



Established 1879  
"With oars and sail"

Volume 1, Issue 8

19th March 2014

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Book Club Due  
Friday 21st  
March

Happy  
Birthday  
Jake  
Greenhalgh

25th  
March



## Participation Leads to Success

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# The Link

## Principals Message

Thank you to all staff, students and parents for assisting at our swimming Fun Day with St Josephs School last Friday. I had a wonderful time and I hope that everyone else did too. It was a great opportunity for our 2 local primary schools to get together and thank you to the staff, students and parents of St Josephs school as well. There will be more information about the carnival in this newsletter.

Have a great week.

Regards,

*Carmel Doyle*

**Year 7 Expression of Interest** Forms are Due—I am only waiting on 2 please.

### SENIORS DAY

On Monday 17th all students sang as part of the Seniors Day celebrations at the Bowling Club. Our students sang beautifully and did our school proud. Year 6 students stayed and assisted with the luncheon and demonstrated how responsible they are.



### UNIFORM ORDERS

Uniform order forms are being sent home today with this newsletter. Please think ahead and order uniforms this term for the upcoming winter months. Uniform orders will only be placed once per term. (Towards the end of each term). Uniforms will not be ordered with out payment. If you are experiencing difficulties, please advise the school as assistance is available and confidentiality will be upheld.

### SWIMMING FUN DAY

Congratulations to all students for their great attitude, behaviour, participation and sportsmanship that was displayed last Friday at our Swimming Fun Day with St Josephs School.

Well done to the Green house who were the winning house on the day closely followed by Red and Blue.

Students were able to participate in races and the very memorable Ironman Challenge.

Eugowra Public Schools Champions and Runners Up from the day will be finalised in the coming weeks after students participate in backstroke and butterfly events.



**FOUND at the Swimming Fun Day**  
**One red pair of Zoggs swimming goggles**  
**One green arm floaty**

### NETBALL GALA DAY

This Friday 21st all students will be participating in a Netball Gala Day in Forbes. Students will travel via bus to and from Forbes. We will leave school at 9:15am and return in time for usual buses and pick-ups. Please ensure students are at school prior to 9:15am to ensure we leave on time.

Please return the permission note for this event if you haven't already done so.

### WILLAWA VISIT

Today, another group of students visited the residents at Willawa. I am so proud of our students and their willingness to brighten up the day of the residents.



Forbes Netball Club, Netball NSW and the Active After-school Communities program invite you to come and join us at the Netball Gala Day.

#### WHAT'S HAPPENING?

- Lots of netball small games and fun activities
- Get to play with other kids your own age
- Find out about joining netball and opportunities for participation in fun modified netball competitions. Find out about possible membership subsidy options.

#### DETAILS:

**When:** Friday March 21<sup>st</sup>

**Where:** Forbes Netball Courts, Haplins Flat Stephen Field, Forbes

**Times:** 10am - 2pm

#### What to bring?

Bring your own lunch and snacks for the day, water bottle, wear sports clothing and joggers. Also bring a sun hat (no caps please) and sun screen.

For more information contact the AASC co-ordinator at your school or AASC Regional Co-ordinator Beth Shea on 0437 700 373 or on [beth.shea@ausport.gov.au](mailto:beth.shea@ausport.gov.au)

**Active After-school Communities**

Helping kids and communities get active



Hey E.P.S! Keep an eye out for me in upcoming newsletters for more information of what I will be doing at your school!!



#### NEW 'STUDENT' PROFILE

**Name:** Buddy Bear

**Age:** Timeless

**Appearance:** Soft, purple and cuddly

**Habitat:** Eugowra Public School

#### Hobbies:

- Making friends
- Caring for others
- Showing compassion
- Showing respect
- Being responsible
- Valuing differences

#### Likes:

- Eating purple food
- Wearing purple clothes
- Riding purple motorbikes
- Swimming in purple swimmers
- Trying new things... Doesn't have to be purple!!

### PSSA SPORTING TRIALS

PSSA soccer trials are taking place this Friday 21st at the Forbes Botanical Gardens. Boys 11.30—1pm and Girls 1.30—3pm.

PSSA rugby league trials are next Friday 28th at Parkes, Pioneer oval 10am.

Parents are reminded that they need to transport students to these trials.

It is important to read the notes about these trials and ensure the permission notes are returned to school by the nomination dates as we need to pass these nominations on to the convenors.

### SMALL SCHOOLS SOCCER TRIALS

Interested students in Years 4-6 received notes about trials for the Small School soccer team. Please return these notes ASAP if students are wanting to participate in these selection trials.

### SCHOOL WEBPAGE

Don't forget to check our school website. It has all our newsletters on there if you misplace it as well as extra photos that don't fit in the weekly newsletter. The address is [www.eugowra-p.schools.nsw.edu.au](http://www.eugowra-p.schools.nsw.edu.au).





#### Is dried fruit OK for Crunch&Sip®?

Although fresh fruit is the best choice, a small amount of dried fruit (eg sultanas or apricots) is an acceptable Crunch&Sip® option.

Dried fruit tends to cling to the teeth, so is best eaten with a meal or when a toothbrush is handy.

NOTE fruit straps, bars or rolls are NOT permitted as they contain large amounts of sugar.



#### What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

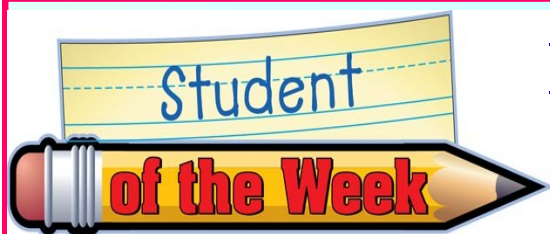
#### What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

Recommended daily intake for children		
Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

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 UNIFORM ORDER DUE  PSSA Rugby League Trials
Week 10	31.3.14	1.3.14	2.3.14	3.3.14 Canowindra "Beanshed Production" 10am	4.3.14  P & C Meeting 3.10pm

Term 1



#### LIBRARY STUDENT OF THE WEEK Grace Frazer

#### Assembly Awards:

14 March 2014

K - 2 Ben McMahon  
Hannah Williams  
  
3 - 6 Makala Leonard  
Ben Drew

#### Student of the Week : Week 7 Term 1

Year 3 - 6 Toby Matheson

K - 2 Ricky Stibbard

Miss Auld Alyssa Gibson

#### Sportsperson:

Primary: Jake Greenhalgh  
Infants: Cameron Mulligan



**Lithgow Showground**

**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
- Sunscreen
- Water Drink
- Healthy Snacks
- Hat
- 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!

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**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  
  
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**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](http://www.dsr.nsw.gov.au)

Level 1: 6-9pm 24<sup>th</sup> March  
 Level 2: 6-9pm 25<sup>th</sup> March \$60 each

**Week 1**

Mon 14th April	Tues 15th April	Wed 16th April	Thurs 17th April	Fri 18th April
MAKE YOUR OWN CUBBY HOUSE  <b>POOL COMPETITION</b> 	Skate Park excursion  <b>Waste 2 Art Project</b>  Bring your ideas, recycled materials and Jane will help you bring them to life!	Cooking Creations with an Easter twist!  <b>EASTER ART ACTIVITIES</b> 	<b>Easter Egg Hunt &amp; Easter Party</b> BBQ Lunch provided 	PUBLIC HOLIDAY GOOD FRIDAY 
Mon 21st April	Tues 22nd April	Wed 23rd April	Thurs 24th April	Fri 25th April
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

**Week 2**



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

Jackaroo Ranch—Horse Riding  
 Autumn School Holiday Riding Camps

Bingletree Station  
 Upper Turon.

Sat 12th April—Sat 19th April  
 Sat 19th April—Sun 27th April

Contact Mrs Pattie Hudson 6337 7173