



Established 1879
"With oars and sail"

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PLEASE RETURN
THE
NEWSLETTER
FOLDER
TO SCHOOL EACH
WEEK

Participation Leads to Success

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The Link

Principals Message

Students and staff are settling back into school routines well and I'm sure parents and families are too.

Our P & C are holding their Annual General Meeting (AGM) at the school Library on Friday 21st February 2014 at 3.00pm with a general meeting to follow. Being a part of the schools P & C is an opportunity to have a positive impact on the school community. I know everyone leads busy lives so if you are able to set aside some time to attend the meeting as the saying goes 'many hands make light work'. Children are welcome in the school grounds during the meeting with parents to be responsible for their children. Hope to see you there.

Have a great week.

Regards ,

Carmel Doyle

SCHOOL LEADERS INDUCTION ASSEMBLY

This Friday at 11am in our School Hall we will hold a special School Leaders Induction Assembly and present our Year 6 School Leaders with their badges (this will involve all current Yr 6 students).

We extend a warm invitation to all parents, family and community members to attend this special assembly & to stay after the assembly to share morning tea.

All year 6 students are required to wear full-school uniform on Friday for this special assembly.

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.

USE OF FRIDGE

Students are being encouraged to use the fridge in the school hall walkway for their lunches & drink bottles. Please encourage and remind your child/ren of this facility especially on these extremely hot days.

PINK STUMPS CRICKET DAY

Eugowra Public School will participate in **PINK** Stumps Day this year. This important day raises vital funds for the McGrath Foundation in the area of breast cancer research.

We are hoping this will be a fun community day that is not exclusive to EPS students or families.

We are encouraging all members of the Eugowra community and surrounds to join us in this important fundraising event.

We would like everyone to **wear something pink** and bring a gold coin donation or more if willing.

The day will be on Sunday 9th March and will involve cricket games, tennis games and other fun activities to keep everyone entertained.

There will be a BBQ lunch available for purchase on the day with any profits going directly to the McGrath Foundation.

Everyone has been touched by cancer in some way or form and we are hoping to raise as much funds for the wonderful and much needed McGrath Foundation.

If anyone would like to assist in the running of the day or would be able to volunteer their time eg their BBQ cooking skills please contact the school on 6859 2233.

Please get behind this Great Cause!

SCHOOL CONTRIBUTION

Thank you to all families who have already paid their contribution. Parents & carers are encouraged to pay the school activity and material contribution as it assists the school in purchasing craft materials, computer/technology items, books and other school needs. The payment of \$30 per child would be appreciated.

COMMUNITY COACH TRAINING

There is a Community Coach training being run by Beth Shea, Regional Co-ordinator of Active After-school Communities in Orange, February 21st from 4pm—9pm (approximately) . And also in Forbes Wednesday 19th February (4pm-9pm).

If any parents or community members are interested in taking part in this training please contact Beth and she will give you the course information and forms. Contact Beth on 6362 6623 or 0437 700 373.

SMALL SCHOOLS SWIMMING CARNIVAL

Last Thursday 6th February students travelled to Forbes for our Small Schools Swimming Carnival. Thank you to all parents who assisted with transport. Students are to be commended on trying their best & displaying sportsmanship. The following students have made it onto the next level—the District Carnival in Condobolin on Friday 28th February:

Montana Bevan, Hayden McCarthy, Bailie Peisley and Rianna Reeves.

These students will receive separate information about this next carnival.





LIBRARY STUDENT OF THE WEEK

Mitch McMahon

Assembly Awards:

7 January 2014

K - 2 Alyssa Gibson
Ben McMahon

3 -6 Darcy Merchant
Corey Williams

Sportsperson:

Primary: Peter Valentine

Infants: Sanjay Buttle

Student of the Week : Week 2 Term 1

Year 3 - 6 Olivia Connell

K - 2 Cameron Mulligan

Miss Auld Hannah Williams

Week 3	10.2.14	11.2.14	12.2.14	13.2.14	14.2.14 Swimming 12-1pm
Week 4	17.2.14	18.2.14	19.2.14	20.2.14	21.2.14 Swimming 12-1pm 3.10pm P & C AGM
Week 5	24.2.14	25.2.14	26.2.14	27.2.14 "I want to be...." Day	28.2.14 District Swim Carnival Condo Swimming for Sport Clean Up Australia Day NRL Skills Day

Term 1

Happy Birthday

Lillian Austin
14th February



Notice of AGM
Friday 21st February 2014
3.10pm
School Library

All Welcome



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.

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.

Screen on the Green
8pm King George V Park

**BYO picnic rug and chairs, food & refreshments available*

Screening:
Polar Express & Christmas Markets - 20 Dec
Crackerjack for Australia Day - 24 Jan
The Croods - 21 Feb
MammaMia for Int Women's Day - 7 Mar

BUY A FAMILY PASS FOR \$10 TO ENJOY THE FILM AND ENTERTAINMENT AT FORBES TOWN POOL.

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

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.