**COMMUNITY NEWS**

**Walk Safely to School Day – tomorrow!**
Ms Simpson is organising the third annual Walk Safely to School Day (WSSD) on Wednesday 24 May. Grandparents and carers should meet at the Village Green at 9am to take part.

Camp Quality esCarpade entry ‘Sleeping Beauty’ Car 112 presents Disney’s latest Sleeping Beauty movie - “MALEFICENT”

The evil fairy Maleficent visited Sleeping Beauty when she was born and cursed her to prick her finger on a spindle and fall into a deep sleep on her sixteenth birthday. This is the story about what happened that cursed her to prick her finger on a spindle and fall into a deep sleep on her sixteenth birthday. This is the story about what happened that

Canteen Roster

- **Friday 23 May**: DS - Jody Martin, Ass 1 - Kristen Brill, Ass 2 - Jen Guayle, DS - Sally Stewart, Ass 1 - Monica Kohlhagen, Ass 2 - Letitia Oehm
- **Friday 30 May**: DS - Bob Murray, Ass 1 - Bek Telford, Ass 2 - Ros McMillan, DS - Kylie VanDevelter, Ass 1 - Kristen Brill, Ass 2 - Dale Cropper
- **Friday 7 June**: DS - Barb Murray, Ass 1 - Angus Brookby, Ass 2 - Sam Blackie
- **Friday 21 June**: DS - Jody Martin, Ass 1 - Brandon Kilmartin, Ass 2 - Sam Blackie
- **Friday 28 June**: CANTEEN CLOSED

**CHILDMREN’S HEARING ASSESSMENT**

Hearing assessment is not available through the school system unfortunately. However, if you wish to have your child’s hearing checked, you can take your child FREE of charge to:

- **Albury Community Health Service**
  590 Smollett St. Albury 0260 581859

**Family Energy Rebate**

- **2013-2014**
- **S$125**
- **2 MINUTES TO FILL IN A FORM**


DON’T MISS THE DEADLINE!

Apply before 9am, Friday 13 June 2014

**NEWSLETTER**
JINDERA PUBLIC SCHOOL

**Week 4, Term 2 - 22 May, 2014**

The following students received silver awards at this week’s assembly, Sophie O’Connor (2 silver awards), Josie Atkinson and Alex Christiansen. A fine effort, well done.

Congratulations to those students who won in the Star Award draw recently:
- Noah Walkerdien, Ashton Klimt and Lily Dougherty (Year 1), Akira Delaney (Year 2), Olivia Hounsell (Year 3), Tom Nock, Colten Atkinson and Taylor Thrifall (Year 4) and Shanika Brackley (Year 6). Well done.

Southern Riverina Cross Country - 27 May

The Southern Riverina cross country carnival will be held next Tuesday, 27 May at the Jindera Golf Club. Mr Hill and Mr Knight will accompany student representatives from the school. Good luck to all of our competitors.

**Athletics carnival – Friday 16 May**

We had a lovely Friday at the athletics carnival last week. The weather was superb and the children enjoyed participating in the track, field and novelty events. Well done to the Emus who won by a mere 8 points. This highly demonstrates the importance of participation by all students. Thank you to Mr Hill for all of the organisation on the day and leading up to the carnival, including the mini carnival. An especially big thanks to all the parents/carers for assisting with teaching, keeping, novelty events and the field events. Age champions were:

Senior girl: Chloe Hounsell
Senior boy: Ethan Kilmartin
11 years girl: Sophie O’Connor
11 years boy: Seth Ross
Junior girl: Monique Pecinici
Junior boy: (tie) Ashlan Tabbot and Alistair Brookby

Congratulations and well done to all who participated on the day.

Grandparents’ Day / Biggest Morning Tea – Thursday 29 May

This year, we have combined the Biggest Morning Tea with Grandparents’ Day, to further reinforce our learning around the concept of ‘community’.

The teachers and students would like to invite you to attend an open classroom and morning tea on Thursday 29 May, from 9-4.55am. The morning will begin in the classrooms where grandparents are invited to join the children in their learning. We will break for recess at 11:25 when classes will set up their themed cake/goodee stalls to sell to grandparents and each other. All cakes/gooidees will cost $1 and go towards the money raised going to cancer research. We hope that you can join us for another fabulous community event.

**Transporting students** – important information all parents/carers must be aware of:

Most recently, we have athletics carnival especially, parents/carers will have noticed the emphasis on student travel to organised school events. Whereas this legislation around student travel is not new, Jindera Public School MUST comply and these requirements will be very strictly enforced at all school organised events now and into the future.

The legislation states:

9.3 Car travel
9.3.1 The transporting of students in the cars of staff members, parents, caregivers, volunteers and other students should only occur in those circumstances where there is no feasible option available to provide alternative transportation. This may only occur under the following conditions:

a) written permission from the parent(s) being transported is obtained;

b) the driver is licensed and, if issued with a provisional license, complies with any relevant peer passenger conditions;

c) the vehicle is registered;

d) the number of passengers in the vehicle does not exceed the number of seatbelts;

e) current driver’s licence and car registration details are sighted by the school prior to giving permission for students to be transported in the vehicle.

9.3.3 Principals must ensure that all parents, caregivers or volunteers who transport students in cars complete a Prohibited Employment Declaration prior to the excursion.

Handy hint: cut this box out and stick on your fridge so you never forget an important date again.

Jindera Public School

**contact details**

Principal: Ms Leonie Duryea
Assistant Principal: Mr Bruce Hill
Deputy Principal: Mr David Knight
Administration Manager: Ms Leona Dayea

Dight Street, Jindera, NSW 2642
phone: 02 60 580285
fax: 02 60 580286
email: jindera.ps.school@nsw.edu.au

www.jindera-pschools.nsw.edu.au

**Dates to remember:**

- **Friday 23 May** Walk Safely To School Day
- **Tuesday 27 May** Southern Riverina Cross Country carnival
- **Thursday 28 May 10.30am** spCE morning tea for parents interested in attending playgroup at Jindera
- **Thursday 29 May** Grandparents Day and Biggest Morning Tea fundraiser for cancer
- **Friday 30 May 3.30pm** Foil meeting
- **Tuesday 5 June** Southern Riverina Athletics Carnival
- **Friday 6 June** PDISTA sport begins
- **Monday 9 June** Public Holiday
- **Tuesday 10 June** Riverina Cross Country Carnival

**Handy hint:** cut this box out and stick on your fridge so you never forget an important date again.
One of the greatest joys of parenthood is watching your children grow and develop, but it can also be a challenge at times. For an increasing number of young girls, the beginnings of puberty can be a less than welcome event that can damage their self esteem, especially when it comes to body image. 80-90% of obese adolescents become obese adults, according to paediatric physician, Shirley Alexander, and one in four Australian children is overweight. At the other end of the scale, anorexia nervosa affects 2 to 3% of young girls. The task for parents is walking the fine line between these two extremes and helping your daughters stay happy and healthy.

At the onset of puberty, generally between 10 and 12 years, there is no such thing as “normal” when it comes to body height, weight or shape. Body image issues often occur in line with bullying, depression, self harm and other mental health issues. Finding out what lies beneath your daughter’s body image issues can be difficult, but the first step to success is communication, and being there when they need you to be. If you suspect your daughter has a weight problem, the best course of action is a trip to the doctor to measure Body Mass Index (BMI) and follow some of these dos and dont's:  

DO:  
- talk positively about food e.g. “have you tried that, it’s delicious”  
- model healthy behaviour — choose healthy foods for the family and talk positively about your exercise regime  
- get involved — suggest a walk, a swim, or a run in the park — it’s a great time to start a conversation while you are walking  
- be ready to talk — if your daughter is ready to talk, drop everything and listen to her  
- share your stories about your school days, whether they were embarrassing, uplifting or difficult. It’s a great way to help your kids open up and know they have been heard.

DON'T:  
- tease or use weight-based nicknames. The family home should be somewhere your kids can feel safe and nurtured, not labelled.  
- put your child on a diet — modelling healthy eating habits as a family is a far more successful approach to take to weight problems in the long term  
- ask 20 questions — kids hate it and you will usually get one-word answers. Try open ended questions or finishing a statement with you know? to invite a response from your child  
- lecture — once you have made your point, leave it at that or you might risk them switching off.

At Jindera Public School, we traditionally hold a morning tea event in support Cancer research. This year we are working with the whole school theme of community to run a market stall type of event on Thursday 29 May. Each class will run a stall of baked goods to sell for 50 cents each. Each class will provide the food, decorate the stall and sell the goods at their own market stall.  

This year’s Biggest Morning Tea will be held in conjunction with Grandparents’ Day. Parents, grandparents and special friends are invited to visit the school for an open classroom session in the morning, then join us for the Biggest Morning Tea market stalls and a cuppa from the canteen or cappuccino from the mobile coffee van.  

We would be very grateful for any assistance you could provide with produce for the stalls run by your children. At the end of recess the remaining goods will be available for purchase to take home.

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**Attention all students and parents!**  
**The SpICE placement girls have a challenge for you.**

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**Week 4, Term 2**

**22 May, 2014**

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**Opéra Australia**  
A huge congratulations to Taylah Butler in Year 6 for her achievements in choreoral work. Taylah recently accepted an offer to audition with Opera Australia and has successfully secured a role in an upcoming production. A fantastic achievement, Taylah.

**SpICE - Specialist Integrated Community Engagement**  
The SpICE students are planning and coordinating a playgroup for Jindera, to be based at Jindera Public School. If you are interested in joining the playgroup and would like more information, please contact the school or come along to the morning tea at 10.30am on Wednesday, 28 May in the school hall.

This playgroup will be based in the Jindera Public School hall and is open to all families from Jindera and surrounding towns. The aim of the group is to encourage a positive social setting for children and parents in a fun and safe environment.

Jindera Juniors  
This four week transition to Kindergarten will be conducted in Term 3 of this year and is aimed at children starting Kindergarten in 2015. Jindera Juniors will meet on Fridays 15, 22 and 29 August, 6 September from 9:30 – 12:30pm in the school library. If you know of anyone who might be interested in the Jindera Juniors transition program please ask them to visit the school office for further information or phone the school on 6026 3280. An orientation program and Kindergarten parent information session will be conducted in Term 4 as well.

Lianne Singleton  
Principal  
22 May 2014

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**Healthy Weight Champions**  
**Encouraging your daughter to be healthy whilst maintaining a good body image can be a tricky balance……………..read on**

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**Week 4, Term 2**

**22 May, 2014**

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**MERIT AWARDS**

Congratulations to the following students who received Merit Awards at our last assembly

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**Successful Australian author visits our school………**

Jindera Public School was fortunate to have Australian author, Dianne Wolfer, visit the school last Thursday. The children from all classes were given tips and advice on how to become better writers. Dianne recommended they keep a journal to record their ideas, to write down their thoughts and opinions on topics and to challenge themselves with their writing styles. She explained the importance of proofreading and editing in the writing process to produce the very best writing possible. It isn’t uncommon for her to proofread and edit her work up to fifty times before it is published!

Dianne also held a writing workshop for students who had expressed their desire to improve on their writing by submitting an expression of interest letter. The students, from Years 2-6, gained valuable information, skills and guidance of how to become better writers. Overall, the author visit was a rewarding and successful day for both teachers and students.

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**Jindera Juniors**

This year’s Biggest Morning Tea will be held in conjunction with Grandparents’ Day. Parents, grandparents and special friends are invited to visit the school for an open classroom session in the morning, then join us for the Biggest Morning Tea market stalls and a cuppa from the canteen or cappuccino from the mobile coffee van.

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**Assessment**

**Champions**

- **What are the children playing on this poster?**
- **How many cupcakes are on the poster?**
- **What colours are the stars on the poster?**
- **What are the children playing on this poster?**

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**Too sick for school?**

As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work.

For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

We have attached a simple chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Please keep this chart somewhere handy at home for future referral.

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**Attention all students and parents!**  
The SpICE placement girls have a challenge for you.

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**There are posters displaying our playgroup/morning tea all over the town. If you can find them all and answer the questions you will go in the draw to win a prize. The winner will be drawn on 28 May, at our playgroup morning tea. Can you find them all?**

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**Instructions:**
- Find the location of all the posters listed (from the hints) and answer the questions following.
- Hand your answers in to the school office by 9.25 on Wednesday 28 May.

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**Q.1** What colours are the stars on the poster?

**Q.2** How many cupcakes are on the poster?

**Q.3** What are the children playing on this poster?

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**GOOD LUCK!**