Welcome back!

The Easter Bunny has been and gone and I’m sure I’m a little ‘heavier’ after his visit.

It has been great to see so many of our students return safely, happily and in their full school uniform. We have another amazing term leading into the middle of the year. It will be yet another busy time and we are again looking forward to some more very positive growth in all of our students. Their work in Term 1 was fantastic and we are seeing very encouraging signs this term.

NAPLAN testing begins on Tuesday 12 May and finishes on Thursday 14 May for our students in Years 3 and 5. Please ensure that your Years 3 and 5 children are at school and on time on these days so that they have the best chance of completing the assessments to the best of their abilities.

After School Activities returns this term and will be starting with a cricket course in week 3. Look for more information about this in newsletters over the coming weeks.

Congratulations everyone on our continued attendance rates at school. I heard a great quote in the holidays about teachers being “able to teach a bag of wild cats to read, but not if the bag of wild cats isn’t at school”. This is so true. We have time to spend, tools and strategies to use, care to give and a desire to make sure that all our students receive a top quality education. But all of that won’t help if your child isn’t at school. Please make sure your children are here at Bowen every available school day. The staff here love doing their jobs and have been getting a great kick out of seeing the successes, both big and small, that our students have every day. For those interested, our overall attendance rate for Term 1 was 92.54% which is a good improvement over a few years ago. We would love to see this number reach 94% this term to bring us in line with the state average and to give all our students greater opportunities to learn.

We welcome Mrs Graves back this term. She has returned from Eugowra where she relieved as School Principal for the last two terms. Mrs Graves will be taking over from Ms Street on 2-6G and will bring a whole bag of new experiences and skills with her back into Bowen. 2-6G has had a brilliant start to the term and will still see Ms Street in the school fulfilling the release from face to face (RFF) role and doing a number of other programs in the school.

Bowen students traditionally represent the school at the ANZAC Day March in Summer St on ANZAC Day. We would love to see plenty of our students join in the march this year as it is a significant anniversary of ANZAC. Teachers will meet the students near the corner of Byng St and Sale St at 10:15am this Saturday morning for the march. Please ensure that students are in full winter school uniform.

The staff at Bowen would like to wish everyone a great term. This term has started wonderfully and we hope to make it even better by the end.

Mr Mac
What’s on? - Term 1

**CANTEEN CLOSED EACH WEDNESDAY**

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

**Week 1**
24 April Anzac Day Assembly 10:45

**Week 2**
1 May Bowen Cross Country
3 May Bunning BBQ

**Week 3**
7 May Mother’s Day Stall
8 May Netball Cup at Bathurst

**Week 5**
19 May SCHOOL PHOTO DAY

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**ANZAC DAY**

- **Saturday 25th April 2015**

  *Orange and District Schools Organisation to assemble from 10:15*

1. Anson Street
2. Bletchington PS
3. St Marys
4. Spring Terrace PS
5. Spring Hill PS
6. Orange Public School
7. Orange East PS
8. Orange Christian School
9. Orange Anglican Grammar
10. Nashdale PS
11. Mullion Creek PS
12. Glenroi Heights PS
13. Clergate PS
14. Catherine McAuley Catholic Primary
15. Canobolas PS
16. Calare PS
17. Borenore PS
18. Bowen PS
The simplest way
...to prevent skin cancer.

Autumn is well and truly here, and as the days get shorter and cooler it’s easy to think that we don’t need to be as vigilant about sun-safety.

However UV levels are not linked to the temperature, and can still be high enough in Autumn to damage children’s skin.

To help keep your kids safe, check the UV Alert daily. Where possible, it’s best to minimise outdoor activities when the UV levels are three and above.

You can check and download the SunSmart UV alert at cancer council.com.au/sunsmart.

For information about SunSmart visit:
www.sunsmart.nsw.com.au

SunSmart Snippet

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The simplest way
...to work out how much fruit + veg you need.

Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?

A serve of fruit is 150 grams or:
- 1 medium fruit (apple/banana) or
- 1 1/3 tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
- 1/3 cup of cooked veg or
- 1/2 medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child’s daily total – plus healthy food gives them extra strength to concentrate longer.

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

Nutrition Snippet

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The simplest way
...to understand Health Star Ratings.

You may have noticed Health Star Ratings on the front of many packaged foods.

What do they mean?
Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

Why?
63 percent of adult Australians, and 31 percent of children are now classed as overweight or obese. The Health Star Ratings help us make healthier choices for our whole families — with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars — because we want healthy eating to be easier for everyone. Remember, nothing beats fresh — but if you need to buy a packaged snack — look for five stars!

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

Nutrition Snippet

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The simplest way
...to prevent skin cancer.

Autumn is well and truly here, and as the days get shorter and cooler it’s easy to think that we don’t need to be as vigilant about sun safety.

However UV levels are not linked to the temperature, and can still be high enough in Autumn to damage children’s skin.

To help keep your kids safe, check your schools SunSmart status by heading to
www.sunsmartnsw.com.au

SunSmart Snippet
NOTES FROM P&C

Our next Bunnings barbecue is on Sunday 3 May; if you have a spare hour or so we would appreciate your assistance. Please come and leave your name and number at the school office, together with you preferred time.

Our next P&C meeting will be Monday 4 May commencing at 2:00pm in the community room – everybody welcome.

Autism support group: next meeting will be held on Tuesday 12 May here at the school commencing at 9:30am – all welcome, just come to the school office.

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

Bowen Public School is holding a tea towel fundraiser. The children have the opportunity to draw a picture of themselves for a school tea towel and help raise funds. The tea towels are made from 100% white cotton (50cm x 70 cm) and are fully washable.

These would make great gift for Christmas, Mother’s day, birthdays, Grandparents, friends and keepsakes.

To have a look at an example one will be kept in the school Office.

There is also a saving on multiple orders.
1 x tea towel = $15.00 each
2 x tea towel = $25.00
3 x tea towel = $37.50
4 x tea towel = $50.00

To order simply fill in order sheet and place in envelope with your Cash with Childs name and class.

RETURN TO SCHOOL BY THURSDAY 30TH APRIL 2015

______________________________________________________________________________

CHILD’S NAME: ____________________________
CLASS: ____________________________
NUMBER OF TEA TOWEL’S: ____________________________
AMOUNT ENCLOSED: ____________________________
The Orange Apple Festival is happening on Friday 8 May

Concluding on Saturday 9 May
Short term foster carers make a huge difference

We are looking for committed families to provide short term care to children in need.

- Do you enjoy spending time with children?
- Can you offer a stable and caring environment?
- Do you have patience, flexibility and a sense of humour?

We provide training, ongoing assistance and $420 per child per week. Foster carers are exempt from the welfare to work program.

Work with children, make a difference, become a carer.

Call Amber
1800 663 441
barnardos.org.au
I would like to purchase a Keyring torch.

Child’s Name: ___________________________

Class: __________ I have enclosed $3

Parent/Caregiver: ________________________

ORDERS CLOSE 2 APRIL 2015

Keyring Torch

THE STEWART HOUSE KEYRING TORCH IS FUN AND PRACTICAL.
The keyring features the new Stewart House logo and a real working LED miniature torch.

Our sponsor MTA Modern Teaching Aids has generously funded all postage and handling costs for delivery of the keyrings.

$3.00
Bowen Arrow                                            Week 1 Term 2 2015                                            22 April 2015

ST BARNABAS ANGLICAN CHURCH
Cnr Doen & McAllihan 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 5549

Come mess with God

Orange Roosters Junior Rugby League Club 2015 recruitment

Recruiting boys & girls turning 5 – 9 years of age to play in the CRL Group 10 mini league.

The Orange Roosters JRLC welcomes all new children and parents to come along and try the best game in the world rugby league.

We offer a family friendly club which has been created for Orange’s sporting demands.

If you would like to get involved don’t hesitate to contact one of our enthusiastic club members or alternatively contact us on facebook.

For details on how to join this GREAT club please contact:

Club President - Shaunie Monday 0437 009 477
Reserve - Nathan Griffiths 0401 536 895
Club Coaches - Troy Wilson 0439 415 594
Scott Monday 0419 972 524

Respite Matters

Are you a parent/carer of a child with a disability? Would you like to increase your knowledge of respite services and how to access services when you need respite? If so ....COME ALONG!

Cerebral Palsy Alliance is hosting a free information session on Respite Services available in the region.

The information session will provide you with an understanding of:

❖ What is Respite
❖ What are different types of respite
❖ Information from local service providers about their respite services including:

❖ Carerwest
❖ Commonwealth Carer Respite Centre

WHO
Parent/carer of a child with a disability

WHEN
Thursday 21st April

TIME
10:30 - 12:00 Noon

VENUE
Cerebral Palsy Alliance
95 Pinock St Orange

DST
I نوفمبر

Morning tea provided
Service Providers associated with carers permitting family members a priority