Welcome back everyone!

We have certainly hit the ground running this term and we are looking forward to a fantastic year at Bowen Public School. This newsletter contains some helpful hints to enable your child to have a successful 2015 at Bowen as well as some general information about the new school year.

I would firstly like to welcome our new Kindergarten students and their families to Bowen and to a very exciting time in their lives; the first days at school.

Many years of experience tells us that the ‘Drop and Go’ method of delivering your child to school can be very effective if you have a child who is experiencing the ‘start of school jitters’. We most often find that after the first couple of minutes, children tend to calm and become more interested in the class activities and in the fun everyone else is having. We understand that separating from your child can be difficult and emotionally challenging, however if your child is experiencing trouble separating from you, try the drop and go method; let the teacher know that your child may require some extra help adjusting to the beginning of the school day and try to relax. Your child is in great hands here at Bowen.

While at school in the mornings you might like to become involved in reading groups, form new friendships with other parents or chat to older friends, and this may mean staying for a while near bell time at 9am. Please feel free to do this as we encourage a community atmosphere here at the school. It also shows your child that you are not anxious about being at school and this can help your child to relax too. If you choose to do this but also want to do a ‘drop and go’, simply choose a place that is out of sight of your child. There are some beautiful shady areas at the front of the school suitable for a chat.

Kindergarten parents, please remember that you are welcome to pick up your child any time after 2:30pm until the end of next week. Our new Kindys tend to tire easily so we shorten the day for them in the first couple of weeks.

There is also a Kindergarten information afternoon on Thursday 12 February commencing at 3:15pm in the K1/K classroom. Supervision for your children will be available.

The Parents and Citizens association (P&C) is a group of people who collectively aim to raise funds to enhance your child’s experience at school. In the past they have raised money for excursions, the Yr 6 Farewell, classroom items, playground equipment and now a small group operate the canteen. It would be lovely to see a few new parents at P&C meetings this year. Whether you are a new parent to our school or an old hand who has a little extra time now that your kids are older, I encourage you to become involved with the school through P&C. The P&C meet first Monday each month at 2pm in the Community Room (right near the Kinder rooms!). The meeting will be finished in time for you to pick up your child/children at 3pm. It’s an excellent opportunity to ask questions or make suggestions and to get to know more about what happens around our school.

Many parents have purchased new bags, hats and uniform for their children at the beginning of the new school year. Please ensure that you have your child’s clothes and equipment clearly labelled so that we can easily identify and return it should it becomes lost.
If your child is late to school they must enter the school via the front office so we are able to keep accurate records of their attendance. Also if your child is absent from school you can either phone the school to alert us of the absence or send in a note with your child on their next day of attendance. We were very proud to have achieved a 91% rate of attendance last year which was an improvement on the year before and are looking to achieve above 93% this year. If you are unsure as to whether your child should attend, please call and ask.

The new school hats have been an outstanding success. We have some on order and they should be in the school shortly. It is hot and the UV index has been high recently so please ensure that your child is wearing a school hat each day.

As our classes, particularly in K-2, are quite full, there is a possibility that we may attract a new class in the near future. Should this occur, your child may be moved into another class to accommodate the extra numbers. This may mean that they may not have the teacher with which they began the year. We will notify parents as soon as our student numbers and a new class are confirmed. If you have any queries regarding this, please contact the school.

The classes as they now stand are as follows:
Kindergarten G – Miss Goodacre, K/1 K – Miss Kinney, K/3 T – Miss Thompson, 1D – Ms Day
1/2C – Mrs Chambers, 2/6 S – Miss Street, 2/3 L – Mr Ludlow, 3/4 C – Mrs Clyde, 3/6 E Mrs Johnstone
4/5/6 J Mrs James

We will be having a couple of NRL players visiting on the afternoon of Thursday 12 February at 2pm. If your child wishes to obtain an autograph, they should bring something for the players to sign.

The Canobolas Rural Technology High School (TCRTHS) are bringing their Roadshow to Bowen on Wednesday 11 February from 1:40pm. Parents are welcome to attend to see what our local high school has on offer as your children prepare to move on to high school. Many of you will soon be making a decision about where your child attends high school and the roadshow will provide a great insight into exactly what programs are available.

Our school assembly is held in the hall every Friday from 12:30pm. We always love having parents, friends and family come along to watch their children receive awards and have their achievements acknowledged. Kindergarten students will begin attending assembly in week 4 (20 February) to allow time for them to adjust to the routine of school life.

Please read your newsletter each week this year as it will contain plenty of information about school events and achievements. As always, if you have any questions, please contact your child’s class teacher or the school office.

What’s On? - Term 1

**Canteen Closed Each Wednesday**

Clothing Pool is open every Friday from 8:45 – 9:30am in Sick Bay

**Week 3**

*Thursday 12 February*

Kinder Information afternoon commencing at 3:15.

*Thursday 12 February*

NRL visit for K-6 commencing at 2pm.

**Week 5**

*Thursday 26 February*

Orange and District PSSA swimming carnival.

Gotcha’s

No Gotcha’s this week.
The P&C would like to welcome back all our children and a big welcome to any new comers to our school. P&C meets the first Monday of each month at 2pm in the community room; you will be made most welcome.

We are having a Bunnings BBQ to start our fundraising this year which will be held on Sunday 8 March. If there are any parents out there that would love to help it would be greatly appreciated just contact the office and leave your name and number and remember, many hands make light work.

Bowen PS is having a market day on Sunday 29 March. If you know of anyone that would like to have a stall please contact Virginia 0416 064 811 or Briony 0431 516 778.

Our first Autism support meeting for the year will be on Tuesday 10 February. This meeting is held in the community room commencing at 9.30am; all are welcome to attend. If you need any further information please do not hesitate to contact John Betts on 6365 9170.

Teabag tags: if you can collect teabag tags for me it would be greatly appreciated. The teabag tags get weighed and the money goes towards kids in wheelchairs.
**Supported Playgroup and Bush Babies**

- Do you have children aged birth to 5 five years?
- Are you at home wondering what activities to do with your children?
- Would you like to meet new families that have children of a similar age?
- Would you like to have a yarn and a cuppa whilst the children play?

If you answer yes then Orange Supported Playgroups and Bush Babies is for you!

**Tuesdays:**

*Glenroi Grasshoppers*
Marang Gunya -The Good House, 8 Oxley Place, 9:30am - 11am

**Thursdays**

*Bush Babies play group*
The Carriage Cottage, 145 Spring Street, 10:30am - 12:30pm

**Fridays**

*Bowen Supported Playgroup*
Bowen Public School, 9am - 11am.

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**Orange Buslines**

123 Commercial Road
PO Box 259
Orange NSW 2800
Tel: (02) 6382 3187
Fax: (02) 6383 1811
www.orangebuslines.com.au
info@orangebuslines.com.au

**Special School Services at 29-January-2015**
From Orange/Byng to Bowen Public School
For further information about school travel please contact us.

**TIMES ARE INDICATIVE AND MAY VARY DUE TO ROAD & WEATHER CONDITIONS**
Shaded / italicised routes require a transfer to/from another bus. (L) = Bus turns left and (R) = Bus turns right.

<table>
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<th>Time</th>
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Orange Emus Wallas & Juniors Rugby 2015
Registration Now Open

"Oldest Rugby Club in Orange"
Wallas U7’s - U11’s and Juniors U13’s to U17’s

“Come Try Rugby” at Emus, Woodward Road, Orange

Come to the registration events on
Friday 20th February, 5pm – 7pm
or
Sunday 22nd Feb, 10am – 12pm

Please call Derek Scott on 0427 913 203 or
Keryn Phillips on 0421 210 492 for more information

Orange Waratah
Junior Football Club

Registration for 2015 Season
Orange Waratah Junior Football Club invites all current and
new players to register with the club for the 2015 season.

OWJFC has teams from U6 to U12 competing in the Orange
District Football Association competitions and teams from
U13 – U16 competing in the joint Bathurst-Orange Junior
Football Competition.

Registration Costs are $105 per player (A discounted fee of
$95 per player applies to the 3rd and subsequent children
from the same family).

OWJFC encourages players to register online through the
www.myfootballclub.com.au website. The correct club
selection is Orange Waratah Junior Football Club.

OWJFC will also be holding registration days at Orange
Waratah Sports Club on the following dates:
• Saturday 21st February 10:00am to 1:00pm
• Sunday 22nd February 2:00pm to 4:00pm
• Saturday 28th February 10:00am to 2:00pm

Additional Information about Registration and the club in
general can be found at our new club website,
www.orangewaratahjuniorfc.org.au
St Barnabas Anglican Church
Cnr Dora & McLachlan St, Orange

Dates for your diary
Sunday, February 15, 2015 – 5pm
Theme: A New Start
Sunday, March 15, 2015 – 5pm
Theme: Remember Me
Sunday, April 26, 2015 – 4:30pm
Theme: Love Rules
Sunday, May 17, 2015 – 4:30pm
Theme: Mother’s Day
Sunday, June 21, 2015 – 4:30pm
Theme: Pentecost

INTERACTIVE WORSHIP FOR THE WHOLE FAMILY
All enquiries Rev’d Anne – 6362 5349

Come mess with God
Orange Tigers Australian Rules Football Club is holding sign on days for the upcoming season for Auskick, U/12’s, U/14’s, U/16’s, U/18’s and Senior grades.

Saturday February 14th
Sunday February 15th
At
McDonalds Bathurst Road
And
McDonalds North Orange from 12 til 2

Thursday Feb 26, 4.30-6.30 Orange Ex services Country Club Oval with a free Sausage Sizzle

For more info please call Kassie on 0413 655 132
# CANTEEN MENU – Week 2 Term 1  SUMMER

## SANDWICHES/ROLLS
- Vegemite $1.55
- Cheese $1.55
- Cheese & Tomato $2.55
- Salad $3.55
- Ham $3.05
- Ham Salad $3.85
- Chicken $3.05
- Chicken Salad $4.05
- Tuna $3.05
- Tuna Salad $3.55
- Egg $2.55
- Egg & Lettuce $2.85
- Meat Salad Box $4.55

## WRAPS
- Chicken tenderloin $3.55
- Chicken & Lettuce $3.65
- Chicken Salad $4.05

## DRINKS
- Milkshakes $1.65
- Choc, Straw, Vanilla, Caramel, Banana
- Fruit Smoothies $2.05
- Banana, Mango, Fruit Juice, Passionfruit
- Up & go $1.65
- Poppers $1.05
- Milo .65c

## SNACKS
- Pancakes .55c each
- Muffins (Orange/Poppyseed, Apple
  /Cinnamon, Double Choc Chip) .65c
- Popcorn .35c
- Fruit kebabs $1.05
- Fruit salad bo (seasonal) $3.05
- Pieces of fruit (seasonal) $1.05
- Yoghurt Sticks (until sold out) .25c
- Sun fruits 3 for .25c
- Jelly Cup .65c

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**HOT FOOD**
- Chicken and gravy roll $3.55
- Homemade Spring rolls (ovenbaked) .95c
- Party pies $1.55 3 per serve
- Small Sausage rolls $1.55 2 per serve
- Travel Pies $2.15
- Fish and Salad Box – Tartar Sauce-Lemon
- Slice – 4 pieces fish $4.55

**TOMATO SAUCE .30c**
SunSmart Snippet

The simplest way
...to keep your kids safe in the sun.

Did you know that when it comes to sun protection, not all hats are equal?

We all know hats help protect against skin cancer and eye damage.

But did you know that baseball caps don’t provide much protection? Baseball caps leave cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, and to the real risk of skin cancer in later life.

Choose a sun-safe hat
Sun-safe hats include broad-brimmed, bucket, or legionnaire hats. These hats are inexpensive, and give your kids the best chance of staying protected in our harsh summer sun.

Finally, don’t forget to apply sunscreen in the morning before school! Enjoy summer, and remember to be SunSmart!

To find out more about being SunSmart visit our website sunsmartnsw.com.au or call 02 9334 1761

Nutrition Snippet

The simplest way
...to make a healthy breakfast.

We recommend eating two serves of fruit and five serves of vegetable every day.

Why? Because fruit and veg are packed full of nutrients and vitamins that give you energy, keep you healthy and help prevent diseases like cancer.

Try to get your family eating fruit and veg with breakfast – it will help all of you have more energy throughout the day.

You might like:
- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and yoghurt for a smoothie
- eggs served with cooked vegies – tomato, mushrooms and spinach.

Remember: try to eat fruit + veg at every meal!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit