Friday is Term 1 hump day. It seems as though we have only just started the school year but here we are in the middle of Term 1!

I would like to congratulate our **district swimmers** on their performances and representation of our school at the Orange District PSSA Carnival on Thursday. They performed well in the pool and although some were unlucky not to finish in a place, they certainly helped our school to shine at the District level. Thank you to all of the parents who were able to attend and help out on the day. Your children and teachers greatly appreciate your support.

**School Hats**
They’re back! We have our new school hats available again from the front office. Students who had ordered prior to last week have already received their hats but we have plenty more for students who do not already have one. They have been extremely popular and our school looks great when everyone wears them. They are only $10 and both styles, the baseball cap and the surf hat, are ready for you. Plenty of staff and parents have them too!

I have included in this newsletter a couple of fact sheets with regard to Impetigo and Scabies. There have been a couple of cases of both skin diseases in the last few weeks and we ask that you be vigilant in checking your child’s skin and commencing treatment if necessary.

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

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**What’s On? - Term 1**

**CANTEEN CLOSED EACH WEDNESDAY**

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

**Week 6**
- Friday 6 March Western Swimming
- Sunday 8 March Bunnings BBQ
- **Easter egg guesses start Monday 9 March**

**Week 7**
- **Easter egg guesses start this week**

**Week 8**
- Tuesday 17 March St Patricks Day cake stall

**Week 9**
- Monday 23 March Snake Tails incursion.
- Tuesday 24 March Shell Questacon Science Circus.
- Wednesday 25 March Books in Home
- Sunday 29 March Bowen Market Day

**Week 10**
- Monday 30 March Western Rugby League

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**Gotcha’s**
- Eliah 2C
- Daniel 1K
- Ella 3/4C
- Grace 1K
- Matt 2/3L
Have you seen our foyer
More photos of our foyer
P & C News

Bowen School Market Day: will be held on Sunday 29 March – if you would like to have a stall please contact either Virginia on 0416 516 778 or Briony on 0431 516 778. We hope to see all parents and children attending on the day.

Autism support group: next meeting on Tuesday 10 March commencing at 9:30am – all welcome.

Guessing competition: the P & C will be running an Easter egg guessing competition, 20c a guess with the closest winning the large jar of mini eggs – Yr 6 students will be selling the guesses before school at the lunch order table and during break 1 in the playground.

Teabag tags: please bring any you are saving to the school office; all donations gratefully received and will go towards providing wheelchairs for children.

Next meeting of the P & C will be held on Monday 2 March commencing at 2:00pm in the community room – everybody welcome.

BBQ Fundraiser: our first for the year will be held at Bunnings on Sunday 8 March; if you are able to help, even for an hour, please come to the office and put your name, number and time down to go on the roster. Remember: many hands make light work!
**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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**Invitation from The Canobolas Rural Technology High School**

**Open Classroom Afternoon**

On the 16th March 2015 our school will be holding an open classroom afternoon where parents of prospective students will have the opportunity to participate in a range of dynamic activities and ask questions about our school. If you know of any parent who has a child in Year 6 this year or you have children in Year 6 and would like to see some of our wonderful facilities, teaching staff and students, please come along and have a look at what we offer. The afternoon will run from 3.30pm until 5.30pm and parents will be able to access application for enrolment forms on the day. We will also have a range of scholarships available to support the educational provision for some students coming to our school in 2015. More details will be placed onto our school website in the near future. If you would like to visit our school with your child on 10th March please RSVP to the office on 63621677 or via our school email address which is canobolas.h.school@det.nsw.edu.au
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 under 8 they must be with an adult

We advise all children attending to wear 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

Every Thursday there will be hot, dates 15pm
Come along and meet your neighbours!
ALL WELCOME!

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

Messa CHurCh
The Orange Apple Festival is happening on Friday 8 May

Concluding on Saturday 9 May

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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.
April Merge Program

Orange City Council are once again conducting their April Merge program commencing Tuesday 7 April and going through to Friday 10 April for years 3 – 6 only

<table>
<thead>
<tr>
<th>Primary Aged School Children</th>
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<tbody>
<tr>
<td>Tuesday 7th April</td>
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<td>10am – 2pm</td>
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Please note the above program is for PRIMARY aged school children. (Years 3-6 only)

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.

Where: Community Information and Services Centre, 79 Kite 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 Migration Support Service thanks Club RSW for funding and Orange Cotenrol for ongoing promotion of this activity

This activity is FREE to PARTICIPANTS

RSVP & more information contact the Migration Support Service
Jenn 6375 156 or 6375 8205
jen.migration@orangec.nsw.gov.au

Healing with Yoga and talk with Fiona Hovick. (Bring a yoga mat if possible)

March features Ta Chi and talk with Charlie Huang

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 Rolly Tandang

Thursday 26 February
The Fries 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

9 Palmer Street Orange N.S.W.
www.orangefindoortennis.com.au
chris.oita@bigpond.com
(02) 6382 9811

- "HOTSHOTS" PROGRAM
  4 weeks/ 70 minutes - 12 years old 1 lesson free
  - Out court lessons and bring along
- TENNIS CLINIC
  - Every school holiday
- ADULT NIGHT COMPEITION
  - Monday, Thursday
  - Prizes to be awarded
- COURT HIRE
  - For more details and bookings please call Chris or Hannah.

www.orangefindoortennis.com.au
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
BOWEN PUBLIC SCHOOL
50-60 PARK ST ORANGE NSW 2800
PHONE: 6362 3655
FAX: 6361 7603
bowen-p.school@det.nsw.edu.au

CANTEEN MENU – Week 2 Term 1 SUMMER

<table>
<thead>
<tr>
<th>SANDWICHES/ROLLS</th>
<th>WRAPS</th>
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<tbody>
<tr>
<td>Vegemite</td>
<td>$1.55</td>
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<tr>
<td>Cheese</td>
<td>$1.55</td>
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<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.55</td>
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<tr>
<td>Salad</td>
<td>$3.55</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.05</td>
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<tr>
<td>Ham Salad</td>
<td>$3.85</td>
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<tr>
<td>Chicken</td>
<td>$3.05</td>
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<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
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<tr>
<td>Tuna</td>
<td>$3.05</td>
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<tr>
<td>Tuna Salad</td>
<td>$3.55</td>
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<tr>
<td>Egg</td>
<td>$2.55</td>
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<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.85</td>
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<tr>
<td>Meat Salad Box</td>
<td>$4.55</td>
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<tr>
<td>Chicken tenderloin</td>
<td>$3.55</td>
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<tr>
<td>Chicken &amp; Lettuce</td>
<td>$3.65</td>
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<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
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<table>
<thead>
<tr>
<th>DRINKS</th>
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<tbody>
<tr>
<td>Milkshakes</td>
</tr>
<tr>
<td>Choc, Straw, Vanilla, Caramel, Banana</td>
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<tr>
<td>Fruit Smoothies</td>
</tr>
<tr>
<td>Banana, Mango, Fruit Juice, Passionfruit</td>
</tr>
<tr>
<td>Up &amp; go</td>
</tr>
<tr>
<td>Poppers</td>
</tr>
<tr>
<td>Milo</td>
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<table>
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<tr>
<th>SNACKS</th>
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<tbody>
<tr>
<td>Pancakes</td>
</tr>
<tr>
<td>Muffins (Orange/Poppy seed, Apple /Cinnamon, Double Choc Chip)</td>
</tr>
<tr>
<td>Popcorn</td>
</tr>
<tr>
<td>Fruit kebabs</td>
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<tr>
<td>Fruit salad box (seasonal)</td>
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<tr>
<td>Pieces of fruit (seasonal)</td>
</tr>
<tr>
<td>Yoghurt Sticks (until sold out)</td>
</tr>
<tr>
<td>Sun fruits</td>
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<tr>
<td>Jelly Cup</td>
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</tbody>
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HOT FOOD

- Chicken and gravy roll $3.55
- Homemade spring rolls (oven baked) .95c
- Party pies $1.55 per serve
- Small sausage rolls $1.55 per serve
- Travel pies $2.15
- Fish and Salad Box – Tartare Sauce-Lemon
- Slice – 4 pieces fish $4.55

**TOMATO SAUCE .30c**
**TARTARE SAUCE .30c**
2 Day Kid's Craft Club

Orange CraftNCare will be running a 2 day kid's craft club in the School hall on Thursday March 6th: 3.30-pm to 6pm & Friday March 7th: 3.30pm to 6pm. The cost is $4.00 per child/per afternoon.

There will be Craft activities, Games & Stories, in a well supervised atmosphere!!

Enquiries Please phone Terry on 0458 603 186

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 Gathurst-Orange Junior Football Competition.

Registration Costs are $105 per player (A discounted fee of $95 per player applies to the 9th 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 Waratahs 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 3:00pm

Additional information about Registration and the club in general can be found at our new club website, www.orangewaratahjuniorfc.org.au

Ex-Services Hockey Club Sign-On Day

All current players and potential players, junior/senior (both male and female) are invited to come along and join.

Venue: Orange Hockey Centre, Mooloo Street, Orange
Date: Sunday, 1 March 2015
Time: 10.00am – 1.00pm
Look for our members in blue and gold/yellow
For more information on our club please feel free to contact:
Mobile Kennedy (Secretary) 0437 454 202 or by email
kennedyh@bigpond.com
Kim Kennedy (President) 0456 674 206 or by email
kimkennedy81@gmail.com

Minimbah Project

TUESDAY & WEDNESDAY
17th & 18th MARCH 2015
MINIMBAH PROJECT BIRTH CERTIFICATE SIGN UP DAYS

Free Birth Certificate Sign-up Days will be held at Wamboi/Indigenous Community Links, Orange on Tuesday & Wednesday, 17th & 18th March.

Open to all children, youth and families
• Born in NSW?
• Don’t have a birth certificate?
• We invite you to sign up for a free NSW BIRTH CERTIFICATE!

Voluntary and FREE. Enrol students have credit cards from business, government and others to provide you, your family and friends with birth certificates. Normally these can cost up to $11 or more each. They can be supplied without charge if you apply through this once only opportunity.

Birth certificates are necessary for full participation in Australian society, such as opening bank accounts, joining a sporting club, getting a driver’s license, and starting at school.

So, come along! Three forms of identity are required (details opposite).

Minimbah Project: “ADVANCING AUSTRALIA, FOR ALL”
FACT SHEET – impetigo

What is impetigo?

- Impetigo is an infection of the skin caused by bacteria. These bacteria can live on the skin, in the throat or nose or on other parts of the body without causing a problem but sometimes they start to cause an infection such as impetigo.
- Impetigo can occur on healthy skin but it often happens when the skin has already been damaged by a scratch, bite or a disease affecting the skin such as eczema.
- Impetigo is very easily spread.
- It is more common in the hotter months.

Signs and symptoms

- The sores can be anywhere on the body, but are often on the face near the mouth and nose or on the arms and legs.
- Impetigo may start with a blister or a group of blisters.
- The blister bursts leaving a patch of red, wet skin which weeps.
- The spot usually becomes coated with a tan or yellowish crust, making it look like it has been covered with honey.
- There can be small spots around the first spots, spreading outwards.
- Impetigo is usually itchy.
- The sore takes about one to three days to develop after contact with fluid or crusts from a sore.
- There is often superficial peeling on the edge.

How is it spread?

- The sore is itchy and children can scratch it, often spreading the infection to nearby skin or to other parts of their own body.
- The fluid and crusts of the sore contain the bacteria. Contact with the sore or with things that have been on the sore (e.g. clothing, dressings, towels, etc.) can spread the infection to others.
- A sore can be infectious for as long as it is weeping. Usually it has stopped being infectious about 24 hours after treatment with an antibiotic has been started and healing has begun.
- The germs can also be spread from other parts of the body that do not appear to be affected; e.g. from a runny nose.

Treatment

- A child with impetigo needs to be checked by a doctor to be sure that it is impetigo because sometimes an antibiotic medicine is prescribed.
- Remove the crusts from the sores. The best way to do this is to bathe the child for 20-30 minutes, while wiping the crust away with a wet towel.
- Try to prevent your child scratching the sores as much as possible. Cover the sores with a watertight dressing and cut your child’s fingernails.
- Continue medical treatment until all sores are healed.
- Your child can go back to school after 24 hours of treatment and when the sores are completely covered with dressings.
- The sores should clear up in a few days with treatment but may need to be treated again.

Impetigo is very contagious and can be easily spread to other children but it is usually not a serious infection. People can be worried about it because it is on the skin and easy to see. Impetigo can occur even when the skin is kept clean – it is not a sign of poor hygiene or bad parenting.
FACT SHEET – Scabies

What is scabies?
Scabies is an infestation caused by a microscopic mite. It is found worldwide and affects people of all races and social classes. Scabies spreads rapidly in conditions where there is frequent skin-to-skin contact between people such as schools, etc. The mite burrows into the top layer of the skin where she lays her eggs. The eggs hatch and travel back up to the surface of the skin and repeat the cycle. They live for approximately two months, laying three eggs a day.

What are the symptoms of scabies?
- Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow or knee; or shoulder blades.
- Intense itching, especially at night and over most of the body.
- Sores on the body caused by scratching; these sores can sometimes become infected by bacteria.

How do you get scabies?
By direct, prolonged skin-to-skin contact with a person already infested with scabies. Contact must be prolonged (a quick handshake or hug will usually not spread infestation). Infestation is easily spread to household members. Infestation may also occur by sharing clothing, towels and bedding. Anyone can get scabies regardless of age, sex, race or standards of personal hygiene. It may take 4 to 6 weeks for symptoms to develop in people who haven’t had scabies before. People who have had scabies usually develop symptoms much more quickly if they are exposed again, usually within one to four days.

People with scabies can pass on the scabies mite until the day after they have commenced their treatment. The scabies mite can live for two to three days on the clothes, bed linen or other personal items.

Can scabies be treated?
Diagnosis is commonly made by examining the characteristic burrows or rash. There a number of effective anti-scabies lotions or creams available from your local pharmacist. A prescription from your doctor is not required. Note that:
- the anti-scabies preparations should be used strictly according to the manufacturer’s directions;
- ensure that all household members are treated simultaneously.

The lotions or creams are applied to the whole body from the neck to the toes. The treatment may also need to be applied to the face and scalp if these areas are clearly infected. Avoid contact with the eyes, nose and mouth.

People will no longer be infectious within 24 hours of treatment, but it can take up to two months until the skin lesions and itch disappear. A repeat treatment may be advised 14 days after the first treatment, particularly for moderate to severe infestations. Antihistamines and calamine lotion are sometimes helpful to counteract itchiness. Antibiotics may be needed if there is a bacterial infection from scratching.

Stopping the spread of scabies
Preventing the spread of scabies requires:
- maintaining good personal hygiene;
- not sharing clothes, towels or bed linen with others;
- excluding affected children from school until treatment has commenced;
- limiting close physical contact with others until treatment has commenced;
- the mite can live on bed linen, clothes, towels and other personal items used by a sufferer so these items should be machine washed in hot water.