



Established 1879
"With oars and sail"

Volume 1, Issue 2

4th February 2014

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**PLEASE RETURN
THE
NEWSLETTER
FOLDER
TO SCHOOL EACH
WEEK**

Participation Leads to Success

Hill Street
Eugowra 2806

Phone: 6859 2233
Fax: 6859 2581

www.eugowra-p.school.nsw.edu.au

The Link

Principals Message

It has been great to see so many students in correct uniform and remembering their school hat. Please keep this up as it adds to the positive atmosphere of our school community.

Please remember EPS has an open-door policy, so please contact the school if you ever have any concerns. Because teachers have planning, preparation and duties in the mornings and throughout the day it is best to make an appointment for a time that is suitable for both yourself and teachers to discuss any issues. We greatly appreciate your assistance and support with this.

Have a great week.

Regards,

Carmel Doyle

SMALL SCHOOLS SWIMMING CARNIVAL

Tomorrow, Thursday 6th February, students are to meet at the Forbes Town Pool by 9am.

Events will commence at 9.15 am so all students must be at the pool and ready to take part in the days activities.

Please ensure students have swimmers, towel, sunscreen, packed lunch and goggles if required.

Please check Bedgerebong's school Facebook page for any changes related to weather conditions.

Hope to see you there for a day of fun.

<https://www.facebook.com/bedgerabongps>

SCHOOL ASSEMBLIES

Whole-school assemblies will take place on Fridays at 11am.

We welcome anyone who is available to attend.

SWIMMING FOR SPORT

On Friday students will be swimming for sport at the Eugowra pool from 12-1pm. Students will need \$1 entry, swimmers, a towel, sunscreen and goggles if required.

Please return the permission note for the swimming activity on Friday morning as this note was missed last week.



SCRIPTURE

Scripture lessons will take place again this term with Rev. Pailthorpe on Fridays

NOTES

A reminder to some families to please return all notes that were sent home last week to the office.

1. General Permission Note
2. Student Medical Details Update
3. Family Details Update
4. School contributions
5. Permission to swim for sport

Thank you

BOOKCLUB

Book Club order forms and money are due 21 February 2014 if you would like to order books from the catalogue. Proceeds from the sale of books go towards books for the students on presentation night.

Week 2	3.2.14	4.2.14	5.2.14	6.2.14 Swimming Carnival Forbes Pool	7.2.14 Swimming 12-1pm
Week 3	10.2.14	11.2.14	12.2.14	13.2.14	14.2.14 Swimming 12-1pm
Wee 4	17.2.14	18.2.14	19.2.14	20.2.14	21.2.14 Swimming 12-1pm

Happy Birthday

Amelia McMaugh
2nd January



MONTANA BOUND CAR WASH #2

SATURDAY FEB. 8
8:30 TO NOON
\$15 A VEHICLE

@ *welsh steel*
Fabrication



FORBES TOWN AND DISTRICT BAND

Could you please print the following in the school newsletter

The Forbes Town and District Band is offering musical scholarships to musicians of all ages and standards, wanting to join their community band.
A new intake of learners and information sessions will be held on Monday nights February 3 and 10 2014 at the Town Band Hall 165 Rankin Street, from 6pm to 7pm.
Learners classes will start on February 24 2014.
Musicians will be taught to read basic music and learn to play an instrument.
A range of instruments are available to musicians wanting to join the Town Band. They include flutes, clarinets, saxophones, trumpets, trombones etc.
Cost is just \$20-00 per year to join the Town Band and there is a \$50-00 per year instrument hire for those musicians who do not have their own instrument.
Experienced musicians are very welcome at any stage during the year, and instruments are available to hire, if required, for the same cost.
Rehearsals are held on Monday nights through school terms for the Senior band at 7pm, after the Learners class.
Enquiries can be directed to Bandmaster Justin Screen 0419884775, or Secretary Robyn Kenny 0407235326 ah or call into the Town Band Hall on Monday nights between 6pm and 9pm.

Thanking you
Robyn Kenny
Secretary/Treasurer
68522951
0407235326
Email mrkenny@exemail.com.au

LAST CHANCE TO BOOK... registration extended

Professional Guitar & Keyboard Tuition @ Eugowra Public School

We have an amazing opportunity to offer professional music tuition to students starting in Term 1, 2014. The program is run by Music Stars – Australia's leading provider of school music tuition. Music Stars provides:

- Group music tuition (3-5 students)
- Caters for Years 1-7
- Weekly 30 minute sessions
- \$11 per lesson, per student (\$110) per term (includes music books)
- 70% less then out-of-school lessons
- + family discounts available
- End of year reports and certificates
- Guitars and keyboards supplied for use during lessons**

If you would like your child to participate in Term 1, 2014 please register your interest online by visiting www.musicstars.com.au Payment is not required until lessons commence next year. If minimum numbers aren't reached the program will not be able to run so please register your child ASAP.

More Information

If you require more information or would like to discuss the program in more detail please contact Music Stars directly using the information below. Please do not call the school.

Phone: 1300 889 179

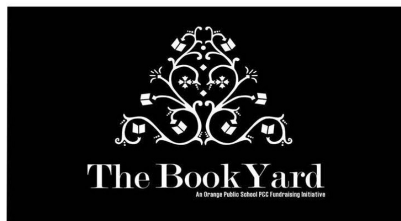
Email: info@musicstars.com.au

Web: www.musicstars.com.au

We hope you can support this program.



CANOWINDRA JUNIOR
RUGBY LEAGUE
REGISTRATION INFORMATION AND MEET THE
COACHES
FREE SAUSAGE SIZZLE
SATURDAY 8TH FEBRUARY
4PM @ THE CANOWINDRA POOL



Come and Join the fun at the first Book Yard for the year.

Thousands of books

All Categories

Freya Blackwood will be signing copies of her books
and displaying her art works.

Saturday 8TH February

From 9 am

Heritage Hall

Primary site

Find Us on Facebook

Alikinetic dance DANCE CLASSES

Mini Jazz and ALL Tap classes are FREE for Term 1.

Monday @ Eugowra Community Centre Infants Jazz – 3:30-4 Primary Jazz 4-4:40 Tap – 4:40-5:10 Junior Jazz- 5:10-6:00	Tuesday @ Canowindra Showground Grandstand (upstairs) Mini Jazz – 3:30-3:50 Infants Jazz – 3:50-4:20 Primary Tap – 4:20-4:50 Junior Tap – 4:50-5:30 Senior Tap – 5:30-6:30
Wednesday @ Canowindra Showground Grandstand (upstairs) Junior Jazz- 3:30-4:20 Pre-Primary Jazz- 4:20-4:50 Primary Jazz – 4:50-5:30	Thursday @ Canowindra Showground Grandstand (upstairs) Senior Jazz- 5:00-6:00 Ladies Rock n Roll – 6:30-7:15

Contact Ali: 0439185066 E: Alikinetic@hotmail.com or
Facebook: Alikinetic Dance.

Red Bend JRL Registrations 2014

Red Bend Junior Rugby League will be having Registration Days for Under 7's, 8's, 10's 12's, 14's and 16's teams on Saturday 15th February and Saturday 22nd February 2013. Registration days will be held at the Red Bend Football Canteen between 12 noon and 2pm on these days. Cost for registration is \$55.00. Registrations require a photocopy of child's birth certificate.

Players who played for Red Bend last year in 2013, are able to re-register and pay online if they wish. To re-register google "Red Bend Junior Rugby League", on Fox Sports Pulse webpage and click on register here . There is an additional paperwork that Lachlan District requires which will be sent to you after you have registered on-line.

Training will start on Tuesday 25th February at Red Bend at 4.30pm.

Safety Guidelines for Eugowra Pool

Children (**under 10 years**) are not allowed entry unless under active supervision of a person 16 years or older.

Parents and guardians should actively supervise their children at all times and be dressed ready to enter a pool.

For 0-5 year olds and non-swimmers, a parent or guardian needs to be in the water at all times and within arms' reach of the child. It is best if you are engaging with your child i.e. playing with them, talking to them.

Constant active supervision is required for children aged **6-10 years old**. Parents and carers must be prepared to enter the water with this age group.

For **11-14 year olds** it is recommended that parents regularly check on their child by physically going to where they are in or around the water.

Active supervision at public pools consists of four key elements:

Be Prepared: Ensure you have everything you need before getting into the water, such as towels and dry clothes.

Be Close: Always be within arms' reach of your child.

All of Your Attention: Focus all of your attention on your child and get into the pool and talk and play with them.

All of the Time: You should never leave your child alone in the water, nor should they be left in the care of an older child or with the assumption that your responsibility diminishes due to the presence of lifeguards.

POWER TO EUGOWRA

Weight loss management & Increased Fitness

PLAN

To run over 10 weeks using NSW HEALTH Weight Management Information Kit, and having appropriate speakers eg dietitian, fitness instructor, aqua aerobics trainer, zumba instructor, physio, OT, psychologist, etc

HOW

- DO GROUPS or TEAMS of up to 6 persons. Weigh team as a whole unit or individual if appropriate, (some people do not want others to know their weight). One way could be Business houses against business houses . One business house may have a few teams
- Challenge team against team looking at the most weight loss over the 10 weeks.
- Prize/ trophy at the end of 10 weeks, possibly a celebratory function to give out "awards", such as the most improved , most innovative team, most strategic team etc
- Have a talk or motivational exercise each week.
- Have various activities over the 10 weeks, aquatherapy, pole walking, organised walking group, etc

WHEN

To commence depending on interest, late February to early May. Every Wednesday 5.30pm for one hour.

COST

\$10 per individual - to cover cost of stationary , advertising, speakers. There will be extra costs if attending the pool

Organiser/s Ann Stenhouse and anyone else is welcome to assist

Contact 0429152380/ 68504000