Dear Parents and Carers,

Thank you to everyone who returned the school life surveys to the office. The information is currently being tabulated for use in the Annual School Report. The findings will also be made available in the school newsletter and P&C later this term. Feedback to the school from families and community is important component in ensuring we are delivering high quality educational experiences in a safe, secure, stimulating environment.

It has been brought to my attention that several parents / carers are smoking within the school grounds. The current department policy states that: ‘Smoking on school premises, including school buildings, gardens, sports fields and car parks, is prohibited. This includes students, employees, visitors and other people who use school premises, including community groups.’ Please be aware that smoking within school grounds has been prohibited since 2000, under the Smoke Free Environment Act.

We have had a significant reduction in late arrivals to school this term. Even though we have had extremes of weather, including road closures, your efforts of ensuring children are here at school by 8.55am makes a huge difference in the classroom. The morning sessions are critical learning times for children and the less interruption during this time, the better. I would like to thank all parents for their efforts in this very important matter.

IMPORTANT DATES / EVENTS

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Thursday 7th March</th>
<th>Teddy Bears Picnic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12pm-1pm , K-2</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Friday 22nd March</th>
<th>All EOI forms Yr6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Going to Yr 7 are due</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Thursday 28th March</th>
<th>Easter Egg Walk</th>
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</thead>
</table>
The first P&C meeting and AGM for the term will be conducted in the staffroom at school from 7.00pm tonight. If you feel that you are able to contribute to the school through the P&C in fund raising, event organization, catering for school events, assisting with the operations of the P&C or any other way, please come along and join the team. Everyone is welcome to attend!

Year 6 parents are reminded to ensure their Expression of Interest forms for High School for 2014 are returned to school before Friday, March 22. If you are applying for a non-local school, please ensure that you have filled out the relevant information under ‘section C’ of the form. It is important that you make contact with the non-local school to ensure you have obtained all the information to assist you with making the non-local school application.

Have a great week everyone

M Freeman
Principal (Rel)

Sport

The school Cross Country Trials will be held this Friday at school. All children from Year 3 to Year 6 will participate. It will start at 10.30. The Zone carnival is on Tuesday 9 April at Stephenson Park, Mayfield.

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Good number sense

Maths is a numbers game but for some students and parents - the figures don't add up. Here are some strategies to help kids to work out sums in their heads in a way that makes sense to them.


Reading with your child at home

When your kids see you reading and writing in everyday life – whether reading for pleasure, sharing a story with them or making a shopping list – it teaches them that they are useful skills. Here are some things you can do at home to help your kids with reading.


Removing head lice and nits

Mention head lice and most of us instantly develop an itch. While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they’re not dangerous. Here’s everything you need to know to rid your kids of head lice and nits.


Representatives for Student Council

KL - Lillamaya K and Tyler K
KP - Ajay H and Elly N
1F - Lucas B and Keira W
1/2C - Lynete B and Josiah S
2D - Ethan H and Libbie G
2/3M - Jet A and Brandi-Lee J
4/5S - Samuel O and Isabella K
5/6M - Oumala P and Thomas S
6B - Kyuss M and Hayley G
ICAS (International Competitions and Assessments for Schools) 2013

Once again this year our students in Years 3 – 6 have the opportunity to enter these competitions. The relevant information in regards to dates and fees is as follows:

<table>
<thead>
<tr>
<th>ICAS Subject</th>
<th>ICAS Sitting Date</th>
<th>Closing Date</th>
<th>Price (GSTIncl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Skills</td>
<td>Tuesday 21st May</td>
<td>Tues 23rd April</td>
<td>AUD $8.00</td>
</tr>
<tr>
<td>Science</td>
<td>Wed 5th June</td>
<td>Tues 8th May</td>
<td>AUD $8.00</td>
</tr>
<tr>
<td>Writing</td>
<td>Mon 17th June</td>
<td>Mon 20th May</td>
<td>AUD $17.00</td>
</tr>
<tr>
<td>Spelling</td>
<td>Tues 18th June</td>
<td>Tues 21st May</td>
<td>AUD $11.00</td>
</tr>
<tr>
<td>English</td>
<td>Wed 31st July</td>
<td>Tues 3rd July</td>
<td>AUD $8.00</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tues 13th August</td>
<td>Tues 16th July</td>
<td>AUD $8.00</td>
</tr>
</tbody>
</table>

School Clean up Day
The school will be holding a School Clean Up Day on Friday 8th March. All children need to bring disposable gloves and a plastic bag. Children will receive an ice-block for their efforts.

Thank you
Mrs Harborne

EASTER EGG WALK

Year 6 will be holding their Easter Egg Walk, on Thursday, 28th March to raise money for the Year 6 Farewell Gift.

There are great Easter egg prizes to be won and every child who enters will receive a chocolate egg, thanks to the P & C.

Every child can take part for only 50 cents a go. Children may have more than one go each.

SOUTHERN CROSS

TAE KWON DO ACADEMY

For Men Women & Children
(From 5 yrs +)

CARDIFF
John Young Community Hall
Thomas Street
Mon: 5.30 – 6.30pm

DUDLEY
Dudley Vintage Hall
96 Ocean Street
Tues: 5.30 – 6.30pm

THE JUNCTION
St Josephs School Hall
182 Union & Kenrick St
Tue: 5.45 – 6.45pm

BROADMEADOW
Merewether High School
Chatham Rd
Thurs: 5.45 – 6.45pm

WALLSEND
Callaghan College
Cnr Minmi & Macquarie St
Mon: 5.30 – 6.30pm

4963 4151
www.southerncrosstkd.com.au

* Self Defence  * Confidence  * Co –ordination

Nutrition Snippet
Extra Ways to Make Eating Fruit & Veg Easy

Here a few more facts that makes eating enough fruit and veg easier than you might think...

- Canned and frozen count toward your 2 fruit & 5 veg. Choose tinned fruit in juice (not syrup) and tinned veg with no added salt.
- Don’t forget legumes are a vegetable too! They include dried peas, beans and lentils .
- A serve of 100% fruit or vegetable juice (125mL or ½ cup) can count towards the target once only. Juice does not contain fibre, so limit to 1 small glass. Water is the best drink for families.
- A serve of dried fruit can count towards the target once only (1½ Tbs sultanas (a small box) or 4 dried apricots).
- If you find it unrealistic for your child to eat a whole serve at once, you may prefer to offer ½ a serve and increase the number of times you offer fruit & veg.

For more ideas visit www.eatittobeatit.com.au or ‘like’ us on Facebook at www.facebook.com/eatittobeatit

HEATON PUBLIC SCHOOL – ONLY THE BEST

HEATON.NSW.EDU.AU 3