

**STRIVE TO
ADVANCE TOGETHER**

Pooncarie Public School

Newsletter 13, Term 3, Week 1 Wednesday 29th July 2009

Upcoming Events:

- ◇ **Thursday 30th July**
K-2 Vibe Alive Mildura
3-6 Robert Trickey Author visit
- ◇ **Tuesday 4th August**
Active After School begins
Tuesdays & Thursdays 3-4pm
- ◇ **Thursday 6th August**
Toy Library
- ◇ **Friday 7th August**
Murray Darling Athletics
Carnival—Dareton
- ◇ **Thursday 20th August**
Barrier Athletics Carnival—
Broken Hill
- ◇ **Friday 21st August**
Barrier Cricket Trials
Morgan St School— Broken
Hill
- ◇ **Friday 21st August**
SOTA Sports Day



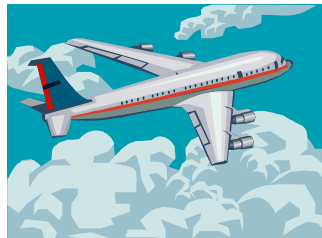
AUGUST BIRTHDAYS

8th Joseph
10th Bailey
19th Thomas

WELCOME BACK

It's lovely to see our enthusiastic students back at school for term 3. Their attitude and behavior has been fantastic, and they look great in their correct winter uniform. It's looking like a busy and exciting term for everyone.

Mrs Kemp will be travelling to Sydney this afternoon. She is the Team Manager for the Barrier Cross Country team who will be competing at Eastern Creek Raceway on Friday. Katelin will also be competing in Sydney in the Senior Girls event for the Barrier team. Best of luck Katelin!



WATER BOTTLES

Our school provides Mount Franklin water bottles to students who are thirsty at school. We will always allow students to have these when required, however we do remind parents that children should be bringing adequate water to school every day, in a reusable drink bottle.

Not only is bottled water very environmentally un-friendly, it is also expensive for our school. I'm sure most parents would prefer the money to be spent on resources for student learning, rather than bottled water.

SOTA SPORTS DAY

We have had a mixed response from parents regarding the SOTA Sports Day, understandable considering our jam-packed Term 3 calendar!

We have also received notification that the Barrier Athletics Carnival is the day before, and the Barrier Boys Cricket trials are on the same day (both also held in Broken Hill) which may be convenient for some families. At this stage we are looking at providing school in Pooncarie for those families who don't wish to travel to Broken Hill, while encouraging those families who are keen to attend the SOTA Sports Day.

Emma has tentatively booked cabins at Mulberry Vale, which will need to be confirmed by the end of next week. Please speak to Emma and advise whether your family will be travelling to Broken Hill, or attending school in Pooncarie as usual.

P AND C MEETING

Next Thursday the Toy Library ladies will be staying overnight in Pooncarie, and have asked if any parents would like to come down and have a drink/meal with them.

It would be a great opportunity to have our P and C Meeting first, and then anyone who would like to could stay on and have a meal.

Please mark the date, and we will confirm the time next week.

WENTWORTH SHOW

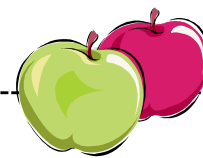
The Wentworth Show will be held on the 29th and 30th August this year. Mrs. Barnes will be helping our students decorate pet rocks, to enter into the show. All decorations etc. will be provided by the school, however it would be great if children could select and bring in their own rock. This means that they will all be quite different. If any student is unable to bring in a suitable rock, Mrs. Barnes will have a small amount available. Please bring in the rock by Thursday Week 2.

Education tax refund

Eligible parents and carers can now claim the Education Tax Refund for certain education expenses incurred from 1 July 2008 to 30 June 2009. This means you could get 50 percent back on a range of primary and secondary school education expenses. The maximum refund is \$375 per primary school student and \$750 per secondary school student. Go to www.educationtaxrefund.gov.au/home/ for all the details.

NSW Sport and Recreation Programs

NSW Sport and Recreation provides structured, supportive and fun school-based and Centre-based programs. These programs encourage students' personal development and life skills by providing opportunities for them to learn about teamwork, develop decision making and leadership skills, and boost their self-confidence. Check out our School Camps and the NSW Duke of Edinburgh's Award at www.dsr.nsw.gov.au



Back to School Healthy Lunchboxes

New Click! now online

The latest issue of the Department of Education and Training's web-based technology guide for parents, Click!, is now online. Topics include cyber-bullying and how to protect your child; the pitfalls to avoid when sharing private photos to the net; whether kids can really study while listening to music, texting and chatting online; and how to avoid 'phishing' scams. Complete with vodcasts and podcasts and an informative blog by industry experts, keep up with your kids at: www.schools.nsw.edu.au/click. You can also subscribe by email so you never miss an issue.

With the kids back at school it is time to look at what your kids are having for lunch. Kids need a healthy lunch to help them to concentrate through the rest of the school day. As kids eat most of their lunches at school, the foods available set the standard for what is considered normal. If it's not healthy, they're getting the wrong message each day.

There has been a significant change for the better in school canteens over recent years. Fresh Tastes @ School is a NSW Government initiative that aims to see healthy, delicious foods and drinks served at all public and some private school canteens. Tell your kids to choose the foods colour-coded green.

More information:

www.goodforkids.nsw.gov.au
NSW School Canteen Association -
www.healthy-kids.com.au

Here are some ideas for tasty but healthy lunchboxes.

Fruit is essential each day - bananas, apples, mandarins, grapes and berries are no fuss items. You can use tubs or canned fruit but look for the ones in juice rather than syrup.

Carrots or cherry tomatoes are easy snacks.

A frozen water bottle keeps food fresh and gives kids a cool, healthy drink.

If your kids complain about soggy sandwiches try low fat, whole-meal, crispbreads and crackers.

Check the fat and sugar content of muesli or cereal bars. They should be a treat rather than a daily snack.

Make one day of the week "Treat Day" so you don't get nagged every day for junk items.