Rubbish Free Lunch Day
Every Wednesday!

Hargraves Public School
The school with a heart of gold

25th October 2013
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State Athletics
Congratulations to our relay team of Grace Angel, Reese Harley, Rhees Hancock and Cody Lawson who competed in the Nigel Bagley P5 relay at the State Athletics Championships at Homebush last Thursday. The team ran 4th in their heat, beating their time from Dubbo by 2 seconds and also beating the two teams who had beaten them at the Western Region Trials. They progressed to the semi finals, coming 5th in very windy conditions and narrowly missed a place in the final. What a great effort!

Congratulations also to Cody Lawson who ran a great 200metre race against some very tough opposition. What a great achievement for these four students to have run at a State Championship. We are all very proud of you.

Children’s Book Illustrator Craig Smith Visits School
How lucky we were to have well-known children’s book illustrator Craig Smith visit Hargraves School on Monday afternoon to work with the children. Craig was on a three day visit to the area courtesy of the CLC and travelled to a number of schools in the area.

He talked to the children about the various steps in the illustrating process, showing them many examples of his outstanding work. He then took them step-by-step through the drawing of a picture and the results were quite amazing.

The children’s pictures will be on display in the primary room. Craig has left us with two of his pictures he drew on the day.

T-Ball Skills Day
What a great day was had by all on Wednesday at the T Ball skills day in Mudgee.

Organised by Mr Mick Boller from Lue and ably assisted by some outstanding young Mudgee High School students, the children progressed through a range of skill building games before playing some friendly games of T Ball.

It was amazing to see the children’s skills develop as the day progressed.

A big thank you to the parents who helped us with the transport.

School Photos will be taken NEXT Wednesday morning at 9.30 am 30th October by local photographer Shannon Beasley.

No money needs to be sent to school. A selection of photos will be sent to school, from which parents may choose the ones they want to purchase. Shannon will also be available to take photos of playgroup children.

All children will need to be dressed in clean and tidy summer uniform—girls are asked to wear their school dress if they have one. Black shoes are also to be worn for those who have them.
**TERM 4, 2013 CALENDAR**

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**Hill End “Gold” Excursion**
At the end of last term the primary students enjoyed a day in Hill End as a culmination of their HSIE Unit of work on Gold. They tried their luck with gold panning, visited an old mine where they climbed the many ladders back to the surface and enjoyed a guided walk through the village where they learnt what Hill End looked like in the Gold Rush period. Thank you to Miss Wakely for organizing this excursion.

**Guys & Ghouls, come along to our Halloween Fancy Dress Party!**
Saturday 26th October from 5pm onwards – Hargraves Recreation Ground/ Cricket Flat (moved to the Hall if raining)
**PLEASE BRING A PLATE & SOME LOLLIES FOR THE KIDS TO SHARE**
BYOG. BBQ available for use. Chocolate Wheels on the night!!
Contact Di (6373 8405) or Sharon (6373 8614)

**Students of the Week**

Reese Harley
For a great effort writing his narrative and creative illustrations

Rhees Hancock
For good work in Literacy

Jamie Simpson
For trying very hard with writing his name

Michael Hurney-Butcher
For trying hard with writing

Tyler Miller
For an amazing effort in Maths, learning about probability

Bridget O’Brien
For a great week’s work and being helpful to others

**Top 10 Parenting tips**

1. When your child wants to show you something, stop what you are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things you both enjoy.

2. Give your child lots of physical affection.

3. Talk to your child about things that they are interested in, and share aspects of your day with your child.

4. Give your child lots of descriptive praises when they do something that you would like to see more of e.g. “Thank you for doing what I asked straight away”.

5. Children are more likely to misbehave when they are bored so provide lots of engaging indoor and outdoor activities.

6. Teach your child new skills by first showing the skill yourself, then giving your child the opportunity to learn the new skill.

7. Set clear limits on your child's behaviour. Sit down and have family discussions on the rules in the home. Let your child know what the consequences will be if they break the rules.

8. If your child misbehaves stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead. E.g. “Stop fighting and play nicely”.

9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.

10. Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.

From Triple P “positive parenting program”