Dear Parents, Carers and Grandparents

What a wonderful “Fathers Day Breakfast” we had at school last Friday. It was so good to see all the dads, granddads, uncles, big brothers come to the school to have breakfast with their child. This is a special time. Our wonderful US Marines were down in Alice Springs on Friday so could not attend. However, they very kindly organized for Major John McPherson and the First Armoured Battalion to attend. Those men did a wonderful job of talking with families, sitting with students who did not have a significant male with them and playing sport with the older students. A big thank you to Peter Toy, Mark Callaghan, Graeme Chin and Jonno Brunton who did all the cooking and to Kylie Grainger and her team of helpers who shopped and organized the whole event. Also a big thank you to all the staff of teachers, tutors and admin staff who helped out on the day. The raffles were won by Grestina Wilson—the meat tray, Selena May—the Leonard’s voucher and Brandon Martin—the basket of goodies. A big thank you to Mr Jong from Leonard’s, Quality Meats and Lia Finocchiaro for your generous donations.

I was recently reading how there is now a new version of a ‘strict parent’. When I was young a strict parent was someone who placed restrictions on their children. My parents would not allow me to go to my friend’s house until I had completed my homework. The new definition I read about is a ‘strict parent’ is now someone who makes children do things for themselves and also insists they help out at home. They insist their children put their dirty clothes in the laundry. They insist their children have jobs appropriate to their age to do at home, without any financial reward. This type of strict now refers to getting children to help rather than placing restriction on them. This means that parents spend a lot of time teaching their children self-help skills (known as life skills) which are the ordinary gist of life. These skills include learning to tie their shoelaces, pack and unpack their school bags, put the rubbish out at home, feed the animals, do the dishes, keep their room tidy. Today in many families both parents are working and therefore children should be helping out with household chores. One of our key roles as a parent is to equip our children to stand on their own two feet in the world outside the family home. Developing their independence is a good thing. Developing their resilience is even better. These skills take time and patience. Children still need boundaries in their lives to keep them safe and accountable. Parenting is probably the hardest job on earth these days and we all need the support of loving families and friends to help us.

Have a wonderful week.

Sue Beynon, Principal and Sharon Chin, Assistant Principal
Blokes Big Masterchef Breakfast
Dear Marines,

Thank you for coming to our school and reading with me. I had so much fun and how you have me a piggyback and once Smith gave us bubble gum.

What was it like from America to Australia?

Brandon Martin, 5/R

Dear Marines,

We had an awesome time with you. I had a great time at soccer. My favourite thing we played was Baseball and throwing the Frisbee around the oval. Have a great time in America.

From Nay Nay, 5/R

Dear Kevin,

It was fun with all you marines. The part I loved was when we played baseball. Did you enjoy your time in Australia? It was interesting reading the scientriffic book. Thank you for coming to Gray school.

From Ethan, 5/R

Dear Dylan,

Thank you for your company and support. My favourite bit in your company was rugby and soccer. Did you enjoy our lovely hot country? Which bit did you like reading or sports?

From Michael, 5/R

To AJ,

I had fun with you. I liked your company a lot, thankyou. My favourite bit was you running with me. What was your favourite bit?

From Angelina, 5/R

Dear Marines,

I appreciated you spending time with us. Did you enjoy coming to Australia?

Thank you for reading, playing sport and coming to our assembly. I hope we see you again.

From Kianne 5/R

Dear Marines,

I would like to thank you for coming to Australia. It was fun. I hope that you all come again from America to play with us and we will have lots of fun. I would like to read and play with you. Please come very soon. We will be waiting for you to come back from America. We can have a great time.

From Dasharn, 5/R

To the Marines,

Thank you for coming to Gray Primary school. We had lots of fun playing sports. I enjoyed the relay running.

Lots of you were really fast! What do you think it was like in Darwin?

Sincerely Kevin, 5/R

Dear Marines,

Thank you for all your help, it was fun. I hope you can come back next year. Did you have a fun time here in Australia? I hope you did. I miss all the piggybacks!

Your true friend, Ruby. 5/R
SCHOOL UNIFORMS
School uniforms are compulsory in line with the Department of Education & Childrens Services Uniform Policy.

Gray School compulsory uniform consists of a school shirt, black shorts/bottoms and enclosed footwear. Parents/carers will be receiving a note advising them if their child is out of uniform.

A hat is required for outside play (available at the office $10).

Polo Shirt $25.00
Black Shorts $12.50

Strong Parents Safe Students
Come along, have fun and share your knowledge. Grow strong and positive relationships with your children. Support students to be safe and successful at school.

Sharing stories with Tanyah Nasir, an Aboriginal educator with more than 25 years experience as a teacher, lecturer, program developer, designer and trainer.

5.00pm — 8.00pm
Wednesday 11 September 2013
Palmerston Senior College Gymnasium

Contact: Front office 8930 5200

Bill Problems?
The SaverPlus program offers you $500 free to buy an iPad once you have saved $500 on a savings plan.

Call Peter on 08 8985 0077

Scholastic Book Club
Issue 6 orders are due back on Thursday 12th September

For any queries, late or extra orders
You can contact Advanced Photography direct on..
1300728972

Change in School Dental Clinic Number
New number on 8922 6466
OHSNT continues to provide free dental services to all eligible children in the NT between the ages of 0-18 yrs old.

SCHOOLS PATIENTS
OHSNT continues to provide free dental services to all eligible children in the NT between the ages of 0-18 yrs old.

Hot meal for the family
Child minding & games
Minibus to and from school
Limited places, cost-free

Anglicare

Fund by the Commonwealth Department of Employment, Education and Workplace Relations
Gray Primary School (Family Centre Building)

Good Beginnings Australia is a National charity, building better outcomes for children in vulnerable communities through a range of early intervention programs for families. These programs include: Play2 Learn, Family Support, Community Connections and Toy Library

**Play2Learn**
- **Monday:** 9am – 11am Moulden Primary School (OSHC Building)
  Play2Learn Birth—4yrs (Please bring a piece of fruit to share)
- **Tuesday:** 9am—11am Gray Primary School (Good Beginnings Demountable)
  Play2Learn Birth—4yrs (Please bring a piece of fruit to share)
- **Wednesday:** 9am —11am Gray Primary School (Good Beginnings Demountable)
  Baby Play2Learn which is run in conjunction with Maternal Health Nurse, who will answer any questions you may have in regards to your Childs health and development Birth—12 months (Morning tea provided)

**Toy Library**
- **Thursday:** 9am – 11am
  The Toy Library aims to provide a service to families and children in the Palmerston area, by providing a mobile and outreach support service/s. Parents will be able to borrow toys from a mobile toy library that operates from at least 2 locations, including but not limited to, parks and the Gray Op Shop with the flexibility to adapt locations depending on the needs of families.
- **Friday:** 9am – 11am (Dream Time Kids) Indigenous
  Play2Learn Birth—4yrs Gray Primary School Good Beginnings Demountable. (Morning tea provided)

All Good Beginnings programs are provided free of charge

For more information please contact the office on 08-89327022 Mobile 0417200170

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**Territory Children After School Care**

If you require child care come in and see our friendly staff at Territory Children.

We are Government approved Child Care Benefit.

Child Care has never been so affordable.

Territory Children are located at Woodroffe Primary School.

Contact Sam or Linda on 8931 3533 or email territorychildren@gmail.com

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**My child won’t eat vegetables….**

Here are a few suggestions to try at home, which may encourage your child to enjoy fruit and vegetables:

**Growing**—learning where food comes from and growing a few easy plants like tomato and zucchini may raise a child’s enthusiasm. If space is a problem try growing herbs or seedlings in pots.

**Decision making**—involve children in shopping and choosing recipes—experiment with new recipes which features fruit and vegetables.

**Food preparation**—children are more likely to be interested in tasting different foods if they have been involved in the preparation. Involvement in the cooking is also an opportunity to talk about hand washing and food hygiene practices.

**Food presentation**—consider balancing the different colours, textures, arrangements and shapes of the fruits and vegetables to encourage a variety of intake.

**Tasting**—young children may need to try a new food several times before liking it. If at first the child rejects a food, be encouraged to offer the food again at a later meal or snack time.

**Role modeling**—young children are great imitators, so parents and care-givers who set good examples by enjoying a range of fruit and vegetables themselves are encouraging their children.
Inpex transport impacts on schools

Ichthys Project–related truck and bus movements will be increasing along the Arnhem and Stuart highways, Tiger Brennan Drive, and at the Howard Springs intersection and Palmerston.

Parents are encouraged to visit the Ichthys Project website www.ichthysproject.com and subscribe to the regular e-newsletter to get updates on the project.