Eugowra Public School
REMIS VELISQUE
Established 1879
"With oars and sail"

Volume 1, Issue 7

12th March 2014

Participation Leads to Success

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The Link

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Happy Birthday

Anastacia Mulligan

15th March

Principals Message

Wow! I have counted and double checked, even triple checked the funds raised as part of our Pink Stumps Day held last Sunday and I am astounded. After expenses, we have raised a total of $950.15 for the McGrath Foundation. Thank you to all parents, students, staff, family and community members who attended on Sunday and to everyone who donated money.

A special thank you to Jodie Greenhalgh for advertising the event, and to all parents who assisted on the day. Events like this are only as successful as the help that is provided by everyone pitching in.

A big thank you to local businesses the Eugowra Bowling Club for your donation and to Eugowra Quality Meats for donating the meat for our BBQ lunch and the open-order raffle prize.

Have a great week.

Regards ,

Carmel Doyle

PINK STUMPS DAY

On Sunday, there were lots of activities to keep everyone entertained such as cricket, tennis, volleyball, sack races, egg & spoon races, hairspray & face painting.

It was a very fun & relaxing day with everyone's efforts raising an impressive $950.15 for the McGrath Foundation.

The lucky winner of the raffle prize, a $50 open order at the Eugowra Quality meats, was the Cullenward Family. Congratulations!

SWIMMING FUN DAY

This Friday 14th March, Students from Eugowra Public School and St Joseph's School will join together for a Swimming Fun Day. The day will include competitive & non-competitive events as well as fun, novelty activities.

The carnival will go from 12-3pm and students are to be picked up from the Eugowra pool—or catch school buses as normal from the pool.

Students will take part in activities as part of their House Colours, (Red, Blue, Green) & can wear their house coloured shirt on the day in support of their sporting house.

Students can order lunch on Friday from the Central as usual and are reminded to bring all equipment needed for swimming ($1 entry, towel, swimmers, goggles, sunscreen & water bottles).

Hope to see you at the pool for a day of fun, swimming and sportsmanship. If anyone is able to assist on the day, please let the school know.

NETBALL GALA DAY

As part of our involvement in the Active Afterschool Communities program all students will participate in a Netball Gala Day in Forbes on Friday 21st March.

Students will travel to Forbes via bus at no cost to parents.

Students are required to have a packed recess and lunch and are reminded to have enough drinks especially water.

Please ensure the permission note with this newsletter is returned prior to Tuesday 18th March.

PSSA SPORTING

Students in years 3-6 will be given the opportunity to participate and trial for PSSA sporting teams.

These notes are handed out to interested students and need to be returned by the nominated date to the school so that the school can pass on these nominations.

Parents are responsible for transporting students to these trials so please ensure you read the notes carefully. If you have any questions about the trials please ask the school.

WESTERN SWIMMING CARNIVAL

Congratulations to Bailie Peisley, Montana Bevan, Rianna Reeves and Haydan McCarthy, for your wonderful effort at the Western Region Swimming Carnival at Dubbo last Friday 7th March.

These students formed our EPS P5 relay team and improved an impressive 24 seconds from their qualifying time at the District carnival at Condobolin the week before.

Congratulations—what an improvement and great achievement! Thank you to Mrs Reeves and Ms Peisley for transporting the students to and from Dubbo.

HORSE SPORTS DAY

Congratulations Bailie and Rianna for your outstanding efforts at the Evans Crown Horse Sports day at Lithgow on Monday 10th March. The girls competed with their ponies in a series of rider and mount hack classes and a round robin of horse sporting competitions. Both girls collected 6 ribbons each across the 12 events. Bailie bringing home 3 second and 3 third placings and Rianna 2 seconds, 1 third and 3 forth placings in their respective age groups.

There were 120 riders from 35 schools competing on the day. The Grand Parade was held prior to the sporting events with each school team on display. (pictured below)

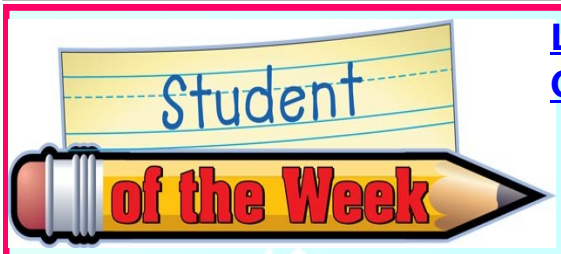
Pink Stumps Day

Sporting Houses

5	Aidee Thomas	Kristen Drew	Sophie Gibson
6		Ben McMahon	Reece Matheson
7	Chelsea Leonard Lillian Austin	Macey Greenhalgh	Ethan Brown Anastacia Mulligan Hannah Williams Clare Williams
8	Sonny Bevan Sanjay Buttle	Alec MacLean Ricky Stibbard Khya Drew	Alyssa Gibson Cameron Mulligan
9	Joseph Valentine Makala Leonard Rianna Reeves	Mitchell McMahon Olivia Connell Nina Merchant	
10	Ryan Valentine Peter Valentine Hayden McCarthy	Grace Frazer Darcy Merchant Jake Greenhalgh Katie Drew	Toby Matheson Bailie Piesley
11	Montana Bevan	Corey Williams Brooke Stibbard	Lauren Cullenward Amelia McMaugh
12	Tamara Greenhalgh	Ben Drew	Jed Matheson

Term 1

Week 7	10.3.14 Horse Sports Day Lithgow	11.3.14 School Photos	12.3.14	13.3.14	14.3.14 Swim Fun Day
Week 8	17.3.14 Seniors Day Sing at Bowling Club 11am	18.3.14	19.3.14 Willawa Visit	20.3.14	21.3.14 Forbes Netball Gala Day K-6 PSSA Soccer Trials Moving into Yr 7 Forms Due
Week 9	24.3.14	25.3.14	26.3.14	27.3.14	28.3.14 PSSA Rugby League Trials



LIBRARY STUDENT OF THE WEEK

Darcy Merchant

Student of the Week : Week 6 Term 1

Year 3 - 6	**Bailie Peisley**
K - 2	**Aidee Thomas**
Miss Auld	**Rianna Reeves**

Assembly Awards:

7 March 2014

K - 2	Clare Williams Alec Maclean
3 -6	Brooke Stibbard Tamara Greenhalgh

Sportsperson:

Primary: **Makala Leonard**

Infants: **Macey Greenhalgh**

Cool Kids Crunch&Sip®!

Don't forget the bottle of water and fruit or vegetables for Crunch&Sip® everyday!

Keen Green Beans!

Many people eat cooked green beans at dinner. But did you know that raw green beans also make a great snack?

Why not try sliced fresh green beans in a small container for your child's Crunch&Sip® break?

Keep 'em keen – give 'em beans!

Quick and easy breakfast ideas:

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt

Cost:

$40 per day

Child care benefit available.

Your children must be registered with the Forbes Youth and Community Centre Vacation Care Program

To find out if you are registered call: 68502300.

A copy of your child's immunisation records is required when registering.

If you are not registered please call the Family Assistance office 136150 Open 8am-8pm www.centrelink.gov.au

Registration and payment to be made at: Forbes Shire Council Offices, Court St Forbes

Places are limited so book early to avoid disappointment.

What to bring:

- Recess and lunch
- Water Drink bottle
- Hat
- Sunscreen
- Healthy Snacks
- Children must wear enclosed shoes.
- Appropriate clothing

Come along to our Holiday Fun program and enjoy the huge range of exciting activities! Enjoy games, sport, craft, tasty treats and exciting excursions! Everyday is jam packed with loads to do!

FORBES YOUTH AND COMMUNITY CENTRE

HOLIDAY FUN!!!

2014 Easter Fun !!!

Mon 14th April - Fri 18th April

No vacation care between Mon 21st-Fri 25th April

Open 8:30am-5:30pm

Sports Taping courses in Forbes

Sports taping is an important skill for coaches, trainers, teachers, parents and players involved in sport. Correct sports taping can help prevent injury and also help with injury rehabilitation. Level 1 covers beginner technical and practical advice of taping including wrists, ankles, fingers and thumbs. Level 2 covers advanced techniques for the shoulder, elbow, wrist, Achilles tendon, knee, shin and soft tissue techniques - hamstrings and quadriceps. Participants receive a certificate of attainment upon successful completion of the course. Call Sport and Recreation on 6362 6623 for more info or visit www.dsr.nsw.gov.au

Level 1: 6-9pm 24th March Level 2: 6-9pm 25th March $60 each

Next P & C Meeting Friday 4th April , 3:10pm.

	Mon 14th April	Tues 15th April	Wed 16th April	Thurs 17th April	Fri 18th April
Week 1	MAKE YOUR OWN CUBBY HOUSE POOL COMPETITION	Skate Park excursion Waste 2 Art Project Bring your ideas, recycled materials and Jane will help you bring them to life!	Cooking Creations with an Easter twist! EASTER ART ACTIVITIES	Easter Egg Hunt & Easter Party BBQ Lunch provided	PUBLIC HOLIDAY GOOD FRIDAY Happy Easter holiday!
	Mon 21st April	**Tues 22nd April**	**Wed 23rd April**	**Thurs 24th April**	**Fri 25th April**
Week 2	PUBLIC HOLIDAY EASTER MONDAY No Vacation Care provided	No Vacation Care provided	No Vacation Care provided	No Vacation Care provided	PUBLIC HOLIDAY ANZAC DAY No Vacation Care provided