TERM 1
WEEK 9
25th March 2014

March
Wednesday 26th
Japanese
Drumming
Notes and Money please
Scripture
Mobile Library

Thursday 27th
Mrs. Moore at Primary Principal’s Conference

Friday 28th
Mrs. Moore at Primary Principal’s Conference
Athletics Training

FOR YOUR DIARY

April

Tues 1st
Athletics carnival

Fri 11th
ANZAC Service 10.30am
We had a beautiful morning enjoying Ride2School on Wednesday. It was great to see so many of our students, staff, parents and community members participating in this event to promote fitness in our school. A lovely morning tea of muffins and juice was enjoyed by everyone after the ride. The Ian Lucas Memorial Bike Ride and Hike was a wonderful way to remember and honour a man who was so valued and is greatly missed in our community. A crowd of almost 200 people turned out to ride, hike or volunteer their time. Events like this really highlight what a wonderful community we have. Congratulations to the organisers, participants and helpers.

It is really encouraging to see our students supporting each other at carnivals and in the playground. It was especially heartening to hear them cheering their fellow students on at the recent Cross Country. The children’s positive behaviour has been noticed within the community which makes us very proud. We love receiving such affirming comments and congratulate our students on their care for one another.

We were very fortunate to have a visit from Mr Richard Manning, an ex-principal from Perth. Mr Manning is currently travelling around Australia. In his spare time he likes to visit some lucky schools sharing his skills in sport and boys education.

Congratulations go to Charlie Collins and Connor Smith on their great participation in the Riverina Footy Trials last Friday.

Any parent of school-aged children knows how famished their kids are the minute they walk in the door from school. And the simple reason for that is learning makes you hungry.

Or, to put it another way, children need to eat well if they are to learn well.

Children with good diets perform better at school. Breakfast is vital to set kids up for learning. Ideally, that breakfast should have in it some grainy toast and wholegrain cereals or porridge that will provide a slow release of energy to keep the kids going until lunch. Try and choose low-GI foods for energy where possible.

Iron is another vital mineral to help children stay alert and concentrate on their school work. Lean meat and vegetables such as peas, broccoli and spinach are all rich in iron and should be part of a balanced diet for your child.

Anne-Maree Moore, Principal
Week 10
Tues 1st April – SS Athletics Carnival Ardlethan
Wed 2nd April – Bible Society visitor for Scripture
Thurs 3rd April – Yr 6 Peer Support training

Week 11
Wed 9th April – GRUNT performance Narrandera
Fri 11th April – School ANZAC Day Service 10.30am
Fri 25th April – ANZAC Day Parade & Service 10am Ganmain (Please note this is an earlier start time than previous years)

TERM 2
2nd May – District Cross Country - Ganmain

LIBRARY DAYS
Stage 1 Mondays
Stage 2/3 Wednesdays

DON'T WORRY. BE HAPPY!

AWARD WINNERS
Stage 1 Awards
Brodie Rudder
Encouraging others to do their best
Baxter Smith
Extra special effort at Cross Country training

Stage 2/3 Awards
Connor Smith
Fantastic effort with all homework activities
Mandy Costello
Always ‘having a go’ at all aspects of school

Principal Award
Chontal Costello
For showing initiative in the playground

COOLAMON-ARDLETHAN FOOTBALL TRIALS
Connor Smith and Charlie Collins were part of the Coolamon-Ardlethan Football Team which played at the Riverina footy trials last Friday. The boys played four games of footy against tough competition. 22 players were picked from 5 teams with one player chosen from the Coolamon-Ardlethan team. The boys played well all day. Congratulations boys on representing our school so well.

YEAR 7 2015 EXPRESSION OF INTEREST
Forms were given out to all current Year 6 students. FORMS are now OVERDUE. Please return to school tomorrow.

TERM 1 Upcoming Events
THANKYOU

Thank you to the Kitching Family for their donation of some craft materials.

Thank you to the Beard Family for the donation of a book titled Complete Kids Cooking.

PEER SUPPORT LEADERSHIP TRAINING

Please find attached to today’s newsletter permission notes for our year six students to attend a Peer Support Training day with Ganmain Public led by Mrs Moore & Mrs Evans. This event will be held at the Matong Uniting Church Hall on Thursday 3rd April.

DISTRICT CROSS COUNTRY

will be held on Friday 2nd May at Ganmain. Students who have qualified for this level have received a permission note attached to today’s newsletter.

TOO SICK FOR SCHOOL?

With the change of season often come different illnesses affecting your child. It can often be difficult to know whether to send your child to school, take them to the doctor or let them rest at home. Please find attached a handy guide which you may find helpful. If in doubt err, please on the side of caution.

P&C NEWS

Ian Lucas Bike and Hike
Well done to everyone involved, and a very big thanks to the organisers from our end. What a fantastic day!

Pie Packing
We will be packing the pies from the pie drive on this Friday at the Ganmain Bowling Club from 9:30am. We would love to see as many people there as possible because it really does make the job a lot easier. If you have any issues with pie packing or delivery please give Kristie a call (69277828) or text (0429311277).

P&C Meeting
The next P&C meeting is Wednesday 9th April.

IAN LUCAS MEMORIAL BIKE RIDE AND HIKE

On behalf of the sub committee between Matong Public School and Grong Grong Sports Club, we would like to congratulate you, one and all, for your contribution and participation in supporting this event.

We have 2 small communities with amazing support from all members - from volunteering, cooking hundreds of pieces of food to fill everyone's tummy full, to contributing towards the BBQ lunch, and more food with afternoon tea.

All people with big and little jobs, we thank you for being involved because this is what has made this event such a success with almost 200 people riding or walking making this a memorable event for the future.

THANK YOU from the Sub Committee consisting of

Brian Gawne, Rob Johnson, Ian Richardson, Michelle Hatty, Brad Smith and David Currie
COOLAMON SHIRE & LIBRARY NEWS

An International Women’s Day celebration will be held at the Up-to-Date Store in Coolamon this Wednesday 26th March, 7pm. Everyone is invited to enjoy High Tea after hours along with complimentary champagne. Guest speakers will talk around this year’s theme ‘Inspiring Change’. Entry is a donation towards the Jane McGrath Foundation. Please RSVP to bhatty@coolamon.nsw.gov.au for catering purposes or the Coolamon Library – 69272492.

Our next storytime session will be held Friday 4th April @ 10.30am theme - “Heads to Toes”. Join in the fun of stories and songs: we welcome new families to come along.

The Premier’s Reading Challenge has commenced for another year with a wide selection of books available at the library. The challenge aims to encourage a love of reading for leisure and pleasure in students. Details can be found at www.premiersreadingchallenge.nsw.edu.au or phone the library – 69272492.

The Coolamon Library is on Facebook! News, pictures, events and opportunities are regularly uploaded – join us now!

Council is celebrating Youth Week by offering youth grants, a Regenerate Festival bus trip, Hip Hop workshops, mother/daughter evening BLISS and a felt-making workshop. Visit www.coolamon.nsw.gov.au for a full copy of the program and event registration details. Email Bron Hatty bhatty@coolamon.nsw.gov.au or phone the Coolamon Library on 69272492 for further information.