Clean Up Australia

On Friday morning the children set off around the village wearing sturdy gloves and carrying clean up bags. They were part of the Schools Clean Up Day which is held in conjunction with Clean Up Australia Day. The children were happy to report that the village had very little rubbish to pick up.

The school with a heart of gold

Duelin' Pianos Catering Meeting

A short meeting to discuss the catering menu for the Duelin' Pianos Show will be held on Monday 9th March at the school, starting at 3.00 pm. The show is a joint fundraising activity between P & C and Progress Association. The show will be held on Friday and Saturday 15th and 16th May at the hall and will include dinner and the show.

P & C Meeting

A meeting will be held on Tuesday 17th March commencing at 2.00 pm. Items for discussion will include moving the shed from Windeyer School, organisation for the Election day stall and setting up a joint bank account with Progress to make joint fundraising ventures easier to manage. There will also be a discussion on how to use P & C funds to best support the children and our school at present.

Please come along to P & C and support this busy group. Parents, carers and interested community members are always welcome to attend.

Life Education Sausage Sizzle

A sausage sizzle will be held on the day of the Life Education Van visit on Tuesday 10th March. Money for the sausage sizzle needs to be back to school on Tuesday 10th March. Children will need to bring morning tea.

Our relay team of Reese, Brandy, Robbie and Siobhan travelled to Dubbo on Friday to attend the Western Region Swimming Carnival. They competed in the 4 x 50m Peter Dobson relay in the P5 division against other small schools in the Western area with a student population of between 26 and 159.

The P & C will be holding a BBQ, Cake Stall and Trash & Treasure Table on Election day Saturday 28th March

Can you help on the BBQ for one hour between 7.30 am and 2.00 pm?

P & C is asking for donations of cooking and for items to sell on the Trash and Treasure table. Your trash could be someone else’s treasure!

Donations can be sent to school before the day.

A form is attached to this newsletter asking for your help to man to BBQ

PS Don’t forget to vote!
**TERM 1, 2015 CALENDAR**

<table>
<thead>
<tr>
<th>WK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>9</td>
<td>10</td>
<td>11 Michael Cronk to visit</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Life Education Van at Hargraves</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P &amp; C Meeting 2.00 pm</td>
<td>Mrs Rae and Nerida at Stephanie Alexander Kitchen Garden Training-Orange</td>
<td>Mrs Rae and Nerida at Stephanie Alexander Kitchen Garden Training-Orange</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td>Young leaders Day-Sydney</td>
<td>Miss Miles at Live Life Well at School training Mr Harding on class</td>
<td>Small Schools Public Speaking Competition Library Van</td>
<td>Girls Softball Nugget News deadline</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>30</td>
<td>31</td>
<td>1 April</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Federation Principals Conference- Sydney</td>
<td>Galloping Gumnuts School counsellor visit</td>
<td></td>
<td>Last day of Term 1</td>
<td>Good Friday</td>
</tr>
</tbody>
</table>

**Limiting “Screen Time”**

The time children spend sitting and watching television or playing electronic games (known as ‘screen-time’) is time children could spend being active. Screen time is the time you spend watching TV or DVDs, using the computer, playing video or hand-held computer games, and using a mobile phone. A healthy family lifestyle includes limits on daily screen time. How much screen time for children?

**Not much** is the simple answer. Children under two should steer clear of the screen altogether. Children aged 2-5 years should have no more than an hour a day. And children aged 5-18 years should have no more than two hours.

Developing healthy screen time habits while they’re young will help children and teenagers make better choices about how to use their free time when they’re older.

You can help by:

- setting screen time guidelines according to the ages of children in your family
- leading by example, limiting your own screen time
- offering variety, making sure you have a range of activities and objects to entertain and stimulate your children so they don’t look to the screen so much
- being choosy about what your younger children watch or play on the computer, and taking an interest in what your older children are doing online
- keeping TVs and computers in family spaces and out of children’s bedrooms
- turning the TV off before school and at dinnertime.

**NUDE FOOD SANDWICH COMBINATIONS:**

Combine any of the below fillings in mountain bread, pita bread, wholegrain or wholemeal bread, focaccia or bagel.

- Chicken, Lettuce, Avocado, Mayonnaise
- Tinned tuna mixed with finely chopped tomato, avocado and mayonnaise
- Mashed boiled egg with lettuce and mayonnaise, add some parsley for colour
- Roast beef, chutney and tomato
- Cream cheese and chopped date bagel
- Banana, peanut butter and honey in mountain bread wrap
- Grated cheese, carrot and avocado sandwich
- Grated apple, grated cheese and chutney roll
- Falafel, rocket and hommus lavash (or tortilla bread)

A DVD based program, Bedwetting Cured, has been developed by Dr Mark Condon and Physiotherapist, Margaret O'Donovan. It outlines a successful program for parents to implement at home with their children.

For more information and a free Bedwetting Fact Sheet please visit the website: www.bedwettinginstitute.com.au Or phone 1300 135 796—12pm to 6pm

**Tell Them From Me Survey**

This term our school is taking part in the Tell Them From Me student survey.

The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them.

The survey is completed online by students in Years 4–6 and is run by an independent research company.

Staff will not be able to identify individual students from their responses. The survey will be completed in school time and we should have the results within a week.

This research will help us to better understand how to improve student wellbeing and engagement.

Participation in the survey is voluntary. If you do not want your child to take part in the survey, please complete the form that has been sent home and return it to school by Friday 13th March. If you are happy for them to participate you do not need to do anything.

Thank you for your assistance.