



happy to support the 'Hills Relay for Life' bike ride from Melbourne to Sydney

Term 2 Week 4 - Wednesday, 21st May, 2008

Dear Parents

## School Disruption

Tomorrow many of our teachers will be involved in industrial action to support the NSW Teachers Federation stance against new staffing procedures introduced by the Department of Education and Training. The school will remain open however there will be no regular classes due to the absence of most teachers. Limited supervision will be available to those students who do attend school on the strike day.

## Yarra Trio

Last Monday a number of our Kindergarten to Year 4 students attended a performance by the Yarra Trio at the Cootamundra Creative Arts and Cultural Centre. The reports I received back was that the performance was fantastic with the students really enjoying the experience. Cootamundra doesn't often get the opportunity to enjoy quality live entertainment but whenever it comes it is my aim to ensure that Southee students are given the opportunity to attend, provided the price is reasonable.

## Opportunity Classes 2009

At school I have some application packages for Opportunity Class (Year 5) and Selective High School Placement for any parent/caregiver who believes that their child has the ability and aptitude in these special programs. If you would like further information on this please discuss the matter with your child's teacher then see me for the package. Please be aware that applications have to be returned to the school by this Friday.

## School Holiday Camp

The NSW Department of Sport and Recreation will be holding a Multi Sports Camp for children between the ages of 9 to 14 years during the July school holidays (7-11 July). The camp will be held at Borambola Sport and Recreation Centre (25kms east of Wagga). Activities include circus skills, touch football, AFL, cricket, indigenous games, basketball, gymnastics, climbing, fencing, BMX, canoeing and archery. The cost is \$295 which includes all meals, accommodation, use of equipment and coaching fees. Further information can be obtained by visiting

<http://www.dsr.nsw.gov.au/borambola/> or by ringing 6928 4300.

## Waste Watchers

Yesterday our lucky students in Years 4, 5 & 6 were introduced to Waste Watchers by Anthony Richard from Keep Australia Beautiful and partly sponsored by the Cootamundra Shire Council Waste Watchers. It aims to make children aware of how waste products, especially packaging, can be best disposed of. Using the words *Reduce, Reuse and Recycle* children were led through the steps that they and their family should take so that the environment is less affected by our waste. The items suitable for placement in yellow recycling bins, red rubbish bins, compost areas, green waste and council land fill were discussed and sorted. Anthony amazed the children with a block of about 700 crushed aluminium cans weighing 12 kgs. Blocks such as these are melted down and recycled into numerous aluminium products. Hopefully the children can convey the messages learnt from this day to their parents so that more of the community can Reduce, Reuse and Recycle!!!



Information presenter, Anthony Richard shares a block of 700 crushed cans (12kg) with the Year 6 girls.

## State Rugby League Knockout

Yesterday our open rugby league team travelled to Junee for the opening match in the State Knockout competition. Unfortunately we were defeated in a very close tussle, 24 to 22. Our boys played good solid football and kept their cool even when the opposition

were becoming frustrated with our defence and became unnecessarily physical. We have the makings of a good team for 2009 although we will miss the power that our Year 6 boys brought to the game, especially Jesse McAllister, Keiren Betts-Smith and Henry Hughes. Joseph Trinder, Jalen Ballard and Jason Cronin showed good pace in both attack and defence, Alec Betts, Cody Hotston and James Quinn were good impact players off the bench, while the reliability and potential of Jarrod Chapman, Liam Moston, Matt Raleigh, Aden Newman, Zac Paterson, Zac Craw and Will Louttit will be invaluable in next year's team. Well done to Kyle Maguire who led the side through example. Mortimer Shield will be played at Temora on Wednesday, 28<sup>th</sup> May where all of these boys are expected to again put up a good showing.

A special thank you to those parents who helped with the transport. Without you we would not be able to compete in games such as these.

#### **Valuable Items**

Parents should be aware that if children bring valuable items to school such as mobile phones, iPods, computer games, pieces of jewellery, etc, they are the responsibility of the child. All care will be taken to ensure that they are safe but neither staff nor the school or Department of Education are responsible if the item is lost or damaged.

#### **Traffic Safety**

Please be aware that the regular police presence around the school, both morning and afternoon, is continuing. The police patrols are ultimately for the safety of our students so please observe both the speed zoning and parking/stopping regulations as displayed.

#### **P&C Meeting**

The next P&C meeting will be held tonight in the school staff room commencing at 7.00pm. Mrs Smart will give an outline on what is happening in her class and will be available to answer questions on other matters pertaining to the Infants classes. Please come along and help make the meeting a success.

#### **Girls Touch Football**

Yesterday our girls' touch football team travelled to Young to play Young Public School in the state knockout competition. This is the first time that the school has had such a team for ages and it is hoped that it will be the start of a sporting tradition. The final score was one try each but because of the weighting of the first try (scored by Young) they were the winners of the match. I could not have been prouder of our team. It was their first match against another school, and it was a school with well over 400 students. On the field the team was ably led by Rosie, there was some incisive attacking by Brianna, Abby and Paige; great sideline work by Lauren and Erin; and wonderful defence by Kate and Elisha. Jesika Maxwell was tireless with her ball distribution. Thank you to

Tracey Oliver and Brenda Boxsell for helping with the transport. The match was a good warm-up for the Mortimer Shield competition in Temora next Wednesday.

#### **Supporting Cancer Fund Raiser**

The SRC would like to thank their fellow students and school community for the wonderful support of our "Riding for a Cause" coin donation last Thursday. The students covered a bike drawn in the COLA area with coins of various denominations. The school captains, Lauren Taylor and Kyle Maguire and fundraiser co-ordinators, Meagan Lincolne and Henry Hughes presented Life cyclist, Michael Walsh with a giant cheque for \$120.00

#### **X-Country Championships**

Last Friday, Paterson house took out Southee's annual X-Country championships followed by Kendall, Mackellar and Lawson.

Congratulations to our individual Champions:-

**8/9 Boys** - Mitchell Storrier, Adam Johnston, Reece Badcock - **10 Boys** - Ben Camilleri, Zac Paterson, Jason Cronin - **11 Boys** - Joseph Trinder, Isreal McCallum, Jalen Ballard - **12/13 Boys** - Christopher Smith, Jesse McAllister, Kyle Maguire.

**8/9 Girls** - Sarah Stephens, Louise Raleigh, Chloe Ingram - **10 Girls** - Brianna Oliver, Aimee Kostrubic, Sophie Manwaring - **11 Girls** - Taylah Storrier, Lauren Taylor, Jazmin Campbell

**12/13 Girls** - Rosie Johnson, Jessica Dodwell, Emma Hines.

The leading three students were presented with their ribbons after the races.

Paterson took out three of the age divisions (Boys 8/9, Boys 10 and Girls 12/13); Kendall two divisions (Girls 11 and Boys 12/13); Mackellar two (Girls 8/9 and Girls 10) and Lawson (Boys 11).

Thank you to all the children, staff and to the parents on course and parent spectators for your contribution in making the run a big success.

#### **P&C Disco**

The P&C are holding their disco this Friday in the Auditorium at the RSL Club from 5-7pm. \$3.00 entry. Refreshments are available. Come and listen to all the latest songs and bop to all the oldies. Meet up with your friends and have a great time. If any parents can spare a couple of hours to help supervise it would be greatly appreciated. Please phone the school (69421166) if you are able to help out. Hope to see you all there!

#### **Football Girls Bow Out**

Southee's soccer girls bowed out of the statewide PSSA knockout series, going down 0-3 to Cootamundra Public School last Monday. With several rookie players turning out for the Southee side the girls



started off a bit timidly but soon got into the rhythm of the game. In the second half the girls were camped for long passages of play in the opposition's half but were unable to capitalise on their territorial advantage. Well done girls! Squad members: Jessica Dodwell, Shannon Foster, Paige Louttit, Lauren Taylor, Rosie Johnson, Erin Boxsell, Brianna Oliver, Sophie Manwaring, Abbey Perry, Aimee Kostrubic, Elisha Kelly, Jessica Meale, Chloe Hardy.

### Jump Rope for Heart

We really kicked off this year's Jump Rope program with a bang! The Guinness World Record attempt was a big success and a huge thank you goes out to all parents who participated!

On the day of the record attempt your child was given a sponsorship form and asked to seek donations from family/friends as sponsorship for their participation in Jump Off Day. Jump Off Day is a fun afternoon of skipping, games and competitions and is also the day that children bring their fundraising forms and money in. This year's Jump Off Day will be next **Friday, 30<sup>th</sup> May**. The Infants' Jump Off will be before lunch, from 12.15pm to 1pm. The Primary Jump Off will be after lunch and will go for most of the afternoon. Parents are most welcome to bring their lunch and enjoy it with the children - and if you are keen - show the kids how the skipping is really done! On Monday, 2<sup>nd</sup> June there will be a special assembly where our very best skippers will have the opportunity to showcase their talents and compete for the championships. Parents will be contacted prior if your child has been selected.

### Sock it to you!

"Sock it to you" orders are due back this Friday. Lots of great winter warming products. Please support this unique fundraising as all the profits are for the benefit of our kids. Please have orders and money back by the 23<sup>rd</sup> May. Thank you for your support.

### Student Banking

Student banking is every Thursday and can be left at front office for collection by the bank. If you are interested in your child participating please see Leanne at the ANZ Bank to open an account for your child.

### Second-Hand Computer

A computer has been donated to the school and is looking for a good family to go home with. If you are interested please contact the office (69421166).

## YOU CAN CONTROL YOUR ASTHMA!

Did you know there are approx 14, 300 **avoidable hospitalisations** arising from asthma every year, not to mention the urgent visits to Accident and Emergency Departments and GPs.

People are hospitalised each week from asthma. In most cases asthma exacerbations are worse than they should be. With correct medication, knowing triggers for asthma and advice from the doctor, asthma can be controlled.

### Asthma triggers

- Colds and flu
- Cigarette smoke
- Exposure to cigarette smoke (passive smoking)
- Exercise/activity
- Inhaled allergens (e.g. pollens, moulds, animal dander and dust mites)
- Environmental factors (e.g. dust, pollution, wood smoke and bush fires)
- Changes in temperature and weather
- Certain medications (e.g. aspirin)
- Chemicals and strong smells (e.g. perfumes, cleaners)
- Emotional factors (e.g. laughter, stress)
- Some foods and food preservatives, flavourings and colourings (uncommon)

Every person's asthma is different. Not all people will have the same triggers, nor will they react to every trigger listed above. You may not always know what triggers your child's asthma. **It is helpful to identify triggers in order to avoid them** however this is not always possible (e.g. colds and flu). Your doctor or local Asthma Foundation will assist you.

Visit the Asthma Foundation NSW website and register for your free information pack now and be one step closer to controlling your child's asthma!

T: 1800 645 130 E: [ask@asthmansw.org.au](mailto:ask@asthmansw.org.au) W: [www.asthmansw.org.au](http://www.asthmansw.org.au)

### Canteen Roster

*Thurs 22nd – No helpers required due to Teachers Strike  
 Fri 23rd – Lyndell Barton, Tina Fensom  
 Mon 26th – Leah Cassidy, Heather Betts-Smith  
 Wed 28th – Elissa Britt, Melissa Bailey*

### Some Dates for your Calendar

Fri, 23rd May	P&C Disco RSL Club 5-7pm \$3 District Cross Country Trials run by EAS
Mon, 26 <sup>th</sup> May	Senior Public Speaking Finals in the hall at 2.00pm
Wed, 28 <sup>th</sup> May	Mortimer Shield at Temora – boys League, girls Austag
Fri, 30 <sup>th</sup> May	JRFH Jump Off Day
Mon, 2 <sup>nd</sup> June	Skipping Assembly, Aussie of the Month, Writer of the Month

*If you would like to see more about our school and students, or download a colour copy of our weekly newsletter (pdf) – visit our school website – [www.easouthee-p.schools.nsw.edu.au](http://www.easouthee-p.schools.nsw.edu.au) or just google 'southee'*

*11 year old boys sprint off at the start of the cross country final.*

