From the Principal’s Desk:

Here we are in the fifth month already! We are through ANZAC Day and coming up to Mother’s Day. Classes are in full swing, back in routine and humming along nicely. NAPLAN is on its way and the trees are turning, leaves are falling and the weather is cooling off. All is well in the Bowen world.

Thank you and congratulations to all the children and families who came along to the ANZAC Day march last weekend. It was fantastic to see you all there. We must have looked good and marched well because there were many comments heard from the crowd and made afterwards about how well our school was presented and how many of us were there. We had 61 students attend and hope to make it 101 next year for the 101st ANZAC anniversary.

The National Assessment Program- Literacy and Numeracy (NAPLAN) for years 3 and 5 will be held on Tuesday, Wednesday and Thursday in week 4 (12, 13, and 14 May 2015). Please ensure that your children are best prepared for the week by reminding them to get plenty of sleep, to eat well and maybe read a book or practice some writing at home. There really isn’t any specific preparation for the test as they are simply an assessment of the skills that students have been taught in their first few years at school but helping your child to be emotionally and physically prepared can be very helpful.

The Orange Show is on this weekend. Once again, Ms Quinn, and Mrs Benton have been busy putting up our school display. If you happen to be at the show, please take some time to check out the display and see some of our great work. Our display has won 1st place two years in a row now so it will be well worth a look this year too. I would like to thank Miss Kinney for coaching our Orange District PSSA girls’ soccer team and taking them to Dubbo this week and Mrs Clyde for selecting the ODPSSA boys Touch team. It is fantastic that their skills are recognised and employed at levels beyond our school and reminds us how lucky we are to have such talented staff working with our students.

The Orange Apple Festival begins next week and we have some special activities lined up for it; especially the Big Crunch on Friday next week. Please send in an apple for your child on Friday so they can be a part of the Big Crunch.

Our K-2 teachers travelled to Bathurst this week to continue their L3 training. This program is proving very effective in assisting our students to learn to read and write well. We are very lucky to have Mrs Morris with us to lead our professional learning in this area and provide plenty of resources for our teachers and students to use in their lessons.

Our school plan for 2015-2017 will shortly be up on our website. To see where our school is headed over the next few years, please feel free to take a look. If you require further information regarding the plan, please contact Mr Mac through the front 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 2
1 May Bowen Cross Country
3 May Bunning’s BBQ

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

Week 5
19 May SCHOOL PHOTO DAY

Gotcha’s

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milly Wright</td>
<td>KB</td>
</tr>
<tr>
<td>Sarah Harris</td>
<td>2/3L</td>
</tr>
<tr>
<td>Kianna Christian</td>
<td>2/3L</td>
</tr>
<tr>
<td>Tiahna Munday</td>
<td>456J</td>
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<tr>
<td>Aurum Eslick</td>
<td>KG</td>
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</tbody>
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Out and about at Byng Street Cafe
SunSmart Snippet

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 cancerCouncil.com.au/sunsmart

Nutrition Snippet

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 1/4 tablespoons dried fruit (apricots/currants) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:
- 1/2 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.eattobeatit.com.au or join us at facebook.com/eattobeatit

Nutrition Snippet

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 1 in 3 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.eattobeatit.com.au or join us at facebook.com/eattobeatit

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

Bunnings BBQ on Sunday 3 May. We would appreciate anyone who has an hour or two to spare on this day coming to volunteer; there is a roster in the school office so just come in and put your name, number and preferred time down.

Mother's Day stall will be on Thursday 7 and Friday 8 May commencing at 9:30 am; prices for goods to purchase will be from 50 cents to $5. We are requesting donations be sent to the school office for sale on this day; we would love to have enough gifts for all children to purchase a little something for their mother or grandmother.

We are running a Mother's Day raffle, books of tickets were sent home this week to each family and there are more at the school office if needed. Tickets cost $1 each and there will be many prizes on offer to win a lovely gift for mum.

Next P&C meeting will be Monday 4 May commencing at 2:00 pm in the community room. All welcome, come along and help with the planning for future events.

‘Thank You’ to all who are collecting tea bag tags; was lovely to see the large amount that had been collected by our school during Term 1 – please keep collecting.
Bowen Playgroup is changing their times as of 8 May 2015.

New time is 1pm to 3pm each Friday.

If you would like some healthy ideas for lunch boxes and a yarn with fellow parents please come along.
Parents and children (new born to 5yrs) can sample the lunch box creations.
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
ANZAC DAY CEREMONY AT BOWEN
ANZAC DAY SERVICE
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
Mesy! CHURCH

St Barnabas Anglican church
Cnr Doers & McLeish 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 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 Munday 0437 009 477
Reserve – Nathan Griffiths 0410 536 659
Club Coaches – Troy Wilson 0439 415 994
Scott Munday 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 services
- Information from local service providers about their respite services including:

- Cerebral Palsy
- Commonwealth
- Carewest

WHO: Parent/carer of a child with a disability
WHEN: Thursday 23rd April
TIME: 10.30 – 12 Noon
VENUE: Cerebral Palsy Alliance
20 Prince St Orange
COST: Free

Morning tea provided.
Service Providers reserve numbers permitting – family maintains priority.