What a wonderful celebration of participation at Friday’s Small Schools Swimming Carnival! A testament to the Intensive Swimming Program and our Swimming for Sport lessons, participation rate was at the highest it has been for some years. As a result, our school was awarded the Ellis Ball Cup for Most Improved School. Well done Miss Ross, Miss Em and our staff; well done to the families who transported their children to Singleton and were involved in the day; and a mighty WELL DONE to all students who participated. If I could paraphrase: “It’s not where you come but how you swim the race!”

More photos of our happy swimmers inside.

Regina
Small Schools Swimming Carnival: swimmers are winners...

The confidence shown by our students at the Swimming Carnival is reflected in their attitude towards themselves. Our weekly lessons for Sport are helping to instil life-long values for learning. Tyson was awarded the Runner-Up Juvenile Boy Champion medal, and he is very proud of his achievement.

Zone representatives are Jack (senior boys relay) and Heath (8 years 50m free-style).

Big thank you to the organisers from Kirkton Public School, and the management of Singleton Swim & Gym.

Healthy schools, healthy learning...

In line with the Nutrition in Schools Policy, students have Crunch ‘n’ Sip every morning before beginning lessons. The purpose is to ensure that their brains are operating at optimum level for learning. Students can bring fruit or vegetables, peeled and cut up when necessary, ready to eat. They will also drink water at this short break. It’s also important that students bring a healthy snack and lunch, comprising foods that are low in sugar and fat. If lollies or chocolates are brought to school they will be confiscated and returned to the student at the end of the day. So please check what is coming to school every day… For our part, lollies are not used as incentives in schools: we need our students to be operating at their top level at all times!
Years 3–6
Making Connections

One of the mathematical concepts that cause angst in classroom activities is AREA. Area is the size of a two-dimensional surface. The formula for determining the area of a rectangle or square is width x height. Please encourage the investigation of area in your home... Once we master that we can talk about the area of triangles and circles!

In March, our students will be able to learn about money, its role in our community and globally. An educator from the Commonwealth Bank Foundation will present an interactive program over an hour in the classroom. We are working out some interesting money questions...

K/2 Corner

Intense learning makes the time we spend at school fly! Almost week 5 already! Kindergarten is powering through the Jolly Phonics sounds and are picking them up quickly, using plenty of visuals around our classroom for guidance. Next Term Kindergarten will be beginning a targeted spelling program as their knowledge of sounds will give them the basis for making simple words. We have begun our ‘Heritage’ focus which crosses all Key Learning Areas and will continue for the rest of the year. The students and I have been discussing heritage and the different things that it can mean. Students have been asked to go home and find out about the history of their own family members. We will be using this information to make a class heritage map for display in our school.

P.B.L. FOCUS

SPOTLIGHT ON P&C
P&C Executive

President: Jeni Bos
Vice-President: Nat Young
Secretary: Sarah Williams
Treasurer: Renee Turner
Canteen Coordinator: Annie Marr
Uniform Coordinator: Kirri-Ann Lewins

GETTING ALONG WITH OTHERS
- Taking turns
- Sharing equipment
- Friendly talk

Friday Cake Raffle...

50 cents a ticket to support our Leadership Team.

Friday, February 19th
Jeni Bos

Friday, February 26th
Codie Gee

Friday, March 4th
Robin Solman

Friday, March 11th

Canteen!!

Please have orders and payment at School by Thursday each week.

Friday, February 19th
Tara and Nat

Friday, February 26th
Sarah & Annie

Friday, March 4th
Robin Solman & Nat

Friday, March 11th
10 THINGS YOU CAN DO to help your child learn to read

1. Create a positive reading environment at home. Be a reader yourself and encourage your child to read for pleasure as well as information.

2. Make learning to read part of every day. Show your child the written words and symbols that are all around us.

3. Make reading an activity that you and your child can both enjoy. Let your child participate in the reading.

4. Provide a variety of texts at the level your child can read with you. Stories, comics, poems, plays, cartoons, reference books, magazines and children's recipe books all help your child to read.

5. Re-read books. Let your child become familiar with the words, the story and the fluency of an adult reader.

6. Be confident in your child's abilities and proud of their achievements.

7. Don't expect too much too soon. It takes time for children to learn to read so be guided by the pace they set. If your child becomes distressed or loses interest when reading at home, take a break from reading and try again later.

8. Work with your child's teacher. Complete home readers and sight words with your child and speak to the teacher if you have any concerns.

9. Set aside a special time for reading with your child. Aim for 15 to 25 minutes with no interruptions each day.

10. Talk to your child. Engage them in your conversations so they learn new words and ways to express themselves.

Reading is the KEY to learning
Yoga classes
Breathing, Postures, Relaxation
Commencing Tuesday, March 1st at 6.00pm and every Tuesday thereafter.
Jerrys Plains School of Arts Hall
$15 per person/60 minutes class
Qualified Yoga Instructor
Kelly Stannard
BYO Yoga mat

St Bernard’s Catholic Parish Sacramental Program 2016:
St Bernard’s Parish will be commencing their Sacramental Program for 2016 in Term 2. The program involves instruction and reception of the Initiation Sacraments. First Reconciliation, Confirmation and First Communion. We are now inviting all Catholic children who are in Year three or any older children who have not already participated, to join us. Please contact Mrs Angie Carroll on 6547 1274 by 26th February 2016 if you would like your child to participate.

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.

A.G.M.
Jerrys Plains School of Arts Hall Committee
March 9th, 6.30pm.

Facts about the Dairy Industry
Australian dairying is an industry that employs 43,000 Australians and feeds millions every day.
Sponsored by the Gee Partnership. Local family proudly producing quality milk.
What to include in Crunch&Sip

Crunch&Sip aims to increase the consumption of vegetables and fruit and promote them as a delicious snack food for students. Crunch&Sip also aims to encourage water as the best drink. Fresh is always best when it comes to vegetables and fruit but some other choices are suitable.

ALLOWED

- All fresh vegetables
- All fresh fruit
- Frozen vegetables and fruit without other additives such as sauces or coatings
- Tinned fruit in water or natural juice on limited occasions
- Tinned vegetables without sauces (preferably no added salt) on limited occasions
- Dried fruit in small amounts and on limited occasions
- Plain water

NOT ALLOWED

- ‘Fruit’ products (e.g. fruit leathers, fruit roll-ups, fruit straps)
- Fruit jams or jellies
- Fruit pies or cakes
- Tinned fruit in syrup
- Vegetable or potato crisps
- Hot potato chips
- Olives
- Vegetable pastries (pies, pasties)
- Baked vegetable breads
- Vegetable cakes, fritters, quiches or similar
- Popcorn
- Flavoured and/or carbonated water
- Fruit or vegetable juices
- Fruit cordial
- Any drink other than plain water