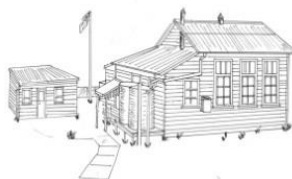




Jerangle Public School Newsletter

Week 5 Term 3
16th August 2016



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

From the Principal's Desk

The last 3 weeks has been a busy time at Jerangle Public School with loads of fantastic events and learning going on around the traps. The children have settled into the term and are looking forward to some awesome activities ahead. They have been excited to learn about the Snowy Scheme and all the things and people that contributed to making Cooma as a town. They are looking forward to visiting the information centre for the Snowy and viewing the old footage of tunnel building and making the dams. We may even think about the enormity of the dam walls as we drive along one on the way to Jindabyne on Wednesday to go skiing. Our excursion to Dubbo zoo is also getting closer and the children are excited to again be sleeping in tents for the second time this year. We just hope the animals in the zoo are happy that we will be there and don't keep us up all night with their chatter!!!
Mrs S. T. Sim

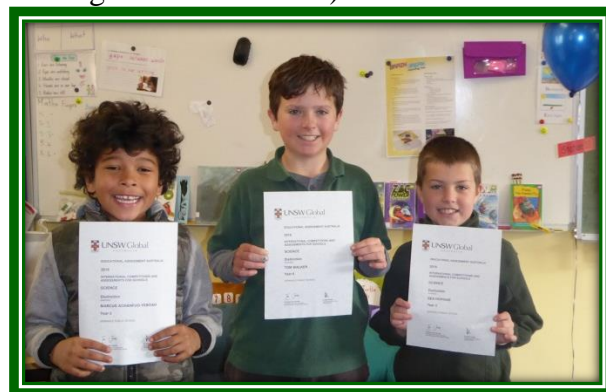


Premier's Reading Challenge

The closing date for the Premier's Reading Challenge is **THIS WEEK**. So please send your child's reading log back to school by Thursday so that the books can be uploaded on the web. If your child has kept their log at school their books will be counted and entered onto the net. Congratulations to all the students for such a super reading effort over the past few months! There has been an increase in library borrowing and it is wonderful to think that the books the children are reading are good quality literary texts. Well done everyone.

Quote of the week

Quote by Adam when requested to collect hula hoop from playground **"No thanks I would rather be reading."** (he certainly has taken reading to the next level!)



Congratulations

Congratulations to Ben, Marcus and Tom who all gained a Distinction award in the Science Competition run by NSW Uni. They have been working hard in science lessons and have showed how much they have learnt this year by being awarded such a high level in the competition.

Well done and keep up the good work!

CWA International Day

Thank you to all the CWA ladies who invited us to their International Day lunch last week. The food was fantastic and we all enjoyed tasting some new things from Mongolia. It was great to be able to present our research with you and show you our PowerPoint slides we found on the internet. It was a great day and we look forward to next year with a new country to study.



Jerangle Ski Days

We have been keeping a close eye on the weather for this Wednesday as our planned ski day. It is not the best but we think it will be OK and so the ski day **WILL GO AHEAD AS PLNNED.**

We will travel to Perisher by bus and car, stopping at Cooma at Rhythm Snow sports to pick up ski gear. (around 8am) We will then continue to Perisher where the children will walk to the Nordic centre and be able to leave their gear there for the day. The centre is well equipped with toilets and a small kitchen with microwave for heating lunches. The children will enjoy games on the snow in the morning and venture out on a tour in the afternoon. More experienced skiers will take advantage of the trails and head out in the morning. Parents are most welcome to join us on these days so please let the school know if you are interested.

Brain Break Morning tea

On Wednesday (3rd August) the whole community came for the Jerangle Public School Brain Break Morning Tea.

Dad and I did an experiment called Soak it Up where you had to take samples of paper and see which one soaked up the most water.

We also did an experiment called Let It Swirl. For this one we had to drop coloured food dye into milk. Next we dropped some detergent and watched all the colours swirl around to make a super patter.

My favourite experiment was the one called Lift It Up. Here you put a piece of string onto an ice cube, then sprinkled salt on it and try to lift

the string with the ice still on it.

It really was an awesome day.

By Marcus.



On Wednesday we had a Brain Break Morning Tea.

Ben and I explored the classroom that had turned into a lab for some awesome experiments. First we did Let It Swirl. First you had to pour milk into a plate then we put one drop of each colour into the corners. In the middle we put a drop of detergent and then let all the colours swirl. This was my favourite experiment. It was such an awesome day!

By Jess.

On Wednesday, Jerangle Public School and the community members had a Brain Break. We did all types of experiments and one of them you had to pick up an ice cube with a piece of string. Another one you could write a secret message in lemon juice then iron it to read the message. Then Lisa and I set off a paddle pop bomb.

We all had a turn at the different stations and Mrs Sim gave us all a quiz sheet. The questions were from the National Science Week crew and we had to think of the answers. When we had finished our quiz it was morning tea time. We had fruit and cakes and my favourite was the chocolate and banana and caramel one.

After morning tea Mrs Sim told us the results of the quiz. Helen came first and I came second. After she showed us the quizzes we all got a balloon to take home. The Brain Break was a fun, creative and sciency day. I loved it!

By Abby



History Book

We need your help. We are currently writing the most recent history of the Jerangle Public School. In 1992 we celebrated the centenary, can you please look through your old photos of the day and scan and send any good photos to:

Jerangle.history.book@gmail.com

Other photos that you think are of interest are also welcome.

Please also check out the survey link on the Jerangle Public school facebook site to help make this book a really great one.

Thanks in anticipation,
The History Book Committee, Di, Helen, Cathy, Lisa

To spark your interest in our rich history you maybe interested in reading about the description of the Little Plain Hotel when it was offered for sale in 1909. This was not the current old hotel building that still stands as this was built by John Phillips in 1912.

The Braidwood Dispatch and Mining Journal
Saturday 27 November 1909.

Robert Scott has received instructions from Mr David Kelly of Little Plain Jerangle to sell by public auction at Jerangle on 2nd December 1909 the following property.

Hotel and business containing 12 bedrooms, fully furnished, parlour, dining room and kitchen complete, large dance hall, stables, sheds and

outhouses, post and telegraph office, 6 mails a week. Stock, Hotel, business, everything in connection with the property to be given in. Beautiful racecourse, grand stand and booths on ground.

As in today's real estate advertisements I think there may have been some creative ideas used in this description as I understand the grandstand was a few bush poles. Mr David Kelly provided the first dedicated school building for the Jerangle Public School which was then located across the road from the police station.

Di Roberts

History Book Committee Member

School 125th Anniversary meeting

<https://www.surveymonkey.com/r/X7DDS3D>

This is the link to the survey for the book.



Members of the local community are working together to discuss the celebrations of Jerangle Public School for 125 years in 2017.

Saturday 4th March 2017 was selected and plans are now underway to organise events on the day. A memorabilia book is being created so if you would like to add to this amazing history about our wonderful school please contact the office.

The next meeting will be held on 31st August at 7pm in the school library. Everyone is welcome to have their say in this great event for next year. Look forward to seeing you.

Jerangle Facebook site

Jerangle School now has a Facebook account that can be accessed by the public. The main aim of the page is to promote and keep the public up to date regarding the 125 year anniversary celebration next year. However, the Facebook page is now being used to celebrate regular school events in which the children have participated. The school website will



for the school.

continue and the newsletter will remain the main source of information announcing forthcoming events for the school. I hope you all enjoy the new form of social media

Student Reports and Portfolios

We hope you have all enjoyed looking at your student's work from semester one over the holidays. If you have finished looking at the portfolios please return them to school so the students can start adding more work during second semester.



Congratulations

Congratulations to Will for reaching the GOLD CROWN award in home reading. Well done Will, Keep up the good work.



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.

29th July 2016

Merit Certificate

Sport Award

Reading Award

Work of the Week

Ben Hopkins

Arabella Achanfuo- Yeboah

Will Barron

Marcus Achanfuo- Yeboah

5th August 2016

Abby Hall

Georgia Harrington

Marcus Achanfuo- Yeboah

Ben Hopkins

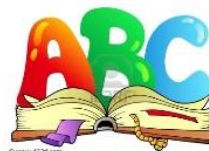


Jerangle Playgroup

Jerangle Playgroup is keen to continue this term for fabulous art, storytelling and play. The group meets in the school library on Friday mornings from 10am till 11:30am. It is a great chance to catch up with what is going on in our local area and tap into a wealth of resources from the school. So don't sit at home with the kids, come along and join in the fun. We look forward to seeing you at Jerangle Playgroup.

P and C Meeting

The next P and C meeting will be on 18th Oct at 1:30pm in the school library.



Letters learnt so far

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



Planner Calendar – Term 3 2016

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5	15 th August	16 th August	17 th August Jerangle Ski day	18 th August NAIDOC celebrations at MHS – Year 6 students	19 th August	20/21
6	22 nd August	23 rd August	24 th August	25 th August	26 th August	27/28
7	29 th August	30 th August	31 st August 125 yr Anniversary meeting 7pm	1 st Sept Jerangle & Dalgety ski day	2 nd Sept	3/4
8	5 th Sept Dubbo	6 th Sept Dubbo	7 th Sept Dubbo	8 th Sept MEG meeting Delegate	9 th Sept L3 training	10/11
9	12 th Sept	13 th Sept	14 th Sept Snowy Visitors excursion Cooma	15 th Sept	16 th Sept	17/18
10	19 th Sept	20 th Sept	21 st Sept MSSN activities day - Dalgety	22 nd Sept	23 rd Sept Last day term 3	24/25







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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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