From the Principal’s Desk

I would like to start by thanking everyone who attended our Education week Assembly last Friday. It was a fantastic assembly and gave us a great opportunity to acknowledge all of the wonderful people who help make Bowen so successful at growing children. I particularly enjoyed the sausage sandwich (or two) that I had afterwards. Particular congratulations must go to Ms Quinn, Mrs Benton and all the students involved for their performances at the assembly. It was a lovely chance for them to practice in front of a real audience before they go off to the Orange Eisteddfod in a few weeks.

There will be a BBQ held down at Woollies in town on Saturday. If you can help out, please call the school office and let us know. Also, if you happen to be near Woollies on Saturday please pop over and buy a sausage sandwich. They’re particularly good after Saturday morning sport. Please use the gates in front of the office if you are entering school for any reason. We’ve had a couple of near misses recently when children have run away from their parents in the carpark. We understand that the carpark gate seems closer for some of you to pick your children up from the infant’s area, but it truly is dangerous as we have a number of staff coming and going at various times of the day. Once again, please use the gates near the school office, near the Hall or the back gate in Seymour St.

Paul Kelly is the new school counsellor at Bowen Public School. Paul is a registered psychologist who has extensive experience over many years providing counselling services to schools both in Orange and across the western area of NSW. Prior to returning to the counselling service Paul held consultancy and Student Services management positions with the Department of Education and Communities supporting western schools in the areas of disabilities, student welfare and counselling.

School counsellors:

- provide counselling to students, individually and in groups;
- work collaboratively with learning support teams, parents and caregivers, and other agencies, to develop appropriate school based support for students;
- carry out cognitive and behavioural assessment of students referred by the learning support team, report the results of assessments and interventions to parents and teachers;
- can assist and support parents and carers in addressing the social, emotional, and educational development of their children;
- can refer students and or their families and carers to other agencies that will support the development of student health and welfare outcomes.

Paul visits Bowen PS every Wednesday and every second Thursday and can be contacted by telephoning Bowen PS on 6362 3655.
**Working Bee**
We are holding a working bee at school on Saturday 9 August and Saturday 16 August 2014 at 11 am for the up and coming eisteddfod. If any parents or caregivers are able to help with costume making please call the school office to put your name on our list. Thanking you in advance.

**Community Courses**
Any community members that have completed the first aid or white card courses held at Bowen Public School and have not received their certificates yet, you can pick them up from the school office.

**Riding for the Disabled**
On Friday 8 August RDA will be having a street stall at the Kiosk Post Office Lane from 9am. We would love any donations of saleable goods, cakes, biscuits, jams, plants etc, please drop the donations into the school office by Thursday 7 August. All money raised goes directly into improving facilities and horses for the children.

**Lost Property**
There is a number of non-school clothing in lost property, if anyone has lost an item of clothing please come into the school office to claim your items; if they are not claimed in a few weeks they will be donated to a charity.

**Head Lice**
We have had a number of reported cases of head lice at school recently, could all parents or caregivers please check their child’s hair and if you find any eggs or lice please seek advice from your local chemist or the school office and commence treatment as recommended.

**Canteen News**
**Reminder** - On Saturday 9 August we will be having a BBQ at Woolworths on Anson street so we can raise money for the Year 6 farewell/camp/and School Spec so if there are any parents or carers that can give us a hand a roster will be in the school office so you will be able to put the times down that you can work and your phone number down so we can get hold of you if there are any problems, thanking you in advance.

Father’s day is not that far away and we are asking for donations to be sent into the school office.

To all the people who have been collecting tea bag tags, we would like to let you know that we have raised enough for 4 wheelchairs and 2 tyres so a big THANK YOU.
Bowen Public School – Quality teaching and caring community
Education Week BBQ

Bowen Public School – Quality teaching and caring community
EXPRESSIONS OF INTEREST FROM STALLHOLDERS

Orange Youth Arts Festival

ARTS AND CRAFTS MARKETS

SUNDAY, 7 SEPTEMBER

(9am – 2pm)

at Canobolas High School, Icely Road, Orange

A major fine Arts, Craft and Food market will be held at Canobolas High School. The markets will feature quality art and craft stalls, cultural activities, music and dance performances, plant sales, demonstrations, international food, workshops and lots of fun-filled activities for children.

For all market stall enquiries please contact:
Glenda Goodacre on (02) 6362 1677, email glenda.goodacre@det.nsw.edu.au

Festival Information:
Vince Lovecchio (Festival Coordinator) on (02) 6362 1677,
email vince.lovecchio@det.nsw.edu.au

School Administration:
(02 6362 1677)
10 tips
Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations
Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2 delicious dippers
Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

3 caterpillar kabobs
Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas
Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly
Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits
Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log
Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

homemade trail mix
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

8 potato person
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

9 potato person
Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge
Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

Go to www.ChooseMyPlate.gov for more information.
Cavaliers Cricket Club will be holding a general sign-on day for all players interested in joining Orange’s most progressive cricket club in 2014/2015 –

**When** - Sunday, 31st August 2014  
**Times** - 10am – 12 noon  
**Where** - Riawena Oval (Pavilion) (Kooronga Avenue in Westlea)  
**Who** - All players interested in joining teams for  
  - Kanga’s (6-8 years),  
  - Under 10s, Under 13’s, Under 14s,  
  - Under 16’s and Seniors (1sts, 2nds & Centenary Cup)  

**More info** -  
  - Chris Martin 0421 953 275  
  - Stuart Middleton 0404 692 340  

We hope to see you there!