Small Schools Swimming Carnival

Well done to all the children who swam at Tuesday’s carnival. It was wonderful to see so many of our students pushing themselves to personal best efforts. The results of our swimming lessons were certainly on show on Tuesday.

Congratulations to Robbie Condren who was named Senior Boy Champion and Lochlan Shoemark who was the Runner-up Juvenile Boy Champion. Lue School was the Champion School.

The Zone Carnival will be held on Wednesday 17th February at Gulgong Pool commencing at 4.30 pm. Congratulations to Abbey, Abbie and Robbie who will be representing us.

What is Nude Food? Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging. The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly. Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

Tips for Packing Nude Food Lunches:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other pre-packaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.

To pack a Nude Food Lunch or Snack, you will need:

- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

Try to avoid:

- Zip lock or plastic bags, plastic wrap or aluminium foil, single serve yoghurts and cheese and prepackaged food, i.e. biscuits, snack bars and chips.

**TERM 1, 2016 CALENDAR**

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*A welcome back to school afternoon tea* will be held on Friday 19th February commencing at 3:00pm  
All family members are welcome to attend. Following the afternoon tea we will have a short informal talk to let you know about our school routines, staffing for the year and what you can do to assist your child to get the most out of each day.  
Please come along and welcome our new parents and enjoy a delicious afternoon tea provided by the staff.  
Supervision and afternoon tea will be provided for the children.  

### New P & C Office Bearers for 2016  
Please welcome the new committee  
President Helen Topp  
Secretary Maree Colley  
Treasurer Chontelle Rowland-Jones  
Ass Treasurer/Canteen Coordinator Nikki Broadhurst  
School Uniforms Liz Carberry  
P & C works extremely hard to raise funds that benefit every child in the school and last year they donated more than $6190 towards school initiatives. They subsidised the Burrendong Camp $3120, the Opera House trip $683, purchased a garden shed for the Stephanie Alexander Kitchen Garden Program $544, a new school banner and tear-drop flag $937, Student Accident Insurance $127, February swimming lessons bus $494, a hand-dryer, soap dispensers and soap $285 and purchased equipment for use in Canteen.  

### Speech Pathologist  
This week we welcomed Mrs Simone Holliman - Speech Pathologist from Mudgee, to our school. Mrs Holliman will be working in the classrooms with some of our students every second Monday for the first semester.  
We are very pleased to be able to offer this service which has been made possible by the RAM (Resource Allocation Model) funding from the state government. We hope Mrs Holliman will enjoy her time with us.  

### FOR SALE  
P & C has for quick sale:  
- Single Sink—$25 ono  
- BBQ—$25 ono  
- Grey Storage Cupboard—$50 ono  
- First in—first served - see Nerida  

### Playgroup  
Playgroup kicked off the new year with a visit from the Galloping Gumnut Mobile Children’s Service. The Galloping Gumnut service will visit Playgroup every fortnight bringing toys, games and equipment. Playgroup caters for children from birth to five years of age and their parent or carer. New faces are always welcome. Playgroup runs from 9.00 am to 11.00 am each Wednesday during school terms. On the fortnight Galloping Gum Nuts visit it finishes at 12.15.  

### Transitions Skills Program with Payden  
The Transition to School program with Payden began on Wednesday. This is a free program. Children must be three years of age or older to be eligible to attend. Please see Mrs Rae for more details.  

### Raising Money and Awareness for Cancer  
Peter Corra and his friend John Muscat would like to take part in a rally to raise funds for Cancer. They will attempt to drive a car worth less than $1,00 across some of Australia’s most arduous roads. To compete in the rally each team must raise a minimum of $4,00 to participate.  
Peter and John have created the team That’s Mines. To donate to THATS MINES, visit the page at [https://shitboxrallyau-2016.everydayhero.com/au/thats-mines](https://shitboxrallyau-2016.everydayhero.com/au/thats-mines)