Congratulations to the following students who receive awards this week:

**MERIT AWARDS**

| KD  | India J | Leya C |
| KT  | Matilda W | Jack I |
| K/1J | Stella B | Nellie C |
| 1H  | Jayden D | Matilda R |
| 1S  | Tahlia M | Anisha R |
| 1/2M | Harper A | Kai R |
| 2V  | Macey B | Max G |
| 2/3C | Avalon G-W | Anjoy DR |
| 3T  | Kasey B | Luc B |
| 3A  | Isabella C | Chloe I |
| Band | Isabella C | Maya C |

The following students will be presenting their QUALITY WORK at Assembly:

| KD  | Sascha C |
| KT  | Tom A |
| K/1J | Stella B |
| 1H  | Lucia C |
| 1S  | Tahlia M |
| 1/2M | Ruby H |
| 2V  | Tom S |
| 2/3C | Duncan M-B |
| 3T  | Imogen H |
| 3A  | Chloe I |

Friday Assembly: 2/3C will be performing at our 2:30pm assembly this week. All families and friends are welcome to attend.

**DIARY DATES**

**Wednesdays**
- Uniform Shop 8:30 – 9:30am
- Student Banking

**Fridays**
- Canteen
- 10/04/13 Stage 1 excursion
- 11/04/13 P&C Meeting 7pm
- 12/04/13 ANZAC Day Assembly
- Last day of Term 1

**Term 2**
- 29/04/13 Staff Development Day – PUPIL FREE
- 30/04/13 Staff Development Day – PUPIL FREE
- **01/05/13 Term 2 commences for students**
- 03/05/13 Cross Country Carnival
- 09/05/13 P&C meeting 7pm
- 14-16/05/13 NAPLAN (Years 3 & 5)
- 19/05/13 Billy Cart Derby / Mad Hatters
- 21/05/13 ICAS Computer Skills comp.
- 24/05/13 BV District Cross Country
- 02-07/06/13 Stage 3 Sydney excursion
- 05/06/13 ICAS Science comp.
- 10/06/13 Queen’s Birthday public holiday
- 13/06/13 P&C meeting 7pm
- 17/06/13 ICAS Writing comp.
- 18/06/13 ICAS Spelling comp.
- 28/06/13 Last day of Term 2

Please note, school resumes for students on the Wednesday in Week 1, Term 2.

**Payments Due:**
- Stage 3 Sydney Excursion –
  - 2nd instalment $150 Due 12/04/13
  - 3rd instalment $150 Due 24/05/13

Bangalow PS is a proud member of the Lighthouse Valley Learning Community

Byron Street, Bangalow NSW 2479  Ph: (02) 6687 1434  Fax: (02) 6687 2036
www.bangalow-p.schools.nsw.edu.au  email: bangalow-p.school@det.nsw.edu.au
Principal: Susie Boyle
Dear Parents and Carers,

Class Parent Representatives

At the last P & C meeting parents nominated to act as Parent Representatives for each class for next term. At the end of Term 2 we will call for nominations from other parents who are interested in this role.

Job Description
Length of tenure - one school term

To promote the interests of the school by bringing the parent, community, students and teaching staff into close cooperation through:

a) promoting the importance of a strong positive school/community partnership that works together to support, develop and celebrate the unique potential of each and every child.

b) assisting the class teacher to provide clear communication between home and school.

c) organising one social event per term which involves all parents and their families.

d) supporting the school by being involved in school / P & C activities during the term, including attending P & C meetings.

e) assisting new parents in the class to meet other parents.

f) supporting and communicating with the class teacher and directing parents to seek an appointment with the class teacher if they have concerns or queries.

The following parents are our Parent Representatives for Term 2.

- KD Lara Hayes (Finnley)
- KT Jen Cummings (Tom)
- K/1J Bronwyn Watt (Oscar)
- 1H Jenny Kennedy (Sylvie)
- 1S Fletcher Potanin (Alex)
- 1/2M Lesley Kermode (Chloe)
- 2V Lisa Peacock (Matilda)
- 2/3C Kerry Brown (Bridie)
- 3T Joelle Baker (Luc)
- 3A Kari Adams (Charlie)

I would like to personally thank these parents and meet with all Parent Representatives next week so we can organise for Term 2. I thought just prior to the P & C meeting would be the easiest for everyone – Please meet in my office at 6.30pm next Thursday 11 April. The P & C meeting begins at 7pm.

Kind Regards

Susie Boyle
Principal

Last chance to WIN AN IPAD!!

All families who have paid their Voluntary Contribution before the end of Term 1 and have no outstanding payments owed to the school (eg Book Pack, Swimming, etc) will go into the draw to win an iPad mini!

All you have to do is make sure you have paid by next Thursday

The winner will be drawn at the end of our special ANZAC Day Assembly commencing at 10:45am on the last day of term, Friday 12th April.

All Voluntary Contributions are TAX DEDUCTIBLE

$35 for a single child, or $70 per family

Thank you for your support of our school

EFTPOS available at the front office

Sorry, we are unable to take payments for the Uniform Shop using our EFTPOS terminal.
ANZAC DAY

An ANZAC Ceremony will be held at school on Friday 12th April at 10:45am. Parents and community members are welcome. The service will be followed by a morning tea – please bring a plate of food to share. Students may bring flowers to lay during the ceremony. Many thanks, Susan Cox

2013 International Competitions & Assessments for Schools (ICAS)

Students in Years 3, 4, 5 and 6 who wish to participate in the annual ICAS academic competitions run by the University of NSW must return their note and payment by TOMORROW. Students sit these competitions at school under teacher supervision, and every student receives an individual diagnostic report as well as a UNSW certificate acknowledging participation and celebrating achievement. Contact the school for more information.

The sitting dates are:
- Computer Skills: Tuesday 21 May
- Science: Wednesday 5 June
- Writing: Monday 17 June
- Spelling: Tuesday 18 June
- English: Wednesday 31 July
- Mathematics: Tuesday 13 August

Please note, students attending the Sydney excursion will sit their Science test prior to leaving.

Stage 3 Excursion – SYDNEY
Sunday 2nd – Friday 7th June

All Stage 3 students who are going on the Sydney excursion should now have paid $150 deposit. The next payment ($150) is due on the last day of term – 12th April. Permission notes and itineraries will go out next term. Thank you, Susan Cox

Sport News

PSSA Winter Trials

Congratulations to the following students who have progressed to the next level and will now be representing the Far North Coast at the North Coast Area trials:
- Soccer: Conor B
- Kate C
- Chloe R
- Netball: Freya P

Be sure to check out the great resources our SCHOOL LIBRARY has to offer by clicking on the link: https://library.oasis.schools.nsw.edu.au/enquiry/?school=111811
Save this into your favourites!

Proudly supporting the school’s Munch & Crunch Program with fresh fruit and vegetables.

Water is the best drink for kids

Students are able to keep a bottle of plain water on their desk to drink during the day. When students don’t drink enough water, they can become dehydrated, which causes headaches, irritability and restlessness in the classroom.

Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones. Soft drinks, cordials, sports drinks and flavoured mineral waters contain 6 teaspoons of sugar in every 250ml glass, which means they contain a large amount of energy. This can contribute to dental caries and decay and an excess energy intake (which can lead to overweight and obesity).

So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag. Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox?

Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times. Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays.

Sending water to school will help prevent dehydration and help your child work and play all day long.
Thank you to all the volunteers... The Term 2 roster will commence on Friday 3rd May, so please contact Sharon (0427 668716 or nrudgley@bigpond.net.au) if you could spare three hours on a Friday morning.

TOMORROW
5th April
Tegan Goodey
Ellie Powditch
Diane Bulmer
Lisa Hambling

Friday
12th April
Tegan Goodey
Peta Rodger
Nat Hamill
Bridgette Greig

A menu / price list is included with this newsletter.

Dear Parents and Friends,

P&C Meeting
Next Thursday
April 11 at 7pm
~ All Welcome ~

Please see the attached flyer for our Mad Hatter’s Derby Tea Party – we need YOU!

P and C NEWS

COMMUNITY NEWS

Healthy, Local Cooking Demonstration with Alison Drover
Thursday 16 May in Lismore

Get your taste buds watering at our healthy cooking demo that will showcase the best local ingredients from the Northern Rivers Region. Learn how to select, cook and present some fail-safe meals that are quick and simple, and sure to impress the whole family. Chef and local foodie, Alison Drover will show you how to incorporate seasonal produce from around the Northern Rivers region that’s sure to bring down your food mileage and help the family stay fit and healthy all year round. Free tastings included!

COST: FREE
WHEN: 11am – 1pm, Thursday 16 May, 2013
WHERE: Gordon Pavilion, Oakes Oval, Lismore
BOOKINGS: Call Graeme Williams on 6620 7504 or email: graeme.williams@ncahs.health.nsw.gov.au
(See link for directions: http://goo.gl/maps/sYhQ6)

‘Kids and shopping’ research study

WOULD YOU LIKE TO PARTICIPATE?

We’d like to know:

- How are children involved in the shopping choices for the household?
- What conversations do you have about the shopping choices you make?
- What is responsible shopping?
- Where do children learn about shopping?

What’s involved?

30-45 minute interviews with at least one adult carer and child (8-12 years old) in your house.
We can come to you or meet where it is convenient.

For an information pack to learn more about this project or simply ask a question, please call Kate on 0495 874 663 or email kate.neale@scu.edu.au

This research project has been approved through the Southern Cross University Ethics Committee. Approval Number ECN-12-275

THIS RESEARCH IS NOT FOR COMMERCIAL PURPOSES.

BANGALOW UNITING CHURCH

is presenting a short concert featuring

THE HEADLINERS CHORUS
at 5PM on SUNDAY APRIL 7TH

FOR A SONG CELEBRATION, COME AND ENJOY A SELECTION FROM THEIR EXTENSIVE REPERTOIRE AND JOIN IN A COUPLE OF AUDIENCE PARTICIPATION SONGS.

WE HOPE TO FILL THE CHURCH AND YOUR SUPPORT WOULD BE SO APPRECIATED

Admission is by donation – FUNDRAISING FOR REFURBISHMENT OF THE BUILDING

ADVERTISING SPACE

Opportunities exist to advertise in our newsletter (certain criteria must be met and conditions apply). Newsletters are distributed in full colour hard copy, via email, and on our website. Please contact the school office on 6687 1434 or email us at bangalow-p.school@det.nsw.edu.au. While we exercise due care, Bangalow Public School does not endorse or guarantee any goods or services advertised.

This is not an ad

This research project has been approved through the Southern Cross University Ethics Committee. Approval Number ECN-12-275

THIS RESEARCH IS NOT FOR COMMERCIAL PURPOSES.
Mad Hatter’s Derby Tea Party
A fun-filled family haven at Bangalow’s Billy Cart Derby

Cakes, ice cream, books, fun stuff, face painting, raffles, tea & coffee, drinks, burgers, sandwiches & more!

Help out! Volunteer!
• Bake cakes, slices, make chutneys
• Donate books (a big winner last year!)
• Setup on the day and help on a stall
• Buy & Sell loads of raffle tickets! (next week)

Contact: Amanda Chadwick
email: amanda.chadwick@bigpond.com.au or call 0418 968 502

Our BIGGEST Fundraiser!

Bangalow OSHC.

*Morning tea, lunch and afternoon tea must be provided each day for children
*NO HAT, NO OUTSIDE PLAY
*Permission notes must be signed for excursion days and children must be signed in before 8:30 am on those days.
*NO SPENDING EXTRA SPENDING MONEY WILL BE TAKEN ON THE EXCURSION DAYS.
*Excursion expenses for will be billed to you as a part of your invoice for vacation care

<table>
<thead>
<tr>
<th>Monday 15th</th>
<th>Tuesday 16th</th>
<th>Wednesday 17th</th>
<th>Thursday 18th</th>
<th>Friday 19th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Craft and Talent show</td>
<td>Excursion to Macadamia Castle! We will feed and pet the animals, check out the Crouc’s, eat our packed lunch there and get our faces painted.</td>
<td>Mexican Cooking Day Yum Yum! We will make: Nachos, Tacos or Burritos (All allergies will be taken into consideration).</td>
<td>Movies</td>
<td>Rankin Drive Park Morning stroll to Rantin Drive Park where we will play on the equipment and have morning tea</td>
</tr>
<tr>
<td>Monday 22nd</td>
<td>Tuesday 23rd</td>
<td>Wednesday 24th</td>
<td>Thursday 25th</td>
<td>Friday 26th</td>
</tr>
<tr>
<td>Lennox Park/Boardwalk We’re headed to Lennox! We will visit Lennox park and walk along the boardwalk and look across the ocean. (Due to regulations we unfortunately won’t be going on the beach near water).</td>
<td>Cooking Pizza! Today we will be making pizza. (All allergies will be taken into consideration, GF basis available). Then craft activities in the afternoon.</td>
<td>Roller Skating We are making our way to Lismore Skating for another active day out!</td>
<td>CLOSED ANZAC DAY</td>
<td>Tie Dying For our last day we will be doing tie dying. Bring some clothing or material to make it into a groovy tie dye piece!</td>
</tr>
</tbody>
</table>

To book call Sian on 66871686
Ideas for parenting teens

...focuses on how to effectively communicate and set boundaries with your teenager

Assists parents of teenagers to:
- reduce the anxiety inherent in raising teenage children
- help understand what is normal adolescent development
- develop skills to communicate and negotiate with teenagers

Dates: Monday 15th & 22nd April (2 sessions)
Time: 10am – 1pm
Venue: Ground Floor, 5 Market Street Lismore

Cost: $40 /$20 (concession)

More information:
02 6623 2750
lismore@interrelate.org.au

www.interrelate.org.au

interrelate family centres
Strengthening Family Relationships...since 1926
# Bangalow Public School
## Canteen Menu
### Term 1, 2013

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagne</td>
<td>$2.50</td>
</tr>
<tr>
<td>Pizza</td>
<td></td>
</tr>
<tr>
<td><em>Ham &amp; Pineapple OR Bacon &amp; Cheese</em></td>
<td>$2.20</td>
</tr>
<tr>
<td>Gourmet Chicken Pies</td>
<td>$3.00</td>
</tr>
<tr>
<td>Gourmet Beef Pies</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese &amp; Spinach Rolls</td>
<td>$2.60</td>
</tr>
<tr>
<td>Chicken Tenders</td>
<td>$1.20</td>
</tr>
<tr>
<td><strong>Sauce</strong></td>
<td>20 cents</td>
</tr>
</tbody>
</table>

**Jaffles**
*(GF Bread Available) Extra 20c*

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham &amp; Cheese</td>
<td>$2.40</td>
</tr>
<tr>
<td>Ham Cheese Tomato</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.20</td>
</tr>
<tr>
<td>Chicken Burgers</td>
<td>$3.20</td>
</tr>
<tr>
<td><em>(Fresh Bun, Chicken Tender, Lettuce, Carrot, Tomato, Cucumber, Fresh Beetroot, Mayo)</em></td>
<td></td>
</tr>
<tr>
<td>Vegetarian Burgers</td>
<td>$3.20</td>
</tr>
<tr>
<td><em>(Fresh Bun, Vegie Pattie, Lettuce, Carrot, Tomato, Cucumber, Fresh Beetroot, Aoli)</em></td>
<td></td>
</tr>
</tbody>
</table>

**Drinks**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breaka Milk <em>(Chocolate or Strawberry)</em></td>
<td>$1.20</td>
</tr>
<tr>
<td>Popper <em>(Apple or Tropical)</em></td>
<td>$1.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**The following items are to be ordered OVER THE COUNTER**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Splats <em>(Apple/Mango or Strawberry/Apple)</em></td>
<td>$2.00</td>
</tr>
<tr>
<td>Frozen Yoghurt <em>NEW!!!</em></td>
<td>$1.00</td>
</tr>
<tr>
<td>Home Ice Cream</td>
<td>60 cents</td>
</tr>
<tr>
<td>Quelch Fruit Tubes</td>
<td>40 cents</td>
</tr>
<tr>
<td>Frozen Orange</td>
<td>20 cents</td>
</tr>
<tr>
<td>Popcorn</td>
<td>20 cents</td>
</tr>
</tbody>
</table>

### HOW TO PLACE LUNCH ORDERS

Please print your child’s name, class, order and amount clearly on a paper bag large enough to hold the order (bags available from the canteen for 10c each).

Orders are placed in canteen boxes in each classroom by 9.15am.

We cannot guarantee hot food to late orders.

The correct money is appreciated. Please note the canteen is not in a position to provide an “IOU” facility.
School Holiday Activities
North Coast Region

Sailing for Beginners
(10-14 yrs) A fun introductory opportunity for children to learn sailing with qualified instructors. Children will learn rigging and sailing techniques, as well as safety and teamwork on a Hobie Bravo. Participants will have plenty of opportunity to practise their new skills on the day.
Lake Ainsworth Sport and Recreation Centre
Monday 15 April
9am – 4pm
Cost $55

Lake Ainsworth Activity Day
(7-13 yrs) A fun filled day of activities which may include canoeing, swimming, archery, bike riding and much more at the beautiful Lake Ainsworth Centre.
Lake Ainsworth Centre, Lennox Head
Friday 26 April
9am – 4pm
Cost $55

Surf Clinic (Level 1)
(8-15 yrs) If you want to learn to surf or simply brush up on your existing skills, this is the perfect program for you. Learn about safe surfing, skill development, rips, currents and surfing etiquette.
Lake Ainsworth Sport and Recreation Centre
Thursday 18 and Friday 19 April
9am – 4pm
Cost $130

Come and Try Multi Sports
(6-12 yrs) An opportunity to come and try various sports at the one location with qualified coaches from Rugby League, AFL, Softball and Hockey.
Saunders Oval, Ballina
9.30am – 2.30pm
Wednesday 24 April
Cost $15

Surf Clinic (Level 2)
(8-15 yrs) If you have previously completed the Level 1 Surfing program and are looking to improve on your surfing skills, then come and join us as we take you through wave selection, turning and dismounting correctly, paddling and catching unbroken waves.
Lake Ainsworth Sport and Recreation Centre
Monday 22 and Tuesday 23 April
9am – 4pm
Cost $130

How to enrol
By phone: Call 6618 0400 and have your credit card details ready (Visa, MasterCard).
By fax: Complete the enrolment form, include your credit card details and fax to (02) 6687 4175.
By mail: Complete the enrolment form and send to: Sport and Recreation PO Box 121, Lennox Head NSW 2478