



Henschke Primary School

Newsletter



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PARISH OF OUR LADY OF FATIMA PP Father P Sykes Phone (02) 69252 111 or email fatimaparish@internode.on.net
MASS TIMES Sat Vigil 6.00 pm Sunday 8.30 am & 10.30 am

We acknowledge and respect traditional owners and custodians of the land on which we stand, the Wiradjuri People.
May we walk gently together.

Tuesday, 14th October 2014

Term 4, Week 2

Dear Parents

Last week Mental Health was mentioned through the media you may like to read the below reflection ...

According to the Child and adolescent Component of the National Survey of Mental Health, 14% of young people aged 4-17 were reported to have a mental health problem. **Australian Bureau of Statistics 2004-2005.**

Depression is one of the most common health problems in children, while adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviours including drug use.

Supporting our children's mental health is not something to which parents give a lot of consideration nor plan for. However, when we make our children feel connected to and welcome in our family, we are supporting their positive adjustment, their self-identification, their sense of trust in others and themselves, all of which are important in promoting mental health.

When we support our children to achieve reasonable levels of academic success and help them to develop their talents and interests, we are helping them to feel competent and more able to deal with any stress they may have. Helping them to be socially competent, having friends and staying connected to them, can enhance mental wellness.

Our children need to know that they can make a positive contribution to the lives of other people and, if we promote positive behaviours such as respect, responsibility and kindness towards others, it will give them a lead into the wider community and broaden their social adjustment.

When we encourage good physical health, we support good mental health. Healthy eating habits, regular exercise and participation in sporting activities with peers, together with adequate sleep, protect our children against anxiety, anger, stress and depression.

Besides promoting participation in activities that encourage good attitude and healthy participation, there are activities in which parents might discourage too much engagement. These areas might include television, movie and video game activities, all of which should be out of bedrooms and in a common family area. Parental control of these technologies, as well as the Internet, is vital if parents are to be the leading influence in the development of their children.

If, through our disinterest or self-preoccupation, we leave a vacuum of influence, it's for sure the promoters of electronic materials will step in and assume the role of principal influence. This could lead our children to acquire value systems that fall short of our expectation and, in addition, acquire anti-social attitudes.

Most parents have a high expectation of how their family should be and how each member should develop. Most parents would realise that there are no perfect children and no perfect parents. All children misbehave sometime and all parents make mistakes. Our children need to be accepted for who they are, loved and encouraged to grow up at their own pace so they will develop good self-esteem and confidence.

Family relationships are built up over time with loving care and concern for each member. Doing things together, being appreciative of one another, complimenting each other, finding solutions to problems together, all help to develop positive attitudes and a positive and hopeful outlook on life, will help to ensure good mental health.

Peace and Best Wishes
Michael Jones

To Serve One Another In Love

STAFF NEWS

We congratulate Mrs Belinda Brereton on her recent appointment as Acting Infants Co-ordinator. Mrs Brereton commenced her new role this week and will continue for the remainder of Term 4 while Mrs Emery is Acting Assistant Principal. We know Mrs Brereton will do a great job in her new leadership role and we wish her all the very best!

We welcome Miss Gabrielle Maher to our school. Miss Maher will be teaching in 1E as well as 1B while Mrs Emery and Mrs Brereton are both undertaking their new positions during Term 4. Please introduce yourself to Miss Maher as a way of making her feel welcome to our school. We hope that Miss Maher enjoys her time here at Henschke.

SPORTS REPORT

Good luck this week to Ruby Vonarx. Ruby will be travelling to Sydney to compete in discus as part of the MacKillop team in the State Athletics Carnival. All the best, Ruby.

On Wednesday afternoon representatives of the Brumbies Rugby Union team will visit us to run a skills session with our Year Two and Year Three students. 'Brumby Jack' will be a special guest. The students are to wear their sports uniforms on the day.

Last Friday a group of students from Years Three to Six participated in 'Dream Cricket' at Tolland Public School. The students took part in a variety of activities, had a sausage sizzle lunch and received special medallions. Thank you to the Bradman Foundation and volunteers for putting on such a successful event.

ACTIVE AFTER SCHOOLS SPORT

Notes for Active After Schools Sports for Term 4 were sent home last week. If you are interested in participating in any of these activities please see Mr Glover.

Activities beginning Week 3 ...

- Tennis** - Monday 3:30-4:30pm beginning 20/10
- Basketball** - Tuesday 3:30-4:30pm beginning 21/10
(Years 4,5 & 6 only)
- Cricket** - Thursday 3:30-4:30pm beginning 23/10
(Years 1,2 & 3 only)

BORAMBOLA

We wish all the Year 5 teachers and students who are heading to Borambola tomorrow all the very best. We thank the Dad's who are assisting with the flying fox. Enjoy your excursion Year 5 we can't wait to hear all about it when you return!



2015 BUS PASS APPLICATIONS FOR YR 3 STUDENTS

In accordance with NSW Transport guidelines, it is necessary for all current Yr 2 bus pass holders to re-apply for bus passes in 2015.

New applications were sent home with existing Yr 2 bus pass holders in Term 3. Please complete, sign and return forms to the school office as soon as possible.

Eligible Yr 3 2015 applicants will be issued with their new bus passes in the first week of Term 1, 2015.

For more information about the school student transport scheme and bus pass eligibility go to www.transport.nsw.gov.au

Thank you to those students who have already returned their forms to the office.

SUMMER UNIFORM CHANGE OVER IN TERM 4

Change over for Summer School Uniform is in Term 4. Henschke Primary School allow students a 3 week change over period due to the changeable weather usually around this time of the year. Students are able to wear either Summer or Winter Uniforms during this change over period, however are **expected to be in full Summer Uniform by Week 4 of Term 4.**

Correct Summer Uniform includes our school hat. The **"No hat, no play"** policy will be enforced again in Term 4. Your cooperation in ensuring students wear their school hats every day is appreciated.

A reminder to **clearly label your child's name** on their hats, jumpers/jackets etc to help in their return if they happen to be left on the playground during lunchtime etc.

HENSCHKE ACHIEVERS & MJR AWARDS

There were no Henschke Achiever or MJR Awards received Week 1 of Term 4.

To Serve One Another In Love



CANTEEN NEWS

Just a reminder that there are

NO PIES, SAUSAGE ROLLS OR PARTY PIES

during Term 4

Also

Paddle Pop Lick-a-Prize is on again and the Canteen is participating with Streets Ice Cream

15/10/2014	Lisa Tucker - Lynne
16/10/2014	Trina Rynehart - Jacinta Rynehart - Lynne
17/10/2014	Isabelle Forbes - Monica Carter - Lynne
20/10/2014	Lynne
21/10/2014	Lynne
22/10/2014	Yvette Hogg - Lynne
23/10/2014	Leesa Hutcuinson - Nadine Gunning - Lynne
24/10/2014	Hayley Flagg-Stevens - Monica Young Kate Behnke - Lynne
27/10/2014	Lynne
28/10/2014	Lynne
29/10/2014	Kirsty Gibbs - Lynne
30/10/2014	Suzie Cheney - Nicole Prior - Lynne
31/10/2014	Maryanne Voss - Susan Toohey - Lynne
3/11/2014	Lynne
4/11/2014	Lynne
5/11/2014	Peta Carroll - Sue Maher - Lynne
6/11/2014	Lizzy Toole - Lynne
7/11/2014	Salome Vatubuli - Jo Laurent - Kim Gilmore - Lynne

Thanking everyone for their help
Lynne Greentree

Opening Times

HENSCHKE UNIFORM SHOP

Open Friday Afternoons

Between 2 - 4pm

No longer open Saturday mornings
for the remainder of 2014

	WEEK 2
Wed 15-17 Oct	Yr 5 Borambola Excursion
Wed 15 Oct	Yrs 2 & 3 Brumbies visit
	OTHER IMPORTANT DATES
Tues 21 Oct	Erin Earth Excursion KFH
Wed 22 Oct	Erin Earth Excursion KG
Wed 22 Oct	2015 Kinder Parent Information Evening at 7.30pm to be held in the School Library
Wed 22 Oct	Yr 3 Parent Reconciliation Meeting at 7pm to be held in the Yr 3 classrooms
Thurs 23 & Fri 24 Oct	2015 Kinder Orientation Days 9.30am-11am
Fri 24 Oct	P & F Disco
Tues 28 Oct	Erin Earth Excursion KH
Wed 29 Oct	Erin Earth Excursion KE
Thurs 30 Oct	Yr 5 Mission Day
Fri 31 Oct	Yr 6 Blokes Brekky
Fri 31 Oct	Kinder Mass
Thurs 13 Nov	Yr 3 Mission Day
Fri 14 Nov	Yr 6 Girls Night In
Mon 17- Fri 21 Nov	Yr 2 Intensive Swimming Programs at Oasis
Tues 18 & Wed 19 Nov	2015 Kinder Orientation Days 9.30am-11am
Fri 21 Nov	Presentation Day
Mon 24- Fri 28 Nov	Yr 3 Intensive Swimming Programs at Oasis
Wed 26-28 Nov	Yr 6 Canberra Excursion
Wed 3 Dec	Yr 3 First Reconciliation
Thurs 4 Dec	Yr 6 Graduation
Wed 10 Dec	Kinder Christmas Concert at 12.30pm to be held in the School Hall
	TERM DATES
Tues 16 Dec	Last Day of Term 4 for Students
Thurs 29 Jan	First Day for Term 1, 2015 (Years 1—6)
Thurs 5 Feb	First Day for Term 1, 2015 (Kindergarten)

To Serve One Another In Love

P&F News

Crazy Camels, cards and calendars have started to be drawn, painted and created by the children. Next week will see them collated and order forms sent home shortly after.

Don't forget to find us on Facebook, check out the photos from past events and keep up-date with all the events the P&F are involved in and other things happening around the school.

Thanks to all who have already liked us and helped us reach 172 likes.

Next P&F meeting will be our **AGM Tuesday 11th November** at 7:30pm in the staffroom, if you only make one meeting in the year please attend the AGM. The AGM will be followed by our monthly general meeting and on the agenda:- Crazy Camels for throughout the term, wrap up on the Disco and Tuck Day 21st Nov.

All welcome.



HOOSHC News

Thank you to all those families who allowed their children to attend the recent Vacation Care program. We were delighted with the attendances and enjoyed 10 days of fun-filled activities. A selection of photos is available for viewing on our website: www.hooshc.com

We have quite a number of jackets, caps, water bottles, etc at HOOSHC that were left behind during Vacation Care. Please call in if you suspect that any might belong to your family members.

The Annual General Meeting of HOOSHC will be held on Thursday 23rd October, at 6.00pm in the Foyer of the Hall.

A number of Committee members, some of whom were instrumental in the establishment of HOOSHC, have indicated that they will be standing down from their positions. We thank them most sincerely for their involvement and their contributions.

This means there will be vacancies on the Committee. If you are interested in contributing to the management of HOOSHC we'd be very pleased to hear from you. Please contact Vice-President, Vanessa Livermore, on 0407 109 964.

For all enrolment enquiries and bookings, please contact Helen on 0459 4678 64 or email admin@hooshcare.com.au

Regards, Ly Smith
HOOSHC Coordinator

IS YOUR CHILD A SMART SCHOOL SAVER?

We measured the 'Savings IQ' of the nation and found Australians who learn about money at school grow up to become smarter savers.

To find the next generation of savers, we're launching a national competition.

Have your child tell us in 50 words or less what they are saving for, and how they plan to save their money to achieve it and they could win:

- An iPad for themselves and one for their school (six regional winners)
- \$1,000 for their savings (one national winner)

Enter now at
commbank.com.au/smartschoolsavers



Things to know before you Can: Conditions apply, see commbank.com.au/smartschoolsavers for details. Limit of one entry per person. iPad is a trademark of Apple Inc., registered in the U.S. and other countries.



GET in2FUN GET in2CRICKET



MILO in2CRICKET introduces girls and boys to Australia's favourite sport. It's fun, safe and teaches basic skills to help kids learn to play just like their Australian Cricket Heroes.

IN2CRICKET.COM.AU



Our Office Artwork Display



KG completed these flower vases as part of our 'Places and Spaces' unit of work in Art. We investigated different places and spaces that were both built and natural environments. We then looked at the shapes, colours, textures and perspective within these different environments. These colourful flower pots were a result of enquiring into a garden's environment, and appropriate coming into Springtime.

We hope they brighten your day!

Sydney Grammar School Band



MUSIC NEWS

On Tuesday the 16th September last term, our students were fortunate to attend a free performance by the Sydney Grammar School Band. The band was an ensemble of approximately 40 boys from Years 5-6. Their outstanding performance featured a variety of repertoire and demonstrations of the instruments that made up their band. Staff and students of Henschke were very much entertained and had smiles on their faces for the rest of the day, whilst humming a few songs that remained in their heads!

Taryn Bird – Music & Drama

To Serve One Another In Love



Nutrition Snippet

The simplest way

...to food shop on a budget

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan
2. Write a shopping list according to the menu plan + stick to it!
3. Compare unit pricing - often you will be able to save a lot of money this way
4. Buy fruit and vegetables that are in season- this can save you up to 35% than other times of the year- or buy canned/frozen where fresh is not available
5. Limit your purchases of processed snacks/meals - these are often unhealthy and expensive



For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



EDDY BEARS



PICNIC



Sunday 26 October 2014

Collins Park Wagga Wagga

10.00am – 3.00pm

Proceeds to

Ronald McDonald House Wagga Wagga

Incorporating 93.1 StarFM Kids Kottage

Fun for all bring along your favourite Teddy and have a picnic in the park

Free Entry for All Ages

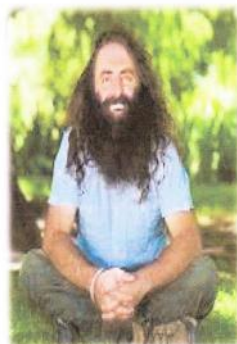
contact Jenny 0431359559

- Traditional Games & Fun
- Plaster painting & casts \$\$\$
- Show Bags \$\$\$
- Jumping Castle \$\$\$
- Teddy Bear Parade & prizes
- Sausage Sizzle & Coffee \$\$\$



Project of Wagga Wagga Murrumbidgee Rotary

GUESS WHO IS BACK IN TOWN?



Australia's favourite gardening show host, Costa, is back in town this week attending EAT LOCAL THURSDAY at the Murrumbidgee Turf Club in Travers Street on the 16th October.

Come and see him from 2.30 until 6.30 and bring pictures of your garden, favourite pets and any tricky questions you have about your plants.

Stewie the Celebrity Piggie is having a make-over from happy Paddock Piggie to a (slightly) cleaner town piggie for his big day out on Thursday and he will have some young friends, Chops the Lamb and an Angus calf who needs a name!

As well as the star attractions of Costa and Stewie, meet the Growers and Makers at the 25+ stalls. You can buy your grass-fed lamb, beef and pork, freshest fruits and vegetables, wines, nuts, cheeses, organic flour and rice, juices including made-on-the-spot orange and the famous Apple + Ginger juice from Tumbarumba, honey, eggs, jams, chutneys, sauces, herbs, plants, breads, cakes, licorice and chocolate, native flowers, pies and much more!

Bring your shopping bags, trolleys and friends, come and do your shopping and spend time in the lush surroundings of the Murrumbidgee Turf Club enjoying some ready-to-eat tucker (pies, beef Koftas, fruit, cakes, cheese and bread, a glass of wine or juice) and enjoy the live music.

See you on Thursday and there's also a very handy ATM on-site so bring your family and friends and enjoy this weekly farmer's market where Riverina people have access to Riverina people EVERY week.

Contact: pennie scott
 Mobile: 0427 44 11 07
 Web: www.eatlocalthursday.org



positive partnerships

supporting school age students on the autism spectrum

Free two day workshop and information sessions
 for parents and carers of school age children on the autism spectrum

Workshop: 2014NSWPC14 Location: Wagga Wagga

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you learn?

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
 - advocate for your child
 - support your child's participation at school
 - develop an awareness of ongoing learning needs
- Receive information about your local school system's processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

Workshop details

Venue: International Hotel Wagga Wagga
 2 Lake Albert Road, Wagga Wagga NSW 2650

When: Two day workshop – Tuesday 28 & Wednesday 29 October 2014
 Day 1: 9.00 am - 4.30 pm (Registration from 8.15 am)
 Day 2: 9.00 am - 3.30 pm

Registration available from Tuesday 9 September 2014 and closes two days prior.

We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website www.positivepartnerships.com.au

Only complete the following form if you do not have access to the internet. Return the completed form to:

Email: parentcarer@autismspectrum.org.au
 Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087
 Fax: 02 9451 9661

Phone the Positive Partnerships Infoline if you have any enquiries: 1300 881 971

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www.positivepartnerships.com.au