

# URANQUINTY PUBLIC SCHOOL NEWSLETTER



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TERM 3 WEEK 2 2015

## Welcome Mr Ehsman

Mr Ehsman from Wagga CSU will be with the 4/5/6 class for the rest of the term and we hope he enjoys his time at Uranquinty PS.

## State Cross Country

Congratulations Hannah Billett on reaching the State level for Cross Country running. A fine achievement Hannah!

## NAIDOC Celebrations

What a wonderful day we had on Friday celebrating Aboriginal culture! Our great appreciation goes to Auntie Lorraine Tye for co-ordinating our guests and organising goodie bags for all the students. Auntie Gail shared her inspiring story and showed many artefacts to the students, including weapons and tools.

Graham Traynor provided engaging art lessons and the students produced some attractive Aboriginal dot art.

Stacey Cox from Wagga HS taught our students some Wiradjuri language and the students picked up quite a few terms in a short period of time, including counting to 20, some greetings and body parts.

Theresa Hodges and Rene provided a campfire and Johnny Cakes for recess with a nice smothering of Golden Syrup. Then they got the BBQ fired up to cook the sausage sizzle for lunch along with Julie-Ann Hennessy. Thanks to these ladies for all their help along with Tanya Lyons for her photography on the day. Thanks also to Ron Tye for his support on the day.

## Stage 2 Netball

This Friday some of our year 3/4 students will be competing in a Gala Netball Day. Parents will need to provide transport for this occasion. Miss Fuller will provide supervision for the team.

## NRL

The students enjoyed their workshops with Mick Henderson last Friday. This will continue over the coming weeks.

## Healthy Harold

Next Thursday the Life Education van will be visiting our school. The Preschool students will also be coming for a visit during the lunch break. If families wish to purchase novelty items, please enclose correct money and label an envelope with child's name and requested item.

## Advanced Notice

The annual Book Parade and Book Fair will be held on Aug 18<sup>th</sup>. Children are encouraged to dress up as their favourite book character.

## Chords

Those students participating in the CHORDS Choral festival next term need to know the songs fairly well by our first combined practice in three weeks' time. Please ensure your child is regularly listening to the songs and learning the lyrics at home. The concert date for our school will be Monday 26<sup>th</sup> Oct.

## Walking Permission

This term the students of 2/3 class are studying the local community and producing a book about the village. We will be taking a few walks around town over the next two weeks to photograph and discuss community aspects. The general walking permission notes will cover these visits, but please let the school know if you do not want your child to participate in these activities.

## Important Dates Term 3

Date	Event	Cost
24 July	Netball Gala Day	\$5
28 July	UNSW English test	
30 July	Healthy Harold	\$10
11 August	UNSW Maths test	
18 August	Book Fair and Book Parade	
31 August	Riverina Athletics	\$2
1	MAHS Taster day	
September		
2-4	Canberra excursion	\$250
September		
16	School Photo's	
September		

## Assembly

Please join us for our assembly tomorrow.

## Canteen

Canteen will reopen this Friday. We need some volunteers. We need volunteers for both morning and lunch time, if you can help please call the office.

## Uranquinty Newsletter

For those who would like to access the Uranquinty Newsletter on line the following link will get you there. <http://www.uranquinty.com.au/uranquinty-progress-association.html>

# NAIDOC DAY CELEBRATIONS





## P&C News

### Cake Stall this Saturday 25<sup>th</sup> July

For those who have volunteered to help at the stall, thank you very much.

To those who have volunteered to bake for the stall thank you very much also. You can drop off your baked goods to school on Friday. [Please have your goodies labelled with all ingredients.](#) Kath will pick these up from school on Friday afternoon.

Following is the volunteer roster for the day.

Time	Name	Name
8.30am-10am	Kath Rodham	Sarah Jones
10am-11.30am	Kath Rodham	Skye Lewington
11.30-1pm	Kath Rodham	Kylie Lewington

## Is your child making friends at school?

Kids who get on at school tend to be more engaged in learning. Here are some ideas on how to help your child with social skills:

<http://www.schooltoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>

## Choosing a mobile phone

What should you consider when choosing a mobile phone for your child? Here are some ideas to help you through the process:

<http://www.schooltoz.nsw.edu.au/en/technology/using-technology/choosing-a-mobile-phone>



# WAGGA WOMEN'S HEALTH CENTRE

PRESENTS THE

# Bald Archy Exhibition 2015

Saturday 29 August to Friday 18 September

**GALLERY 43** TAFE NSW Riverina Institute  
Cnr Coleman & Macleay Sts, Wagga Wagga



Nutrition Snippet

## The simplest way

...to eat well and prevent disease.

*Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don't eat enough of either, particularly veg.*



**Try to add fruit and veg to every meal:**

- Add chopped bananas or strawberries to your brekky cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch

**Remember! Aim for two serves of fruit, and five serves of vegetables – every day!**

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to add vegies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don't eat enough of either, particularly veg – and what adults eat affects the whole family.



**Did you know legumes like baked beans are a type of vegetable?**

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognese sauce, add towards the end of cooking.

**Eating vegies doesn't have to be complicated – aim for five serves a day, across your day.**

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)





WAGGA AUTISM SUPPORT GROUP

# AUTISM CONFERENCE & EXPO 2015

## SPECIAL SESSION

4 AUGUST 2015 4 - 6 PM

RSL CLUB, WAGGA WAGGA

For teachers, school learning support officers, preschool staff and interested people who cannot make it to the whole conference

### SPEAKERS INCLUDE

- ▲ Jose Webber  
OT - Kickstarting Kids
- ▲ Sarahia  
Kids
- ▲ Jeremy Samson  
Personal Trainer - Train Aspergers

\$30 course fee will include afternoon tea on arrival

For more information and registration go to  
[www.waggaautismgroup.org.au](http://www.waggaautismgroup.org.au)

with assistance from



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**It's back!**  
Help make a difference for your local school or ELC

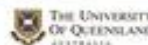
### Parents: We Need You!



We are investigating parents' perceptions of parenting support programs.

If your child is aged 2 to 10 years, please consider this 20 minute survey about parenting programs, your child, and yourself:

<https://exp.psy.uq.edu.au/parentviews/>



Thanks for your support!

### PARENTS VIEWS ABOUT PARENTING SUPPORT PROGRAMS

Researchers from the University of Queensland and the University of Western Australia are investigating perceptions of parenting support programs and what influences whether parents take part in such programs.

If your child is aged 2 to 10 years, please follow the link below to complete a 20 minute survey about your perceptions of parenting programs, your child, and yourself:

<https://exp.psy.uq.edu.au/parentviews/>

Or contact Genevieve on 0408 357 311 (email: [genevieve.whybird@uqconnect.edu.au](mailto:genevieve.whybird@uqconnect.edu.au)), or Louise on 0419 917 998 (email: [21125278@student.uwa.edu.au](mailto:21125278@student.uwa.edu.au)).

We thank you for your support!



### SHARE YOUR THOUGHTS ON WASTE SERVICES

EVERYTHING FROM KERBSIDE WASTE COLLECTION TO THE RECOVERY OF RESOURCES FROM LANDFILL IS UP FOR DISCUSSION.

JOIN THE CONVERSATION TODAY!

[wagga.nsw.gov.au/tippingpoint](http://wagga.nsw.gov.au/tippingpoint)

Want to know more?

Call 1300 292 442 or [tippingpoint@wagga.nsw.gov.au](mailto:tippingpoint@wagga.nsw.gov.au)



RETURN YOUR TIPPING POINT SURVEY BEFORE 3 AUGUST 2015 AND GO IN THE DRAW TO

WIN 1 OF 5 IPAD MINIS!\*

\*Terms & conditions apply, please visit Tipping Point website.