**Principal’s News**

Dear Parents and Carers,

**ZONE SWIMMING** was held on Tuesday, 23rd February. The students represented our school well, both in their swimming and their behaviour. Congratulations to all our students who competed on the day.

**JETS SOCCER TRAINING**

Congratulations to Ethan, Owen and Ethan from last years’ 5/6J for winning the best dressed school gate in the JETS’ Dress Up Your School Gate competition. Although the boys are in Y7 now they joined 6S in a wonderful training session on Tuesday with four of the current Jets.

**CHILD PROTECTION AWARENESS TRAINING** will be held tomorrow at 9am. A second training session will be held on Tuesday, 15th March at 2:30pm. Child Protection Awareness training is for parents/carers who would like to help in the classroom or canteen and who have not previously done the training at our school. Other helpers who have previously done the training are required to re-sign the Working with Children form each year.

**SHAMROCK LUNCH** On Wednesday, 24th February Mrs O’Neill had the pleasure of joining Chloe 5H, Tyler 4T and Jodi 4R for their reward of a special lunch to celebrate receiving 10 Shamrock awards. The children all showed Mrs O’Neill their reward was well earned by their attitude, manners and behaviour. Remember that your Shamrock awards carry over each year so as soon as you have 10 Shamrock awards hand them to the office and you will receive your invitation to lunch. Mrs O’Neill looks forward to seeing who will join her for the next Shamrock Lunch in Week 10.

**A REMINDER THAT SCHOOL BEGINS AT 8.55AM** If your child arrives to school after this time they must receive a late arrival pass from the school office.

**AFTER SCHOOL ARRANGEMENTS** Please send a note to your child’s teacher if their after school arrangements change or if they will be going home with another student’s family.

**YEAR 1 AND 2 NEWCASTLE MUSEUM EXCURSION** has been planned for Wednesday, 16th March and Thursday, 17th March, 2016. Notes have been sent home with students this week. The note is also available on our website.

**SCHOOL DISCO** will be held on Thursday, 31st March. A permission note will be sent home closer to the date. The times for the disco will be as follows:

- **Kindergarten** - 4.30pm—5.30pm
- **Yr 1 & 2** - 5.30pm—6.30pm
- **Yr 3 & 4** - 6.30pm—7.30pm
- **Yr 5 & 6** - 7.30pm—9.00pm

**RESOURCE PACKS FOR 2016** cost $65 per student ($40 for the third or more child). PAYMENT IS NOW OVERDUE. Please send payment in an envelope with your child’s name, class and “Resource Pack” written clearly on the front and place envelope in the silver tin at the school office. You may also pay online via the school website. Please enter “Resource Pack” under the payment description.

*Have a successful week, Narelle and Staff.*
**FUNKY HAIR DAY—FRIDAY, 11TH MARCH**

Come to school with your hair done crazy!

It's the day when everyone brings a donation and creates a funky hair style just for the day!

Bring a $2 coin and make your hair as wild and wacky as you can.

Use hair ties, ribbons, hair spray, gel, mousse or colour to give your hair that funky look.

This year to make it extra special, one of our teachers at APS has registered to take part in the “World’s greatest Shave”

Mrs Woolfe will be getting her hair shaved off on the day and she wants you to support her in her craziness! Mrs Woolfe is aiming to raise $560 which will be enough money to give a regional family a free place to stay close to treatment in the city for one week.

How can you help? Mrs Woolfe would love you to sponsor her to really make her shave worthwhile.

So please go on line and google “Shave for Cure”. Go to the “World’s Greatest Shave” home page. Then click on “sponsor”. Then click on “support a shaver”. Then type in first name “Kerrie” and last name “Woolfe” (make sure you have 2 o’s in Woolfe!). Mrs Woolfe’s name may be down the list a bit. Click on her name and her sponsor page will open. Click on the “blue” sponsor piece. You can then choose the amount or add your own amount. It is that easy!

Remember it is for really great cause. All money goes to support Australians with blood cancer and to fund research.

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**DEBATING NEWS**

The Debating group has started for 2016 with a large number of year 6 students signing up.

The students, who formed our successful team in 2015, are all back on board, keen to get involved again this year. We will be fielding two Year 6 teams for the NSW Year 5 & 6 Premier's Debating Challenge. Over the next few weeks, all the students will take part in various debating training exercises and practice before these teams will be formed. Unfortunately as there can only be four students in each team plus a couple of reserves, not all of the students will be able to be included in the final team formation.

Last Friday, eight of our students were able to attend the official Training Day that was held at East Maitland Public School. From all accounts they had a very interesting day and are all extremely motivated to get stuck into debating!

All the students will now train twice a week, leading up to the first official debate of the competition which will be held towards the end of this term. It has been explained to the students the commitment they must make, what is involved in debating, including the type of skills necessary, the value in being aware of current events in the media and the need for a long term commitment to the team. Being good at arguing is only one part of the requirements.

Sensei Davey

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**JETS TRAINING COURSE**

On Tuesday, 23rd February 6S and some chosen Year 5 and 6 students attended a Newcastle Jets Clinic. Captain Nigel Boogaard, Cameron Watson and Leonardo came to our school to do a clinic. We did three activities: rob the nest in soccer, stuck in the mud in soccer and shark attack where you had to talk to each other and protect your ball.

By Hayden (6S)
Canteen News

The canteen is open every Monday and Tuesday. However, this will depend on the number of volunteers available. If you are able to assist please contact Tracy on 0411 184 571.

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<thead>
<tr>
<th>Term 1 2016 Calendar</th>
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<td>Week</td>
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Uniform Shop News

The Uniform Shop is now open Tuesdays, 8.30am—9am and 2.30pm—3pm and Thursdays, 8.30am—9am. We are pleased to advise that EFTPos facilities are now available at the Uniform shop ONLY.
## Uniform Focus—Week 6

White socks will be the uniform focus next week. Please ensure your child is wearing the correct uniform.

Thank you for your co-operation.

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## Class Awards

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<thead>
<tr>
<th>Class Awards</th>
<th>Sport / Shamrocks</th>
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<tr>
<td>KF</td>
<td>London / Alexis</td>
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<td>KM</td>
<td>Heston / Ruby</td>
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<td>KS</td>
<td>Hurley / Cooper</td>
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<td>KW</td>
<td>Tilly / Ollie</td>
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<td>Isaac / Makayla</td>
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<td>Charlotte / Max</td>
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<td>2Mc</td>
<td>Lili / Michael</td>
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<td>2P</td>
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## P&C News

**Easter raffle …….Fundraiser for APS**

We require donations of Easter eggs or perhaps a book, toy or DVD to be handed in to the office by Friday, 18th March, 2016.

**NO MATTER HOW BIG or SMALL!! The more donations we have - the more draws we can have!!**
EASTER RAFFLE

Please return tickets to school office in a sealed envelope with correct payment and child’s name and class clearly on the front. Please keep raffle tickets separate from other school payments.

*Please return by Friday, 18th March, 2016. Drawn on Tuesday, 22nd March, 2016.*

$1 – 3 tickets  $2 – 8 tickets  $5 – 20 tickets

It would greatly assist us if you could cut the tickets along the lines before sending in.

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<thead>
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<th>APS Easter Egg Raffle</th>
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**Good for Kids**

**good for life**

**START THE DAY RIGHT WITH BREAKFAST**

We’ve all heard that breakfast is the most important meal of the day and it’s true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
- Untoasted muesli topped with low fat yoghurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you’re short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

PHONE 4924 6499

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**Nutrition Snippet**

**The simplest way**

...to save time packing lunches.

We know parents are eager to pack healthy, nutritious lunches.

But doing it five times a week and getting the kids keen on healthy options such as fruit and vegetables, can feel like a chore.

Plan ahead to get organised and save time:

- Make sandwiches at the beginning of the week and freeze, then add fresh salad on the day.
- Cook extra at dinner and use leftovers for lunches – baked veg, stir fry, pasta and rice work well.
- Chop up sticks of carrot, capsicum, celery or cucumber and store in a container in the fridge until ready to use.
- Let the kids help prepare and select, saving you time and getting them interested.

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

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**Can Saver Plus assist you with school costs?**

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 16 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cynthia Culhane, your local Saver Plus Worker:

(02) 4032 4703 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

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**SECOND WIND**

Second Wind is a community project to provide kids with free equipment to enable them to participate in sport. (ask about our subsidy scheme)

Please Donate sporting goods and equipment at:

**Maitland Neighbourhood Centre**

Arthur St Rutherford NSW 2320

4932 0950
Are you interested in advertising in our newsletter? Contact the school office for details.

Hey you Mob!

Are you hearing about NDIS but don’t know what it’s about??

Come along and yarn with someone who works within the National Disability Insurance Agency (NDIA).

Ask the questions that you’ve been thinking.

Who should come?

Are you a person with a disability and aged under 64 years?

Or do you know a family member or friend?

Do you live in Cessnock, Kurri Kurri or Maitland area?

Come along and get all the info about why you might like to register for the NDIS, how you do that and what happens next...

Wednesday 2nd March 2016
10am till 2pm
Barkuma Neighbourhood Centre
76 Lang Street, Kurri Kurri
4937 1094

FREE BBQ!!