**STAFF CAR PARK**

Just a reminder – the staff car park is for the use of staff and contractors. All parents are requested to please use the streets around the school for parking.

**ZONE SWIMMING CARNIVAL**

Congratulations to all the students who made the school’s zone swimming team and who will represent us at the zone carnival tomorrow. We wish you all the best of luck and hope you enjoy the day.

**SCHOOL UNIFORM**

It is great to see so many students wearing the new school uniform. The uniforms are now available from Lowes at Roselands shopping centre. One item in the new school uniform is a school cap.

The cap is available from Lowes and from the beginning of Term 2 will be sold at the front for $15.

**LIBRARY/EXCURSION BAGS**

We sell Library/Excursion bags at the school office for $10. These have the school emblem on the front. They are waterproof and can be carried as a backpack.

Cheryl Glover
Principal

**Upcoming Events**

- **Wednesday 27 Feb**
  - Zone Swimming carnival

- **Thursday 28 Feb**
  - Jersey Day
  - Y6 mufti fundraiser

- **Friday 1 March**
  - MHPS Clean Up day

- **Friday 9 Mar**
  - 10.15 Whole school assembly

- **Thursday 14 Mar**
  - Selective High Schools test

- **Monday 18 Mar**
  - Walkathon
WHY IS IT IMPORTANT TO GET TO SCHOOL ON TIME?

- To be part of the morning greeting
- To know what’s happening during the day
- To start lessons on time and to understand what to do in class

Arriving to school on time allows children to be part of the daily school routines.

The bell rings at 8.55am at our school. Please ensure your children are in the playground before the bell rings.

PSSA Draw Term 1 - Week 5

PSSA Sport will be held at Bennett Park this week.
What an exciting first meeting we had on Friday. Planning is well underway for our fete in October. It was great to see new faces and we are looking forward to an exciting year.

Students have received their sponsorship forms for the upcoming walkathon on Monday March 18. All students who raise above $10 will be entitled to a prize. The more money each student raises the bigger the reward. Prizes include: remote control vehicles, balls, walkie talkies, WiiFit, Razor scooters, cameras soccer sets to name a few. Please support your child and encourage them in participation and getting sponsors from family and friends.

The 5 cent coin collecting bags have been sent home to make donating easier. These will be counted at the end of each month. All funds will help to beautify and GREEN our school. Our aim is to collect 1 million coins.

Every Monday is school banking day. Our students and their siblings bank with the Commonwealth bank which rewards and encourages their savings. The bank books are collected every Monday and then returned to the students. Every deposit is rewarded with a token and once 10 tokens have been collected the student will receive a prize. If you would like your child to do school banking the forms are available at the front office. Our school receives $5 for every new student that banks through school banking.

The next P&C meeting is on Wednesday March 27 @ 7pm in the staffroom. If you are unable to make any of these meetings the minutes are always on the websites under the P &C tab. If you would like anything raised please email traceydillon@optusnet.com.au
We will be conducting a Walk-a-thon as a major fundraiser for this term so we do ask for your support. The event will be held on 18 March 2013. Family support is most appreciated.

Funds raised will go towards providing air conditioners for every classrooms.

Students have received a sponsorship form with a selection of over 75 prizes to choose from such as Barbie, Nerf, Hot Wheels, Razor, Pillow Pets and much, much, more.

We ask you to seek donations on a $2 or $4 or $5 or $10 per sponsor. Students who raise a minimum $10 will be entitled to choose a prize of their choice from the prize categories listed. You will also receive a family discount voucher for Baskin Robbins, Stefan Salon and Pixie Foto valued at $140.

Also on offer is a 2GB MP3 player for the highest fundraising student and a free surprise party for the highest fundraising class. Each student will also receive a Berri Quelch frozen juice stick on the day of the event.

**WIN AN IPAD** - each student has the chance to win an iPad. At the end of each term a winner will be selected. If one of our students wins the prize, our school will also win two (2) iPads. So don’t forget to enter. For more details on this promotion and how to enter, please view the back page of the sponsorship form or visit www.myschoolathon.com.au

Once the fundraiser is complete, please cut out the ‘how to claim your prize section’ on the sponsorship form and return along with your monies to the school office on or before the 12 April. Please be sure to fill out your prize request. The individual prizes will be delivered shortly after.

Happy fundraising, and we look forward to seeing you at our walk -a-thon to cheer on the students.
Julianne Spillane
Vice President
P&C Association
TAE KWON DO IS AN AWESOME WAY OF GETTING FIT
COME JOIN US!!!
KIDS DEVELOP DISCIPLINE
ENHANCES SELF-ESTEEM
BUILDS CONFIDENCE
STRENGTHEN BODY & MIND
SELF DEFENCE
PERFECT FOR KIDS AND ADULTS

McCALLUMS HILL PUBLIC SCHOOL
IN THE HALL SCHOOL
TUESDAYS 6:30 PM - 7:30 PM
THURSDAY 6:30 PM - 7:30 PM

FREE

4 FREE TRIAL LESSONS AND FREE UNIFORM
UPON JOINING OUR CLUB *
ENQUIRE NOW
0411 541 553
MICHAEL BEYROUTHY
An invitation...

Kingsgrove High School students and staff invites Year 5 and Year 6 students and their parents to a:-

KINGSGROVE HIGH OPEN AFTERNOON  
Tuesday 12 March, 4pm - 6.30pm

- see some “hands on” demonstrations  
- find out about our education programs  
  - talk to the Principal and staff

The afternoon will take place at:  

KINGSGROVE HIGH SCHOOL  
Cnr Stoney Creek and Kingsgrove Roads,  
KINGSGROVE  2208  
Telephone: 9150 4416  
www.kingsgrove-h.schools.nsw.edu.au

Please note that talks with the Principal may also be arranged at other times, by contacting the school office.
Children’s Vision

Good vision is important for your child’s educational, physical and social development and to help them reach their full learning potential. Many children continue to experience undetected and unnecessary vision problems and often they assume that how they see is normal.

*It is up to us, their teachers and parents, to be able to recognise the signs of a vision problem, and to help children look after their eyes.*

As part of the 2013 Optometrists Association Australia Children’s Vision campaign, we hope to help parents to detect potential vision problems in children early, and to teach children about their eyes and the importance of good vision.

**Recognising eye problems in children**

Symptoms of eye problems include:

- complaints of blurred vision, headaches, or sore eyes
- delayed progress in reading ability
- a turned eye, red or watery eyes, and frequent blinking
- poor hand-eye coordination in sports
- losing their place or omitting words and skipping lines when reading

Contact us or your local optometrist for a copy of the Children’s Vision Parent Guide or visit the website: [www.optometrists.asn.au/childrensvision](http://www.optometrists.asn.au/childrensvision)

Optometrists Association Australia recommends that children’s eyes be checked regularly throughout their school life, and immediately on observing any problems with their eyes or vision.

Local optometrist Dr Nadine Kamareddine
United Medical Centre
116 Haldon Street
Lakemba NSW 2195
Ph: (02) 9759 0947
e: bexleyeye@optusnet.com.au

**A reminder to parents to notify the school about your child’s health**

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.
Introduction to Nutrition and Food Safety

Attendance

Wednesday morning 10:00am – 12:00pm

Topics

- Nutrition
- Saving money and eating well
- Reducing waste food
- Food safety

Opportunities

Learn about the importance of nutrition in a healthy lifestyle

Information about employment opportunities in Hospitality

To apply:
Contact Mariam on 9733 0116 or register at the Riverwood Community Centre 95330100
Riverwood Community Centre, 151 Belmore Rd, Riverwood

Entry requirements:
To be eligible for this course you must be an Australian citizen or permanent resident. Late enrolments accepted if places are available.

Fees:
This course is FREE. There is childminding available.
Hey Mums and Dads, come and train in a safe, clean environment. The gym is open 24 hours and 7 day a week, bring your partner or friend in for your free 7 day trial.

*Please mention the school so they can enjoy their sponsorship from Snap Fitness Roselands.*

- No long term contracts, no risk—Pay fortnightly
- Free Personal training session on joining
- Personal trainers for faster results
- Clean, Comfortable, Safe and friendly environment
- Affordable Rates
- The Best Equipment—Without the wait
- No Cancellation fee

[Image of gym equipment and people exercising]

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Snap Fitness 24-7

1-1206 Canterbury Road,
Roselands NSW 2196

Phone: 0412 767 900
9759 8431

E-mail: roselands@snapfitness.com.au