



# Peak Hill Central School Newsletter

## We are a Respectful, Responsible, Safe and Successful School

Caswell Street, PEAK HILL NSW 2869

P: 02 6869 1304 E: peakhill-c.school@det.nsw.edu.au

W: www.peakhill-c.schools.nsw.edu.au



Term 1 Week 6 Friday 3rd March 2023

## Principal's Report

The Teaching staff are excited to meet with students their parents and carers on Monday for our annual Meet the Teacher Pizza and Sausage sizzle night at the pool. This is a great opportunity to talk with the 2023 teachers, learn how your child is settling into the school year and learn about the programs your child will learn this year. Everyone can have a swim and you don't have to worry about dinner as we are providing pizza and a BBQ. Hope you can all make it. ( Please see the advertisement below)

Positive Behaviour for Learning ( PBL) was expanded and relaunched this week. Students will undertake PBL lessons each week and continue to earn Russell's for demonstrating our PBL values. Each week every teacher nominates 5 students to be awarded a Deadly Award.

Deadly Awards help students achieve Bronze, Silver, Gold and Platinum Awards. Students on the SRC are working on finalising the rewards for each of these levels. Please see below for details on how Positive Behaviour for Learning will work at PHCS in 2023.

I will be travelling to Sydney next week with our Primary Captains, Azaria and Henry with the Captains from Yeoval Tullamore and Tottenham for the Primary Leadership Event at Darling Harbour.

**Mr Peter Neilsen**  
Principal

### Positive Behaviour For Learning

At Peak Hill Central School, we believe in providing a safe learning environment, where students are respectful of others, engaged in their learning, and strive to achieve their personal best. We provide all students with an opportunity to acquire the knowledge, skills and values to successfully continue their education, and to be respectful, responsible active citizens who serve, problem solve and positively contribute to the community.

### Fast and Frequent 'Russell's'

This reward system aims to encourage positive behaviours and actions through the use of 'fast and frequent' awards. Students can receive a 'Russell' (fast and frequent) reward in and around the school when displaying desired behaviours. Each week students place their Russell ticket into a draw for an opportunity to win a prize from the PBL cabinet.

### Deadly Awards

This reward system aims to acknowledge students who are demonstrating deadly values. Our Deadly Awards are a separate award system that aims to encourage effort, achievement and improvement for our students. Each week, every teacher will nominate students who have demonstrated the deadly values as outlined on the award. Awards are presented on assembly and publicised in our newsletter and Facebook page. Student awards are accrued to earn rewards and acknowledge their efforts throughout the year.

Bronze	Silver	Gold	Platinum
5 Deadly Awards (Primary)	10 Deadly Awards (Primary)	20 Deadly Awards (Primary)	Gold Level plus 90% Attendance
10 Deadly Awards (High School)	20 Deadly Awards (High School)	40 Deadly Awards (High School)	No major negative incidents
In School Reward	Out of School Reward	Out of Area Reward	In school uniform and an award presented at Presentation Night

## Meet the TEACHER

*You are invited to the town pool on Monday 6 March @ 4pm.*

*Come along for some family fun, fresh hot pizzas and catch up with the teachers.*

**MEET THE TEACHERS @ THE POOL NEXT MONDAY!**



## Principal

Mr Peter Neilsen

## Deputy Principal & WAP ISAC

Mrs Catherine Doyle

## Assistant Principal

Ms Grace Stewart (Mon  
& Tue)

Mrs Lyndal Edge (Mon—  
Fri)

## AP C & I

Mrs Georgia Watt

## Head Teacher Secondary Studies

Miss Sarah O'Leary

## Head Teacher Wellbeing Secondary

Mr Luke Watt

## Head Teacher Student Attainment

Ms Brenda Stewart

## Head Teacher Western Access Program

Mrs Crystal  
Stanford

## Aboriginal Education Officer

Mrs Vicki Sharah

## Administration Manager

Mrs Tanya Stanford

## P & C Committee

### President

Ms Francis Robinson

### Vice President

Mr David Gaunt

### Secretary

Ms Kim Dern

### Treasurer

Ms Brenda Stewart

## PHCS – RESPECTFUL, RESPONSIBLE, SAFE & SUCCESSFUL

Our school is a Positive Behaviour for Learning (PBL) School, where every week our students from Kindergarten to Year 12 participate in structured, explicit lessons with staff to learn the Respectful, Responsible, Safe and Successful behaviours which are required for all aspects of the student's life, both at school and in the wider community. Every fortnight an explanation of the focus behaviour will be advertised in the Newsletter. Every student has the opportunity, everyday to be rewarded for doing the right thing. We look forward to celebrating these successes with your child and their class in 2023. Please do not hesitate to pop into school to have a chat if you have any questions about PBL.

## INVITATION – MEET THE TEACHERS @ THE POOL

**You and your family are invited to the town Pool next Monday at 4pm – for a Meet the Teacher afternoon.** For the past two years this has been a highly successful event, where



staff, parents and carers can meet and interact in a relaxed and casual setting. Please bring the family along to enjoy, free, fresh hot pizza, a sausage sizzle and fun structured games and activities on the lawn.

## PERSONAL LEARNING PLANS (PLP)

Teachers will be making contact with parents/carers to make a meeting time to sit with you and your child, to identify their personal strengths and areas where we can offer tailored support to improve their learning outcomes this term and over the coming year. Thank you to the families who have already attended meetings this term. Remember, your child's teacher is the first person to contact in supporting your child's social, emotional and academic success. If you have any questions or concerns please do not hesitate to contact the school to seek assistance.

## HOMEWORK HELP IS AVAILABLE

Every Tuesday and Thursday from 3.30 – 4.30pm in our School Library there are teachers available to help all students from Kindergarten to Year 12. Afternoon tea is provided. Students just need to let their teacher know that they will be coming



## LEARNING @ TAFE

This is a busy week for our Stage 6 students who are enrolled in a TAFE subject. This week we have:

- Stacey, Mary, Amelia, Jada and Emma attending the Certificate II in Beauty Retail at Dubbo TAFE all week
- Dominic attending the Narromine Road TAFE to complete his Certificate II in Automotive
- Lara and Stacey attending the Taronga Western Plains Zoo every Tuesday to complete their Certificate II in Animal Care



- Sarah, Zachery and Shelby will be completing their Certificate II in Shearing both online and face to face each Friday this year

At PHCS we recognise that there are many Pathways to Success and we want to encourage each of our students to engage in a journey to learning and training that best suits their areas of interest and the possibility of future employment.

### WAP CAMP

Thank you to the students and staff who participated last week in the Stage 6 Western Access Camp at Burrendong Dam Sport & Recreation Centre. It has been incredibly positive to hear of the high levels of engagement and learning that took place during the week. I would also like to personally congratulate our students on their excellent behaviour during the camp

### BACK TO PEAK HILL WEEKEND

We invite all visitors to the community for the Back to Peak Hill Weekend on the 17 – 19 March, to make time on either Friday afternoon or Saturday morning to come and visit the school. On Friday afternoon we will be proudly honouring Mr John van der Reyden, our former PE Teacher with the official opening of the John van der Reyden Gymnasium at 2.30pm followed by a Devonshire Tea served from our Hospitality Kitchen. On Saturday we will be serving gourmet lunch boxes and a range of barista made hot and cold beverages. Please come along and be part of a guided school tour, which will operate on both Friday and Saturday. Please contact the school for further details.



### CONGRATULATIONS COOPER

Congratulations to Cooper who was recognised as an incredibly talented young Lawn Bowls Champion by the Sunrise Program last fortnight. We are very proud of the time, effort and commitment that Cooper has made to be recognised by this National Program. Cooper is 1 of 40 children across the state to be selected in the Bowls NSW Junior Representative and Development Squad for 2023. Well done, Cooper and keep up your passion and enthusiasm in this sport!



### LAWN BOWLS

Well done to Cooper, Zachery and Michael who competed in the Lawn Bowls Competition against Grenfell High School at Peak Hill last Friday. While Grenfell was the winning team by 17 – 4 on the day, I want to acknowledge the commendable sportsmanship displayed by our team who played well and gracefully conceded their loss on the day. Thank you to each of you for so respectfully representing PHCS.



### YEAR 7 & 10 - IMMUNISATION NOTES

A reminder to students in Year 7 and Year 10 to please return the SIGNED Immunisation notes which went home last week as soon as possible. Thank you in advance to parents and carers for your support with this very important program.

### STUDENT WELLBEING

A reminder to all students and families if you need any extra support to be successful at school, please contact me at school and let me know. There is no issue too big for us to solve if we work together. Our goal is to keep our students happy, healthy, and well so that they can be at school and learning every day.

### REGULAR SCHOOL ATTENDANCE - RUNNING LATE FOR SCHOOL?

Even if you are running late for school, please still send your children. Every day is important both socially and academically, please don't let them miss a minute!

**Parents of children from Kindergarten to Year 12 must ensure their children attend school every day.**

### STUDENT MOBILE PHONES & SOCIAL MEDIA

There has been a lot of discussion in the news about mobile phones in high schools in NSW. Last week this was also a conversation raised at our P&C meeting. Please remember, NO mobile phones are permitted during class time in secondary. Phones must remain in students' bags. As a single parent who raised four teenagers myself, I cannot stress enough to families how important it is to keep our children safe when they are using social media. Please know what your children are doing online and how they can keep themselves safe. We will be having this conversation with our students in secondary this week and we have invited our Police Liaison Officer, Senior Sargent Daniel Greef to school this term to speak with each class about staying safe online.



### NAMES ON STUDENT BELONGINGS

Please write your child's name on their clothing, lunch bottles and water bottles as it will help us return these to your child much faster. Thank you in advance for your support as we often have a large amount of unclaimed clothing left at school.

Wishing everyone a happy, safe and restful weekend. We look forward to a fabulous Week 7 starting on Monday.

**Mrs Catherine Doyle**  
**Deputy Principal**

**Peak Hill Central School – where every child is  
KNOWN, VALUED and CARED for.**

### HEAD TEACHER NEWS

Congratulations to all students who have consistently demonstrated our PBL values of respect, responsibility, safety and success this term. During Term 1 our students have improved their knowledge, understanding and skills in various areas including academic, sporting, cultural, artistic and agriculture.

For weekly sport this term we have provided students with options to maximise participation, they have the choice between basketball with Mr Palmer, netball with Miss Pickering and swimming at the local pool with Miss O'Leary. We have also been utilising the new school gym during PE classes across all year groups. On Mondays students have the opportunity to participate in John Moriarty Football which is a successful Indigenous football initiative for 2–18-year-olds. They provided a semi-structured environment where students are able to practice, develop and utilise their skills in a child and team focussed approach.

It is important for all students to participate in the range of sporting opportunities that Peak Hill Central School provide. Students in Year K-10 need to participate in a minimum of 150 minutes of planned moderate activity across the school week, as mandated by the Department of Education. This time includes planned weekly sport. Therefore, we would love to see all students participating regularly in these activities unless they have a medical certificate stating otherwise.

Following our successful swimming carnival, we have seven students, India, Ruby, Sharntelle, Cooper, Jacob, Zac and Taliyah, representing our school at Western Swimming Carnival next week, good luck Team!

NAPLAN will run for Year 7 and Year 9 from Wednesday the 15<sup>th</sup> of March until Friday the 24<sup>th</sup> of March. The secondary NAPLAN timetable will be in the newsletter for viewing. We encourage all students to be at school on time on these days and to try their hardest.

**Miss Sarah O'Leary**  
**Head Teacher Secondary Studies**



## HEAD TEACHER NEWS

The library has been a busy place this term, with students enjoying the space to read and play games together. Students have been learning to play Scrabble and Chess and showing each other the rules.

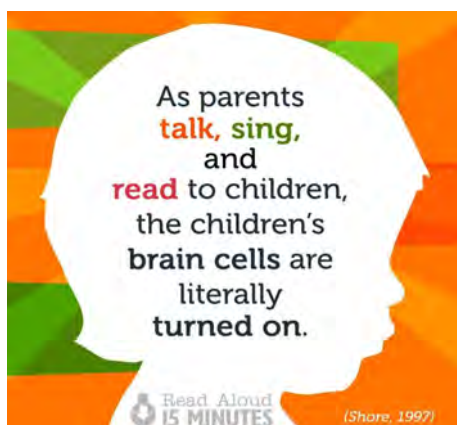
With library time established again for primary, students have been borrowing some interesting books. It has been a pleasure to get to know more about what the students are interested in reading. Our literacy work for our school plan has once again shown the importance of reading. The stage 4 Literacy classes will be swapped to reading, and library time for stage 4 is now built into their literacy time. Please try and help our students improve their reading by helping them read at home, or reading to your child.

In HSIE Stage 4 are working on creating a museum artefact of the Viking Era. The students are very interested in the topic and learning that the things they thought they knew about the Vikings are incorrect. However, they have learned where the word berserk comes from, get them to tell you!

Stage 5 are learning about Australia's involvement in World War I. They have been shocked at the hardships the soldiers endured. This week they will be learning more about Trench War Fare and the chemicals used by both sides.

On Tuesday afternoon some students were lucky enough to get a ticket to attend the Parkes Library Lockdown. Photos next newsletter and more news about the fun night.

**Ms Brenda Stewart**  
Head Teacher Student Growth and Attainment



# BACK TO PEAK HILL 17 - 19 MARCH 2023



**FREE ACTIVITIES ALL WEEKEND**

## You are invited to Peak Hill Central School

*2 - 4pm Friday 17 March*

*The Official Opening of the  
John van der Reyden Gymnasium at 2.30pm  
followed by a delicious Devonshire Tea*

*11am - 2pm Saturday 18 March*

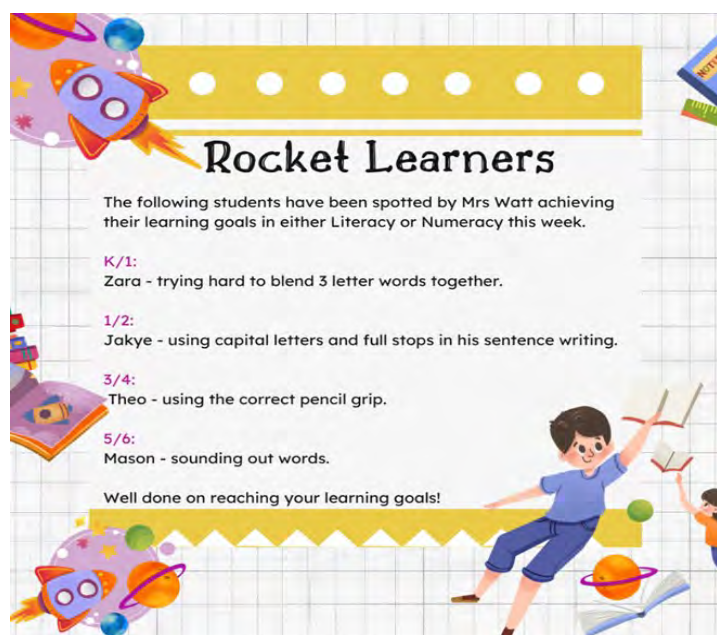
*Open classrooms & school tours*

*Gourmet lunch boxes and barista made beverages  
will be available*



## LITERACY AND NUMERACY CORNER

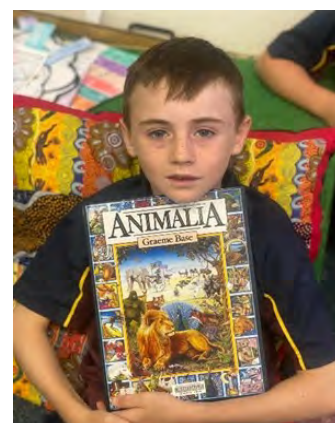
MacqLit and MiniLit are explicit and systematic reading intervention programs for small groups to support reading and Literacy development. Each of the students from Year 1-6 have been assessed for this program. Over the next fortnight our groups for this intervention program will begin. If your child has met the requirements for this program, you will receive a permission note. Any questions about this program, please do not hesitate to contact me.



## READING CIRCLES IN PRIMARY

Reading Circles are underway in Primary. Students are in their new groups for the year, exploring a variety of texts. The groups participate in a variety of activities such as drawing what they are reading, vocabulary exploration, chapter reviews, book reviews and so much more. It was lovely to take a walk around each circle and see the student's loving reading together.

We love reading at PHCS!



Have a wonderful fortnight!

**Mrs Georgia Watt**  
AP Curriculum & Instruction





## KINDERGARTEN/YEAR 1

It has been another fantastic and busy fortnight in K/1! We have been doing lots of practise with syllables and rhyming words. This week we are starting to learn sounds beginning with the sound / m/, with the help of our friend Maggie Mouse!

We read the book, "We're Going on a Bear Hunt". We made a story map of all the places the family went on their bear hunt and made each scene out of craft supplies. This was so much fun! Then, we decided to go on our own bear hunt but since there is a shortage of bears in Peak Hill, we went on a hunt for the next best thing...a principal hunt! We searched all over the school and found Mr Neilsen in his office!

In Maths, we have been learning about patterns. We have made patterns using so many materials like beads, counters and pom poms.

K/1 have been learning about living things in Science. We did an experiment to see what would happen if we put some white flowers in water with red food dye. The next day, the flowers had turned red!

Please remember to send students with their library bag each Wednesday so they can return and borrow library books.

**Miss Ella Bandur**  
Classroom  
Teacher



## YEAR 1/2

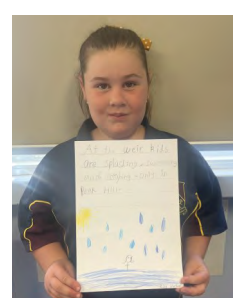
Year 1/2 have been having so much fun! We have been settling in well and learning so much.

In English, we have been reading the text "Under the Southern Cross". We were so inspired by the book that we wrote our own - called "Only in Peak Hill"! We each wrote about what we do in the town and illustrated our page. Find it soon in the front office!

In Maths, we have been focusing on length. We have had so much fun using various objects to measure things in our classroom. We have also been outside measuring the distance of one place to another. Maths is so fun, especially when it is outside!

In art we have painted our own landscapes of Peak Hill.

**Miss Sheldyn Briggs**  
Classroom Teacher





## YEAR 3/4 NEWS

Students in 3/4 have been learning about the Great Barrier Reef in Geography. They are making a 3D artwork of the reef in Visual Arts which will take at least 4 lessons to complete. They have also written Cinquain poetry about sea creatures.

**Mrs Lyndal Edge and Mrs Kelley Westcott**  
Classroom Teachers



**Below is the Year 3/4 Artist of the Week:**



Turtle  
Green slow  
Swimming turning twisting  
They make me happy  
Reptile

Ethan .mann6

Shark  
scary sneaky  
swimming turning lowering  
they scare me a lot  
hunter

Teece.cohen

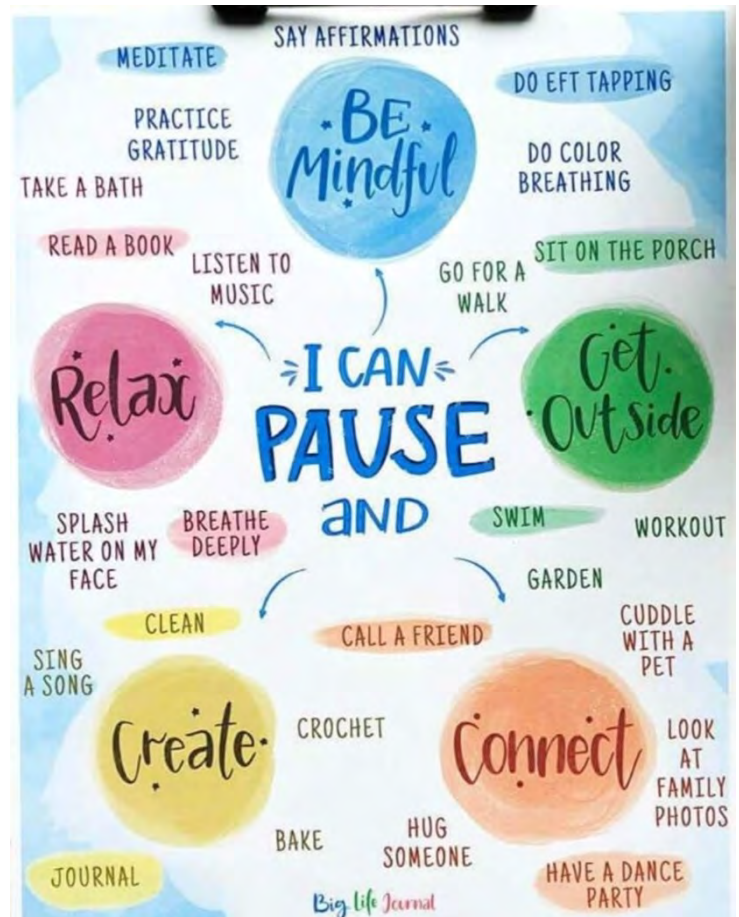
Grace  
Sea snake  
Slimy slippery  
swimming turning twisting  
they make me disgusted  
Reptile

Whale  
Big grey  
Swimming turning eating  
they make me surprised  
mammal.

DOPHIN  
GREY NOISY  
JUMPING SWIMMING DIVING  
THAT MAKE ME HAPPY  
MAMMAL

TURTLE  
GREEN SLOW  
TWISTING SWIMMING EATING  
THEY MAKE ME HAPPY  
REPTILE

IDA





## YEAR 5/6

We have had a busy fortnight in the classroom.

Congratulations to Tiashayla, Henry, Liam, Lochlan and Azaria who represented PHCS with pride at the Gobondery NARRAF swimming carnival last Thursday.

Our students have been working hard completing assessment tasks for both Maths and Writing. It is fantastic to see continual growth from these results.

During Writing we have continued our book study of "The Golden Door". Students are becoming more engaged with the story and are learning to answer comprehension questions in full sentences.

In Maths, our focus is on length. During our rotations we focus on our times tables, explicit length tasks as well as independent tasks set in Essential Assessment for each individual student.

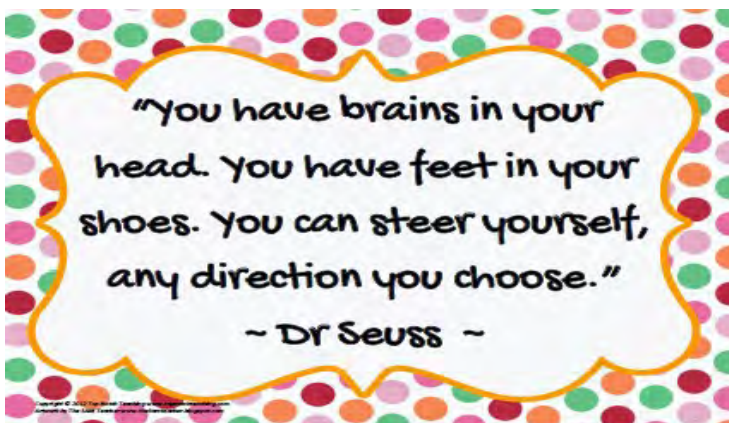
We are looking forward to another busy fortnight next week!

## PRIMARY SPORT

Last Thursday, 23<sup>rd</sup> February Azaria, Henry, Tiashayla, Lochlan, Liam Mann, Millaka, Mahaliaha and Olivia travelled to Narromine to compete in the Gobondery NARRAF swimming carnival. All students displayed outstanding behaviour and sportsmanship on the day. We are all so proud of how far each student has come in their swimming ability.

A big congratulations to Mahaliaha Dawson who has made it to Western Swimming in the 8 years girls 50m Freestyle event. We wish her all the best of luck!

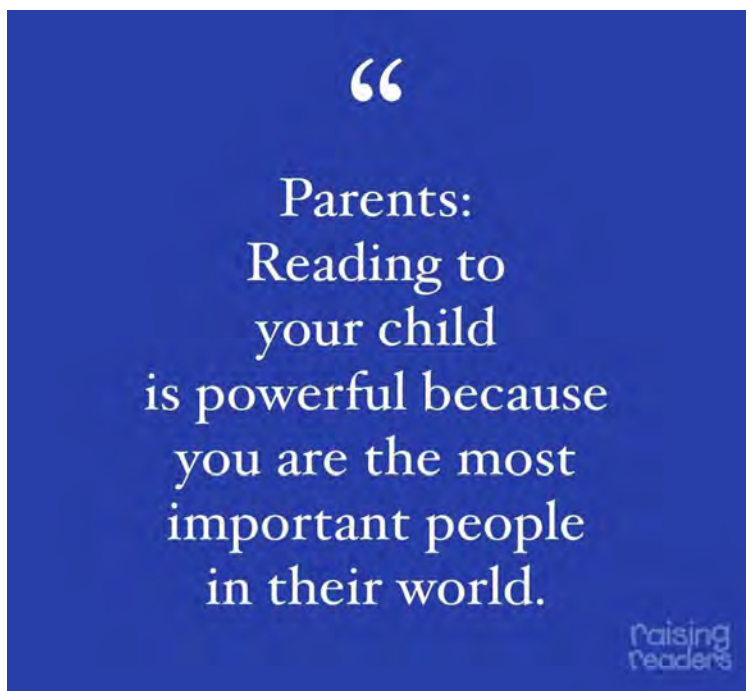
Miss Teagan Heraghty



## LEGO GROUP

Students in ACTIVATE had a wonderful time building some amazing Lego creations this week. Look at their beautiful images.

Mrs Kelley Westcott  
Lego Group Teacher





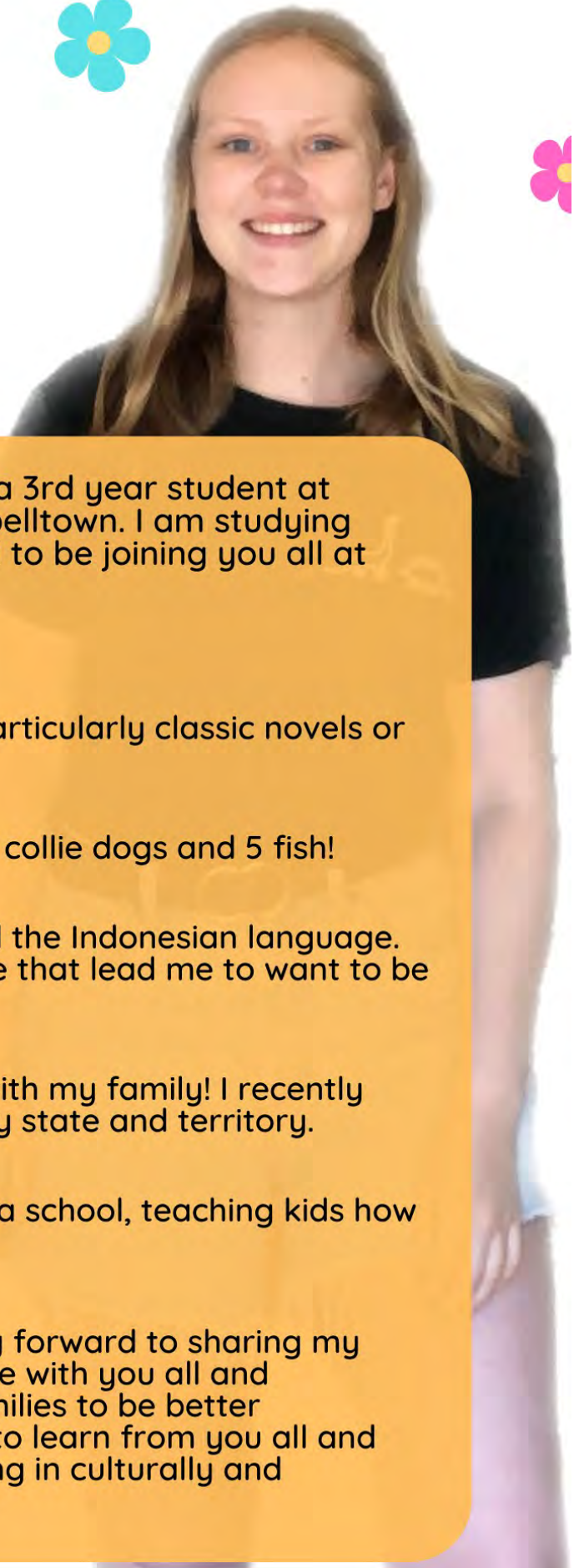








# Hello



My name is Lauren Stelzer and I am a 3rd year student at Western Sydney University in Campbelltown. I am studying Speech Pathology and am so excited to be joining you all at Peak Hill to continue my learning!

Some fun facts about me are:

- In my spare time, I love to read, particularly classic novels or Shakespearean plays.
- At home, I have 2 beautiful border collie dogs and 5 fish!
- When I was in high school I studied the Indonesian language. This sparked my love for language that lead me to want to be a speech pathologist!
- I love travelling around Australia with my family! I recently achieved my goal of going to every state and territory.
- When I am not studying, I work at a school, teaching kids how to play the flute.
- During this placement I am looking forward to sharing my knowledge of speech and language with you all and empowering children and their families to be better communicators. I am also excited to learn from you all and become more competent in working in culturally and linguistically diverse communities.



# HELLO *Gaama*

My name is Alex Gooley, and I am studying Speech Pathology at Western Sydney University. I am in my third year of the degree, and excited to be joining all of you at Peak Hill on my placement!

## Some quick facts about me are:

- My favourite way to spend time is with my dog at the beach.
- When I am not studying, I work at Sydney Theatre Company as an usher.
- I love to read, you will always find a novel in my bag.
- My baking specialty is caramel slice.
- Before I started this degree, I was a flight attendant.
- My goal as a student on this placement is to be able to share my knowledge about speech and language so that families feel that this is information they can really use!

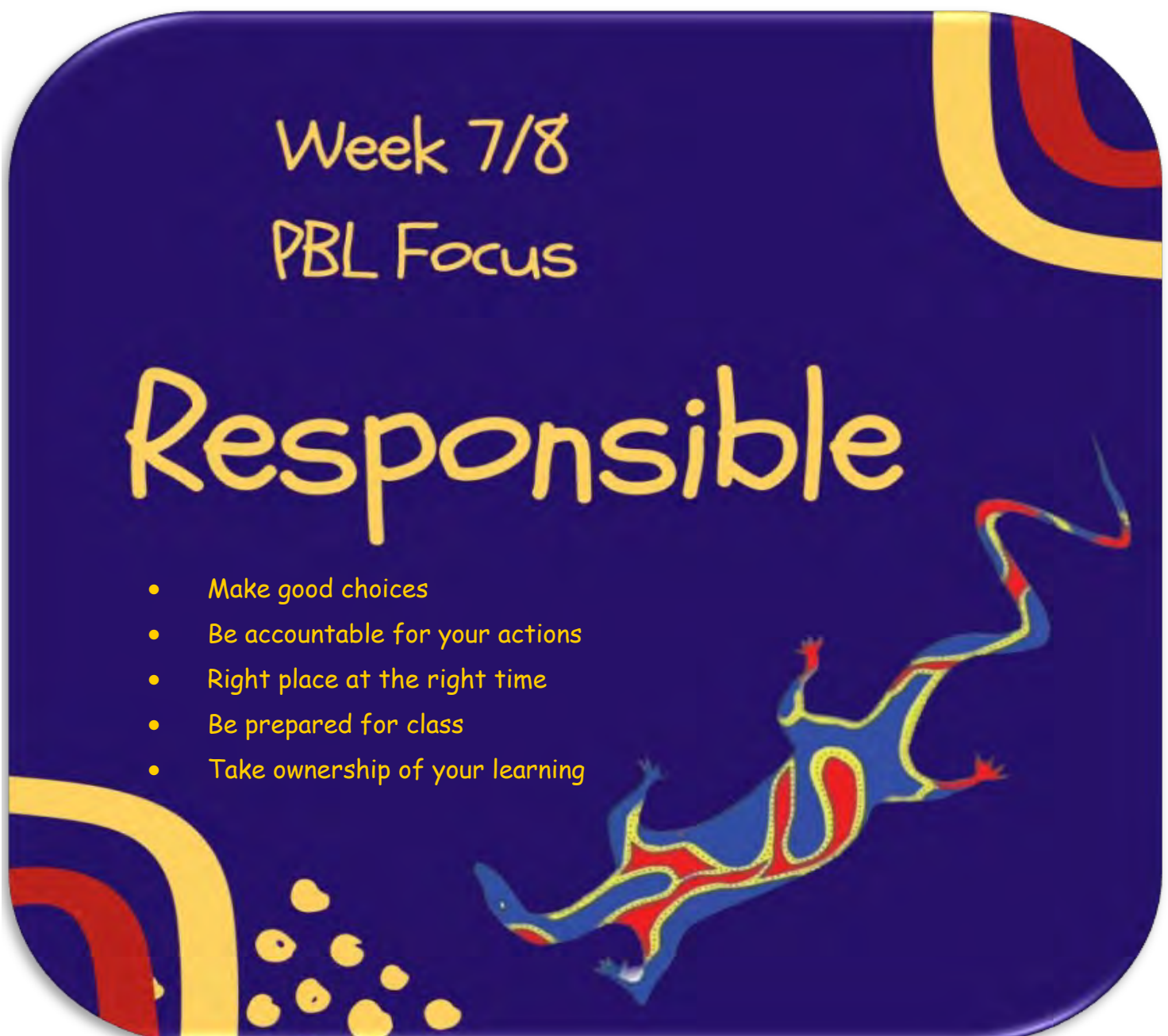
## Positive Behaviour for Learning (PBL) @ PHCS

Positive Behaviour for Learning at Peak Hill Central School is an educational process involving the whole-school community to contribute to developing a positive and safe learning environment.

### How it Works

The process of PBL focuses on positive behaviours through explicit teaching, acknowledgement and reward. At Peak Hill Central School, we do this in a variety of ways, including free and frequent Russell tickets which get drawn from a raffle weekly for students to win prizes, assembly awards for students demonstrating our PBL values. We also support and encourage positive behaviours through our acknowledgement days once a term, and explicit lessons written ready to reteach positive behavior expectations.

Each fortnight there will be a PBL Focus. The focus for Week 7/8 is Responsible behaviour:





## PRIMARY/SECONDARY NAPLAN TIMETABLE

### 2023 NAPLAN INFORMATION

Every year the National Assessment Program – Literacy and Numeracy (NAPLAN) assesses the literacy and numeracy skills of students in Australia. All students in Years 3, 5, 7 and 9 who are enrolled at a NSW school are expected to participate in NAPLAN unless they are withdrawn or exempt. Below is the schedule for Years 3 & 5 students. Catch-up sessions are made available for students who are absent for their scheduled test sessions.

Additional information about NAPLAN 2023 can be found at:

NESA: <https://www.educationstandards.nsw.edu.au/wps/portal/nesa/k-10/understanding-the-curriculum/naplan/parent-information>

Included is the public demonstration site which is available for students, teachers and parents to familiarise themselves with the types of questions, tools and functions available for the NAPLAN tests. It includes demonstration tests for each NAPLAN year level, test domain and alternative tests for students with disability.

### PRIMARY NAPLAN TIMETABLE 2023

Wednesday 15 March	Monday 20 March	Tuesday 21 March	Wednesday 22 March
<b>Writing</b> Year 3 (40 Mins) 9:15am – 9:55am	<b>Reading</b> Year 3 (45 Mins) 9:15am – 10:00am	<b>Conventions of Language</b> Year 3 (45 Mins) 9:15am – 10:00am	<b>Numeracy</b> Year 3 (45 Mins) 9:15am – 10:00am
Year 5 (42 Mins) 11:10am – 11:52am	Year 5 (50 Mins) 11:10am – 12:00pm	Year 5 (45 Mins) 11:15am – 12:00pm	Year 5 (50 Mins) 11:10am – 12:00pm

### SECONDARY NAPLAN TIMETABLE 2023

Monday 13 March	Tuesday 14 March	Wednesday 15 March	Thursday 16 March	Friday 17 March
<b>Preparation Day</b>	<b>Preparation Day</b>	<b>Writing</b> Year 7 9:00am – 10:00am Year 9 11:30am – 12:30pm	<b>Reading</b> Year 7 10:00am – 10:10am Year 9 11:30am – 12:30pm	<b>Catch up day</b>
Monday 20 March	Tuesday 21 March	Wednesday 22 March	Thursday 23 March	Friday 24 March
<b>Conventions of Language</b> Year 7 9:00am – 10:00am Year 9 11:30am – 12:30pm	<b>Catch up day</b>	<b>Numeracy</b> Year 7 9:00am – 10:00am	<b>Numeracy</b> Year 9 11:30am – 12:30pm	<b>Catch up day</b>





# HEAD LICE TREATMENT OPTIONS

## INFORMATION FOR PARENTS AND CARERS

There are two treatment options for head lice.

1. Mechanical removal (removal with a head lice comb)
2. Chemical removal

### Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the lice are caught before they lay too many eggs.

If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep the comb handy to where you wash your children's hair and use it every time you wash their hair.

### Chemical removal

If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working. If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

### What to do about bedding and clothing

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

\*This information is based on information provided on the NSW Health Nitbusters website.





# CLEANERS WANTED

Applicants need to be available to work  
Monday to Friday between the hours  
5:00am-7:00pm.

- Split shifts: 5:00am-9:00am and  
2:00pm-7:00pm
- Day shift available from 11:00am-3:00pm

[careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)  
[www.jossgroup.com.au](http://www.jossgroup.com.au)

## Poultry For Sale

### POULTRY FOR SALE

Rhode Island Red Bonhem pullets for sale \$15 each, payment through school office only. Pick up from the school.







## 2023 REGISTRATIONS NOW OPEN!



**JUNIORS: AGES 5 - 17 (IN 2023) \$130 - \$180**

**EVERY JUNIOR RECEIVES A TRAINING BALL**

**LADIES: \$268**

**REGISTER BEFORE 18<sup>TH</sup> MARCH & GO INTO THE DRAW TO WIN  
A SWAG, TRAINING BALL AND SOCKS.**

SEASON BEGINS SATURDAY, 29<sup>TH</sup> APRIL, 2023 at Harrison Park, Parkes.

**REGISTER NOW AT:**

**[WWW.PLAYFOOTBALL.COM.AU/REGISTER](http://WWW.PLAYFOOTBALL.COM.AU/REGISTER)**

**FOR MORE INFORMATION PLEASE EMAIL:**

**[PDASACOMMITTEE@OUTLOOK.COM.AU](mailto:PDASACOMMITTEE@OUTLOOK.COM.AU)**

**#PDASA**   

**We're coming  
to your community**



**Our Mobile Service Centre is coming to  
Peak Hill**

**Thursday the 23rd of March 2023**

**9:00am - 3:00pm**

**Bringing NSW Government services to you.**

Call **13 77 88** or visit [service.nsw.gov.au](http://service.nsw.gov.au)  
to check our latest timetable.

Severe weather may mean our timetable has to  
change at short notice, we strongly recommend  
you check on the day.

**Find us at:**  
Commerical Gardens  
Dugga Street



**Join the  
optimists**



**Are you looking for a career change? Australian Unity is looking  
for **Care Workers** to join our team in **Peak Hill****

**What's involved:** Joining one of Australia's leading care providers, you'll be assisting  
aged people and people with a disability with domestic assistance  
& personal care in their own home, as well as providing important  
social companionship

**What you need:** Fully insured car, honest & caring nature, good decision making  
skills, reliability, ability to learn new skills and willingness to obtain  
a Police Check, Aged Care Qualification and relevant experience

For more information on joining Australian Unity, please visit our Careers  
website [www.australianunity.com.au/careers](http://www.australianunity.com.au/careers)

OR please contact our Lachlan Branch directly on **1300 295 815**

**Time to thrive**



**Brien Holden Foundation will be  
screening *Vision* at  
PHCS .Thursday 16<sup>th</sup> March 2023**

**This is a free service for any  
student who has returned a  
permission note prior to the visit**





# We're here for every body



**Our next Women's Health clinic is at  
Peak Hill MPS**

**5th April, 2023**

The Women's Health Service offers free, confidential clinics for all - from puberty to menopause and beyond.



Health  
Western NSW  
Local Health District

To book at LOCATION  
call 1300 008 422

# Peak Hill Playgroup

Playgroup is about getting together with other parents, children, babies, caregivers and families to have positive parent/child interactions, share ideas, information and experiences in a casual environment that welcomes all community members.



## VENUE

Boatswain House  
Peak Hill  
(Next to St Joseph's School)

## DATES

Friday -  
February 10<sup>th</sup>  
February 24<sup>th</sup>  
March 10<sup>th</sup>  
March 24<sup>th</sup>

## TIME

10.30am - 12.30pm

For direct information please contact Vanessa on 68635426 or vsmade@ccwf.org.au



CatholicCare  
Wilcannia-Forbes

To book a place or for more information contact us on  
**1800 067 067** [ccwf.org.au](http://ccwf.org.au)



**SATURDAY  
25 MARCH 2023  
9AM - 2PM  
COOKE PARK**

**MARKETS  
CROP SWAP  
ART/POTTERY EXHIBIT  
GARDEN TOUR  
ENTERTAINMENT  
COMPETITIONS....**

- Costa Rocks!
- Costa Beards
- Costa Scarecrows



*Costa Georgiadis with*

For further information, please contact Marg Applebee on 0418 611 053 or email [homegrownparkes@gmail.com](mailto:homegrownparkes@gmail.com)

[facebook.com/homegrownparkes](https://www.facebook.com/homegrownparkes)

[instagram.com/homegrown\\_parkes](https://www.instagram.com/homegrown_parkes)

[#homegrownparkes](https://www.tiktok.com/homegrownparkes)



CENTRAL WEST  
LACHLAN  
LANDCARE



Parkes  
Shire Council



## Parkes Junior Hockey 2023 JUNIOR COME & TRY/TRAINING DAY



EVERYONE is welcome to the Parkes Junior Hockey Super Gala Day!

It's FREE and tonnes of FUN!!! If you are NEW to hockey, or returning for another year, please come on over and join us in the FREE coaching clinic and claim your FREE sausage sanga when you're done!

- Friday 3 & 10<sup>th</sup> March.
- 5.30pm - 7.00pm
- Parkes Hockey Complex
- FREE Coaching Clinic for all ages and abilities
- NEW PLAYERS encouraged to Come 'n' Try.
- Existing Players free to come and train.
- FREE sausage Sanga on the 10<sup>th</sup> for all Participants
- Registration Help and Advice



### 2023 REGISTRATION & COMP INFO

Hockey is for the whole family! The Parkes Junior Hockey Committee invites all children aged 3 - 18 years to register to play hockey in the 2023 hockey season. Parkes Hockey is 100% inclusive of all ages and abilities, encourages children to be active and learn new skills, socialise & make new friends, as well as be part of a team. But most importantly, it's FUN!!!

**REGISTER ONLINE NOW** at [www.revolutionise.com.au/parkeshockey/](http://www.revolutionise.com.au/parkeshockey/) Click on 'REGISTRATION', then 'REGISTER' (if new to hockey) or 'RENEW' (if returning in 2023 please refer to the Flow Chart on the Facebook page). All fees include registration with Hockey NSW, insurance and all turf and umpire fees. **Regos due by 11<sup>th</sup> March**

**FEES:** Based on child's age as at 31/12/2023

- Preschool & younger = \$50
- 8 Years & under = \$100 (or FREE with Active Kids Voucher)
- 11 Years & under = \$100 (or FREE with Active Kids Voucher)
- 12-18 Years = \$155 (or just \$55 with Active Kids Voucher)

'Parkes Junior Hockey' Facebook & INSTAGRAM pages - Like and Follow these pages for ALL information regarding junior comps, draws & results, rep teams, carnivals...everything!

**UNIFORM** - All players are to wear black sport shorts/skirts and Parkes hockey socks (black with 2 white hoops at top). These items can be purchased from Sportspower Parkes. Playing Shirts are supplied but must be returned at the end of the season.

**MOUTHGUARDS & SHINPADS ARE COMPULSORY FOR ALL PLAYERS UNDER 18 YEARS OF AGE**

GRADES & COMP FORMAT	PLAYER AGES	COMP START DATE
A Reserve Grade	Mixed	
A Grade	High School	Monday 20 <sup>th</sup> March
B Grade	Mixed	Wednesday 22 <sup>nd</sup> March
B Reserve Grade	Mixed	Years 5 & 6
C Grade	Mixed	Years 3 & 4
D Grade	Mixed	Years 1 & 2
	Kindy & Preschool	Saturday 18 <sup>th</sup> March

[www.revolutionise.com.au/parkeshockey/](http://www.revolutionise.com.au/parkeshockey/)



# School Calendar Term 1 2023

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	6 Meet the Teacher @ the Pool  Primary Captain Excursion	7	8	9 Western Swimming – Secondary Dubbo	10 Primary Swimming Western CHS Bowls Yr 11 Bio Excursion - Tullamore
Week 8	13	14	15 NAPLAN 2023 15-27 March Years 5, 7 & 9	16 1.30 – 2 pm Primary Assembly  VISION TESTING – Brian Holden Foundation	17 BACK TO PEAK HILL WEEKEND – School Open Day 2-4 pm 2.30 pm Official Gym Opening  NSW Public School Sec Aboriginal Dance Workshop  VISION TESTING – Brian Holden Foundation
Week 9	20  TAFE – Shearing	21  Course Dubbo	22	23	24 Year 5 – ECO Day In Parkes
Week 10	27	28 Parkes Youth Library Excursion	29	30 1.30 – 2 pm Primary Assembly	31
Week 11	3	4	5	6	7 <b>GOOD FRIDAY</b>

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1. If you find yourself rushing, make an effort to slow down.	 2. Take three calm breaths at regular intervals during your day.	1. Set an intention to live with awareness and kindness.	2. Notice three things you find beautiful in the outside world.	3. Start today by appreciating your body and that you're alive.	4. Notice how you speak to yourself and choose to use kind words.	5. Bring to mind people you care about and send love to them.
6. Pause to watch the sky or clouds for a few minutes today.	7. Find ways to enjoy any chores or tasks that you do.	8. Eat mindfully. Appreciate the taste, texture and smell of your food.	9. Take a full breath in and out before you reply to others.	10. Get outside and notice how the weather feels on your face.	11. Stay fully present while drinking your cup of tea or coffee.	12. Listen deeply to someone and really hear what they are saying.
13. Focus on what makes you and others happy today. <a href="http://dayofhappiness.net">dayofhappiness.net</a>	14. Listen to a piece of music without doing anything else.	15. Stop. Breathe. Notice. Repeat regularly.	16. Get really absorbed with an interesting or creative activity.	17. Look around and spot three things you find unusual or pleasant.	18. Have a 'no plans' day and notice how that feels.	19. Cultivate a feeling of loving-kindness towards others today.
20. Appreciate nature around you, wherever you are.	21. Notice when you're tired and take a break as soon as possible.	22. Choose a different route today and see what you notice.	23. Mentally scan your body and notice what it is feeling.	24. Discover the joy in the simple things of life.	25. Focus your attention on the good things you take for granted.	26. Choose to spend less time looking at screens today.

ACTION FOR HAPPINESS

Happier · Kinder · Together



