Principal’s Message

I was proud to watch our senior students conduct an afternoon of sports tabloids for the whole school last Friday, putting their leadership skills into practice and running a successful afternoon of learning. Happy faces, kind and caring voices, and young, enthusiastic leaders giving instructions and encouragement greeted me as I made my way out to the oval. It was great to see and hear.

Congratulations to our student leaders and to all students for the way they took part in these activities as part of our National Day of Action Against Bullying and Violence. Well done to Miss Hulands for her work with the senior students and to both Miss Hulands and Miss Peake for making sure the afternoon was a success and enjoyed by all.

Catherine Peach

AFL TRIALS IN BAROOGA

Last Thursday, Ely Miller and Johnathon King participated in the Western Riverina AFL Selection Trials as members of our PSSA District team. Our District team played three matches throughout the day, and the boys certainly had a busy day. Congratulations to them both for reaching this level and for their efforts on the day.
P&C AGM
Thank you to those who were able to make it to the Annual general meeting of our P&C. The outgoing committee must be congratulated for their work last year. P&C Fundraising contributed significantly to school programs, and paid 20% of the cost of every student’s excursion. This was amazing support for every school family.

This year a new team will lead this important parent body, with some familiar and some new faces.

- President: Paula McKindlay
- Vice President: Cassie Jackson
- Secretary: Rebecca Gray
- Treasurer: Colleen Wilson
- Uniform Shop: Cassie Jackson
- Canteen Co-ordinator: Debbie Purton
- Canteen Rosters: Suzanne Mead

We look forward to working with the P&C again in 2015 to make our school the best it can be for the benefit of all students.

LEADING THE WAY
Our 5/6 students have proved to be particularly mature and able leaders for our school. On Friday 21st March our school celebrated – Harmony Day and National Day of Action Against Bullying & Violence.

All Year 5/6 school leaders demonstrated their leadership skills through a whole-school tabloid sport afternoon with an Athletics focus. Year 5/6 students spent their lunch times setting up, planning and organising eight different athletics-based activity stations.

All students were divided into teams and our school leaders were in charge of demonstrating the activities before their team completed their rotation. Everyone had a very enjoyable afternoon working collaboratively and getting along with each other with a positive approach. Congratulations to all students!

Miss Hulands
DEVELOPING RESILIENCE IN YOUR CHILDREN

Often we hear the complaints of “That’s not fair” from children when things don’t go their way. It is important that children develop skills to deal with and bounce back from everyday disappointments and challenges that they will face at school and in life. This is called resilience.

- Resilience needs to be taught to children. Take the time to think about how you can build resilience in your child.
- Resilience helps your child bounce back. It is an important skill for life.
- Commend your child for the things they’re good at and help them feel good about the effort they put in as well. They won’t be good at everything or always ‘best’.
- Children notice how well you handle stress and challenges and then copy your behaviour. Set a calm example and show them how to deal with disappointments, setbacks and losing.
- Extracurricular activities help develop social skills. Have your child get involved in a variety of activities with others and some activities where winning isn’t the main goal.
- Life isn’t fair. Teach your child how to accept that and adapt to challenging circumstances.


SRC CAKE STALL - CALL TO ALL SCHOOL FAMILIES

This Saturday, the SRC students will be running a cake stall at the Moulamein Retirement Village’s Autumn Fair.

Our stall at the Fair will raise money for netball ring stands and new marking on our basketball court for all students to enjoy.

The SRC students will run the stall but parents of all students are asked to help out with donations of cakes, slices, and biscuits.

Please drop donations to the school office on Friday or into the stall on Saturday morning.

Thank you!
The simplest way
to add healthy snacks in lunch boxes

Snacks are an important part of a healthy diet for active children. Kids have little tummies so they need small amounts of food often. Try these simple & healthy snack ideas in your kid’s lunchbox:

- **Popcorn**: plain air-popped popcorn (without salt or butter) mixed with sultanas and dried apple

- **Dried fruit snack packs**: buy them ready made, or make your own at home in reusable containers

- **Fruit salads**: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit and make your own

- ** Crackers & veg**: slice up some avocado or tomato with some rice crackers

It’s scientifically proven that kids like smaller portions – so cutting up fruit + veg will ensure it’s eaten every day!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
NEW ADDITIONS TO K/1/2 FAMILY

As part of our learning about the topic ‘Pets’ this term K/1/2 were excited to think about possible pets for our classroom. After a lot of discussion, it was decided that fish were a sensible choice as a classroom pet.

K/1/2 then emailed Mrs Peach to persuade her to give permission. We were thrilled when Mrs Peach agreed and now have ‘Zoom’ and ‘Whiplash’ (two male fighting fish) as our classroom pets!

You’re welcome to come and meet them! Stay tuned next week for information about our fighting fish and how we care for them.

Miss Peake