**Student Success:**

We had many students trialing for zone sports this week with four students being selected for teams.

Macey and Chloe have been selected in the zone netball team and Blake and Brayden have been selected in the rugby league team.

Congratulations to these students and to all students who tried out - you were great ambassadors for our school!

**Paul Harrogan Cup:**

The team had a wonderful day on Friday and both players and parents were excellent models of the PSSA Code of Conduct.

The team played 7 games, winning five, drawing one and losing one.

I was most pleased with how the more experienced players cooperated with our reserves to create a great team effort.

The team finished third on the day and should be congratulated on their skill and sportsmanship.

Mr Gleeson

**Parent Teacher Interviews:**

We will again be holding our parent teacher interviews at the end of this term.

Keep an eye out later this week for the invitation to meet with your child’s teacher.

The meetings will be a chance to discuss how your child has settled in to class this year and to discuss with the teacher any concerns you have.

Interviews will again be booked online and instructions on how to book are on the invitation. If you do not have access to the internet, please see the friendly ladies in the office for their assistance in booking a time for you.

**Educational Resources:**

If you have not already, please visit the office to pay for educational resources for 2016. The fee of $40 covers books, portfolio, subscriptions to Mathletics and Reading Eggs and technology.

Please note we do not charge a voluntary school contribution fee.

**Taster Lessons:**

Year 6 students will visit Swansea High School today for their first taster lesson.

These days are designed to familiarise students with Swansea High and the programs they offer so students are ready for Year 7.

**Preschool Visit:**

Eight students and Mrs Davis will visit the preschool today to help the students make Easter hats.

The students from the preschool will then be a part of our Easter Hat Parade next week.

**P & C Annual General Meeting:**

The P & C Annual General Meeting will be held tomorrow afternoon at 5.30pm in the school library.

The 2016 executive will be elected at this meeting and an ordinary meeting will follow. I urge all parents and friends of the school to come along, even if you do not want to take on an executive role, and be a part of our P & C.
Keys to Success:

Each week, we are focusing on a Key to Success with the students to encourage positive behaviours in our school.

This week we are talking about ‘having a go’ and encouraging students to try new things even if they think it will be difficult to develop persistence in our students.

Next week we will focus on wearing the correct uniform – including hats and black shoes.

Easter Hat Parade:

We are all looking forward to our Easter Hat Parade which will be held next Wednesday 23rd March.

The day starts at 11am with recess – complimentary tea and coffee with hot cross buns for sale.

There will be a lucky draw prize along with prizes for the smallest hat, biggest hat, most colourful, traditional hat and most creative hat.

A book fair will be held in the library between 9.30am and 1.50pm and Miss McDonell will be holding a colouring in competition with vouchers to the book fair as prizes.

Easter Raffle:

Don’t forget to donate an egg for the P & C Easter raffle and to send the tickets back to the school office.

The raffle will be drawn after the parade.

Thought for the week:

Fairy tales are more than true:
Not because they tell us that dragons exist,
but because they tell us that dragons can be beaten.

Keys to Success:

Week 8: Have a go
Week 9: Wear your uniform

Principal’s Awards

Congratulations to:
Taj       James
Anyz      Hunter
Kaitlyn   Jay
Maddie    Locklan

Easter Break:

A reminder that school will be closed on Friday 25th March and Monday 28th March for the Easter long weekend.

We hope you have an enjoyable break full of family, laughter and chocolate.

Miss Deborah Hall

Principal

Notes Sent Home

Canberra Excursion

Combined Schools ANZAC Service

School Cross Country
Information For Families

FREE & fun program for fitter, healthier, happier kids!

Are you worried about your child's weight?
Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE healthy lifestyle program for kids over a healthy weight to improve health, fitness, self-esteem and confidence. Term 2 programs will run in Fassifern, Cessnock, Raymond Terrace and Wallsend areas.

What is the Go4Fun program?
Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

To find out more contact 1800 780 900 or visit www.go4fun.com.au

Please see the flyer attached.

Community Notices

Kids' fishing workshop

Kids 8-14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and line skills, and fish handling for best release techniques.

COST is $40 PER CHILD, and includes: rod and reel combination, shirt, hat, tackle box, give bags—all to keep!

BOOKINGS ARE ESSENTIAL Maximum 20 participants.

LOCATION: Thomas Halton Park, Croudace Bay
Date: Tuesday, April 19, 2016

To book:
e-mail jamie.burns@dpi.nsw.gov.au
or ring Jamie Burns, 02 4980 9204 or 0408 609 332


NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers

Respect, Responsibility and Excellence
Community Notices

BELMONT
BASEBALL CLUB

Winter Season starts April 2nd / 3rd
2016
Players needed for
ALL junior age groups
Born between 1st May 2000 and
30th April 2012
(and senior grades)
For further information or to register
now
Visit www.belmontbaseball.com.au
or
Email belmontbaseball@hotmail.com
or
Call Kim or Ian on 4948 6966

The simplest way
...to shop in season and save.

Buying fruit and veg when it is in season is much cheaper
than at other times of year: it's better quality and tastes
better too.

Autumn heralds a host of new season produce. Here is a
guide for March, April and May:

FRUIT
Apple (Red Delicious, Granny Smith),
Avocado, Banana, Cucumber, Fig,
Grapes, Grapetfruit, Kaffir, Mandarin
(Imperial), Melon, Nashi, Orange
(Valencia), Passionfruit, Pear, Plum.
Persimmon.

VEGETABLES
Asian Greens, Beans (Green), Beetroot,
Broccoli, Cabbage, Capsicum, Carrot,
Cauliflower, Celery, Cucumber, Eggplant, Leek,
Lettuce/Salad Mix, Mushroom, Onion, Peas
(Snow), Potato, Pumpkin, Shallots, Spinach,
Sweetcorn, Tomato, Turnip, Zucchini.

For more information visit
www.sweetautumn.com.au
or
join us at facebook.com/sweetautumn

Swansea-Caves JRLFC
still has spots left for players
in:
U7s, U8s, U10s and our
U12s.
Anyone wishing to register
please contact the club on
0437 821 435.

Belmont Automotive Service Centre
Delivering Personalised Service

All types of servicing to all makes & models • All types of mechanical repairs
Suspension ids • Exhaust repairs • Computer diagnostics • Rego checks (inc. LPG)

Weekly Program
Classes Begin: 9:00 am and finish 3:00 pm
Tuesday - Scripture
Thursday - School Banking & Assembly
Friday - Breakfast Club & Sport
Canteen - Mon, Wed, Fri
Uniform Shop - Thurs 2:30-3:00 pm & Fri 8:30-9:00 am

Upcoming Dates
Aboriginal Action Team Meeting - Friday,
11th March
Easter Hat Parade - Wednesday,
23rd March
Parent Teacher Interviews - Monday, Tues-
day and Wednesday, 4th - 6th April

Respect, Responsibility and Excellence
Examples of the Bebras Challenge:

Cross Country

Three very fast beavers will compete in a cross-country race.

Mr. Brown will overtake one beaver when running uphill.

Mrs. Pink will overtake a beaver when running downhill.

Mrs. Green will overtake one beaver when running across rocks.

The terrain is shown in the picture: uphill, followed by some rocks, downhill and then some more rocks.

Mrs. Pink starts in the first position, followed by Mr. Brown and Mrs. Green.

Question:
In which order will the beavers finish the race?

Mr. Brown, Mrs. Green, Mrs. Pink

Mr. Brown, Mrs. Pink, Mrs. Green

Mrs. Pink, Mr. Brown, Mrs. Green

Mrs. Green, Mrs. Pink, Mr. Brown

Animation

Taro is planning an animation of a face that is made from a sequence of pictures.

To make the animation run smoothly, only one feature of the face should change from one picture to the next.

Unfortunately, the pictures got mixed up. Now Taro must find the correct order again. Luckily, he knows which picture is first.

Question:
Put the pictures in the correct order by dragging them into the sequence:

(Taro's face images are shown)

Respect, Responsibility and Excellence
KJ Happiness Flowers

I feel happy when we go to the park. - McKenzy

I feel happy when Dad plays footy in the yard with me. - Koby

I feel happy when my brother plays with me. - Evangeline

I feel happy when we go to my cousin’s house for dinner. - Ruby

I feel happy when Mum gives me surprises. - Molly

I feel happy when I go on the boat with my family. - Chance

I feel happy when I go on holidays. - Coen

I feel happy when I play with my dog. - Emily

I feel happy when I play with Abby my cat. - Charlotte

KJ have been learning about feelings. After reading the story “When I’m feeling happy” we discussed things that made us happy and made giant class happiness flowers.
Every Day Counts....

A day here or there doesn't seem like much, but....

<table>
<thead>
<tr>
<th>When your child misses just.....</th>
<th>That equals.....</th>
<th>This means that the best your child can achieve is.....</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>Nearly 1 1/2 a years of school</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 days per year</td>
<td>Over 2 1/2 years of school</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>Over 5 years of learning</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>Nearly 8 years of learning</td>
</tr>
</tbody>
</table>

And therefore, from Kindy to Year 12, that is.....

Equal to finishing Year 11
Equal to finishing Year 10
Equal to finishing Year 7
Equal to finishing Year 4
<table>
<thead>
<tr>
<th>Over 2 ½ years</th>
<th>8 weeks per year</th>
<th>1 day per week</th>
<th>One hour per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nearly 1 ½ years</td>
<td>4 weeks per year</td>
<td>Half a day per week</td>
<td>Half an hour per day</td>
</tr>
<tr>
<td>Nearly 1 year</td>
<td>Over 2 ½ weeks</td>
<td>1 hour 40 minutes per week</td>
<td>20 minutes per day</td>
</tr>
<tr>
<td>Nearly half a year</td>
<td>Nearly 1 ½ weeks</td>
<td>20 minutes each week</td>
<td>10 minutes each day</td>
</tr>
<tr>
<td>And over 1½ years of schooling that's... Which is...</td>
<td></td>
<td>That equals... Just...</td>
<td>When your child misses...</td>
</tr>
</tbody>
</table>

Every Day Counts

Just a little bit less doesn't seem like much, but...
Go4Fun is a healthy kids program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and exercise using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

**WHAT HAPPENS AT GO4FUN?**

**HOUR 1**

PARENTS & KIDS TOGETHER: NUTRITION & MIND THEORY SESSION

**HOUR 2**

PARENTS DO: NUTRITION & FAMILY LIFESTYLE CHAT SESSIONS

KIDS DO: FUN EXERCISE & GAMES SESSIONS

Register on 1800 780 900
Or go4fun.com.au
WHY SHOULD KIDS DO GO4FUN?

Being overweight can contribute to health problems like asthma, diabetes and heart problems, as well as affect a child's self-esteem, willingness to participate in activities and can affect friendships with peers.

Poor body image may also prevent a child from reaching their full potential. A poor diet can affect concentration and therefore learning and school ability. Poor body image and self-esteem may also affect school attendance and behaviour.

WHAT IS ABOVE HEALTHY WEIGHT?

Approximately 25 per cent of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

• Wear clothes sizes for an older age group
• Spend over two hours watching television (or using a computer) per day
• Are physically active for less than one hour per day
• Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

BENEFITS OF GO4FUN?

• Builds self-esteem and confidence
• Improves sporting skills and fitness
• Builds team work and communication skills
• Balanced diet helping learning and mood
• A healthier child!

DOES GO4FUN WORK?

Independent clinical studies show Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

WHERE?

Held in sports and community centres, as well as schools in most council areas of NSW

WHEN?

Run after school in school term (10 weeks), usually starting at 4:00pm, 4:30pm or 5:00pm

COST?

FREE. Kids get a free t-shirt, drawstring bag, bouncy ball, water bottle and info folder

Register on 1800 780 900
Or go4fun.com.au
AN ACTION PACKED DAY OF ACTIVITIES ON CLARK ISLAND

TRIBAL WARRIOR ASSOCIATION
EMPOWERING DISADVANTAGED ABORIGINAL AND NON-INDIGENOUS PEOPLE

EASTER CULTURAL ISLAND TOUR

Tribal Warrior run specialised training programs that encourage disadvantaged young people to become self-sufficient, leading them to employment opportunities in the maritime industries.

TRIBAL WARRIOR ASSOCIATION INCORPORATED
PHONE: 02 9699 3491 | FAX 02 9699 3441
EMAIL: INFO@TRIBALWARRIOR.ORG
FOLLOW US ON FACEBOOK, TWITTER & INSTAGRAM

CRUISE SYDNEY HARBOUR TO CLARK ISLAND FOR AN UNFORGETTABLE EASTER EGG HUNT! EXPERIENCE TRADITIONAL ABORIGINAL ART, CULTURE, CEREMONIES, DANCE AND MORE.

www.tribalwarrior.org

www.tribalwarrior.org
ISLAND TOUR

Experience an unforgettable day out on Sydney Harbour touring the pristine Clark Island, where you’ll participate in traditional tribal arts such as sand painting and hand stencilling, and observe exciting cultural performances.

A perfect way to spend Easter on the harbour complete with an Easter Egg hunt!

Join us for a BBQ lunch and participate in fascinating artistic and cultural activities from the world’s oldest living culture.

TOUR INCLUDES:

- Welcome to Country and Smoking Ceremony
- Sand Painting and Hand Stencilling
- Guided tour of Clark Island to learn about bush tucker, flora and fauna and hunting techniques
- Cultural Dance Performances

DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Good Friday 25th March</td>
<td>10.00am – 1.00pm</td>
</tr>
<tr>
<td>Saturday 25th March</td>
<td>10.00am – 1.00pm</td>
</tr>
</tbody>
</table>

TICKET PRICES

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Children</td>
<td>$30</td>
</tr>
<tr>
<td>Adults</td>
<td>$40</td>
</tr>
<tr>
<td>Student/Concession/Pensioner</td>
<td>$35</td>
</tr>
<tr>
<td>Family*</td>
<td>$85</td>
</tr>
<tr>
<td>Prebook your BBQ lunch</td>
<td>$10pp**</td>
</tr>
</tbody>
</table>

* Includes: 2 adults and 2 children
** $15 if paid for on the day

TO SECURE YOUR BOOKING:

VISIT: www.tribalwarrior.org
EMAIL: info@tribalwarrior.org
PHONE: (02) 9699 3491