



# Calare Public School

WENTWORTH LANE PO BOX 2175 ORANGE 2800

Tel: (02) 6362 3699 Fax: (02) 6362 9702

Web Page: [www.calare-p.schools.nsw.edu.au](http://www.calare-p.schools.nsw.edu.au)

**NEWSLETTER NO. 13, WEEK 2 , TERM 2, 5th May, 2008**

Dear Parents and Guardians

Congratulations to everyone who contributed to our show display. Some of your work has been on display in the foyer for the first week of the term and it amazes me that we didn't win first prize! This week 6R will be showcasing the work they have been doing in class - I'm sure it will be superb.

Thank you to Mrs Alchin, who organised our ANZAC Commemoration last Tuesday, and to Mrs. Thompson and Miss Gander who accompanied and conducted the choir. The choir sounded superb and congratulations also to our Captains, Louise Kempson and Cameron Sharp, vice captains Meaghan Kempson and Ryan Griffin and Michael Thompson for their contributions as well.

This week is a very sporting week with the Girls Soccer team playing Millthorpe today, our Cross Country being held tomorrow, soccer clinics on Wednesday and the netballers playing Bletchington on Thursday. We wish everyone the very best and I'm sure they will be a credit to our school.

Next week will see the first sitting by children in Years 3 and 5 of the National Assessment in Primary Literacy and Numeracy (NAPLAN) tests. These are Australia wide tests being conducted, at the same time throughout the country, from Tuesday 13th to Thursday 15th May. The NAPLAN tests replace our state based Basic Skills tests done in past years. The program for the NAPLAN tests will be:

- o Tuesday 13th May Language Conventions & Writing
- o Wednesday 14th May - Reading
- o Thursday 15th May - Numeracy

If you are interested in finding out more about NAPLAN you could go to:  
[http://www.naplan.edu.au/home\\_page.html](http://www.naplan.edu.au/home_page.html).

Have a lovely week

Mike Willis

## **LIBRARY:**

### **BOOK CLUB:**

Book Club leaflets have been given out. This issue is due back on Tuesday 13th May, 2008. We have already collected many bonus points in Term 1. Thank you for your support.

### **OVERDUE NOTES:**

Children will be given overdue notes this week as a reminder of books which were borrowed last term and whose titles may be forgotten. Please check if your child receives one on these notes on their library day.

Margaret Christensen, [Librarian](#)

## **DANCE SHOES:**

If you need to purchase jazz shoes for your child for the dance troupes you might like to try Ellis Bella as they have highly competitive pricing. The internet address and phone numbers have been supplied for you.

[www.twcnetwork.com.au](http://www.twcnetwork.com.au)

Telephone 93142125, Fax 93142173

## **AUSTRALIAN SCHOOLS' SCIENCE, ENGLISH, COMPUTER SKILLS AND MATHEMATICS COMPETITION:**

Just a reminder that a note was distributed to all students in Years 3 - 6 regarding the Science, English, Computer Skills and Mathematics Competitions.

Money and entry forms for these competitions must be returned by Wednesday 7th May. No late entries can be accepted as orders will be placed for the exam papers on Wednesday.

## **PSSA RUGBY LEAGUE TEAM:**

Our school Rugby League team will be contesting round three of the PSSA competition at Orange High School at 10am this Wednesday against Mulyan Public School. Parents and spectators are welcome to cheer for our team.

## **PSSA GIRLS HOCKEY:**

Congratulations to Haley Butcherine, Madison Smith and Louise Kempson who were all selected for the Western Region Girls Hockey team last Friday. The girls attended try outs in Bathurst and showed great skills, sportsmanship and tenacity.

## **CROSS COUNTRY:**

Cross Country for all children in Stage 2 and Stage 3 will be held tomorrow, Tuesday 6th May, 2008 at Elephant Park. Please ensure that your child has returned their permission note to their teacher.

**MAKING CHANGE WORKSHOP:**

Family Advocacy is a state-wide community based, organisation that focuses on the rights and needs of people who have developmental disability and their families.

This group is holding a one day workshop for parents, adult brothers, sisters, other relatives and friends of people with developmental disability. Phone 98690866 or 1800620588.

**ASSEMBLIES:**

Parents, guardians and friends are invited to attend Assemblies each Friday of the even weeks of the school term (Week 2,4,6,8,10). These assemblies are held in the hall at the following times.

- Stage 1 - Kindergarten, Yrs 1 & 2 11:00am
- Stage 2 - Years 3 & 4 9:30am
- Stage 3 - Years 5 & 6 12:35pm

**CLOTHING POOL:**

The Clothing Pool will be open every even week (same week as Assembly week) on Mondays 8:45 - 9:15am and Fridays 2:30 - 3:00pm.

**SCHOOL CALENDAR:**

**TERM 2,**

**WEEK 2:**

Tues. 06.05.2008 Cross Country

**WEEK 3:**

- Tues. 13.05.2008 National Test Yrs 3 & 5
- Wed. 14.05.2008 National Test Yrs 3 & 5
- Thurs. 15.05.2008 National Test Yrs 3 & 5

**WEEK 4:** Year 6 Broken Bay Excursion

Tues. 20.05.2008 Stage 2 - Happy Prince Exc

**WEEK 5:** Education Week

- Tues. 27.05.2008 Open Day
- Tues. 27.05.2008 CWA Public Speaking

**NUTRITION SNIPPETS FROM GWAHS**

A recipe for success .....

It can be hard to know what makes a good choice when choosing a recipe for dinner. As a basic starting point, look for recipes that are based on whole-grains, fruits, vegetables and lean meats. Next, make some substitutions; replace any dairy foods with low fat varieties, try olive oil instead of butter, use wholemeal flour and pasta to increase the fibre, or even try adding bran or oats to recipes, and replace some of the meat with legumes such as kidney beans or chick peas. Finally, serve the meal with a range of vegetables to make sure your family get the nutrition they need.

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What can I give them after school?

Kids wouldn't be kids if they didn't come home from school "starving!" There's nothing wrong with needing an afternoon snack. Try to make it a healthy time: rather than letting the kids fill up on chips or biscuits, try to give them snacks that will nourish them as well as filling them up. Some warm ideas for the winter terms include: a cup of vegetable soup, a cheese and tomato toasted sandwich, baked beans on toast, stewed fruit with yoghurt, or raisin toast.

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Vegetables: eat a rainbow everyday!

Choose a variety of vegetables at each meal. Aim to have as many colours on your plate as possible: different coloured vegetables have different vitamins and minerals that we need for good health, so eating a range of colours will not only help you to be healthy, it will also make healthy eating look deliciously irresistible! Include greens (peas, beans, broccoli, spinach), orange (carrot, sweet potato), yellow (corn, cauliflower, capsicum), red (capsicum), purple (eggplant)... the list is endless!!

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How often is "sometimes"?

Kids are very good at learning how to identify foods as "everyday" and "sometimes" foods. But this does pose a question: how often is sometimes? For most kids, having something as a treat once or twice a week won't do them too much harm, as long as you also encourage them to be active. The trick is remembering that sometimes foods are a group: cakes, biscuits, chips, lollies, take-away and so having **one** food from this group once or twice a week is okay, but having one of each of these foods may be too much.