Principal Message

As the end of the year approaches our school is busy preparing for end of year presentations and activities as well as beginning to prepare for next year.

I’m pleased to announce that Red Range School will be formally re-classified to a P5 school for the beginning of 2015. This means that a second permanent teacher will be appointed to the school. Our returning Principal Pam Murphy has advertised this position and is currently receiving applications.

Due to our increase in student enrolments our school is preparing to support the funding of a third classroom for next year as well. We believe that maintaining small class sizes assist in supporting the needs of our students to achieve their own personal best.

In preparation for the additional class we are currently relocating our Library down to our multi-purpose room so that we can paint, furnish and prepare the old library room into a fully functional classroom.

Next year there will be a change to the year level in each classroom. There will be a Kindergarten/Year 1 class, a Year 2/3 class and a Year 4/5/6 class.

We look forward to the year ahead.

Kind Regards
Shanelle Gunther
Relieving Principal
Reminders
Please return all Library Books to school
There are a lot of activities happening over the next few weeks. Please remember to return the following notes
• Presentation Day $5 per child
• Sleep Over Night
• Shake Rattle and Bowl
• Combined Small School Swimming Carnival

PRIMARY NEWS
Our class has just put the finishing touches on our school entry for the Red Cross Christmas Tree Competition. Our tree will be on display in the Town Hall from tomorrow afternoon if you would like to pop in and have a look.
Just a reminder that Home Readers go home daily and Homework is due on Friday’s.
LIBRARY borrowing has concluded for this year as we relocate our Library to the multi-purpose room.
AWARDS
Week 6

Class Awards
Lizzie Reynolds - Fantastic effort in play rehearsals
Shania Pevy - Fantastic effort in play rehearsals
Jaydan Taylor - Being a helpful class member
Haylie Reynolds - Super neat hand writing

AWARDS
Week 7

Class Awards
Emily Cruickshank—Always doing her best.
Travis Patterson—Great effort at swimming.
Haylie Reynolds—Excellent effort in all areas.

Mathletics Awards
Bronze Award
Dainaihya Speedy—1630 points
Sarah-Jane Casson—1110 points

Super Spellers
Lizzie Reynolds
Dainaihya Speedy
Zara Beale
Travis Patterson
Jaydan Taylor
Kaylea Law
Taneekwa Patterson
Marika Patterson
Ava Smedley
Shayla Pevy
Brodie Pevy
Haylie Reynolds
Lilly Cruickshank
Chelsea Darlington
Maleike Speedy

Super Spellers
Ava Smedley
Shaquila Connor
Taneekwa Patterson
Dotty Coulter
Brodie Taylor
Marika Patterson
Nathan Philp
Jaimie Loeb
Dom Holt
Haylie Reynolds
Chelsea Darlington
Travis Patterson
Kaylea Law
Sarah-Jane Casson
Alex Loeb
THOUGHT FOR THE DAY.

We must rediscover the distinction between hope and expectation.

Ivan Illich

DEC NEWS

Kids, homework and lies

Do you think your child is lying about their homework? Listen to psychologist Anne Hollonds chat with James O'Loghlin on what to do when the dog eats the homework.


Maths at home

Kids' early experiences with measurement are often based on watching their parents. Seeing mum or dad measure and pour ingredients for a recipe or weigh items at the fruit shop will often become part of their play.


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Healthy Drinks

Did you know that a 250ml glass of apple juice or cola contains not one but 6 teaspoons of sugar?

Water has no added flavours, colours, sugar or energy so it’s the best way for kids to quench their thirst.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Tips to help children drink more water:

- Offer water when children are thirsty
- Have a jug of water on the table at mealtimes
- Keep water in the fridge so it’s cold
- Freeze half a water bottle the night before and fill the remainder with cold water before packing the lunchbox
- Send a water bottle to school for Crunch&Sip®

Milk is also a nutritious drink that children should consume, as it’s important for strong bones and teeth.

Reference:

Adapted from Healthy Kids: “Choose water as a drink” fact sheet accessed from www.healthykids.nsw.gov.au
**Good for Kids good for life**

**Fundamental Movement Skills**

Did you know?...Children do not automatically know how to catch, throw, kick, run and jump. These are known as fundamental movement skills (FMS). In the same way children need to learn the alphabet in order to read, they need to learn basic movement skills in order to lead a physically active, healthy life.

Our school is committed to providing students with opportunities to practise these skills within their PE lessons, school sport, using playground markings, fixed equipment and access to equipment such as balls, skipping ropes etc.

There are many ways parents can support their children to practice these skills at home, which include:

- Encouraging them to play in the backyard, dance to music, run or swim or play sports
- Encourage children to make their own obstacle course at home using the garden hose as a tight-rope, chairs to crawl under and the clothes line to run around
- Negotiate a limit on sedentary activities such as watching TV and playing computer games

Below is a home fun activity that you can enjoy with your children:

**Rebound Catch** Using a brick wall and a ball practise catching for 10 minutes. Throw the ball (soft medium-sized ball) at the wall under-arm and try to catch the ball with two hands.

See how many times you can catch the ball off the wall without letting the ball touch the ground, standing

- 2m away from the wall
- 3m away from the wall
- 4m away from the wall

Write down your highest score and work towards improving it each time.

**Reference:**


2) *Good for Kids Fundamental Movement Skills Lesson Plan Resource*

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**NSW Hunter New England Local Health District**

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