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QUIRINDI PUBLIC SCHOOL NEWSLETTER

Term 1, Week 6

2 March 2017

Principal's Report – Mr Kerry Kurtz

Leaders Induction Assembly

Congratulations to all of our School Leaders who were inducted in a special assembly on Monday. The official guests (Michael Johnsen MP, Derek Blomfield and Jenny Golland) congratulated our school leaders and were involved in the handing out of SRC badges to our School Captains and Officers as well as the SRC representatives from each classroom.



Parking at School

A couple of weeks ago I mentioned in the newsletter that some parents were not obeying the road rules when dropping off and picking up students to and from school. This happened again during the Leaders Induction Assembly this week and one of our neighbours had to call the police because someone had parked across her driveway. A police warning was issued.

Please respect our neighbours and the law by making sure you park your car in a designated parking area.

Horse Sports

A number of our students are attending the Blandford Horse Sports day this Friday. We have some outstanding riders at our school and we wish them all the best as they compete. We also have the Willow Tree Horse Sports day in another two weeks time.

Our horse riding students are able to compete in four endorsed horse sports events during the year. One of those events will be our own Quirindi Horse Sports Day held later in the year. This is a great fundraiser for our school so keep your eye out for further details so that you may be able to help out.

Parenting Expert – Michael Grose

Our first article for the year from Australia's most well - known parenting expert, Michael Grose, is about "Help kids change their perspective when things go wrong".

I hope you find the article worth reading. If there are any parenting topics that you would like to know more about, please let me know and I will certainly look up to see if Michael has a related article.

Upcoming events

3 March

Young Leaders Conference
Blandford Horse Sports

6 March

Dental Visit for the week
Regional Swimming Carnival

15 March

P&C Meeting 7.00pm

16 March

5-6 Science and Engineering
Disco

17 March

Willow Tree Horse Sports
Regional Basketball

21 March

Harmony Day

22 March

School Council Meeting 5.00pm



The Leader in Me

How do you "Put First Things First"?

In Kindergarten (KT) it means doing the "Big Rock" activities first as they are the most important. Teaching all of our students the 7 habits and how to apply them is an important part of what we do at Quirindi Public School.

These pictures show KT students completing their "Big Rock" activities before going on with the "Little Rock" activities. Great work KT!!!!



Notes home this week

1. Year 7 2018 Selective High School Placement Test
2. ICAS 2017
3. Knockout Cricket
4. Science & Engineering Challenge
5. 2017 Voluntary School Contributions



At Quirindi Public School



We Show CARES



Safety

At Quirindi Public School we move and play safely.

Student of the Week

KM	Hayley Campbell
KT	Payton Sharp
K-1S	Oliver Frith
2W	Isaac Uptin
3-4A	Alexandra Frith
5-6J	Molly Owen
5-6W	Arabella Scanlon

Merit Awards

KM	John Slater
KT	Charlie Milward
K-1S	Matilda Hayward
2W	Kendall Hall
3-4A	Nicholas Pryor
3-4D	Ruby Uptin
3-4W	Bronte Matthews
5-6J	Lucy Scanlon
5-6S	Ella Tretheway
5-6W	Henry Pursehouse
2-6MW	Jesse Gourlay



Quirindi Public School Bell Times

9.20am	School begins
11.20am - 12.00pm	Break 1
1.30pm - 2.05pm	Break 2
3.20pm	School concludes

School Office Hours

Office hours are
8.30am to 3.30pm.

Friday Fortnightly

Assembly 1.00pm

Week
6

3 March 2017

Class Item

5/6W

No
Performances

Principal Awards

Brandi Frewin - is a proactive caring classroom member. She has set herself a challenging goal for school life. Brandi is a dedicated worker who always tries her best!

Adam Patton - has made a positive start to the year. He is proactive during each day. Adam is willing to take on all challenges presented to him in class. Adam is a happy and helpful classroom member.

Rosalie Pritchett - is caring and kind. She helps her classmates and her teacher. Rosalie follows instructions and takes great care with her school work. She is a pleasure to have in the class.

Zac Woolley - consistently and independently demonstrating QPS' CARES values within the classroom and in all areas of our school.

Well done to these students.



P&C News

Annual General Meeting

Thank you to the parents, staff and teachers who attended the AGM last Wednesday. We are very fortunate that we were able to fill all the positions of the committee, with many people staying on in positions from 2016. Thank you to Kate Hallman who has done an amazing job as Secretary for the past three years and also Susan Nixon for her role as Vice-President in 2016.

The P&C Committee for 2017 is as follows:

President	Jenny Golland
Vice-President	Nic Hoy
Secretary	Charmiane Frith
Treasurer	Donna Lawson
Canteen Coordinator	Jody Peatling
Canteen Treasurer	Tracy Goodwin
Fundraising Coordinator	Shelly McInnes
Ground Force Coordinator	Tammy McGuckin



We always welcome new members to the P&C and the next meeting will be held on Wednesday 15 March at 7.00pm.

Family Fun Day for the Crane family at Quirindi Rugby Club.

On Saturday 11 March we will be assisting with a local school's cake stall from 3.00pm to approx. 6.00pm or whenever sold out!

So..... we are asking for donations of cakes, slices and biscuits to sell on the day. These can be delivered to the Primary School on Friday 10 March from 2.30 pm to 3.30 pm or dropped off at the event on the day. Please remember to include a list of ingredients on your goodies.

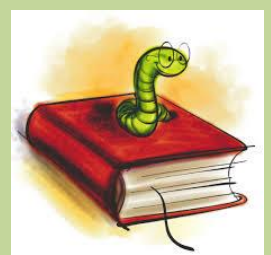
Charmiane Frith will be coordinating the stall but we will need some helpers for her. Please let Jenny Golland (0407 109 300) know if you are available to assist on the day and what time between 3pm -6 pm you would be able to help. All proceeds from the stall go to the Crane family so it is a wonderful cause for the P&C to support.

Jenny Golland, President

Book Covering

We have a large number of books that need covering for classroom readers. If you would be interested in helping out to cover some of these books please contact the office and leave your name and we will organise a selection of books for you to cover.

The quicker we get these covered the quicker they will get into the classrooms for our children to read.



At Quirindi Public School we continually strive to ensure all our students feel valued and respected.

ASCA News

These five talented students have been invited to attend the ASCA Award Ceremony in Sydney, where they will collect their well-deserved medals along with other high performing students from across the state. It is a great honour to receive a medal as only a limited number are recognised with this prestigious award. Way to Go Kids!!



Students continue to Argue!

Many of our Year 5 students have also shown a great interest in Debating and Miss Wellham is coordinating a number of inter-school debates for these children. A school based debating workshop is planned for this term to start the arguments rolling!

Good luck everyone and well done for being proactive Leaders in our School!
Mrs Lewis

If there are any interested parents/carers who think their child may like to enter the Dorothea Mackellar Poetry Awards Competition, please feel free to contact Mrs Lewis for further information.

DOROTHEA MACKELLAR POETRY AWARDS

2017

All Over the World

**AUSTRALIA'S OLDEST AND BEST KNOWN ANNUAL POETRY
WRITING COMPETITION FOR SCHOOL CHILDREN**

COMPETITION DATES 1 MARCH – 30 JUNE 2017

Visit www.dorothea.com.au for information and resources

dorothea mackellar
poetry awards ABN 88 639 657712
PO Box 113, GUNDEDAH NSW 2380
T: 02 6742 1200 F: 02 6742 1435
E: dorotheamackellar@bigpond.com

Australian Government

Basketball Trials

On Wednesday 22 February 2017, eleven Year 6 boys and two Year 6 girls, attended Zone Basketball trials at Quirindi High School. All children showed great skill on the court. They were supportive of one another and quick to congratulate those fortunate enough to be selected for Regional try outs in Tamworth on 17 March 2017.

Those children selected received notes on the day. Please return your note to Mrs McGuckin in KM.

I must congratulate Tayah Riley, Brianna Clark, Keenan Davis, Thomas Whyte, Liam Durie, Samuel Widdis, Lachlan McGuckin, Jasper Thistle, Riley Gimbert, Luke Quigley, Oscar Perkins and Benjamin Slattery Saunders on their participation.

Congratulations to the six boys selected, they included, Lachlan McGuckin, Luke Quigley, Keenan Davis, Liam Durie, Samuel Widdis and Jasper Thistle. As well as the two girls, both selected, Brianna Clark and Tayah Riley.

We wish those children going on to the try outs in Tamworth, the best of luck.

Mrs Tammy McGuckin, Supervising Teacher

International Competitions and Assessments for Schools (ICAS)

ICAS competitions are an initiative of Educational Assessment Australia (EAA) of the University of New South Wales (UNSW).



ICAS provides an opportunity for all Year 3 to 6 students to gain a measure of their own achievement in an external assessment situation. It provides schools and teachers with comprehensive reporting of results and also gives parents helpful information regarding their child's performance.

Please contact the office if you would like a list of the competitions and the cost for each paper. Permission notes and payment are due back to the office by Monday 27 March 2017.

Year 6 Sport Shirts

Soon it will be time to order the Year 6 sport shirts for our Year 6 students. I am hoping to have some parent volunteers to help me with the sizing of these shirts on Tuesday 14 March at 2.00pm. If you are able to help could you please contact me at school.

Thankyou

Louise Warmoll

Student Representative Council

Congratulations to the following students who are our Student Representative Council for 2017.

K-6S	David Hancock
2-6MW	Thomas Ward
KM	Stella Brown & Rosalie Pritchett
KT	Siena Gilchrist & Zoe Wallis
K-1S	Oliver Frith & Archibald McKechnie
1-2A	Piper Hall & Jacob Parker
2W	Brandi Frewin & Logan Lamb
3-4A	Millie Anderson-Griffiths & Christina Underwood
3-4D	Lachlan Quigley & Ruby Uptin
3-4W	Evie Gimbert & Hallee Nean-Bullpitt
5-6J	William Condrick-Gibson & Logan Quigley
5-6S	Morgan Green & Joshua Payne
5-6W	Skye-Maree Oldham & Arabella Scanlon



School Captains

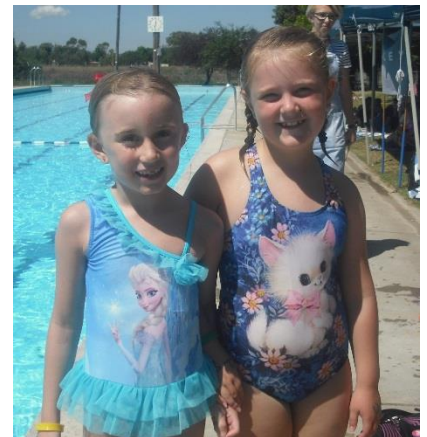
Charli Nixon, Tayah Riley, Keenan Davis and Lachlan McGuckin

Officers

Brianna Clark, Alex Charters, Molly Owen, Oscar Perkins, Deana Condrick-Gibson and Zac Woolley



K-2 Swimming Fun Day



School Disco

When: Thursday 16 March 2017
Where: School Hall
Time: Years K - 2 5.30pm to 6.30pm
 Years 3 - 6 6.45pm to 8.00pm

Gold coin entry fee

We will be selling:

Sausage Sandwiches	\$2.00
Poppers	\$1.00
Water	\$1.00



Stephanie Alexander Kitchen Program

This week we had another busy and successful day in the kitchen and the garden.

After a visit to the garden where we collected chives, rocket, kale, capsicums, eggplant and zucchinis we made a bacon and vegetable Risotto which was delicious.

We are slowly getting used to where everything is kept and a routine is now being formed so we are able to work more efficiently and with less confusion in both kitchen spaces.



Year 6 Cadbury Chocolate Fundraiser

The chocolate boxes have arrived!

If your child has returned their permission note along with the fundraising permission note and paid the \$50.00 EOI for Canberra, they can collect their box of chocolates from the office on Monday 6 March 2017.



Help kids change their perspective when things go wrong

By Michael Grose

Parents can help catastrophisers learn to change their perspective when things go wrong.

It's natural when things go wrong to think that life will never be the same again. I recall as a teenager doing poorer than expected in my end of school exams, and missing the tertiary course I had set for myself. At the time it was such a catastrophe. I thought that there was no point taking another course – naturally, I would hate it. Of course, I undertook a teaching course, which I really enjoyed and I didn't look back.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a

negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

'What's the most likely scenario?'

Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

'Where does this fit on the disaster meter?'

Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

'Is that helpful thinking?'

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

Visit our website for more ideas and information to help you raise confident and resilient young people.

© Parenting Ideas 2017



TERM 1 CALENDAR

Month	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
Feb/Mar 6	27 SRC Induction Assembly	28	1	2	3 Young Leaders Conference Blandford Horse Sports	4/5
Mar 7	6 Regional Swimming (Armidale) Dental Clinic	7	8	9	10	11/12 Crane Family Fun Day
Mar 8	13	14	15 P&C Meeting 7.00pm	16 Science & Engineering Disco	17 Willow Tree Horse Sports Regional Basketball	18/19
Mar 9	20	21 Harmony Day	22 School Council Meeting 5pm	23	24	25/26
Mar/Apr 10	27	28	29	30	31	1/2
Apr 11	3	4	5 State	6 Swimming QHS World of	7 (Sydney) Maths – Stage 3	8/9

Good for Kids good for life

LUNCHBOX STARS

A child's lunchbox should provide 1/3 of their daily food needs. It is important to pack healthy foods that will help them to grow and learn.

Why not try some of these healthy snack options:

- Vegetable sticks
- Reduced fat yoghurt
- Popcorn (homemade or pre-packaged)
- Wholegrain crispbread with reduced fat cheese slices
- Sultanas
- Cherry tomatoes
- Rice crackers
- Fruit English muffin



Good for Kids good for life

WINTER SPORTS REGISTRATIONS

Joining in team sports is a great way to increase your child's physical activity. Other benefits include:

- Teaching teamwork
- Increasing communication skills
- Gaining confidence through interaction with other children
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly, having fun!



Registrations for winter team sports open in the first weeks of Term 1 so why not inquire today about what team sports are available in your community?



Community News

Family Fun Day

Live Music, Boutique Market Stalls, Auctions, Raffles, Kids Activities and Food Stalls

Featuring:
Heartland Allison Forbes
Ashleigh Dallas Traces
 (Others TBC)
Local bands, DJs & Musicians

Quirindi Rugby Club
March 11 2017
from 3pm

Entry: \$10 adults, \$5 school age child
Family capped at \$30

All proceeds to the Crane Family



GREATER RUGBY COMMUNITIES PROGRAM

Proudly supported by
GreaterBank

PARTICIPATION PACK
 Each child will receive food and drink after each session, as well as a certificate and participation pack including:
 - Greater Shoe String Kit Bag
 - Greater Squeeze Rugby Ball
 - Greater Water Bottle
 - Greater Sunscreen
 - Greater \$5 Life Saver Account
 - GRRAB & Rhino T-Shirt

QUIRINDI JUNIOR RUGBY CLUB

PROGRAM DETAILS
 Professionally run introduction into Sport & Rugby for boys and girls aged 3 to 8.
 Children will develop:
 - Gross Motor Sports Skills
 - Movement Skills for Rugby and Sports
 - Modified Game Skills

LOCATION
 Quirindi Rugby Club
 Werris Creek Rd,
 Quirindi
 NSW 2343

DATES
 4-Week Program
 THURSDAYS
 5.00pm-6.00pm
 • 27th April
 • 4th May
 • 11th May
 • 18th May

COST \$50

REGISTER ONLINE AT
www.grra8.com.au
 LIMITED SPACES BOOK EARLY TO SECURE




QUIRINDI MINOR LEAGUE

COME AND PLAY FOR THE HOPPERS!!

Registrations are now open for the 2017 season.

Everyone Welcome.

There will be come and try days held in the next few weeks.

Registration is \$90 for 1 child, \$80 each for 2 etc. This includes all insurance, ground fees, shorts and socks.

The link to register now is available on our Facebook page.

Any questions please don't hesitate to call Emma on 0401743095.



Quirindi Junior Basketball

2017 Terms 2 and 3 Competition

Registration Days

Saturday the 25th February and 4th March
Quirindi High School Hall
9:00am to 11:00am

\$95 High School Students
\$80 Primary Students
 (No additional court fees charged)

4 Divisions:
 Years 1 & 2 (Miniball)
 Years 3, 4 & 5
 Years 6 & 7
 Years 8, 9 & 10

Years 1,2 and Year 3,4,5 Competition is played on Thursday nights
 Years 6,7 and 8,9,10 Competition is played on Friday nights

Don't miss out at being a part of this great sport.
 "We never get washed out"

Enquiries: Natalie Eade 0427637722 or Jenny Golland 0407109300
www.quirindibasketball.com.au or find us on Facebook:
 Quirindi Amateur Basketball Association

NSW GOVERNMENT | Department of Industry Resources & Energy

Support to Pay Electricity and Gas Bills*

Help is available to pay your energy bills.

For information on rebates and emergency assistance go to:
www.resourcesandenergy.nsw.gov.au/rebates
 or phone Service NSW on 137 788

* eligibility criteria apply





QFC Coaching Opportunities

To improve the coaching delivered to our players, QFC are conducting two coaching training sessions for all interested parents or volunteers:

- **GRASSROOTS** – for coaching of children 5-9yrs (FREE)
Thursday 2 March 2017 at 6-9pm at Quirindi No 1 Oval
- **SKILL TRAINING CERTIFICATE** – for coaching of children 9-13yrs (\$68)
Saturday 22 & Sunday 23 April 2017 9am-4pm (2 days)

Courses delivered by Howard Stubbs (Northern Inland Football Technical Director).

To register for these training sessions, please contact Tony Todd Ph: 0429 462007 or tony.todd@agracom.com.au or quirindifc@hotmail.com

Ongoing information and updates for all competition levels, including details for the Grading Days will be posted on the Quirindi Football Club Facebook page. This is a public page and you do not need to be a member of Facebook to view the information.



ABS TRAINING GROUP

X COUNTRY TRAINING

STARTS THURSDAY 23rd
FEBRUARY 2017 at
No 1 oval at 3.45pm

8+ year olds welcome
Bring plenty of water
Any queries ring
Abs on 0427473816



QFC Rego Day and Easter Raffle

QFC are holding another junior Rego Day at IGA this **Sunday from 9 to 11am**. We are also selling tickets in our Easter raffle. Tickets are \$2 each or 3 for \$5

Quirindi Football Club 2017 registrations are open. Registrations can be completed online at www.myfootballclub.com.au.

2017 Registration Fees for **Junior** levels have been subsidised by Quirindi Football Club to assist families and have been lowered to:

- \$50 for 5-7 years (Sub Juniors)
- \$65 for 8-11 years (Juniors)
- \$75 for 12-14 years (Intermediates)

These registrations will need to be completed through the Quirindi & District Soccer Association group at Step 1 of the My Football Club registration process. Enquires are to be sent quirindifc@hotmail.com

Players must be turning 5yrs in 2017 to take to the field and all age ranges are based on the age your child turns in 2017. All 5-7yr old children will receive a free "small side" football.