FROM THE PRINCIPAL’S OFFICE

School Assembly – Congratulations to the Year 3/4 class for running a great assembly last Friday. This Friday’s assembly will be our Education Week Assembly and will be run by the Kinder class and will start at 12.30 pm. We do hope to see you there. A reminder that there will be no class items at the school assemblies this term, due to the Whole School Performance to be held at the end of the term. Students will be spending their time rehearsing for this.

Boys Basketball State Knockout Match – Congratulations to the boys’ team for their great win over Junee North Public School last week at the Holbrook Basketball Stadium. Their next game will be a semi-final game against Tumut Public School. Good luck boys!

CWA International Day – Our Year 6 students can be very proud of their efforts on Thursday. They all represented the school proudly and their Italian projects were extremely well received.

P&C Meeting – The next P&C Meeting will be held this Wednesday in the school library, starting at 7.00 pm. Everyone is most welcome!

Education Week: Public Schools NSW – Celebrating Local Heroes – occurs from 27 July to 31 July. We will be celebrating Education Week at our school next Friday, 31 July. The day will involve open classrooms (12.00 pm to 12.30 pm), assembly (12.35 pm to 1.15 pm) and barbecue lunch (1.15 pm to 2.00 pm). It should be a great day and we hope you will be able to join us. See attached flyer.

Kinder Orientation – Attached to today’s newsletter is a list of the dates for this year’s Kinder Orientation Program. If you have any questions, or would like an interview, please don’t hesitate to contact myself or Miss Mills. Enrolments for 2015 are now being taken. Please see the school office for forms. We will be holding a Kinder Orientation Evening for Parents on Thursday 6 August, starting at 7.00 pm in the school library. Everyone is most welcome to attend.

Uni. of NSW Digital Technologies Test Results – We had 6 students participate and were awarded 4 participation certificates and 2 credit certificates. Congratulations to Audrey Lieschke, for receiving a credit. Her score was in the top 30% of Year 3 participants in Australia.

Congratulations to Portia Martin, for receiving a credit. Her score was in the top 18% of Year 4 participants in Australia.

• Year 3 – school 14.5 below Australia of 15.4
• Year 4 – school 16.0 below Australia of 18.1
• Year 5 – school 17.0 below Australia of 19.9
• Year 6 – school 17.0 below Australia of 22.7

Well done to these students on their results, considering the difficulty of the test.

Audrey Lieschke
Portia Martin
Uni. of NSW Science Test Results – We had 7 students participate and were awarded 5 participation certificates and 2 credit certificates. Congratulations to Portia Martin, for receiving a credit. Her score was in the top 21% of Year 4 participants in Australia. Congratulations to Fletcher Weaven, for receiving a credit. His score was in the top 32% of Year 5 participants in Australia.

- Year 3 – school 14.0 below Australia of 17.7
- Year 4 – school 17.5 above Australia of 17.3
- Year 5 – school 20.5 same as Australia of 20.5
- Year 6 – school 10.0 below Australia of 20.7

Well done to these students on their results, considering the difficulty of the test.

We would like to thank Luke, Stacee, Tara, DPI Fisheries and the Murray Local Land Services for these fish as well as the tank. They will help teach our children about fish in the local area and how important it is to look after our environment.

Creative Catchment Kids

Jason Weaven
Principal

Canteen Roster

Friday 31 July: Kirsty Tepper
Monday 3 August: Candy Bartels-Waller
Friday 7 August: Tamarin Hughes

School Kids Bonus

Now that most families have received their July School Kids Bonus, it might be a good opportunity for you to pay your school contribution and excursion fees.

Southern Pigmy Perch

On Wednesday 22 July, we welcomed six new Southern Pygmy Perch to our school. The Creative Catchment Kids, Maggie, Ben, Michael, Jade and Ellen, met Luke Pearce, Stacee Staunton-Latimer and Tara Pitman. Luke placed the fish into our new tank in the library and then spoke to the students about these fish. They learnt about their natural habitat, why their numbers are diminishing in the wild and how we can look after them.

Education Week Barbecue

Friday 31 July 1.15 pm

Hot food
Smart Sausage $2.00
Brainy Burger $3.00

Drinks
Wise Water $2.00
Joyful Juice $2.00

Something Sweet
Clever Cone with ice cream and Milo $1.00
Zippy Zooper Dooper 50c

Products:
- White bread from the Holbrook Bakery;
- Sausages and burgers from Tony’s Butchery;
- Fountain tomato and BBQ sauce;
- Black and Gold vanilla ice cream;
- Milo;
- Black and Gold ice cream cone cups,
- Golden Circle brand fruit boxes in various flavours;
- Zooper Dooper icy poles;
- Coleslaw with consist of cabbage, carrot and Praise coleslaw dressing.

If you do not want your child to eat these products, please contact their teacher before the day.
From 15 July 2015 to 8 September 2015 you can collect stickers from the checkout in any Woolworths store and place them on your sticker card (available from the office).

Once your card is full, place it in the Holbrook Public School **earn & learn** box located at Woolworths:

- Albury;
- Lavington;
- Thurgoona and
- our office.

Take another card from the office and start again. At the end of the promotion our school can choose from a range of English resources, arts and crafts materials, science equipment, sports gear and more which go towards your child’s education.

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**PRE-LOVED UNIFORMS IN STOCK NOW!**

**Summer**
- Short Sleeve Polo Shirt 4, 8, 10
- Girl’s Summer Dress 6, 8, 10, 14

**Winter**
- Long Sleeve Polo Shirt 4, 8
- Windcheater 6
- Boys’ Trousers 4, 8, 12
- Tartan Pants 6, 8

**Sport**
- Sport Shirt 6
- Track Pants 4, 6, 8, 12

**Other**
- Library Bags One size $5 ea

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**SPARE LAPTOPS WANTED**

We are asking for donations of spare laptops for Meg’s Children Nepal. Meg’s Children Nepal is an Australian, not for profit charitable trust, which supports and enhances the lives of 20 Nepalese children who do not have family to cater for their basic needs.
SCHOOLS SPECTACULAR CHOIR BARBECUE AND CAKE STALL

On Saturday 29 August we will be holding a barbecue and cake stall outside IGA to raise funds for the choir girls to go to Schools Spectacular in November. We would really appreciate donations of cakes and/or baked goods. If you are time poor and unable to bake, please just come down say "hello" and purchase a sausage. Any donations can be either left in the office on Friday or taken directly to the stall on Saturday morning.

STARS OF THE WEEK

Hayley Vankeroerle, Year 1

Janita Nickel, Year 4/5

AWARDS

Miss Mills
Holly Hall – For using excellent strategies during reading
Henry Nevinson – For listening carefully during mathematics activities

Miss Luff
Zac Spencer – A terrific start to Term 3
Will Wood – For using his sound and sight word knowledge in writing tasks
**Miss Murphy**
Millie Walsh – For always using excellent manners during Peer Support
Hamish Watson – For always using excellent manners during Peer Support
Annabel Pincott – For writing well-structured and informative recounts
Alex Power – For reading fluently and confidently

**Miss Leary**
Annabelle Bickley – For outstanding enthusiasm in Sound Waves
Archie Swan – For being an excellent listener and helper

**Mrs Fairley**
Cruz Schirmer – Always persisting with his learning
Isabella Weaven – Being a wonderful helper to the teacher and other students

**Mr Preston**
Tia Charles – For working very well during literacy
Ella Cheshire – For a mature approach to her learning during numeracy

**Miss Lavis**
Archie Gunn – Displaying an enthusiastic and mature approach towards his maths
Jade Hunt – Making a concerted effort with her writing

**Mr Gardner**
Kate Bulle – Working well with angles
Ewan Mackinlay – Working well in English

**Miss Peterson**
Blake Lee-McKie – Using applied knowledge in comprehension activities
Julia Mathie – Working mathematically when solving word problems

**Mrs Wedgwood**
Tahlia Francis – Welcome back to Holbrook Public School and settling into Year 6 quickly
Maddy Wheeler – Being honest and trustworthy Year 6 – Being excellent ambassadors for our school and diligent in completing tasks

**Mr Weaven**
Molly Barr-Smith – For producing a great piece of writing and fluent reading
Indianna Paton – For producing a great piece of writing about unicorns

**VALUES AWARDS - RESPONSIBILITY**
Junior: Jack Pitzen
Senior: Logan Wright

**STAR CARD WINNERS**
Yellow Playground Star Cards
Annabelle Bickley and Ella Lieschke

Blue Classroom Star Cards
Dominic Valena and Seth Webb

**25 NIGHTS READING AWARD**
Matilda Preston

**50 NIGHTS READING AWARD**
Matilda Preston

**75 NIGHTS READING AWARD**
Mahleigha Jolly, Matilda Preston, Oscar Preston

**100 NIGHTS READING AWARD**
Thomas Black, Aaron Gamble, Primrose Heriot, Stirling Heriot, Mahleigha Jolly, Hamish Livermore, Matilda Preston

**125 NIGHTS READING AWARD**
Isobel Atkinson, Isaac Bennetts, Harry Capell, Mathew Mulloy-Ellison, Olivia Toll

**150 NIGHTS READING AWARD**
Maggie Jamieson

**175 NIGHTS READING AWARD**
Maggie Jamieson

**SPORTSMANSHIP AWARD**
Isobel Atkinson, Georgina Barr-Smith, Delaney Emerson, Daniel Grunow, Aaron Heritage, Abby Holt, Maggie Jamieson, Matilda Nevinson, Fletcher Parker, Anna Pitzen

**SPONSORSHIP:**
The following businesses of Holbrook sponsor our newsletter. Please support them when you can.

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For more information contact:
Mr Phillip Carroll, Principal
Address: Gordon Street, Culcairn NSW 2660
Phone: 02 6029 9377
Fax: 02 6029 8833
E-mail: billabong-h.school@det.nsw.edu.au
Web: www.billabong-h.schools.nsw.edu.au
You can also follow us on Facebook at Billabong High School

DSA MUSIC

STUDIO LESSONS

$30
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*WEDNESDAYS & THURSDAYS ONLY*
7/145 Albury St (old convent opposite bakery)
M: 0490 030 564
E: dsamusicon101@gmail.com

SeamstressS

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Email: june.kilpatrick@bigpond.com

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The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is one way to get your kids eating the right amount of fruit and veg. There are a few ways of making healthy lunch boxes hassle free:

- Pack the night before, so it’s not a rush in the morning.
- Always pack a serve of fruit: chopped or sliced for younger kids, or a fruit salad for a change.
- Always pack a serve of veg: think sliced vegie sticks, hummus or vegie dip, and even roast veges.
- Include salad on your child’s sandwich – every bit counts!
- Include wholegrains and a serve of protein (lean meats, eggs and tofu all count)
- Add a serve of dairy and a bottle of water.

Remember to aim for five serves of veg, and two serves of fruit every day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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Local Heroes

Cut, glue, match and paste
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of childcare, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and much about Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out in a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or evening, just whatever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or lock down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes and let their hands and arms float down to their sides or get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.