

# Scone Public School Newsletter

Success for all



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TERM 3 WEEK 6

Tuesday 18 August 2015

## PRINCIPAL'S MESSAGE

This week we have the excitement of Power FM visiting our school! On Thursday morning from 7am students will be able to come to school with their parents to have breakfast and see the local radio station presenting live from our front playground. There will be games and activities for the students with a chance of winning some amazing prizes. We are looking forward to seeing many families at this community event. Come and join the fun!

*Deb Fisher - Relieving Principal*

### *Quote of the week:*

*It takes a village to raise a child*

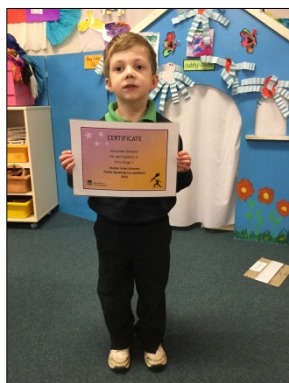
### *Value for the week:*

*Responsibility*

## CONGRATULATIONS PUBLIC SPEAKERS

On Wednesday 12 August and Thursday 13 August the following students travelled to Singleton Heights Public School to compete in the Hunter Inter-Schools Primary Public Speaking Competition:

Early Stage 1 – Vanessa and Alexander  
Stage 1 – Hallie and Flynn  
Stage 2 – James and Tristan  
Stage 3 – Oscar and Noah



Alexander from ES1

All students did their very best and received many positive comments from the adjudicator.

Congratulations to Hallie, who won the Stage 1 section, Noah who came fourth and Vanessa who came third! Many thanks to parents who transported their children to this event and we wish Hallie every success as she now progresses to the next round of this competition.

*Nicole Borg*



## MARRIAGE IN KB

On a glorious winters day Miss Q and Mr U were married in a quiet ceremony at Scone Public School. Close friends of the Bride and Groom were invited to watch on as Miss Q and Mr U were united forever in a traditional ceremony on the carpet of KB. The Brides' dress was a creation of the very talented Miss Fin and the Groom was suitably attired with his bow tie. The honeymoon will be enjoyed by all on the pages of students books wherever the words quiet, quill, quite and question, just to name a few, appear in the books of children all over the world. KB would like to congratulate Miss Q and Mr U on their joyous day and wish them all the best for future years.

*Sharon Belfield*

## A NIGHT AT THE THEATRE

Scone Public School's biennial concert will be held in Week 9 on Wednesday 9 and Thursday 10 September. There will be a matinee (12pm) and evening (6:30pm) performance on each of these days. There are great seats available for each of the matinees and unfortunately no tickets left for the evening performances. Please visit the front office if you wish to purchase tickets - \$5 per ticket.

Students and staff have been working hard to prepare their items. If you are unsure about costume requirements for your child's class, please

COMING EVENTS FOR TERM 3 2015	
Date	Event
Thurs, 20 Aug	7am – 9am Power FM breakfast
Mon, 24 – Fri, 28 Aug	Book Week
Mon, 31 Aug – Wed 2 Sept	Stage 2 @ Tocal
Tues & Wed, 1 & 2 Sept	Fathers' Day Stall
Fri, 28 Aug	Yr 1 Excursion to Reptile Park / Daffodil Day
Fri, 4 Sept	Yr 2 Excursion to Reptile Park
Wed, 9 – Thurs 10 Sept	School Concert
Thurs, 17 Sept	Mini Fete
Fri, 18 Sept	Last day Term 3

contact their teacher. Two dress rehearsals will be held on Monday and Tuesday of Week 9 so please ensure that students bring in their costumes before this time.

### WONDERFUL VISITOR TO 3B

On Thursday 13 August, 3B were treated to the great pleasure of having Auntie Ros come and speak with them. Auntie Ros is a local Aboriginal elder who has great experience in educating others about Aboriginal history.

She helped the students understand that the greatest Aboriginal rule is respect and spoke about how we can all show respect to others, to ourselves and to the land.

There were many opportunities for the students to ask questions and further explore their own knowledge of Australia's first people.

Auntie Ros also entertained the class with the retelling of two Dreamtime stories. She is a gifted story teller and had everyone enthralled with her dynamic presentations. The lessons to be learnt in each Dreamtime story was then discussed and the children gained a greater understanding of issues such as responsibility and obedience.

3B loved having Auntie Ros visit them and we thank her for sharing her time with the children.

*Nicole Borg*

### DON'T MISS OUT

Don't forget Power FM will be visiting our school this Thursday 20 Aug from 7.00am to 9.00am. Nix and Sebba from the Brekky show will be broadcasting live! Breakfast for the kids will be supplied from 7 – 8.30am and Café Mobilita will also be there selling coffees for mums and dads. Do come along and have some fun!

### PLEASE SUPPORT

The P&C have been asked if they could provide a BBQ before the two evening performances at this

year's school concert. This would allow parents to feed their child and themselves before the show. If you are available to help with the BBQ on either night please contact Tim McEwen on 6545 1593.

### BOOK WEEK 24 – 27 AUGUST

#### Theme: 'Books Light Up Our World'

Book Week celebrations this year at Scone Public School are low key as in 'even' years we have our whole school concert in Term 3 (**as such there is no Book Week Dress Up Parade**).

There will however, be a **Carnival Book Fair** in operation all next week in the library. Parents and students can purchase books for their child, Christmas presents, birthday gifts and you can also make a donation in your student's or family name to the library. A percentage of sales will be donated back to the school library.

All classes will visit the Library on Monday or Tuesday to make out a 'Wish List'. There will be lots of great books and some novelty items to purchase. Students, parents and community members are very welcome to visit the school Library during next week to make purchases. Payment methods will be Cash, Cheque or Credit Card. We will be open from 8:30am until 4pm each day.

While you are visiting the Library admire the wonderful posters that each class has made to showcase one of this year's Short Listed Books for the Children's Book Council of Australia Awards (CBCA). A BIG thank you to our very busy teachers and students for this contribution, the Library looks great with these amazing creations. Also check the Honour Roll in the library to see which students have completed the **Premier's Reading Challenge**.

Please contact me if you have any questions. It would be a great help if parents could send in spare 'Coles' or 'Woolworths' plastic bags to put purchases in.

*Mrs Karen Marshall  
Teacher Librarian*

### PLEASE HELP THE COIN TRAIL FUNDRAISER

On Thursday, 27 August at lunch time the SRC will be constructing a coin trail to raise money for The Heart Foundation. Please keep aside any spare coins and loose change so it can be placed on the heart chalk motif on the cement outside the canteen on this day.

Many thanks in anticipation of your support for this charity.

*The SRC*

### FATHERS DAY

The P & C Fathers' Day Stall is being held on the Tuesday 1 and Wednesday 2 September. We are

looking for helpers on the days. All gifts are \$5 each. Please contact Cassandra on: 0409 094 742.

### National Science Week- Making waves: the science of light Light Facts

Brighten your science knowledge with our fun light facts for kids. Enjoy interesting trivia related to colour, the speed of light, optics, sunlight, ultraviolet light and infrared light. Understand how electromagnetic radiation works and discover the many fascinating properties of light.

- In physics, light refers to electromagnetic radiation. The light we normally talk about in everyday life refers to the visible spectrum (the part of the electromagnetic spectrum that the human eye can see).
- Other animals can see parts of the spectrum that humans can't. For example, a large number of insects can see ultraviolet (UV) light.
- UV light can be used to show things the human eye can't see, coming in handy for forensic scientists.
- The wavelength of infrared light is too long to be visible to the human eye.
- Scientists study the properties and behaviours of light in a branch of physics known as optics.
- [Isaac Newton](#) observed that a thin beam of sunlight hitting a glass prism on an angle creates a band of visible colours that includes red, orange, yellow, green, blue, indigo and violet (ROYGBIV). This occurred because different colours travel through glass (and other mediums) at different speeds, causing them to refract at different angles and separate from each other.
- Light travels very, very fast. The speed of light in a vacuum (an area empty of matter) is around 186,000 miles per second (300,000 kilometres per second).
- Light travels slower through different mediums such as glass, [water](#) and air. These mediums are given a refractive index to describe by how much they slow the movement of light. Glass has a refractive index of 1.5, meaning that light travels through it at around 124,000 miles per second (200,000 kilometres per second). The refractive index of water is 1.3 while the refractive index of air is 1.0003, meaning that air only slightly slows down light.
- Light takes 1.255 seconds to get from the Earth to the Moon.
- Sunlight can reach a depth of around 80 metres (262 feet) in the ocean.
- One of the many things Italian scientist [Galileo Galilei](#) worked on was telescopes, producing telescopes with around 30x magnification in some of his later work. These telescopes helped him discover the four largest moons orbiting [Jupiter](#) (later named the Galilean satellites).

- Photosynthesis is a process that involves [plants](#) using [energy](#) from sunlight to convert carbon dioxide into [food](#).

### PARENT CORNER

#### 10 signs you're overparenting your child -

Well-intentioned and loving parents, beware! Over parenting is a 'thing' and even intelligent and devoted parents are doing it, says Dr Wendy Mogel, clinical psychologist and author of The New York Times best-selling parenting book, *The Blessing of a B-Minus*. According to Mogel, over parenting is a new normal for today's mums and dads who, as dedicated as they may be, still succumb to overindulging, overprotecting and overscheduling their children.

So what is fuelling these parental behaviours?

It's fear, says Mogel. "Parents today are either afraid for their children or afraid of their children." And in an effort to control a world that is seemingly spinning faster than ever before, parents try to control the one thing they believe they can—their children. It's no surprise then, that behaviours that help parents alleviate their fears are common in the signs of over parenting. Here are some signs of over parenting and tips to work through them, from Dr Mogel's program, *Overparenting Anonymous* (for good parents gone bad):

#### 1. You forbid activities that scare you

Parents are mistaking their child's vulnerability for fragility, explains Mogel. But in order for children to learn increasing independence and gain self-confidence, parents should let their child try age-appropriate (legal!) activities. Adolescence is tricky ground for parents. Taking calculated risks is necessary preparation for post-childhood life. Mogel suggests freedom should be granted based on a child's demonstrated responsibility and accountability.

#### 2. You panic when your child gets a bad grade

Parents panic because they react to one snapshot as if it's the epic movie of their child's life, states Mogel. And to some parents, one bad grade conjures images of their child being forever behind the pack. Instead of critiquing everyday marks, appreciate your child's persistence and hard work, says Mogel. It reinforces the skills and habits that lead to success.

#### 3. You find it hard to say no

Rather than let a child feel disappointment or even hunger, parents are indulging their child, and are afraid to say no to them. Mogel points to the generation of fussy eaters who have learned to be fussy because their parents confuse wants with



needs. Work up the courage to say no, is Mogel's advice. You don't always need to reach a consensus.

4. You do everything for your child

You carry their school bag, you shuttle them here and there, you are their personal stylist, cook and cleaner. As children get older, let them do things for themselves, recommends Mogel. Abstain from doing everything for them and let them gain competence in ordinary work.

5. You try and 'fix' your child

You examine your child as if they are your work of art, then unsurprisingly, you find flaws that need to be 'fixed'. Your child is not your masterpiece, states Mogel. Their grades, popularity, or personality traits are not the only measure of them (or you). 'Don't fret over or try and fix what's not broken.'

6. You talk more than you listen

You offer solutions, admonishments and explanations before your child has finished talking. You chime in before they get a chance to finish their sentence. Dr Mogel suggests using this technique before jumping in: Ask, why am I talking (W.A.I.T)? And listen four times more than you talk.

## 7. You leap quickly into alarm mode

Another fear response in action, explains Mogel. Be alert, yes, but not automatically alarmed. If your child comes to you bleeding, it's not necessarily an emergency situation, explains Mogel. Same for the 'bad' report card or not making the hockey team. Ask: is this alarming, or simply a challenge?

8. You let your child quit quickly

Sometimes children don't like the feeling of being mediocre at something and the learning process before accomplishment can be uncomfortable. Your child can determinedly press their case to quit and you can feel drained by trying to sway their opinion. But quitting is not always the answer, advises Mogel. Listen to your child's concerns and consider them. Also, let your child know that first impressions can change, commitment is honourable, and your investment of time and money is not to be disregarded.

9. You constantly compare your kids with others

Social media is a perfect platform for the brag alert from parents who publish their child's accomplishments and it's easy for parents to react to others' highlights reel. Avoid thinking your child is in some sort of race or competition with other kids, advises Mogel. Don't react as if your child has no prospects for their future— it simply isn't the case. And other parents lie, adds Mogel.

10. Your child has no time to play

Extracurricular activities fill your child's schedule (and yours). In an effort to give your child every opportunity, you deplete your finances and your energy. And everybody else's children are equally busy, so it feels like you are swimming against the tide if you don't provide your child with lots of scheduled activities. Don't undervalue nature and playing outside, utilising all five senses, advises Mogel. Get outside with the kids, or let them have time outside without you hovering by their side.

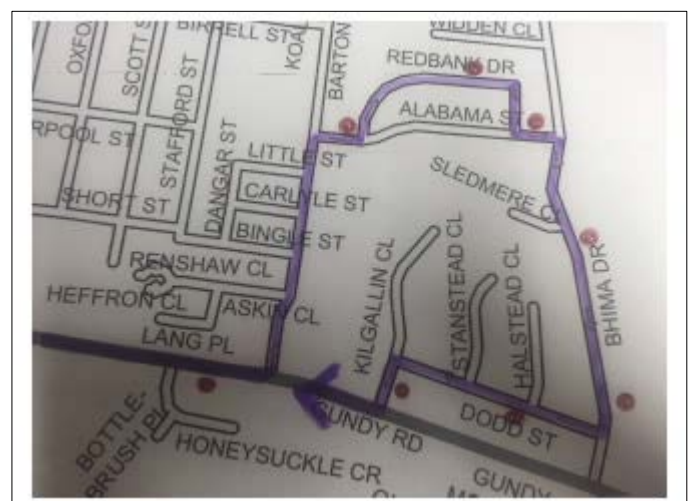
Mogel's model emphasises guidance and empathy over control and micromanagement. Parents who try and smooth the road for their children are missing the point, asserts Mogel. It's the self-reliant and resilient children and teenagers who will be better prepared for the road ahead of them.

**RE: GUNDY BUS ROUTE EXTENSION**

We wish to advise parents that as of Monday 24 August 2015 our Gundy Bus Route will now have an extension on the run back (or second loop in the morning and the first loop in the afternoon) for children who go to St Mary's, Scone Public and Scone Grammar who live around Alabama Street, Redbank Drive, Sledmere Close, Bhima Drive and Dodd Street areas.

If your child is currently catching the 10 – Gundy Bus they will continue to catch the same bus they are currently. If your child is currently catching the 12 – Bunnan Town Bus they will need to now catch the 10 – Gundy Bus. If your child's bus pass has a number 12 on it, it will need to be handed to the bus driver who will return it to our office for a new bus pass to be reprinted with a number 10 on it.

Below is a map of the new bus route that has been approved by TfNSW.



Please be at your new bus stop at least 5 minutes

earlier for the first week or so while we are fine tuning stopping times and places. The approximate times for the new bus route are:

STOP	AM	PM
48 Gundy Road		3.26
1 Alabama St	8.24	3.28
23 Redbank Dr	8.25	3.29
35 Alabama Dr	8.27	3.31
28 Bhima Dr	8.29	3.33
8 Bhima Dr	8.30	3.34
11 Dodd St	8.32	3.36
20 Kilgallian Cl	8.33	3.37
55 Gundy Rd	8.34	

Should you have any questions regarding this please feel free to speak to your bus driver.

*Osborns Transport*

### COMMUNITY NEWS

**Scone Touch footy rep trials** will be on Tuesday 8<sup>th</sup> September at 4pm, at Scone Sports Complex (Bill Rose).

If you know in advance that you will not be able to make it, but are keen to play please email Nicky Western at [nwestern@upperhunter.nsw.gov.au](mailto:nwestern@upperhunter.nsw.gov.au) or call on 0414-806074.

Training for most teams will be on Tuesday afternoons at 4-5.15pm. Carnivals that we will be attending this year are:

Scone – 1<sup>st</sup> November

Gosford – probably 13<sup>th</sup> December

Nelson Bay – Feb 6 & 7<sup>th</sup>

Junior State Cup – Port Macquarie 19/20/21<sup>st</sup> Feb  
(U12 boys and girls only at this stage)

### Scone Anglican Parish Winter Fair

Saturday 22 August from 9.00am to 1.00pm. St Luke's Anglican grounds. There will be cakes, produce, plants, trash n treasure, Devonshire tea, bbq, children's activities, books, face painting.

### Scone High School Reunion

If you attended Scone High School at any time in any class / year/ during these years you are invited to a reunion on Saturday 5 September at the Scone Golf Club. For further details please contact Terry Walsh at : [terrywalsh@y7mail.com](mailto:terrywalsh@y7mail.com) or mob: 0403 061 020

### Upper Hunter Youth Council Digi Ed Claymation Workshop

Movie making workshop registration forms are now available at the school office. Registration close Tuesday, 1 September. The workshop is for Yr 3 students and older.


Nutrition Snippet

## The simplest way

...to get organised for school lunches.

Over the course of your child's school life, you will pack around 2,500 school lunches!

Follow our six-step method to make school lunches easy, healthy and eaten every day!

1. Always include a serve of fruit (cut up if your child is young)
2. Always include a serve of vegies (don't forget legumes like baked beans count, too!)
3. Always include a drink of water
4. Always include a serve of wholegrains (bread, rice or pasta leftovers)
5. Always include a serve of reduced-fat dairy (cheese, yoghurt)
6. Always include a protein (egg, chicken, tuna).

See our website and facebook for more ideas!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)





**It's coming...**

## The Croods

movie night hosted by  
the Scone

Neighbourhood

Centre. Shown on our 6  
metre outdoor screen!

*Saturday 19th*

*September*

At Scone Park, Hill Street,  
Scone.

\$15 family of 4.

\$5 extra per  
additional child.

Expected time of start:  
7pm

For more info contact  
6545 2562.



# Year 6 Mini-Fete

**Thursday, 17th September 12 - 1:30pm**

Haunted hall

Cake Stall

Lollyland

Guessing Competitions

Boat Racing

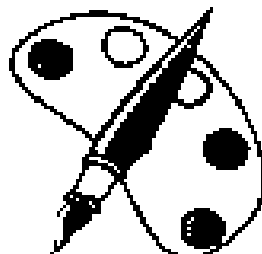
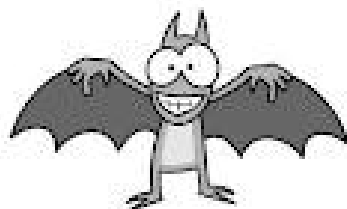
Hair Spray

Nail Painting

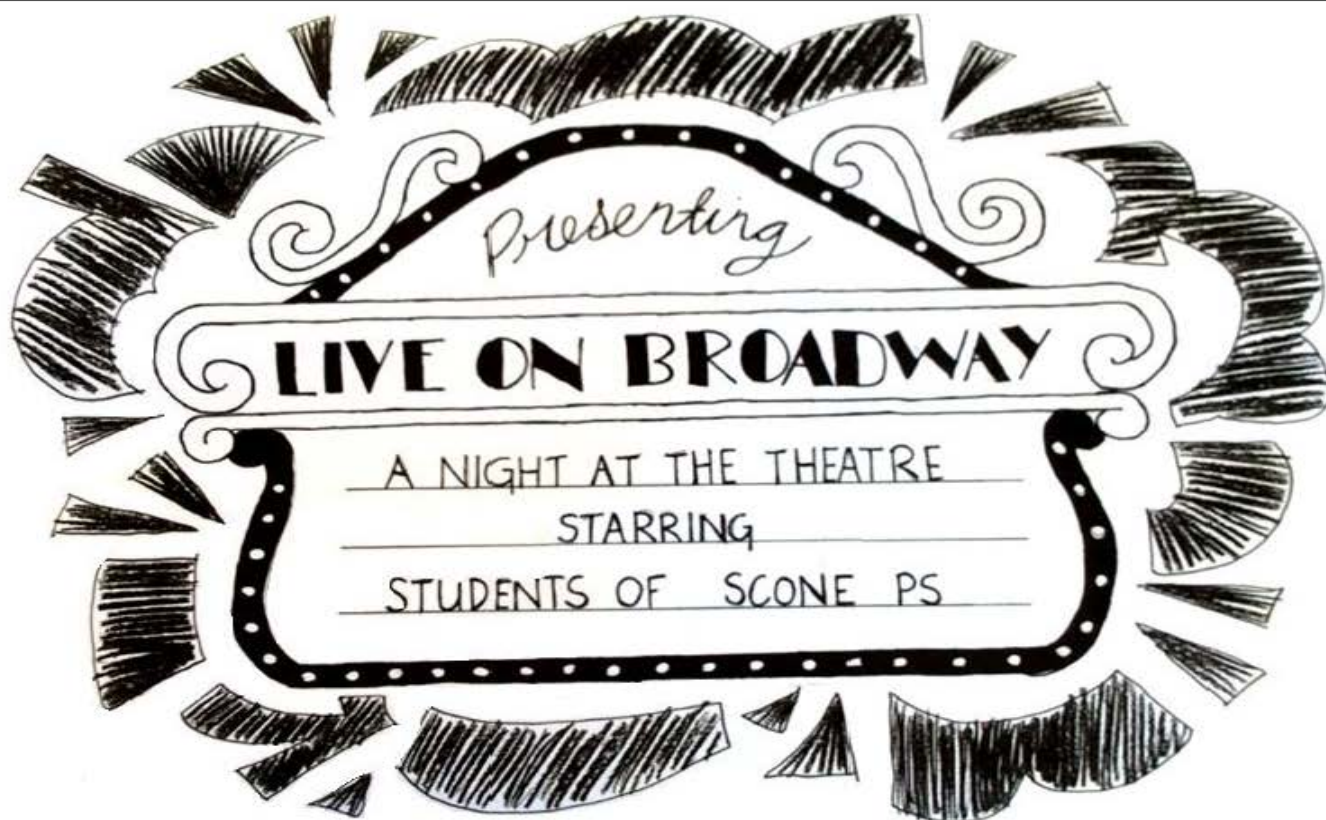
**And many more...**

**Cost : 50c - \$2**

Fundraising for the 2015 gift to Scone P.S  
\$1 donation for Mufti





**WEDNESDAY MATINEE**

9<sup>TH</sup> SEPTEMBER 12pm start

**WEDNESDAY NIGHT**

9<sup>TH</sup> SEPTEMBER 6:30pm start

**THURSDAY MATINEE**

10<sup>TH</sup> SEPTEMBER 12pm start

**THURSDAY NIGHT**

10<sup>TH</sup> SEPTEMBER 6:30pm start

**TICKETS**  
**\$5.00 EACH**

**TICKETS ON SALE**  
**MONDAY 10<sup>TH</sup> AUGUST**

**TICKETS CAN BE PURCHASED AT**  
**SCONE PUBLIC SCHOOL**