

The Kareela Courier

Penrose Public School

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Term 3 Week 6

Friday 22nd August 2014



In its 124th year Penrose Public School encourages confidence, responsibility, awareness and adventure.



NEW DATE: Friday 12th September 2014 STAR WARS

The children have been working hard in their roles for the play.

WANTED

We require the following items for the school musical Star Wars

Blowup plastic clubs x 2. Like the ones you get at the show

Light Sabres x 2

White Judo / Taekwondo top

Brown hooded cloak

Brown belt with toy gun

Stage spotlight

If you have and can lend us any of the items please notify Liz, Maria or Janene.

Welcome Zak Tandy-O'Neill

What made you decide to come to Penrose?

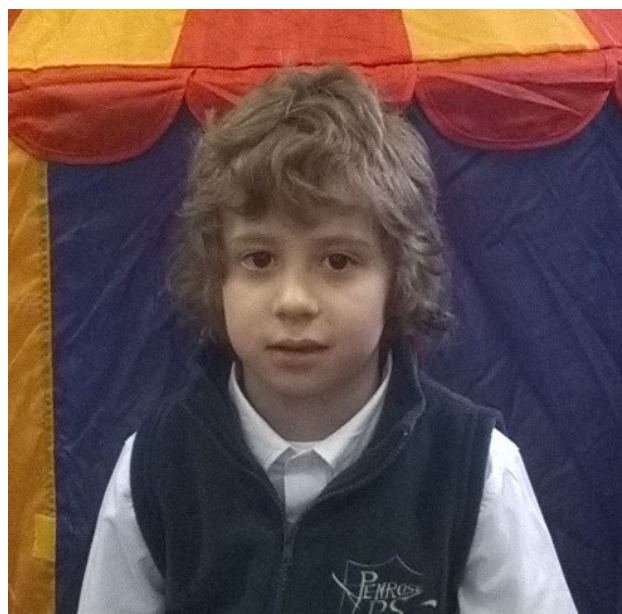
My mum works here as the cleaner and thought it would be a great place for me to come to school.

How are you settling in?

I am giving myself time to settle in. The teachers are really good as they help me when I don't understand and give me praise.

What do you like so far about the school?

The bush area to play in, I haven't been to a school where you can play in the bush. I am in a school play and am practicing the songs ready for the night. The other kids are nice, we have fruito and Sip&Crunch which is good as I don't want to grow up being fat and unhealthy.



Diary Dates For Next Four Weeks

Week 7	25-Aug	26-Aug	27-Aug Scripture Music Tuition Life Ed Van Book Club Due	28-Aug Music Art YOGA Orienteering	29-Aug Library Sport - NRL Clinic	30/31 Aug
Week 8	1-Sep Nature Reserve with Pat Hall	2-Sep	3-Sep Scripture Music Tuition	4-Sep Music Art YOGA Orienteering	5-Sep Library Sport Cupcake for a Cure	6/7 Sept
Week 9	8-Sep	9-Sep	10-Sep Scripture Music Tuition	11-Sep Music Art YOGA Orienteering	12-Sep Library Sport STAR WARS	13/14 Sep
Week 10	15-Sep	16-Sep	17-Sep Scripture Music Tuition	18-Sep Music Art YOGA	19-Sep Library Sport Cricket Gala Day	20/21 Sep

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Jump Rope for Fitness

School Leader Shayanne talks to the Courier. Ropes were donated by Jump Rope for Heart to encourage us all school to skip. There are many health benefits in skipping especially for our hearts. "We were taught Criss-Cross, Pretzel, hop skipping and Partner skipping.," Shayanne informs us. "I really enjoyed the Partner skipping. My partner was May k. We made lots of mistakes but we kept trying again and again until we mastered it. Overall Shayanne described her experience with Jump Rope as "Awesome!"



Flynn guided by bigger student Thomas



Shayla and Edyn practicing their technique



Lilly-Beth and Amelie quickly got in the swing of it

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Hello, my name is **COCO** and I am looking for a new home. I am a loving, loved long haired domestic cat. Black with a chocolate tinge. 2 year old male, *desexed and microchipped.* Give me a ring on 48844196 or speak to May K. or Janene if you fancy me.

Quote Of Fortnight

It is crucial that when our children look into our eyes. Regardless of the circumstances bearing down on them. What they see is somebody that believes in them.

#Lovingourkidsonpurpose

Orienteering

David informs the courier what all the excitement is about.

Orienteering is how we work out how to get from A to B in the bush using a compass.

We follow directions using the compass to lead us to certain checkpoints where we punch out worksheets before going onto finding the next marked checkpoint.

"I really liked running around the school and nature reserve in an attempt to find the right checkpoint before anyone else.

The benefits other than the obvious fitness one is that we have learnt how to use a compass when in the bush to find your way around. It could actually save your life.

David also commented on how his brother Thomas would do this dragging a branch behind them while in the forest, leaving a trail, so we could find our own way back.

Help Our Kids Leapfrog Their Difficulties with These 5 Ideas

Extract From Michael Grose "insight"

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

1. Frame the problem as a challenge - rather than a problem. A "Challenge" gives children something to rise to rather than be overwhelmed by.
2. Coach Children to do well - by talking them through the challenge, giving them ideas to cope and manage.
3. Show confidence that they will succeed - by making sure your expectations are realistic, positive and supportive of their feelings.
4. Give children a chance - this allows children to approach challenges in their own way without constantly checking on them.
5. Celebrate their success—even if they were partially successful. They have got a great building block for next time.

Emergency + Smartphone APP

Both Commonwealth and NSW emergency services have launched Emergency + App. This application is free and available to download on all apple and android smartphones. When activated, this application provides users with their GPS reference which can then be reported to an emergency call taker to pinpoint the physical location where the services are required.

The application includes Triple Zero (000), Police Assistance (13 1444), State Emergency Services (13 2500) and others. For more information on how to download the Emergency + application, please access the following Australian government website:

<http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>

Tissue Please

It is that time of the year and the runny noses are back for another year. Hence we have run out of our tissue supplies. If families could each bring a large box of tissues for students it would be greatly received. A-a-ah-tissue!

WORKING TOGETHER WITH OUR LOCAL

BIG

GARAGE SALE

2 households in one location

Saturday 6th September
8:30am-3pm

925 Penrose Road, Penrose

Household items,
toys, building materials, pots

See Penrose on Facebook

For those of you on Facebook there is now a page for Penrose. It's not associated with any group so anyone can put up posts with photos of Penrose or promote upcoming events or businesses.

Here's the link:

<https://www.facebook.com/groups/penrose2579/?fref=ts>

Penrose Rural Fire Brigade Open Day September 13th 2014

10am - 2pm at the station,
281 Kareela Road, Penrose.

There will be a historical display to commemorate the 39 fires and the history of the brigade.

Always lots of fun with many things you can learn.

Feel free to come, have a cuppa and discuss your Bush Fire Survival Plan with our experienced team.

All Welcome.

INVITATION

**Penrose Tennis Club
invites You**

**To join them celebrating the
re-surfacing of the courts**

**Saturday 23rd August at
2pm**

Penrose tennis courts

Afternoon tea will be served

**Troy Smith of Tennis NSW will play
tennis 'Hot shots' with the children**