

# Chandler Public School

## NEWSLETTER and CHANDLER CHATTER

**Term 1**

**24 March 2011**

**Week 9**

### Dates to Remember

#### April

Fri 8 Finlayson Cup  
Fri 8 Last day for Term 1  
Mon 25 ANZAC Day  
March @ Hillgrove  
Thur 28 Students return for Term 2



#### May

Mon 2 AASC – Gymnastics  
Mon 2 P&C 7:00 pm  
Fri 6 Promotional photo shoot  
Wk 3 3 days NAPLAN – Year 3  
Wed 11 Teddy Bear's Picnic

#### October

24 -28 School Camp at Cascade, Dorrigo

#### January 2012

Friday 27 First Aid Certificate

### Regular Events

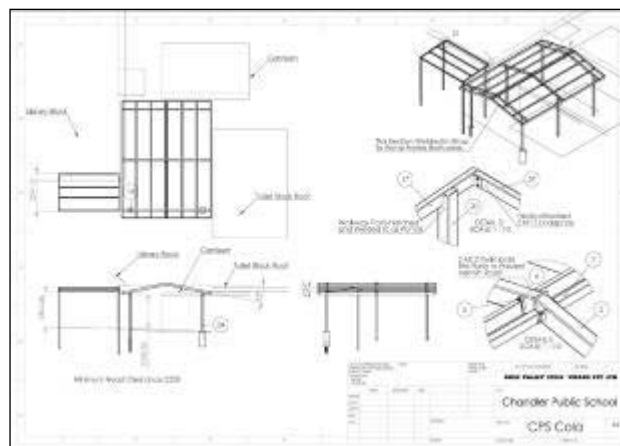
Monday and Wednesday – AASC sport  
Tuesday morning - Play group  
Tuesday - Scripture  
Tuesday - Library  
Tuesday afternoon - Sport  
Wednesday - Student Banking  
Thursday morning - Band

### From The Principal's Desk

#### Covered Outdoor Learning Area (COLA)

For many years the Chandler P&C have been working with the school to achieve a covered area under which children can eat and play in rainy weather. Plans have been approved for the building of a COLA that will roof the area between the office block, canteen and toilets. Grant Blackwell relocated the rain water tanks and removed the tank stand during the Christmas holidays so there will be a lovely area under cover.

Rose Valley Steel will be commencing work on the project shortly. The steel was ordered last week.



### Easter Raffle Wonderful prizes!

Please return all Easter Raffle ticket books, sold and unsold, to school on Friday. The draw will be held at the Finlayson Sports Day.



### Easter

Information is included in the newsletter about the health benefits to be gained by eating chocolate! The information is provided so that all parents are able to improve their heart health. It probably should be noted that most of the research referred to was funded by chocolate manufacturers. We wish everyone a safe and happy Easter Holidays.

### **First Aid Course**

Friday 27 January 2012, 8:30 to 4:00

\$140 per person

New England First Aid trainer, Wayne Townsend, will run a First Aid Certificate course at Chandler Public School early in 2012. Participants who do not hold a current certificate will need to complete a workbook (6-8 hours) prior to attending the one day course. Booklets will be available from early December.

If you hold a current certificate the one day course is all that is required. Chandler staff last completed the training early in 2009. There may be other people in the community who also would like to update their knowledge and qualifications. The registered training organisation certifying the training is Parasol EMT Pty.

First aid certificates are valid for 3 years. If you are in need of a First Aid certificate please consider completing this course with the staff at Chandler Public School. For more details and to make a booking please contact the school office. Bookings will be accepted until the end of August.

### **Health Issue – bulbs to give away**

Kate McClenaghan is experiencing a negative reaction to the scent of some perfumes and flowers.

When in flower jonquils cause Kate to have difficulty breathing and redness and irritation to her eyes. As the bulbs shoot, we will be removing jonquils from the garden near the fish pond. If you would like some bulbs please let us know. We were aware of this problem last year and I managed the issue by picking all the

flowering jonquils the afternoon before Kate was at school. That no longer seems practical as Kate is working two days each week as teacher's aide and also has some days as a casual teacher.

I also ask people who spend time indoors at school to avoid wearing perfumed skin products if possible. Kate's asthmatic reaction has been so strong lately that she is worried people will feel she is avoiding them. She is forced to leave the room as quickly as possible as a result of the allergic reaction to some products. Your assistance would be greatly appreciated.

### **April Fool's Day**

We had an interesting April Fool's Day at Chandler. I think the score between staff and students was fairly even. The children really did think staff had eaten all the Easter eggs when we were spotted with the empty bag, half eaten eggs and asking for water because we were feeling sick. We waited until the students were looking worried before the "Got you!" was announced. The children enjoyed rearranging the library furniture so that we would think the room had turned upside down!

### **Cleaning the Fish Pond**

Last year cleaning the pond was completed on a Saturday afternoon. This year we decided to let the students show how well they are working together by giving them this task. On Wednesday afternoon the job was completed, rescuing the fish from certain death.

I would especially like to thank Becc Edwards, who came to help. Becc knew exactly what the job was like as I had helped her complete the annual clean last year. As you will see from the photos in the student's reports it is quiet an

undertaking. The students worked quickly to get the fish settled back into their newly cleaned pond.



More photos are displayed in a photo gallery on the school web site. Mrs McClenaghan was photographer for the day. She decided her role in the activity would be to capture the rest of us getting muddy and slimy in the smelly dregs!

### **Annual School Report**

The 2010 Annual School Report is available on our web site. Printed copies have been sent to school families. If community members would like a printed copy, please ring the school.

### **Finlayson Sports Day - Friday 8 April**

There will **not** be lunches on sale. Tea and coffee for adults will be available from the canteen – please help yourself.

We are expecting just over one hundred students, their teachers and a number of parents and supporters from the six schools taking part. Please come along cheer the athletes.





### ANZAC Service

Mr Alan Sewell is making the arrangements for Hillgrove. He is pleased to have students take part in the march and be involved in helping raise the flag and participating in the readings. All children taking part will need to be in formal school uniform. If your children will be at the Hillgrove ANZAC Service on April 25 please arrive about 15 minutes early to allow us to decide who will lay the wreath, help with the flag, and read the Ode.

## Student Work

**Easter**

**Eggs**

By Lachlan



On Monday Chandler Public School boiled a carton of eggs, then Mrs Brown put them in the fridge.

On Tuesday Mrs Brown got them out of the fridge and tried to paint melted wax on the egg, but the wax fell off because the egg was too cold. We warmed them in the oven and later we waxed them in patterns. Then we dipped each egg in dye and let it dry. We glued sequins and ribbon on them and then they were very pretty.

### Cleaning the Fishpond by Alyssa

On the 31 of March Chandler school cleaned out the fishpond. We started the siphon which drained most of the water out of the fish pond.

When most of the water was out, we took our shoes off and hopped in. We used nets to catch the fish and put them into a bucket of pond water. Then we used scrubbing brushes to clean the wall because they were covered with slime and used buckets

to empty the rest of the water into the garden. After the pond was rinsed we emptied the water again.

When we got most of the grot off the wall and water out, we used the hose to put water in it again.



## Jokes

Lachlan's  
What are pies mad out of?  
Mage-pies

Trent's  
Why did the dinosaur cross the road?  
To get to the dino-mart

## We Saved the Fish from Dying By Tyler.



*This is Ben; he and I cleaned the fishpond.*

### At the Zoo by Louis

While Louis was on holidays he visited The Australian Zoo. This is Louis' report about his visit.

*I got to pat a crocodile.  
We got to see the snake  
eat a rat.*



*Louis patting the crocodile*

### Patterned Eggs: a Report by Zach

On Monday Chandler made patterned eggs with dye and wax. First we got an egg and got some melted wax on the paint brushes and drew patterns on the egg. Then we put some gloves on and dipped the egg in the dye and saw the patterns that we drew with

the wax. The dye didn't colour the egg where the wax was.



### Fish Pond by Trent

On the 31 of March Chandler Public School cleaned out the fish pond. With a scrubbing brush we scrubbed the sides. It was slimy and yucky. And the ground was very squashy, and we caught heaps of fish. We put them in a bucket. When the pond was ready we put the fish back in the fish pond. My mum came to help us.

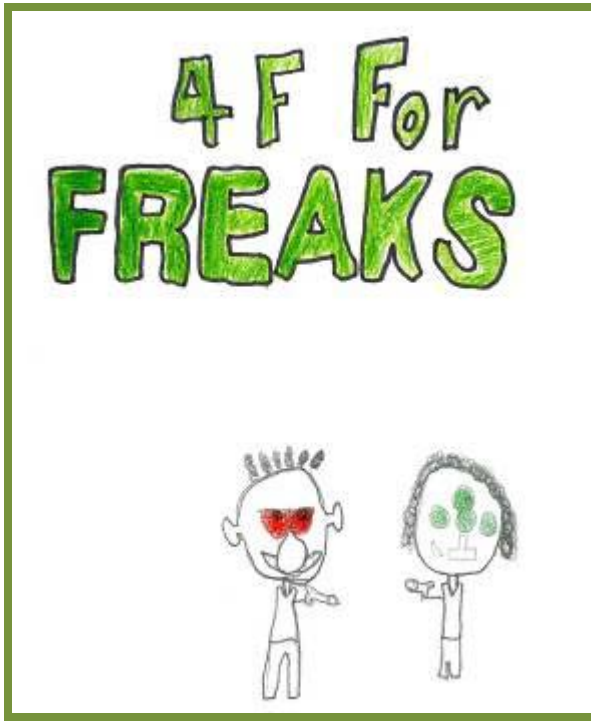






#### 4 F for Freaks

Ben is enjoying a book titled "4F for Freaks" by Leigh Hobbs. He has redesigned the cover for the book.



Ben's new book cover

#### Coloured Eggs By Louis

We followed the instructions.  
We dipped the eggs in the  
paint. The eggs were for  
Easter.



#### Student Poems

##### Fairies at School by Alyssa

I came across a fairy  
On the way to school  
Her wings were very scary  
And her legs very weak

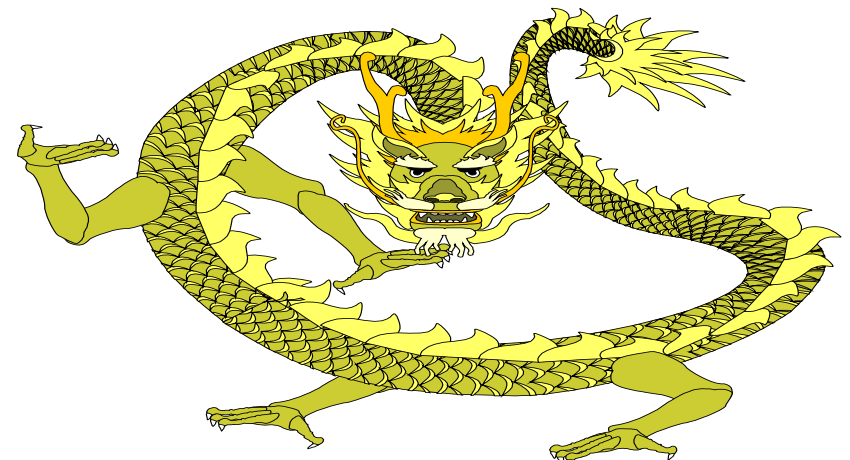
I hid her in my sleeve  
So that Teacher would not see  
She stayed there very quietly  
Until frightened by the sea

##### The Skunk by Ben

I came across a skunk.  
On my way to the bush  
I cut down 10 trees and cut down 10 more  
I put him in the chainsaw until frightened  
By a thump  
He let out a stink bomb  
And it put me on the ground.

##### Dragon At School By Lachlan

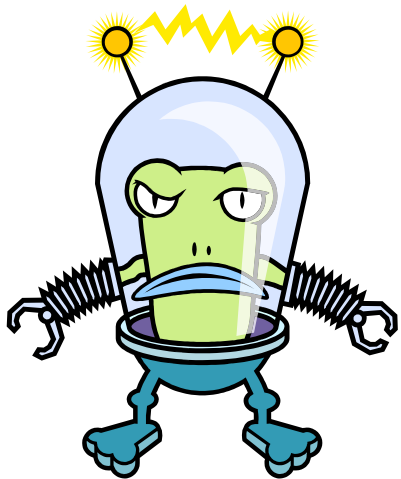
I came across a dragon  
On the way to school  
His eyes was very smooth  
And his tail very spiky  
I hid him in my PE bag  
So that teacher would not see  
He stayed there very quietly  
Until frightened by a car crash  
He ran around the room  
Blowing out fire  
And lit my bag on fire  
The teacher got the extinguisher  
To put out the fire  
Everybody agreed that he was very cute



### Dragon At Cave by Lachlan

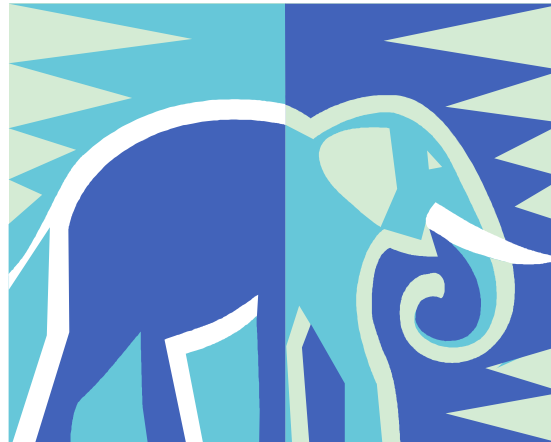
I came across a dragon  
On my way to a cave  
It was the same one I had at school  
His jaw were very sore  
And his teeth were very black  
I hid him in my pocket  
So that the aliens wouldn't see him

He stayed there very quietly  
Till an Earth quake  
He jumped out of my pocket  
And ran further into the cave,  
The aliens ran after him.  
He turned around, got in my pocket  
Then I ran out of the cave  
I was back home in seconds  
The alien gave up



### Elephants at School By Zach

I came across an elephant  
On the way to school  
His trunk was very long  
And his feet very big  
I hid him in my desk  
So that teacher would not see  
He stayed there very quietly  
Until frightened by a wasp



### Tiger at School By Tyler

A joint writing task

On the way to school  
I came across a Tiger  
His eyes were very red  
And his paws were very black  
I hid him in my back pocket  
So that teacher would not see

He stayed there very quietly  
Until frightened by a tree.



A wiser one once said, "The early bird may have secured the worm; but the second mouse got the cheese."

## **Chandler Chatter**

### **Guess That Person - A just for fun guessing competition**

We are publishing childhood photos of adults in the school and community.

Photos can be scanned at school, emailed to the school email account or a copy sent.

We have started a recording list at school and the photos are displayed in the office. For those who missed last week's photo, here it is again. We'll hold off publishing the answer to give you a chance to get started in "Guess That Person".

Photo 3



### **Reality of Life - some wisdom for the holidays**

This is an email that has apparently been circulating since 2000.

Rule 1 : Life is not fair - get used to it!

Rule 2 : The world doesn't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3 : You will NOT make 60,000 a year right out of high school. You won't be a director with a car phone until you earn both.

Rule 4 : If you think your teacher is tough, wait till you get a boss.

Rule 5 : Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6 : If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7 : Before you were born, your parents weren't as boring as they are now.. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8 : Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to

get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9 : Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10 : Television is NOT real life In real life people actually have to leave the coffee shop and go to jobs.

Rule 11 : Be nice to nerds. Chances are you'll end up working for one.

### **Heart Disease Prevention**



Research at the University of California-Davis indicates that the high amount of flavonoids found in dark chocolate helps lower the risk of heart disease. Flavonoids in chocolate help prevent fatty substances in the blood from oxidizing and clogging arteries. A study published in Nature indicated that the antioxidant properties of chocolate help combat



the free radicals associated with heart disease and related health problems. A study in the American Journal of Clinical Nutrition showed that a diet supplemented with dark chocolate led to minor reductions in bad cholesterol (LDL) levels, a condition that in turn could lead to a reduction in clogged arteries.

Dark chocolate should be eaten in moderation.



### **Heart Health Benefits of Dark Chocolate**

Dark chocolate is good for your heart. A small bar of it every day can help keep your heart and cardiovascular system running well. Two heart health benefits of dark chocolate are:

- Lower Blood Pressure: Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.
- Lower Cholesterol: Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.

### **Chocolate promotes a Feeling of Well Being**

Chocolate also holds benefits apart from protecting your heart:

- it tastes good
- it stimulates endorphin production, which gives a feeling of pleasure
- it contains serotonin, which acts as an anti-depressant
- it contains theobromine, caffeine and other substances which are stimulants

### **Doesn't Chocolate Have a lot of Fat?**

Here is some more good news -- some of the fats in chocolate do not impact your cholesterol. The fats in chocolate are 1/3 oleic acid, 1/3 stearic acid and 1/3 palmitic acid:

Oleic Acid is a healthy monounsaturated fat that is also found in olive oil.

Stearic Acid is a saturated fat but one which research shows has a neutral effect on cholesterol.

Palmitic Acid is also a saturated fat, one which raises cholesterol and heart disease risk.

Only a 1/3 of the fat in chocolate is bad for you.



Thank you for supporting the Chandler Public School Easter Raffle





## Athletic and Little Athletics Clubs

Cross country is great for training, exercise, competition and fun. All age groups; children and adults going together.

### When?

Every Wednesday afternoon during Term 2 and 3,  
4.15pm for 4:30 start.

### Where?

Moran Oval, Taylor St Armidale.

### Cost?

\$40/family or \$20/person

### How far?

1.5km or 2.5km or 5km

### Want More information?

Contact Pauline Smith 0429422260



## SHERRIFF'S TENNIS ACADEMY

PO Box 287 ARMIDALE NSW 2350  
Ph/Fax 02 6771 1624 Mobile 0423 915 850  
Email: justinsherriff@bigpond.com



## EASTER HOLIDAY TENNIS CAMPS

### Multi Standard Program

#### CAMP ONE

Monday 11<sup>th</sup> April to Thursday 14<sup>th</sup> April 2011

or

#### CAMP TWO

Monday 18<sup>th</sup> April to Thursday 21<sup>st</sup> April 2011

Time: 9am to 2pm

Cost: \$120



### Program

9.00am - 9.30am  
9.30am - 10.30am  
10.30am - 11.00am  
11.00am - 12.30pm  
12.30am - 2.00pm

Warm up exercises, games & dynamic stretching  
coaching and tennis related games  
break for recess  
coaching and tennis related games  
lunch and match play

Students are required to bring a packed recess and much with a small canteen in the TAS pool available for their use as well. Students must also bring a drink bottle, hat and sunscreen.

**\*\*BOOKINGS ESSENTIAL - CONTACT JUSTIN 0423 915 850\*\***

VENUE -

TAS tennis courts - Chapel St entrance (All wet sessions will be held in the TAS gym)

*\* No part payments or daily deductions, all fees to be paid on the 1<sup>st</sup> day of Camp.*

STUDENTS NAME \_\_\_\_\_ AGE \_\_\_\_\_

PARENT NAME/S \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ MOB(student) \_\_\_\_\_ MOB(parent) \_\_\_\_\_

Payment Amount: \_\_\_\_\_ CASH / CHEQUE / EFT

#### Direct Payment Option

Direct Debit Payment Details - JCR & KJ Sherriff New England Credit Union BSB 932 000

Account No: 62299559 (Please include full name of student with your direct payment)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# Relationship Renovation



A **FREE** course for men and women

Covering:

- \* The early warning signs of relationship difficulties
- \* Skills to help with listening and problem solving
- \* The four most common relationship problems and their antidotes
- \* Encourages early use of professional services

Nobody really knows how to have a relationship. Many people never see the end coming. Learn to use some simple tools to help you do some maintenance now before it's too late.

Completely **FREE** 2 week program



**Mondays 11<sup>th</sup> & 18<sup>th</sup> April**  
**5.30pm – 8.30pm**

Light Refreshments Provided

**Centacare Armidale**

**Suite 3 / 150 Rusden Street Armidale**

(bookings are essential)

Ring on 6738 7200 to book your place



**FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS



An Australian Government Initiative

# Tool Kit for Dads



You're a great dad!  
Become an even better one.

A **Free** 3 hour workshop about  
**MAKING A DIFFERENCE TO YOUR KIDS**

Topics covered include:



- \* Effective communication
- \* Types of discipline
- \* Stages of child development
- \* Developing self-esteem in your child
- \* Looking after yourself

Anything else you want to cover!

**When:** Thursday 14<sup>th</sup> April 2011

**Where:** Centacare NENW office  
3/150 Rusden Street, Armidale

**At:** 5:30pm to 8:30pm

To find out more or enroll in this course contact  
Pedro Sousa at the  
Family Relationship Centre, Armidale Office

**6738 7205 or 6738 7200**

***"Fatherhood - it's the best job on the planet!"***



**FAMILY**  
RELATIONSHIP CENTRE  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS



An Australian Government Initiative





Ben works on his patterned egg



"The dye won't go through the glove will it? Probably"



Louis and Tyler being careful near the hot wax



Painting wax on eggs

## Easter Poems

Source - Internet

I saw a little bunny  
going hop, hop, hop.  
I said, "Please, Mr. Bunny,  
won't you stop, stop, stop."

He flapped his big, long ears  
and had no word to say,  
And before I could get near him  
he had hop, hop, hopped away!

I got a chocolate rabbit  
For an Easter treat,  
A great big chocolate rabbit,  
Good enough to eat.  
So I ate his ears on Sunday,  
his nose I finished Monday,  
Tuesday I nibbled on his feet.  
I ate his tail on Wednesday,  
Thursday I kept on,  
By Friday he was going,  
Saturday he was gone.  
Oh, I loved that chocolate  
rabbit,  
From the moment that he came,

And if I get another one,  
I'll love him just the same

### **The Bunny Tale (by Del "Abe" Jone)**

I thought it was a kitty cat  
But saw it was a rabbit  
He was hopping down the trail  
And then he stopped to sit.

He looked back at me  
And wiggled his nose  
Seems he wanted me to follow  
So, I quickly arose.

I started down that trail  
Amongst the forest's trees  
As that rabbit scurried off  
As quickly as you'd please.

He stopped at the next bend  
He once more looked at me  
And as I moved nearer  
He turned once more to flee.

I moved deeper in the forest  
It was dark and kinda silent  
I looked around the trail's curve  
To see where that rabbit went.

He sat in an open clearing  
Of clover covered ground  
Amidst a group of creatures  
That had gathered around.

They all watched me warily  
But, they didn't turn to run

The rabbit said, "Come join us.  
Come join in our fun."

I asked, "How do you speak?  
Am I losing my mind?  
If I close my eyes and look  
again,  
I wonder what I'll find?"

He said, "You're in our world  
now,  
And if you'll truly believe,  
You will be amazed at things  
Your heart and mind perceive."

"You will see life as it should be,  
If you'll take the time to look.  
You'll find all those stories true,  
As told in the fairytale book."

"You'll see we live in peace,  
And nearly perfect harmony.  
You'll learn what it really means  
To be happy, safe and free."

I sat down with legs crossed  
And said, "Please tell me more.  
This sounds like the very place  
That I have been searching  
for."

"I'm tired of all the hassle  
Of this world in which I live  
Where they all think, I want to  
take,  
When I only want to give."

"It's a plastic/cardboard place  
Where nothing's really real.  
Where so many things are only  
said,

Without the will to feel."

"So, if I like it here with you  
Will I be able to stay?  
Or will you force me to return  
To where they play those  
games they play?"

He said, "Humans are so  
foolish!  
They are filled with hate and  
greed  
They rip the life from the Earth  
After they've planted it's seed."

You say you want to stay with  
us  
But, that can not be allowed,  
For if we welcome one of you  
Before long, there'll be a  
crowd."

"We will let you stay for awhile  
Try to teach you what we know  
That this World can live in  
Peace  
And then, you'll have to go."

But then I awakened  
And realized, I'd dreamed  
But I can't get over how real  
That Easter Bunny seemed!