

Kareela Courier

Penrose Public School

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Term 1 Week 10

Friday 3rd April 2015

A Wet Weather Lunch Can Be Fun



Prue quietly reading in the Reading Tent.

In its 125th year Penrose Public School encourages confidence, responsibility, awareness and adventure.

Confirmed Diary Dates For This Term

Week 1	20-Apr Staff Development Day	21-Apr Students Return to School	22-Apr Scripture Choir	23-Apr Music Tuition	24-Apr Library Sport	25/26 Apr
Week 2	27-Apr	28-Apr	29-Apr Scripture Choir	30-Apr Music Tuition	1-Apr Library Sport	2/3 Apr
Week 3	4-Apr	5-Apr	6-Apr Scripture Choir P&C Meeting	7-Apr Music Tuition District Cross Country	8-Apr Library Sport Stewart House Day	9/10 Apr
Week 4	11-Apr	12-Apr	13-Apr Scripture Choir	14-Apr Music Tuition	15-Apr	16/17 Apr

Please note that Liz Mabbutt Days have changed from the start of Term 2. She will be working Monday, Wednesday and Thursday as well as every second Tuesday. The office will be unattended on Fridays.



Small Schools Cross Country

Our students love to attend the Small Schools Cross Country held every year at Berrima Public School. Students have been training for most of the term, both at school and at home. The training has paid off. The school came third in the overall trophy and second in the handicap.

Thomas Gillis flew into first place in the Under 12/13s; Lilly-Beth came in second place in the Under 10s; May came third in the Under 11's; Mischa came 4th in the Under 7s; while Amelie came 6th place in the Under 10s.

Well done Penrose. Thomas, Lilly and May are off now to the next level (District).

The children had a lot of fun and laughs participating in the ball games. Thank you to all the parents who came to support the children on the day.



Tips To Succeed At School

Tip#10: Let them play outdoors

Contact with nature during middle childhood in particular helps children to manage their stress, according to research from the University of Western Australia. Climbing trees and playing in mud will also assist with their executive function.

NEWS FLASH

Relieving Principal For Term 2

We are very pleased to be able to announce that the relieving Principal's position for Penrose School for term two has been filled through the EOI (expression of interest) process. We welcome Jenelle Lawrence to our school and given the opportunity I am sure you will all make her feel welcome her and introduce yourself to her.

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NRL Workshop Days

Zak thought the NRL workshops at our school were fun and crazy. We learnt many ball skills used in NRL, such as a dumbie pass (a fake pass to make the opposition think the ball has been passed over), how to get the ball off the opponent and other general passes played in the game. The man who came to show us was very nice.

Reminders From The Office

- ◇ Please bring a school hat to wear during play. A new order of hats is on the way if you need to purchase one at a cost of \$15 each.
- ◇ Please ensure that all permission notes and monies have been handed in for the following:
 - Fruit
 - Textbooks
 - Update of Family details
- ◇ Don't forget to do your homework and hand it in on time.

Tips To Succeed At School

Tip#14: Insist on family time

Research show children— teenagers in particular, who spend large chunks of time with their parents, have higher levels of self-esteem and confidence than those who don't. Set regular family activities keep communication open.



Loosely Woven

Pictures As Promised



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Penrose Students Questioned By Police

Flynn told the Kareela that the policeman showed us his gun, chilli spray and cane. He explained to us how many bullets he had (a whole 15) and why he has the chilli spray.

All the students were introduced to Mr. Penguin, who

talked about safety and who we can trust. The list of people we can trust includes: mum/dad, nan/pop, the police, teachers, fire brigade and trustworthy friend.

Mr Penguin told us that if a stranger offers you money and lollies to come with them we must say, "No" loudly, "I don't know you" and walk away.

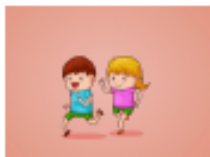


Wet lunchtimes spent in the classroom. Luca catching up on some class work while others like to horse around or play on the computers.



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Working Together With Our School Community



The Southern Highlands Challenge Trail Running Event

Sunday, August 30

Wingello State Forest

1 km, 7 km, 24 km and 49 km

There is an event for everyone in the family and food, drink and family activities for runners and spectators.

Medals for finishers, age awards and a prize for the school that has the most entrants per enrolment.

Visit: www.southernhighlandschallenge.com or
For more information contact SHC local liaison
Linda Christison lkcdigitalmedia@gmail.com

Accept the Challenge!

MOSS VALE GYMNASTICS

Our holiday workshops are for boys and girls from 5 years of age. Children do not need to be a member of Moss Vale Gymnastics. All workshops are \$22 per session or \$40 for 2 sessions. All classes are fully supervised by qualified instructors.

GYMNASTICS FUN WORKSHOPS

Date 8th & 9th April

Time 10am -12noon

Venue Moss Vale Showground

Bring A drink & morning tea

DANCE & ACROBATIC WORKSHOPS

Date 7th & 10th April

Time 10 am- 12noon

Venue Moss Vale Showground

Bring A drink and morning tea

FOR BOOKINGS

KIM 0412635680 (gymnastics)

MARIE 0449266491 (dance)

NetSetGo is a great introduction to netball for 5-7 year olds. Learn skills and basics in a 10 week course that includes a goody bag with a netball. Trial session and registration 9am, May 9 at Eridge Park. Contact Kylie at shna.netsetgo@gmail.com for more information.

'It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words - like "How about lunch?"'

- A A Milne

Lauren's Café and Store

It is with great regret that we inform you of the final day of trading at Lauren's Café will be Easter Monday from 9am to 3pm. We are usually only open for takeaway coffee on Mondays but we will be open as normal on Easter Monday. The final day of trading for the Village Store will be Friday 17th April. Lauren is still waiting to hear back regarding the possibility of moving the post office facility into the hardware store next door. This weekend, the shop and café will be closed Good Friday but open the rest of the weekend. I would like to thank everyone who has been so supportive of us and the café over the past 5 years. I think everyone would agree that the café has been really important for much of our community.

Garage Sale

At the Shop/café over 3 days—Saturday, Sunday and Monday (10-13th April).

Everything must go, from kitchen equipment to stock on the shelves!. Included in the For Sale List is:

- ◇ Commercial Dishwasher
- ◇ Boeme Commercial Coffee Machine
- ◇ Shelving
- ◇ Café tables and Chairs
- ◇ Outdoor furniture
- ◇ Kitchen utensils and appliances
- ◇ Bric-a-brac

On Sunday 19th April we are holding a Big Working Bee to help Lauren get the last bits and pieces out of the shop, this will be followed by a Big Thank You BBQ out the front.

We hope to see you in the café during the last week of trading, or at the Working Bee and BBQ on the 19th.

Thank you for your support.

Lauren Sperzel

Highlands Soccer Association / Highlands Football Club

"Player Development Programs (Academies)"

will be commencing this April.

This year there will be three programs offered:

1. Mini-kickers for Under 8's
2. Skill Development for Under 9 to Under 11's
3. Goalkeeping

For more information contact:

Nick D'Amore

Director of Coaching & Development

Highlands Soccer Association / Highlands Football Club

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