Cooba Camp. When we got there we were told what room we had so we could put our bags in them.

Next we were split into groups, one with year 5s and the other with year 6s. I was in the year 6 group. The first activity was some games altogether until lunch.

After lunch the year 5s did the Big Swing while my group did the Flying Fox. I was feeling a little sick so I didn't do it just in case I vomited on my way down! Once we had done the Flying Fox and the year 5s did the Big Swing we all went back to our rooms and got changed for the Gladiator Course.

During the Gladiator Course our 2 groups were split into smaller groups with 4-6 people in them. The Gladiator has 3 slides, one small one, one medium sized one and a big yellow one with water at the bottom. The course also has a big blow up thing, rock climbing and many more. My team of 4 won the race!

After the Gladiator we went and got changed. Then we had some free time until dinner. At dinner I had potato bake with fish and a cup of cordial.

After dinner Ruby, Abby and I went to our room and talked.

On Friday we packed up our room and had breakfast. Once we finished breakfast the year 5s went and did the Leap of Faith while we did the Big Swing. I went right to the top! Then we had recess before the year 5s did the Flying Fox and we did the Leap of Faith.

IT was a fantastic time and we all met with our friends from the other small schools.

By Angela.







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.

14th Oct 2015

Merit Certificate

Jack Hopkins

Sport Award

Jack Flett

Reading Award

Marcus Achanfuo-Yeboah

Work of the Week

Audrey Kelly

21st Oct 2015

Abby Hall

Adam Constance

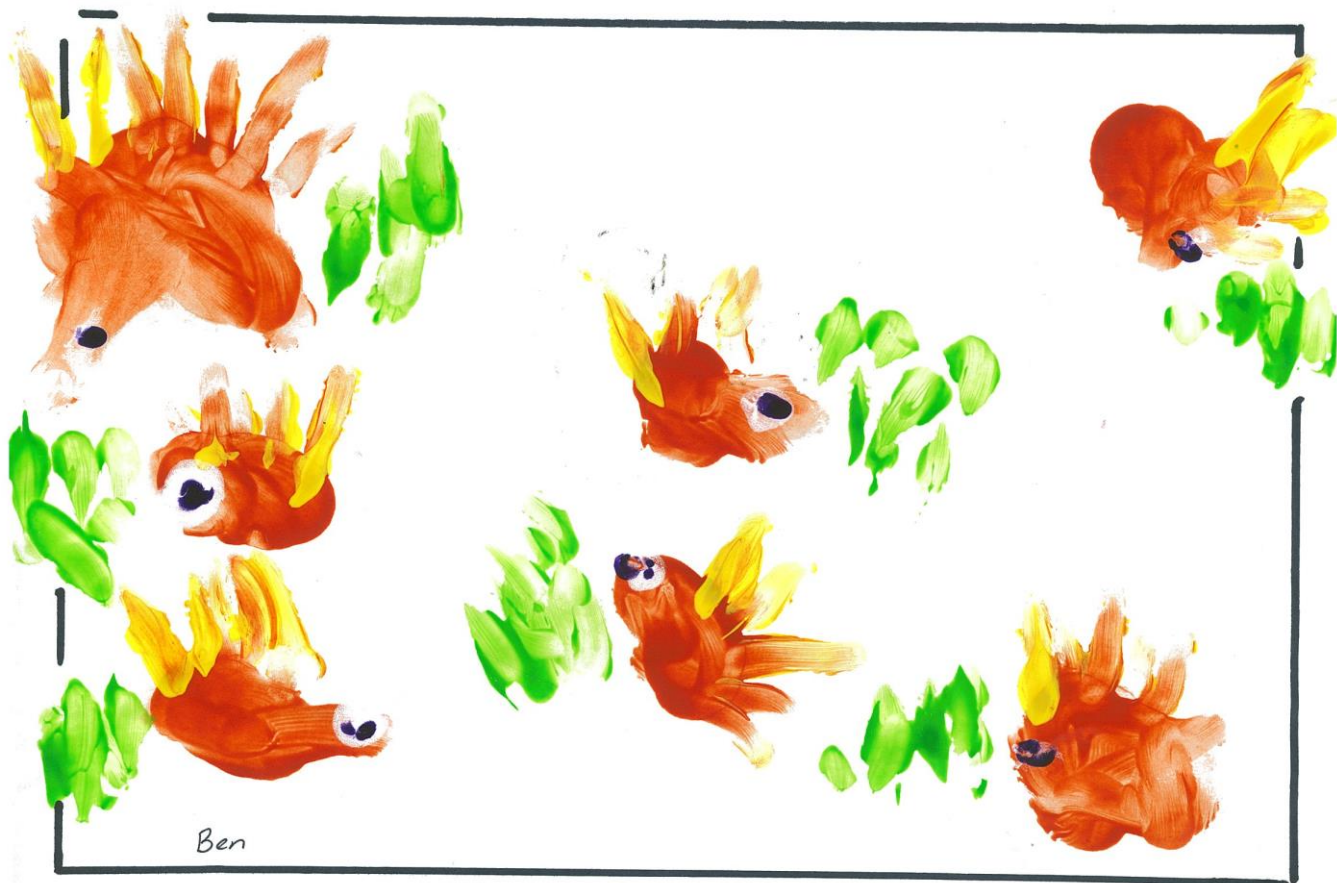
Bailey Woollaston

Ben Hopkins

Planner Calendar Term 4 2015

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4	26 th Oct	27 th Oct	28 th Oct Last Day Kindy Start	29 th Oct MEG Meeting, Sonja to attend	30 th Oct Swimming	31/1
5	2 nd Nov	3 rd Nov	4 th Nov	5 th Nov	6 th Nov Swimming	7/8
6	9 th Nov	10 th Nov	11 th Nov	12 th Nov MSSN Fun Day - Nimmitabel	13 th Nov Swimming	14/15
7	16 th Nov	17 th Nov	18 th Nov	19 th Nov	20 th Nov Swimming	21/22
8	23 rd Nov	24 th Nov	25 th Nov	26 th Nov	27 th Nov Swimming	28/29
9	30 th Nov	1 st Dec	2 nd Dec	3 rd Dec	4 th Dec Swimming	5/6
10	7 th Dec	8 th Dec	9 th Dec	10 th Dec	11 th Dec Swimming	12/13
11	14 th Dec Presentation Night 6pm	15 th Dec	16 th Dec	17 th Dec Last day students	18 th Dec Staff development day	19/20





Get active each day

Did you know?

- ★ In NSW, only about a quarter of children aged between 5 and 15 years do at least 60 minutes of moderate to vigorous physical activity each day.
- ★ Boys in Years 6, 8 and 10 are more active than girls, however physical activity declines with age.

Why get active?

Regular physical activity is an important part of getting healthy and staying healthy.

Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

Regular physical activity helps kids and teens to:

- grow and develop healthy
- build strong bones and muscles
- improve balance and develop skills
- maintain and develop flexibility
- achieve and maintain a healthy weight
- improve cardiovascular fitness
- reduce stress and feel more relaxed
- improve posture
- boost confidence and self-esteem
- have fun with their friends and make new ones.

Kids and teens who don't get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play.



Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. In the long term, it can contribute to conditions such as high blood pressure and cholesterol, heart disease, Type 2 diabetes and liver disease.

Research tells us that the warning signs for these conditions can be present in overweight teenagers as young as 15 years of age.

“Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day”

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NSW Department of Health © 2010 SHPN: (CHA) 110151

How much activity?

Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'. They can get even more health benefits from doing a couple of hours of physical activity every day.

To help kids and teens be active every day, they need opportunities for sport, play and exercise at school, after school and on weekends.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids and teens be more active

- Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.
- Encourage them to play in the backyard, dance to music, ride a bike or get involved in vigorous activities like running, swimming or playing sports like soccer, netball or basketball.
- Make time to be active as a family – walk to the local park, go bike riding or take the dog for a stroll.
- Encourage 'active play' by buying gifts that get kids and teens up and moving, such as balls, bats, skipping ropes and other equipment. It also helps them develop and practice new skills.

- Park some distance away from your destination – school, sport or the shops – and walk the rest of the way.
- Make sure kids and teens have an opportunity to be active after school, either through active play or organised sport.
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven't previously been very active.
- Limit the amount of time that kids and teens spend on 'small screen' entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they're being active outdoors.
- Make sure they drink plenty of water when they are physically active or playing sports.
- An active lifestyle is fuelled by healthy foods – make sure your children make healthy food and drink choices and limit foods that are high in added sugar, salt and saturated fat.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au



The Rotary Club of Cooma

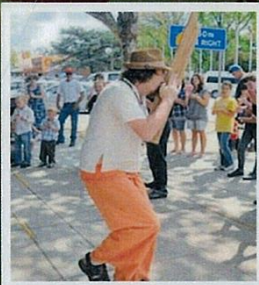
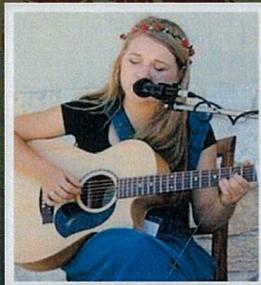
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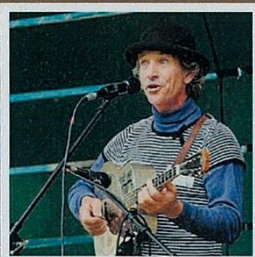
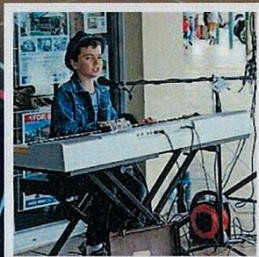
**CALLING
ALL BUSKERS &
PERFORMERS:**

Register online
by 26/10/15

**Spectators...
It's FREE**

Come and Join us in Cooma for a feast of fabulous music with performers from all over the country covering all styles from rock to pop, jazz to blues, country to classical, freestyle to folk.....

**Over
\$10,000
to be
won**



**Finals
Concert
4pm**

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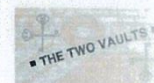
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BUSHFIRE SEASON

Community Preparedness Session

Attention Residents : Queanbeyan/Palerang

Come along to a community preparedness session to learn first hand about what to expect this bushfire and storm season. The session will include representatives from:

- NSW Rural Fire Service
- Fire and Rescue NSW
- State Emergency Service
- Local Emergency Management Committee
- NSW Police
- Red Cross

And will cover:

- Taking control and preparing in advance (storm/bushfire)
- Understanding warnings in an emergency
- Dangers and risks
- What to and not to expect in an emergency
- Ways to help you keep you and your family safe

WHERE and WHEN? All Sessions from 6.30-8.30pm

Session One

Queanbeyan

28 October 2015

Riverside Oval

Clubhouse

14-22 Carinya St

Session Two

Captains Flat

4 November 2015

Captains Flat Hall

Foxlow Street

Session Three

Braidwood

11 November 2015

Council Chambers

Park Lane

(behind 144 Wallace St)



the power of
humanity



Lake George

Local Emergency Management Committee

Covering the Palerang and Queanbeyan LGA's

For further information contact Lorrae Stokes on 02 4842 9252