## Calendar of Events

### Term 1

#### Week 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 6th</td>
<td>Assembly - 9.30am</td>
</tr>
</tbody>
</table>

#### Week 7

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 10th</td>
<td>Regional Swimming Carnival</td>
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</tbody>
</table>

#### Week 8

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 21st</td>
<td>Harmony Day</td>
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## Schools Clean Up Day

Last Friday, the whole school participated in “Clean Up Schools Day” which coincides with “Clean Up Australia Day”, which was held on Sunday 2nd March.

We cleaned up the school grounds by picking up rubbish and also planted new vegetables in our vege garden.

YLAD Living Soils kindly donated some beautiful rich soil to replenish our garden beds in the vege garden and then we mulched our new plantings with some lovely fresh hay.

All of the children enjoyed themselves and loved getting their hands into the dirt.
**Assembly**

Thank you to the parents who were able to make it to the assembly this morning.

The students proudly showed off work they have been doing this term. The K – 1 children did some wonderful singing, whilst another group performed a play they wrote themselves – and it must be mentioned that the props they made and painted were awesome.

The class awards were handed out as follows:

**Aussie of the Month – Years 2-6** – Ricki-Lee Long for having a great start to the year and always offering to help.

**Aussie of the Months - K – 1** – Daniella Cummins for her clever work with the Jolly Phonics Sounds and for being a kind, helpful student.

Jessie McKeown – for carrying out her duties as a school leader so well.

Clayton Ross – for trying so hard with his handwriting.

Patrick Gibbins – for always trying his best with his learning.

Elizabeth Cockburn – for her fantastic effort in Jolly Phonics & Maths.

Ava King – for her hard work with her spelling and sight words.

**Lambing Flat Chinese Festival**

We have only had three responses back regarding the students performing at the Lambing Flat Chinese Festival to be held on Saturday 12th April.

Can all families please send their replies back to school indicating whether their children will or will not be participating, so that we can make a decision on whether to enter or not.

**Cross Country Notes**

Cross Country notes were sent home last week to all children aged 8 and above.

If you have not yet returned your note, can you please do so tomorrow as the organising school needs to know who is participating.
Bookclub

Please find Issue 2 of Bookclub. If you would like to place an order, please have your order back to school no later than Friday, 21st March.

Live Life Well at School

Fruit juices

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- Limit fruit juices to no more than half a glass per day.
- Too much juice can lead to diarrhoea.
- Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

Blue Light Disco

The Young PCYC in Lachlan Street is holding a Blue Light Disco.

When:      Friday 7th March
Time:      6pm to 8pm
Ages:      5 – 12 years
Cost:      $5-00 including a sausage sandwich

There will be dance competitions and a lucky door prize. All Blue Light events are drug and alcohol free and are supervised by Police Officers.

P & C News

Term Contributions

The P &C would like each family to pay a voluntary contribution of $10.00 per family per term. This goes towards purchasing prizes for raffles, which in turn, raises money for our school.

If you are unable to help with working bees, and other P&C/school functions, this can be your way of helping raise money for our children.

You can send your contribution in to the office.

Reminders

Cross Country notes due back tomorrow

Bookclub due back by Friday, 21st March