PRINCIPAL’S MESSAGE

Congratulations to the soccer boys who have made it through to the next round of the PSSA knockout. The next game will be next Tuesday 19th February in Orange. Permission notes and information will be sent home soon.

NAPLAN is this week. There will be 3 days of testing for all students in year 3 and 5 starting Tuesday 12th May. Please make sure your child attends these days. If they are away due to unforeseen circumstances there will be a catch up day on Friday. Classes have been doing some preparation for these tests mainly for the students to become familiar with the test format which is different to tests that they may be used to. This test is designed to be a snapshot of where your child is in regards to everyone in Australia. It can then be used to plan for individuals, groups, classrooms or whole school learning. Teachers are already aware of your child’s learning needs and will continue to cater for these.

The boy’s Rugby League team will play Cowra PS in the first round of the PSSA knockout this Friday 15th May at Tom Clyburn Oval, kick off will be 9.45am. Please return notes ASAP. Good luck boys.

Year 5 have their Canberra excursion coming up at the end of June. This will cost approx. $140. Permission note etc will be sent home soon. Below is a list of upcoming excursions. Parents are welcome to pay these off throughout the year. Prices may vary as numbers are confirmed.

Year 3 tba $30
Whole school peers support Orange end term 3 $30
Blue Mountains Year 4 October $205
Infants excursion local $20
Burrendong Year 6 December $270

Canowindra Bakery has requested that all lunch orders are to be placed at school not the shop. The bakery is very busy during the mornings and several orders have been misplaced resulting in students not receiving their lunches. This will allow the ordering process to be streamlined and avoid any mix ups. Thank you.

Our school website is constantly updated and all this information can be accessed easily and quickly online. There is also a mobile friendly version of the website that can be downloaded onto your phone or tablet. This can be found in the top right hand corner of the school homepage. This is a great way to view the calendar and newsletters.

Have a great week!

Sharon Hawker
Acting Principal
PBL (Positive Behaviour Learning)

During the coming weeks we will be reinforcing our PBL Core Values and building our class rockets by collecting stars for demonstrating responsible, respectful and safe behaviours around our school. We look forward to our first rocket blasting off ………10..9..8..7..6………..

We are a PBL School

PBL is being RESPONSIBLE, RESPECTFUL AND SAFE.

This week’s focus area is: Bell rings.

Weekly draw winners: Adison Newcombe, Lachie Reid, Holly Wilson and Jeremiah Tapim

Breakfast Club for Term 2 will be having a theme for each week. The theme for this week is Breakfast Quiches. If you are a person who catches an early bus or if you are still feeling hungry when you get to school on Tuesday mornings, head down to the Breakfast Club in the Canteen on Level 2.

P & C News

Meetings – 2nd Monday of the month 3.30pm – School Staff Room

Vegetable Patch Update - There will be lots of excitement today amongst the Staff & Students as they see the first stage of the Chook Pen completed over the weekend. Thanks to The Stanbury Family for initiating this stage.

Mothers Day Stall - Thanks to Belinda Neville for co-ordinating this event, all the mothers that helped sell the gifts and The Gordon Family for donating their roses. The children all enjoy this experience and we hope all our mothers had a lovely day.

Disco 3rd June - Save this date! Look for the P&C Disco flyer in the coming weeks. Parent helpers needed on the night as this is not run by the teachers.

District Cross Country 22nd May - We would love some parent helpers particularly primary parents of runners. The course will be at Canowindra Show Ground. We will set up the BBQ and sell all the items from there. Bacon & Egg rolls, Chips, Lollies, cold drinks, Tea, coffee and home baking. Roster on each hour from 8.30am till 2pm. Send your availability please.

Please call Alison 0408 876 930 or email alison.tom@vinesight.com.au if you can help.

Event Coordination - We discussed at the P&C meeting last week about encouraging some new people to help with coordination of events. It may be as little as calling the IGA for an order, gathering names for a roster, picking up the meat for a BBQ etc. You will get to know how our events run, you may bring ideas to improve or make things run smoothly. Please contact us if you are keen to help.

Thanks again for contributing to school life and our children’s education at Canowindra Public School.

Alison, Julie, Belinda & Lisa
# MAY

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**11**
- 12 Breakfast Club 8.30am
- NAPLAN
- Infants Assembly 2.20pm

**13**
- Student Banking
- NAPLAN

**14**
- NAPLAN
- No Band

**15**
- PSSA Rugby League 9am-11am at Tom Clyburn Oval

**16**
- 17

**18**
- 19 Breakfast Club 8.30am
- Boys PSSA Soccer at Jack Brabham Park in Orange

**20**
- 21 Band

**21**
- 22 District Cross Country

**22**
- 23

**23**
- 24

**25**
- 26 Breakfast Club 8.30am
- 27 Student Banking

**26**
- 28 Band

**27**
- 29

**28**
- 30

**29**
- 31

### SPECIAL MENTIONS

**INFANTS ASSEMBLY**

**Principals Awards**
- Kindergarten J: Noah Hamer, Fantastic reading in Literacy groups.
- Kindergarten L: Hayley Johnson, Improved reading and book work.
- Year 1: Toby Stephens, Improved reading and writing.
- Year 1/2: Cooper Williams, Improvement in writing and spelling.
- Year 2: Hayley Stewart, Excellent effort in Maths.

**Class Awards**
- Kindergarten J: Hannah Jones, Excellent effort in independent writing.
- Kindergarten L: Tamika White, Effort in reading and writing.
- Year 1: Nate Stanbury, Excellent application in Maths.
- Year 1/2: Ludie Rogers, Excellent effort and improvement in writing.
- Year 2: Jai Edwards, Participation in class discussion.

**PBL Awards**
- Lacey Duguid
- Sheridyn Nutt
- Bodhi White
- Archie Moore
- Thomas Street

### REMINDER

Term 2 Band fees are now payable.

Please also ensure that Term 1 Band fees have been paid.
Boys Soccer

Last Monday the Boys PSSA Soccer team played their round 1 match against Orange East Public School. The boys started the game strong and were on the attack from the beginning. All boys passed beautifully between each other and played the through ball well. The defence was strong and cut off a lot of attack from Orange East. The half-time score was 4-0 to Canowindra but the boys didn’t stop there with the final score being 8-1. Goals went to Cayless x 2, Pedro x 2, Mick, Jack DeFreitas, Dusty and Byron. Congratulations boys. The round 2 match will see the boys play against Orange Small Schools in Orange on Tuesday 19th May at 12pm at Jack Brabham Park.

STUDENTS WHO WILL BE REPRESENTING OUR SCHOOL AT DISTRICT CROSS COUNTRY CHAMPIONSHIPS TO BE HELD ON FRIDAY, 22ND MAY AT CANOWINDRA

<table>
<thead>
<tr>
<th>BOYS</th>
<th>8/9 Years</th>
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<th>11 Years</th>
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<tr>
<td>Clancy Duguid</td>
<td>Deegan Hogan</td>
<td>Cayless Dunn</td>
<td>Pedro Tapim</td>
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<td>Bailey Kennedy</td>
<td>Mick Coady</td>
<td>Ned Andrew</td>
<td>Andy Zhao</td>
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<td>Mitchell Cartwright</td>
<td>George Johnston</td>
<td>Byron Cummings</td>
<td>Toby Besedic</td>
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<td>Jack Booth</td>
<td>Henry Duguid</td>
<td>Luke Wheeler</td>
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<td>Peter Jones</td>
<td>Cameron Wheeler</td>
<td>Dusat Smith</td>
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<td>Cooper Scifleet</td>
<td>Beau Howel</td>
<td>Harrison Warn</td>
<td>Josh Dawson</td>
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<tr>
<td>Kyra Fisher</td>
<td>Ava McMillan</td>
<td>Caitlin Kinsela</td>
<td>Josie Mitchell</td>
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<td>Eden Hawker</td>
<td>Letitia Andrew</td>
<td>Katie Berkrey</td>
<td>Claire Wright</td>
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<td>Amelie Kerr</td>
<td>Amelia Earsma</td>
<td>Amber Johnson</td>
<td>Mikayla Livingstone</td>
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<td>Emily Thomas</td>
<td>Letisha Woods</td>
<td>Hayley Watson</td>
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The simplest way
...to understand Health Star Ratings.

You may have noticed Health Star Ratings on the front of many packaged foods.

What do they mean? Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

Why?
63 percent of adult Australians, and ¾ children are now classed as overweight or obese. The Health Star Ratings help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!

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

The simplest way
...to make lunch healthy.

It takes no more time to pack a healthy lunch than an unhealthy one – and lunch boxes are a great time to give your kids fruit and veg!

- add vegie sticks – like carrot, capsicum and celery – every day
- cut fruit into small pieces, kids are more likely to eat small pieces of food
- squeeze lemon juice over cut apple to prevent it from going brown
- pack a wholegrain sandwich and a reduced-fat yoghurt
- choose water over juice – it’s healthier and cheaper
- always add an ice brick in summer to keep your kids’ lunch cool.

Remember: pack fruit + veg every day!

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

PUBLIC NOTICES

Stacey’s Singing School
PRIVATE SINGING LESSONS

Canowindra

All ages,
Learning Contemporary Singing
Be A Star!
Have some fun....

Book Your Lesson NOW
0429983683

28th June 15’
SAM BRAND IS GOING BALD!!

On the 28th June, Sam will be shaving his head for Give Me 5 for kids which raises money to provide aid and support for sick children and their families. This is something that is very close to Sam’s heart and would appreciate any donation. Any donation small or big can be left in a bucket at the Cargo Room. Sam’s target is to raise $500, so let’s get behind him! Not to mention June is the first month of winter...
PCYC Cowra

Safer Drivers Course for Learner Drivers

A Safer Drivers Course will be running at PCYC Cowra on Friday 15th and Saturday 16th May. This course consists of two modules. The first is a 3 hour facilitated group discussion on how to manage risks on the road, the second is a 2 hour in-vehicle coaching session to develop low-risk driving strategies.

The must knows;
- Course is limited to a maximum of 12 participants
- Cost is $140 each participant
- Participants must have completed 50 hours of actual on-road driving experience
- Participants who complete the course will receive 20 hours credit recorded in their learner driver log book
- Enrolment forms are available from PCYC Cowra
- Course fee must be paid when booking

Junior Basketball

Junior Basketball will be running Wednesday afternoons during term 2. This will consist of coaching sessions and games to develop and improve the skills of the younger players.

The cost for Junior Basketball will be $35 per player for the full term up front or $5.00 per week pay as you go.

Social Mixed Open Basketball

Plenty of interest has been shown in the new Social Mixed Basketball competition due to start this term.

Games will be played on Monday nights with the first game commencing at 6pm. Finishing times will depend on the number of teams nominated. There is still time to organise your Mixed Basketball team so call in to PCYC’s Young Road building and pick up a nomination form if you haven’t already done so.

Cost will be $5.00 per player per game.

Archery

Indoor Archery is on Monday afternoons with a session for beginners and juniors commencing at 4pm, followed by a session for the adults and more experienced shooters at 5pm. Cost for Archery is $6.00 per session. All equipment is supplied however you are welcome to bring your own bow along if you wish.

Laser Tag

Laser Tag will still be running on Wednesday afternoons from 5.30 to 6.30 with Mitchell White taking on the instructors role for the activity. Cost for Wednesday Laser Tag is $5.00 per person each week.

Weekend Laser Tag parties are also available with Mohamed Sciberras running Laser Tag for the parties. Please contact the club for pricing and bookings.

PCYC Membership

You must be a PCYC member to participate in any of the PCYC activities. Annual membership is $5.00 for under 18’s and $10 for ages 18 and older.