What a fantastic start to 2015! Already we are receiving positive comments from both inside and outside of school. It’s always great to hear that our students and their achievements are held in high esteem by the Orange community.

We have a visit from some of the Penrith Panthers tomorrow at 2pm in the school hall; all are welcome. If you or your child wishes to obtain an autograph, please bring something to sign; maybe a hat, jersey, t-shirt or poster. There is no word yet on exactly which Panthers will arrive so it should be a great surprise for everyone.

There is also a kinder parent’s orientation afternoon at 3:15pm tomorrow. All Kinder parents are encouraged to attend. There will be plenty of information about classes and how they run and the operation of the school.

Some of our students will have the opportunity to be involved in the CSU Future Moves Program on Thursday next week. This is a chance for our students to see what university life is like and participate in some typical university type activities. It shows that university is an option for all of our students should they wish to go after high school.

Congratulations to all our students who swam at the school swimming carnival. It was a brilliant day and for the first time in years, we were blessed with nice weather! Some students will progress through to the Orange District swimming carnival to be held on Thursday 26 February. We wish them all the best in their endeavours.

I have been extremely pleased to see the hard work that our children are doing in their classrooms and have had a few come to show off their great work. Everyone has had a wonderful start to their learning this year and we look forward to watching our students learn and grow.
We have been notified of several cases of head lice recently.

**Symptoms:** Itchy scalp, white specks near the base of the hairs, lice may be found on the head.

Your child may still come to school as long as they have commenced treatment.

At the office we have HIT NIT2 4 6 daily control head lice spray and also the HIT NIT2 4 6 “ONCE OFF” head lice lotion. These products sell for $15 each and have been proven to protect from infestation if used correctly.

### 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 4**
  - Tuesday 17 February
  - *Yrs 2/3/4 are going to St Marys school for a State Library road show.*
  - Thursday 19 February
  - *Stage 3 Future Moves.*

- **Week 5**
  - Thursday 26 February
  - *Orange and District PSSA swimming carnival.*

- **Week 6**
  - Friday 6 March
  - *Western Swimming*

- **Week 9**
  - Monday 23 March
  - *Snake Tails incursion.*
  - Tuesday 24 March
  - *Shell Questacon Science Circus.*

- **Week 10**
  - Monday 30 March
  - *Western Rugby League*
Byng Street Café – Citizenship Award

OUR SWIMMING CHAMPIONS
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 who are able to help with this 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 Autism support meetings are held every second Tuesday of the month. The next meeting will be on Tuesday 10 March. 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 tags get weighed and the money goes raised 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.

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 / italics routes require a transfer to/from another bus. (L) = Bus turns left and (R) = Bus turns right.

<table>
<thead>
<tr>
<th>Bus</th>
<th>Time</th>
<th>Afternoon Bus Routes</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>3:05</td>
<td>Bowen Public School</td>
</tr>
<tr>
<td></td>
<td>3:30</td>
<td>(R)Wakeford, (L)Icey, (L)Allenby</td>
</tr>
</tbody>
</table>
FREE AFTER SCHOOL SPORT

Ages 8—18 years

Monday afternoons 4:00 pm to 5:00 pm
Come and play Soccer at
Margaret Stevenson Park, Spring Street
February — 2, 9, 16 & 23

Tuesday afternoons 4:00 pm to 5:00 pm
Come and play Basketball with Rock the Rim
Coach at Glenroi Oval, Maxwell Avenue
February — 3, 10, 17 & 24
March — 10, 17 & 24

If children playing sport are
der under 8 years, they must be with an adult.

We advise all children attending to
crwear enclosed shoes, bring a hat
and drink bottle with water

This program is funded by
the Australian Government
Department of Social
Services through the
Diversity and Social
Cohesion

Some family fun will be held dates too.
Come along and meet your neighbours!
ALL WELCOME!

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Messy Church

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 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

KIDS CLUB
All Primary Aged School Aged Kids
Welcome

FRIDAY
4pm - 5.30pm
Carriage Cottage Spring Street
Opposite
Margaret Stevenson Park

Organised by Fusion, a Christian organisation committed to working with local people to build safe communities helping children develop healthy values and life skills.

For more info please ring
Fusion Office 5310 2474.

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 www.sunsmartnow.com.au or call 02 9344 1761

Nutrition Snippet

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

We recommend eating two serves of fruit and five serves of vegetables 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 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.eatittoberit.com.au
or join us at facebook.com/eatittoberit
THE FIRIES ARE COMING

WHERE: CARRIAGE COTTAGE

WHEN: 26/02/15

TIME: 4PM

COME AND LEARN ABOUT FIRE SAFETY FROM THE PROFESSIONALS

All the family are welcome!

Questions? Call Paula on 63628584 or Anni on 6393 8625

Healthy Living Positive Thinking

Do something special for your health.
join us as you are able

A gentle activity, a talk and light supper...

Enjoy a quiet activity
followed by a talk and light supper

Monday 9 February ...5:30-7:30 pm
Monday 9 March ...5:30-7:30 pm

Where: Community Information and Services Centre, 79 Xite St
Enter kitchen door off car park
(opposite Harris Farm Markets)

Are you interested in Healthy Living?
Are you aware that Positive Thinking can impact your health for the better?
Take an hour or two, and come along to make a health difference for yourself
and other community members

Looking forward to seeing you!
Light meal is shared after the activity and talk.

The Migrant Support Service thanks Clubs NSW for funding and Orange Council for assisting promotion of this activity
THIS ACTIVITY IS FREE TO PARTICIPANTS

Bowen After School Activities

A friendly place to learn new things and make new friends
Free activities for young people
4pm $5pm
At the Bowen CTC
Carriage Cottage, Spring Street

Thursday 12 February
Drumming with Ross Wolch

Thursday 19 February
Martial Arts for self-development with Roly Tandang

Thursday 26 February
The Firies are coming!
Home Fire Safety for the whole family

Thursday 5 March
Cooking yummy food

Thursday 12 March
Singing Group with the “CanBettos” Choir

Thursday 19 March
First Aid

Thursday 26 March
Let’s Write a Song! with Ken Smith

Bowen Indoor Tennis

ORANGE INDOOR TENNIS
9 PALMER STREET ORANGE N.S.W.
www.orangerooindoortennis.com.au
chris.oita@bigpond.com

(02) 6382 9811

• “HOTSHOTS” PROGRAM
(4 years to 12 years old) 1 lesson free, cut the cost and bring along

• TENNIS CLINIC
(Every school holidays)

• ADULT NIGHT COMPETITION
Monday, Tuesday, May has to be graded

• COURT HIRE
For more details and/ or bookings, please call Chris or Hannah.

This program is funded by the Australian Government Department of Social Services through the Inclusion and Social Cohesion Program.
Bowen Public School Market Day

Where: Seymour St entrance
When: Sunday, 29th March 2015
Time: 9am—2pm

Gold coin donation at the gate.

Join us for a Fun day out...
BBQ and Refreshments
Jumping Castle, Book Fair
Trash & Treasure,
Handmade Craft and Gifts
and more....

For more information or to book a stall please
contact Virginia 0416 064 811
or Briony 0431 516 778
Or email bowenmarkets@yahoo.com
### 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: $0.65

#### Snacks
- Pancakes: $0.55 each
- Muffins (Orange/Poppy seed, Apple /Cinnamon, Double Choc Chip): $0.65
- Popcorn: $0.35
- Fruit kebabs: $1.05
- Fruit salad box (seasonal): $3.05
- Pieces of fruit (seasonal): $1.05
- Yoghurt Sticks (until sold out): $0.25
- Sun fruits: 3 for $0.25
- Jelly Cup: $0.65

#### Hot Food
- Chicken and gravy roll: $3.55
- Homemade spring rolls (oven baked): $0.95
- Party pies: $1.55 (3 per serve)
- Small sausage rolls: $1.55 (2 per serve)
- Travel pies: $2.15
- Fish and Salad Box – Tartare Sauce-Leamon
- Slice – 4 pieces fish: $4.55

**Tomato Sauce** - $0.30
**Tartare Sauce** - $0.30
Orange Ex Services Soccer Club

SIGN ON DAY

Juniors age 5-16 Male & Female
All Age Men & Women

Calare Public School, Frost Street.
Saturday 21st February 2015 - 1.30 to 3.30pm
Saturday 28th February 2015 - 1.30 to 3.30pm

You can also register online at myfootballclub.com.au

If you have any question please contact Dale Lee on 0413882982 or email aleenidk118@hotmail.com

If you have any other question please contact a committee member on:
Tony Milletto 0412926628 Brett Hazzard 0417034594
Nicolle Puxty 0438338148 Linda McMillen 0417757981

OESC IS A FAMILY FRIENDLY CLUB

BLOOMFIELD JNR RUGBY LEAGUE FOOTBALL CLUB

TAKING REGISTRATIONS NOW...

Would you like your child to be a part of a fantastic sporting club??

Bloomfield Junior Rugby League Club would like to invite you to sign up for the 2015 season.

Boys of all ages from 5-16 and girls from 5-12 years of age are all welcome.

Registrations will be taken on Sunday 15th February
At Brendan Sturgeon Oval from 10am to 4pm.

Fees will be $100 per player and include shorts and socks. A one off family discount of $10.00 will apply to families registering two or more children.

A sausage sizzle and jumping castle will be provided for the children.

Please note that all new players will require a copy of their birth certificate.

For further information email bloomfieldjrlfc@hotmail.com

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