NEWS FROM THE PRINCIPAL

Christina Gretton
Principal

SCHOOL CALENDAR

Term 1
March
Tuesday 22nd
Tuning into Kids Session 1 - 9:15am
Wednesday 23rd
Parent Teacher  3pm - 7pm
Friday 25th
Good Friday

Monday 28th
Easter Monday Public Holiday
Tuesday 29th
Easter Tuesday Public Holiday
Wednesday 30th
P&F Meeting 7pm - School Library
Friday 1st
Lyell House Visit - Sassafras

April
Tuesday 5th
Tuning into Kids Session 2 - 9:15am
Dads Tuning into Kids - 6pm
Thursday 7th
Bushwazee - Band of Pirates, visiting performers.
Bushwazee - Pirate party 6pm - 7:30pm, sports hall.
Friday 8th
Lyell House Visit - Leatherwood
Last day of term 1

2016 Term Dates
Term 1: Feb 4th - April 8th
Easter: March 25th - March 30th
Term 2: April 26th - July 1st
Term 3: July 18th - Sept 23rd
Term 4: Oct 10th - Dec 16th

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Principal
CLASS NEWS - King Billy
King Billy has been practicing descriptive writing. Here are some of our sentences:

I saw white sheets of cold snow, mist and fog dancing around and tall mountains around me. I heard snow falling down and I heard rocks tumbling down next to me. I smelt clear, fresh air. I felt snow on my shoulders. I tasted the fresh air. Eleanor

It was a warm morning. I could see the lush, green trees above me. On my left was the glistening water of a small river. The rays of the sun were shining through the leaves. Casey

I saw shiny, golden sand with pearls and dirty, broken shells. I saw the dark, blue sky. I heard the shells breaking as I walked over them. I smelt the ocean. I felt the soft sand. Chloe

The grass was sparkling with raindrops. The water was surrounded by thick, glossy moss. The trees were glistening in the sunshine that peeked in through the leaves. Sharee

I saw the magical sunset over the glistening ocean. I heard the ocean waves rolling onto the beach. I felt the soft sand and tasted the soft breeze. Jypce

I saw the rocks and seagulls scattered along the beach. I heard the waves crashing up against the rocks. I smelt the dead fish along the beach. I felt the sand between my toes. I tasted the water in my mouth. Laura

I saw a pond in between a stone hedge with some trees. I saw the hot sun and the burning sand. I saw a little village in the distance and a camel drinking at the pond. I saw coconuts up in the trees. Jeremy

I saw black wood, dried out grass, green, slimy, swamp water and a broken, rustic fence. I heard the loud squawks of the crows and the smooth, cold breeze. Lachlan

I saw big, dry trees with dry leaves and the huge, pitch-black sky with not a single, shining star. I heard the loud noise of the crickets and the soft, winter breeze. Chelsea

I saw glistening leaves with the blue, calm water alongside some fallen leaves and fruit. I felt the mossy, stony ground. Blair

I saw hot sand, fast lizards and the hot sun. I heard the wind whistling and the sand moving. I smelt cooking sand. I tasted sand in my mouth. Bailey

I smelt the damp, forest floor. I felt wet moss on the ground. I tasted wild berries. Luke

I saw long, green grass, little green trees near a lake and wild blackberries. I felt green sticky moss between my toes. Dakota

I heard the wind whistling and rocks crunching under me. Tobi

I saw peaceful trees on a warm, sunny day. I saw a river, bright, green grass and fish jumping out of the river. Tykea

I found a crystal, blue waterhole. I saw so many pretty, colourful birds. I heard the birds chirping away and trees slowly swaying. I felt the warm, rushing water. I could feel the burning sun on my back. Tahlia
**Tuning into Kids**
A reminder that the Tuning into Kids sessions started today, Tuesday, 22nd March. Dad’s tuning into kids is cancelled for tonight and will commence Tuesday, 5th April at 6pm.

**Caritas Boxes**
Caritas boxes need to be returned to the school office by next Wednesday, 30th March.

**NW Swimming Carnival**
Due to unfortunate weather last Friday, the NW swimming carnival was cancelled.

**Parent Teacher**
A reminder that parent teacher sessions will be commencing tomorrow, Wednesday 23rd March from 3pm - 7pm. Please see your child’s teacher if you are yet to make an appointment.

**Parents and Friends Easter egg raffle**
Thank you to those families who kindly donated Easter eggs. Raffle books need to be returned to the school office by Wednesday, 23rd March.

**Parents Visiting Classes**
Reminder that parents should not be in classrooms during school hours (8.50am - 2.50pm) unless they have signed in at the school office. If you need to collect your child at any time during the day, please ensure the office is your first port of call.

**Scholastic Book Club**
Book Club issue 2 is due back to the school office tomorrow, Wednesday, 23rd March.

**St Joseph’s Day**
Last Thursday the whole school joined together to celebrate the Feast of St. Joseph, the husband of Mary and father of the holy family. St Joseph’s day holds special significance for our school community as we bear his name. We would also like to take the opportunity to thank Mrs Pearn for her amazing effort in creating our cupcake rosary.
**Drink Water NOT sugar!**

Compare the sugar in these drinks. Water and milk are the best drinks for kids!

<table>
<thead>
<tr>
<th>Sugar content per glass (250mL) of drink</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>no sugar</td>
</tr>
<tr>
<td>Plain milk</td>
<td>no added sugar</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>3 tsp added sugar</td>
</tr>
<tr>
<td>Sports drink</td>
<td>4 tsp added sugar</td>
</tr>
<tr>
<td>Water cordial</td>
<td>4.5 tsp added sugar</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>5 teaspoons sugar</td>
</tr>
<tr>
<td>Fruit drink</td>
<td>6.5 tsp added sugar</td>
</tr>
<tr>
<td>Soft drink</td>
<td>7 tsp added sugar</td>
</tr>
<tr>
<td>Energy drink</td>
<td>7 tsp added sugar</td>
</tr>
</tbody>
</table>

1 teaspoon = 4 grams of sugar

For more information and for family ideas on healthy eating and physical activity visit