Principal's Message

Dear Parents,

SAS Staff Recognition Week—2014

Next week we recognise and say a big thank you to our School Ancillary Staff for the valuable contributions they make to Rand PS. Our Ancillary staff are:

Mrs Carole Morey—School Administrative Manager, expert listener, first port of call, finance whizz, organiser and daily learning support in our class.
Mrs Wendy Wiltshire—School Learning Support Officer and Art teacher extraordinaire who works with all students one on one every Wednesday morning.

Mr Phil Baker—Relieving General Assistant and garden expert.

We are deeply appreciative of the contributions these people make to the education of our students. Mrs Morey keeps our school administration in excellent order and is the first port of call for many queries and concerns. Mrs Wiltshire assists all children individually with Reading and other Literacy activities in the morning and students love doing Art with her. Mr Baker keeps our school grounds neat and tidy and does general maintenance. Without excellent organisation in the office, exciting Art projects, individual assistance for Literacy and neat and tidy school grounds our school wouldn’t be what it is—one of the best!

Tracey Southam

Bernie O’Connor Football Netball Carnival—Yerong Creek

The following report was received from carnival Team Managers:

What a great day had by all last Friday at the Bernie O’Connor Carnival.

Congratulations to all for their sportsmanship and great efforts.

Walbundrie Small Schools had 5 out of 6 teams in the finals with Senior division 2 netball girls and Junior boys Football team bring home the flag.

Wanted—corrugated iron

If anyone has any corrugated iron lying around that they do not want, please let us know. We would be happy to take it off your hands. We are planning to tell the story of Rand in our playground with silhouettes depicting people, animals and agriculture. This will be part of our Creative Catchment Project for 2014 and 2015.

Swimming

Students are enjoying their first week of lessons. A reminder to please ensure you child/ren has plenty of rest each night.
Premiers Reading Challenge
Congratulations Ed, Harry, Josh, Flynn, Rory, Claire and Toby on completing your Premiers Reading Challenge. The challenge has now closed.

Mobile Library
Last visit before holidays for Mobile Library will be Tuesday 9th September—don’t forget to bring in your books.

Lockdown practise
Well done to our students when we had an emergency drill on Tuesday afternoon. Children were playing outside when the whistle went for a lockdown and they moved quickly and smartly inside. As we discussed with children after, a lockdown can occur for many reasons, eg: severe weather warnings, snakes, smoke from bushfires. Well done to children who left hats and shoes outside and moved off quickly!

Music—bring your guitar
Lesson recommence on Monday 8th September for students in group or individual lessons so please remember to bring your guitar.

Awards
Our awards will be in recess until swimming has finished.

Speech Pathologist
In term 3 students have been having half hour weekly sessions with Pleasant Hills Speech Pathologist Katey Clancy. Speech Pathologists work with students on speech, language, literacy and communication development.

Kindergarten and Year 1 have been getting familiar with Katey’s puppet friend Super mouth. Super mouth and Katey focus on building the student’s awareness of how sounds are made, syllables, playing with sounds, vocabulary and book reading. The sessions encourage students to think of their own mouths as super mouths. All of these speech and language skills link to early literacy and language development.

Students in Yrs 2 to 6 are participating in sessions on PERFECT public speaking. Practical activities are focussed around the PERFECT acronym. PERFECT stands for Posture, Eye contact, Relax, Full sentences, Ease the audience, Confidence, and Talk loud and clear. By participating in these sessions, students are developing more awareness and confidence around what makes a good public speaker. With a little bit of fun thrown in, students are demonstrating some great public speaking potential. This is a wonderful area for students to develop confidence in - public speaking is so often a part of school, work and community life.

iPad
A huge thank you to Rand Ag and Fertilizer, Jason and Linda Collier, for the very generous donation of an iPad to our school. I am sure it will be put to great use.

Canberra—Yr 6
A reminder the Walbundrie Small Schools Network Year 5/6 excursion to Canberra will be held on Wednesday 12th November to Friday 14th November 2014. A permission note and medical form will be sent home with Year 6 students on Monday. Please complete the note and return by 12th September to secure your child’s place.

CWA visit
Below please find answers to last weeks quiz. How many did you know?

<table>
<thead>
<tr>
<th>Harry's answers</th>
<th>Lachy's answers</th>
<th>Jack's answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gabarone 82</td>
<td>Pula 581</td>
<td>Insects!</td>
</tr>
<tr>
<td>English and Setswana</td>
<td>730 square kms</td>
<td>A fox</td>
</tr>
<tr>
<td>Zimbabwe, South Africa, Zambia</td>
<td>Pula</td>
<td>Setswana and English</td>
</tr>
<tr>
<td>Zambia, Namibia and Angola</td>
<td>Blue, means water, the black and white means harmony</td>
<td>Elephant</td>
</tr>
<tr>
<td>Fruit, meat, fish, and rice</td>
<td>(very similar to Australia)</td>
<td>(very similar to Australia)</td>
</tr>
</tbody>
</table>

Harry's answers:
- English and Setswana
- English and Setswana
- Gabarone
- Zimbabwe, South Africa, Zambia
- Pula

Lachy's answers:
- Kalahari
- Pula
- Gabarone
- 581 730 square kms
- Blue, means water, the black and white means harmony

Jack's answers:
- Insects!
- A fox
- Setswana and English
- Elephant
- Fruit, meat, fish, and rice

Gabarone:
82

English and Setswana: English and Setswana.

Zimbabwe, South Africa, Zambia, Namibia and Angola: (very similar to Australia).

Pula: (very similar to Australia).
## Term Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 25th Aug—Fri 5 Sept</td>
<td>Intensive Swimming</td>
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<tr>
<td>Tuesday 9th September</td>
<td>Urana Shire Council Meeting at Rand—K/6 presentation</td>
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<tr>
<td>Wednesday 10th Sept</td>
<td>Eat it to Beat it—2.00pm</td>
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<tr>
<td>Thursday 11th Sept</td>
<td>Enviromentors Workshop—K/6</td>
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<tr>
<td>Friday 12th Sept</td>
<td>Cooking—Beck, Cricket Clinic, Assembly</td>
</tr>
<tr>
<td>Monday 15th Sept</td>
<td>School Photos</td>
</tr>
<tr>
<td>Thursday 18th Sept</td>
<td>Responsible Pet Ownership—K-2</td>
</tr>
<tr>
<td>Friday 19th Sept</td>
<td>Cricket Clinic, Last Day Term 3</td>
</tr>
<tr>
<td>Tuesday 7th Oct</td>
<td>Students and Staff Commence Term 4</td>
</tr>
</tbody>
</table>

## Lunchbox Snack Foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
</tr>
<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
</tr>
<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
</tr>
<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
</tr>
<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
</tr>
<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
</tr>
<tr>
<td>wholemeal biscuits or crackers</td>
<td></td>
</tr>
<tr>
<td>vegetable sticks and dip or salsa</td>
<td></td>
</tr>
<tr>
<td>corn or rice cakes with or without spreads</td>
<td></td>
</tr>
<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
<td></td>
</tr>
</tbody>
</table>

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.
The simplest way
to get your kids loving Fruit & Veg.

Come to our Fruit & Veg Sense Session

Eating more fruit and vegetables could be the simplest change you can make to improve your family’s health!

Rand Public School

Date: Wednesday 10th September 2014

Time: 2:00pm - 3:30pm

Venue: Cowal St, Rand NSW

RSVP: Monday 8th September 2014

Save time and money making healthy meals the whole family will enjoy. You will receive great resources too!

Don’t miss out - register now with Tracey Southam
(e) tracey.southam@det.nsw.edu.au or phone (02) 6029 5228

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
IN THEIR FOOTSTEPS
COROWA DISTRICT LANDCARE
INVITE YOU TO
WALK IN THE FOOTSTEPS OF
BIRDO’S, BUSH ARTISTS &
BALLADEERS
SATURDAY, 6TH SEPTEMBER, 2014
REDLANDS HILL RESERVE
TOM ROBERTS RD, COROWA
10 REGISTRATION
AM & MORNING TEA
10.30 BIRDO’S TAKE FLIGHT
AM WITH IAN DAVIDSON ON THE
DAVID TAYLOR TRACK
12 LUNCH (PROVIDED)
NOON AROUND THE CAMPFIRE
12.30 BALLADEERS &
PM BUSH ARTISTS
SHARE A BILLY
PRIZES!
RSVP: 1 SEPT 2014
* PH: 02 6033 8933 *
COROWALANDCARE2@BIGPOND.COM

Little Athletics is Coming to Oaklands!!!
Registration & Fun Night
Thursday 28th August 2014
@ Oaklands Recreation Ground
5.15pm - 6.30pm
Lots of fun will be had on the night followed by a sausage sizzle. All welcome.

HOW TO REGISTER
You may register and pay for your child/children’s registration in the following ways:
1. Manual form and payment by cheque or cash at a registration day, or
2. Online form at www.laansw.com.au and payment; paying with your credit card, or select
   Finley as your centre, then Oaklands in location.
3. Online completing registration details and payment by cheque or cash at a registration day.

NOTE: Whether you pay online or not you still need to attend a registration day to pick up
your registration kit including age patch and competition number, and if it is your child’s
first registration or they have had a season off, you will also need to produce proof of age
(birth certificate, passport or blue book). If you have completed an online registration,
please take a printout of your online transaction (receipt or invoice).

If you are unable to attend the registration night please contact
Tamara Nixon – 0417 559 152

Oaklands Registration Fees 2014
Individual $50 per child
Four of more Children $175 flat rate
If you are having financial difficulty please ask us about the Athlete Assistance Program
Parents: Sign Up for *Eat It To Beat It* (limited spots)

Fruit & Veg Made Easy

Eating more fruit and vegetables could be the simplest change you can make to improve your family’s health!

*Eat It To Beat It* is a new program for parents of primary aged children provided at your Primary School by Cancer Council NSW for FREE. We can show you:

- The latest nutrition recommendations for a healthy life for your family
- How small changes can make a big difference
- How many serves of fruit & vegetables are recommended to maintain a healthy balanced diet and how much is a ‘serve’
- Assessing your families intake of fruit & vegetable and tips for **including** more fruit & vegetables into meals and snacks
- Tips on how to save money while eating healthy food
- Strategies to get children to eat more fruit and vegetables
- Fast & easy, family-friendly recipes and snack ideas and much more!

Rand Public School is holding a Fruit & Veg Sense Session on Wednesday 10th September from 2:00pm – 3:30pm.

Bring along your favourite healthy recipe from home to share with other parents from your school!

You can find more information at [www.cancercouncil.com.au/eatitobeatit](http://www.cancercouncil.com.au/eatitobeatit) or by contacting Anthea on 69372602 or [anthead@nswcc.org.au](mailto:anthead@nswcc.org.au)

Fill in your details and return this form to your school to register your interest in attending an *Eat It To Beat It* Fruit & Veg Sense Session. Spaces for the workshops are limited.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number (Mobile no. for text message reminder)</th>
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<tr>
<td>Name of School</td>
<td>Rand Public School</td>
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