



Established 1879
"With oars and sail"

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26th February 2014

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Happy
Birthday

Sophie
Gibson
28th
February



Apologies Sophie for the
incorrect date last week

Participation Leads to Success

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The Link

Principals Message

Thank you to all parents who attended our P & C AGM meeting and first general meeting for 2014 last Friday.

It was great to see so many parents in attendance. Congratulations to our outgoing P & C committee, Jocelyn Jones, Dee Buttle, Kelli Gibson & Di Cullenward for their efforts throughout 2013 and congratulations to our new committee members, President Jodie Greenhalgh, Vice President Tania Frazer, Secretary Cheree Bevan and Treasurer Melissa McMahon.

Have a great week.

Regards,

Carmel Doyle

PINK STUMPS CRICKET DAY



Eugowra Public School will be hosting Pink Stumps Day on Sunday 9th March.

There will be a BBQ lunch available for purchase with all profit going to the McGrath Foundation.

Activities on the day include: cricket, tennis, volleyball, novelty games for the kids, coloured hairspray, planting vegies in the community vegetable garden and lots more!!

WILLAWA VISITS

Some students visited Willawa today during lunch time with Mrs Doyle and did some activities with the residents such as reading and weaving. The students had a great time as did the residents. Another group of students will visit Willawa in a couple of weeks.

DRESS-UP DAY "I WANT 2 BE....."

On Thursday 27th February students are able to dress up as something that they would like to be for "I want 2 be" day.

In support of kids with cancer please send a gold coin donation with your children for The Kids' Cancer Project to participate in this fundraising and fun event.

NRL CLINICS

On this Friday 28th February students from K-6 will participate in NRL clinics from 11.40am—1pm.

Please ensure students are in sports uniform with appropriate enclosed footwear.

CLEAN UP AUSTRALIA SCHOOLS DAY

On the morning of Friday 28th February Eugowra Public School will take part in Clean Up Australia Day.

It is a great way to remember to look after our environment and to keep our community looking nice.

SWIMMING FOR SPORT

On Friday 28th students will be swimming for sport at the Eugowra pool from 2-3pm. Students will need swimmers, a towel, sunscreen and goggles if required + \$1 pool entry. Students can be picked up from the pool at the end of school.

DISTRICT SWIMMING

Good-luck to Montana Bevan, Haydan McCarthy, Bailie Peisley and Rianna Reeves for the District Swimming Carnival this Friday 28th February at Condobolin. We wish you all the very best in your events.



SCHOOL PHOTOS

School Photos will take place on Tuesday 11th March. Please put this date in your calendar.

Please find enclosed with this newsletter individual student order envelopes. Follow the instructions for ordering on the envelope. If you are paying cash please return the order and correct money to the school office prior to the day.

Family envelopes are available to collect at the office if you would like your children to have a photograph together.

EUGOWRA SCHOOLS SWIMMING FUN DAY

Due to a busy start to the year we are looking at dates to join with St Joseph's school for a swimming fun day.

It will consist of a few races, fun events and games. The proposed date is the 14th March.

More information will be handed out once this date has been confirmed.

The day will be designed so that the students from both schools can join together in some fun, non-competitive activities in which all students can participate.

BETTER BUDDIES FRAMEWORK



This YEAR Eugowra Public School is going to adopt the Better Buddies Framework.

The Alannah and Madeline Foundation's Better Buddies Framework is based on several

years of research into buddy programs in schools. Buddy systems play an important role in helping to create friendly and caring school environments assisting young students' transition into primary school.

Bullying

"Bullying is when a student (or group) with more power repeatedly and intentionally uses words or actions against another student that cause distress and create a risk to their well-being. Bullying can be physical, verbal, emotional or social and can be carried out in person, through manipulation or electronically.

Bullying is different from other forms of negative or distressing peer behaviour such as one-off acts of meanness or nastiness, conflict, one-off acts of rejection or exclusion or random single incidents of physical or emotional aggression. Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying.

1. **Mutual Conflict** - In mutual conflict situations, there is an argument or disagreement between students but not an imbalance of power.
2. **Social rejection or dislike** - Unless the social rejection is directed towards someone specific and involves deliberate and repeated attempts to cause distress, exclude or create dislike by others, it is not bullying.

3. **Single-episode acts of nastiness or meanness, or random acts of aggression or intimidation** - Single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion, they are not being bullied. Nastiness or physical aggression that is directed towards many different students is not the same as bullying.

Serve veggies first! Crunch&Sip is a great chance to encourage students (and parents) to pack vegetables rather than fruit. Research shows that kids don't do too badly meeting recommendations for fruit intake, but that only 1 in 5 kids eat the recommended amount of vegetables. To address this, some schools only allow vegetables to be eaten during Crunch&Sip.

Have a read of our [recent blog](#) about a study that found serving a first course of vegetables before the main meal increases overall vegetable consumption. Interestingly, vegetable intake of the main course was unaffected by eating the veggies beforehand, hence bumping up the overall veggie intake of the meal.

So giving kids some veggies prior to their main course or during a break before a meal, both times at which they are presumably hungry, could be a great way to increase their overall vegetable consumption. Another great reason to Crunch&Sip!



STUMP UP FOR THE MCGRATH FOUNDATION

WE ARE HOSTING A

PINK STUMPS DAY

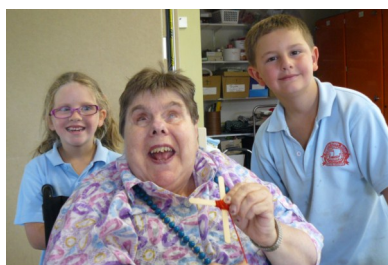
So come on - grab the family and get your hot pink on... FOR A FUN DAY OUT TO RAISE MONEY FOR THE MCGRATH FOUNDATION!

WHO: EUGOWRA PUBLIC SCHOOL
WHERE: SCHOOL GROUNDS
DATE: SUNDAY 9TH MARCH
TIME: 10AM (TO BE CONFIRMED)
CONTACT: CARMEL MCMURRAY 0268 592 233

All proceeds on the day will help the McGrath Foundation ensure all families experiencing breast cancer in Australia have access to a breast care nurse, no matter where they live or their financial situation as well as increasing breast awareness in young Australians.

Another hot pink initiative from the McGrath Foundation

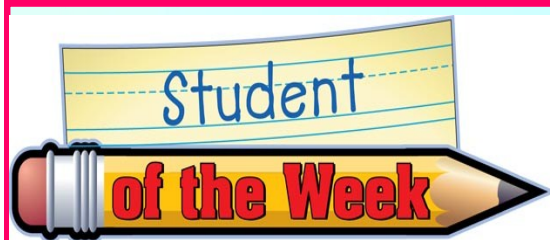
mcgrath
together we can make a difference



WILLAWA

Term 1

Week 5	24.2.14	25.2.14	26.2.14 Willawa Visit	27.2.14 "I want to be...." Day	28.2.14 District Swim Carnival Condo Clean Up Australia Day NRL Skills Day Swimming for Sport 2-3pm
Week 6	3.3.14	4.3.14	5.3.14	6.3.14	7.3.14 Swim for Sport Regional Swimming Carnival DUBBO
Week 7	10.3.14 Horse Sports Day Lithgow	11.3.14 School Photos	12.3.14	13.3.14	14.3.14 Eugowra Schools Swim Fun Day To be confirmed



LIBRARY STUDENT OF THE WEEK

Jake
Greenhalgh

Student of the Week : Week 4 Term 1

Year 3 - 6 Mitchell McMahon

K - 2 Reece Matheson

Miss Auld Ben Drew

Assembly Awards:

21 February 2014

K - 2 Macey Greenhalgh
Sonny Bevan

3 -6 Montana Bevan
Katie Drew

Sportsperson:

Primary: Nina Merchant

Infants: Chelsea Leonard



Help the children develop through song and dance

Forbes Preschool is hosting workshops presented by Brendan O'Hara.

Brendan O'Hara is a kinesiologist and education consultant. He is an accomplished national and international lecturer and presenter. Since 1984 Brendan has been developing an easy-to-do movement program.

Assist children to:

- Develop Gross and Fine Motor skills
- Co-ordinate the left and right halves of the brain and body
- Integrate upper and lower body awareness
- Cross the midline
- Prepare for (and improve) reading and writing

Benefits:

- Improved concentration and focus
- Better co-ordination
- Better balance
- Greater visual and spatial awareness
- 'Hyper' behaviour calms down
- Readiness for reading and writing
- Self esteem rises



Schedule

Brendan will be at Forbes Preschool on **Thursday 1st May** to work with Educators from 9.00am-4.00pm.

The second part of his workshop will be on **Saturday 4th May from 9.00am - 4.00pm.**

(While it would be beneficial to attend both workshops it is not compulsory)

On **Sunday, 4th May a session will be held for children** (aged 8-13 years) with their parent (\$100 per child and parent). Places are limited so book now!

Each session will be \$100 per participant

In addition to the day sessions a parent information evening will be held from **6.00pm - 9.00pm on Thursday, 1st May.** The parent evening will cost \$30 (complimentary for families of Forbes Preschool).

Places are limited; call 6852 1040 to book your place!



Birth to 3 Years

Workshop for Professionals and Volunteers Working with Families with Infants and Toddlers

- understand why play is necessary for a child's healthy development
- understand how infants and toddlers grow and develop
- identify opportunities for parents and children to bond during everyday interactions
- brainstorm ideas for using everyday household items in play
- share the experiences you are having working with families
- parenting tips, toy safety
- make the most of everyday moments to reach milestones
- attachment through play
- issues in families introducing ideas of play
- how to implement PlayPower into your work/community

Wednesday 12 March 2014

Registration: 9:45am to 1:00pm

at

FamS office - Old Bidura House, 357 Glebe Point Road, Glebe NSW 2037

WORKSHOP PRICE: \$185 incl. GST

Includes 2 PlayPower booklets (valued at \$14.95 each):



PlayPower: Birth to 1 year & PlayPower: 1 to 3 years

Please complete **Registration Form** overleaf

PLEASE NOTE: workshop content has now been revised and condensed to enable participants that are not local to Sydney to fly in and out on the same day, thus eliminating the need for overnight accommodation!

For more information please visit playpower.com.au

Contact us if you do not receive registration confirmation: email info@playpower.com.au or tel 02 9518 4121

NSW Family Services ABN 97 130 562 119



Forbes Shire Council & Spectacular Screenings Presents

International Women's Day

Screen on the Green



Friday 7th March, 2014

King George V Park

Corner Battye & Press Streets, FORBES



Grab your friends for a night of fun and film to celebrate

2014 International Women's Day—Inspiring Change

Gates open at 7.00pm with a FREE Champagne followed by Gourmet Finger Food.

Bar service and snacks available.

Enjoy entertainment by local artists while you peruse local Trade Stalls

Sit back and relax at 8.30pm as "MAMMA MIA" plays on the big screen.

Tickets

GOLD \$50—VIP Seating, VIP Gift Bag, Champagne and Gourmet Finger Food

SILVER \$25—Champagne on arrival and Gourmet Finger Food

On sale now at Forbes Shire Council

Purchase tickets prior to

Friday 28th February for your chance to

WIN a \$200 Find It In Forbes Gift Card

For information & bookings phone

Anita Morrison on 02 6850 2355

In case of wet weather event will be held in Youth & Community Centre.

POST SCHOOL SERVICES FOR PEOPLE WITH A DISABILITY

Date: Friday 21st March 2014

Time: 10.00am – 12.30pm

Registrations & Coffee: 9.30am -10.00am

Where: Forbes Youth and Community Centre
CNR of Battye Street and Press Street
Forbes

This **free** community session is specifically designed to deliver information and advice to Year 10, 11 & 12 students and others with a disability, and their carers, about the types of support services and programs available when they finish school or later in life.

INVITED SPEAKERS From:

National Disability Coordination
Officer Program
TAFE
OCTEC
CENTRELINK
AUSTRALIAN APPRENTICESHIPS
HOUSE WITH NO STEPS
CURRAJONG
R.M. WILLIAMS STORE FORBES
(guest speaker)

RSVP- Friday 14th March

Contact: Giovanna Cox or Kris Lear
giovanna.cox@det.nsw.edu.au

Phone: 63624563

klear@verto.org.au

Mobile: 0458489597



Education & Communities