From the Principal’s Desk:

Winners! For the fifth year in a row, Bowen has won 1st place for their display at the Orange Show. This is wonderful recognition of all the time and effort that the students put into developing their skills and creating good quality work. Particular thanks must go to Ms Quinn, Mrs Benton, Mrs Clyde and Mr Ludlow for spending their time in preparing and organising the display. Congratulations everyone!

Although it is only Autumn, you can feel winter coming. Already the dreaded flu is making the rounds causing people to cough and splutter. There are some simple precautions you can take to avoid being a victim of the common cold or flu. Wash your hands often and encourage your children to do so. When coughing, cough into the crook of your elbow rather than on your hands. Use a tissue instead of a handkerchief. Tissues are disposable so the germs go straight into the bin. Avoid touching your face, especially near your eyes, nose and mouth if you are around someone who has a cold. Keep household surfaces clean. Wipe them down with disinfectant regularly to kill any germs. You can also get a flu vaccination. This is available from around $10 from some of the chemists. Shop around for the best deal!

The change in weather does bring some health issues with it. If your child does fall ill and you need to keep them home to recover or to stop the spread of germs, please remember to send the class teacher a note to let us know why your child was absent. Ideally this should be done on the day that your child returns to school. Alternatively, you can call the school office on 6362 3655.

This year we have had a push for all of our children to attend school in full uniform. Our uniform is one of the more impressive uniforms in the local area and our students look spectacular when they are all wearing it. There are many other reasons why uniform is important; school pride, promoting a sense of belonging to something bigger and also helps to diminish social and economic barriers between students and families. With winter coming, it’s a great time to think about purchasing a school jumper for your child. Our school jumpers are red polar fleeces with our school logo on the front. They are good quality, warm and tend to last quite some time. There are a limited amount of both new and second hand jumpers available from the school office at a discounted price (until stock runs out). Otherwise jumpers are available from Orange Clothing Company in Sale St.

I would like to wish all our Year 3 and Year 5 students well in the upcoming NAPLAN tests. While the NAPLAN only provides a snapshot of student progress at a particular point in time and only on one day, it is an important tool in assisting teachers to gauge learning as a year group and provides some insight into individual and small group needs. The NAPLAN will be held on Tuesday, Wednesday and Thursday next week. It is especially important that students arrive at school on time on these days. Congratulations to all of our students who completed the 2km and 3km Cross Country courses last Friday at ANZAC Park. The first 4 finishers in each boys and girls age groups, will progress through to the Orange District PSSA Cross Country Carnival at Molong on 22 May. We wish them all the best on their next big run.

Thank you to all the volunteers who organised and helped out at the BBQ at Bunnings on the weekend. The BBQ was a great success and funds raised will go towards the end of Year 6 activities.

A Mother’s day stall will be held on Thursday and Friday. If you have small gift items that you are able to donate to the stall, please drop them in at the school office.

Finally, the Bathurst Wiradjuri Elders are holding a Burbang (Corroboree) at the Macquarie River in Bathurst on Thursday this week. Notes were sent home on Monday. It is a family day and there are a limited number of places. It is a fantastic cultural opportunity for our students and families, and I encourage you to take part. If you are planning on going with your children but do not have a seat on the bus, please contact school to let us know of your child’s absence.

Have a great week!

Mr Mac
What’s on? - Term 2

**CANTEEN CLOSED EACH WEDNESDAY**

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

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

**Week 4**
NAPLAN

**Week 5**

**TUESDAY 19 MAY**

SCHOOL PHOTO DAY

Friday 22 May District Cross Country at Molong

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**Gotcha’s**

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jamaine Christian</td>
<td>3/4C</td>
</tr>
<tr>
<td>Ethan Black</td>
<td>2C</td>
</tr>
<tr>
<td>Riley Keys</td>
<td>1K</td>
</tr>
<tr>
<td>Koby Heap</td>
<td>2/3 L</td>
</tr>
<tr>
<td>Kimi Craigie-Lucas</td>
<td>3/4C</td>
</tr>
</tbody>
</table>
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

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 35% 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

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 1/2 tablespoons dried fruit (apricots/sultanas) 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.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
NOTES FROM P&C

A big THANK YOU to all our helpers at the Bunnings BBQ last Sunday, your help was very much appreciated.

Our Mother’s Day stall will be held on Thursday and Friday commencing at 9:30am students will be able to purchase gifts in their class groups.

Next P and C meeting will be held Monday 1 June in the community room, all welcome. Our Next Autism meeting will be held Tuesday 9 June commencing at 9:30am in the community room all welcome.

Meal Deal Footy Day – State of Origin on Wednesday 27 May – hot dog and popper for $5 an order form will be available shortly. Students may wear their footy jumpers

Friday 19 June movie premier Despicable Me 3 times and prices to follow.
Cooking up a storm

OUT AND ABOUT AROUND THE SCHOOL
ACKNOWLEDGEMENT

Bowen Public School appreciates the continuing support from CADIA VALLEY OPERATIONS for the Brekkie Club which runs each Wednesday morning throughout the term.
Migrant Support Service and
Neighbour Aid/Social Support

Women’s Arts and Sewing Circle

FRIDAY
10am till 12.30pm
Senior Citizens Centre
(located back of Woolworths Car Park)

Come and share morning tea, meet new people and learn some basic sewing skills. Older women and multicultural women welcome. It is our pleasure to meet together with the Orange fibre Artists Group at the same time, so you choose between sewing or weaving!

- 24 April 2015  *Kaftan
- 8 May 2015  *Beading
- 22 May 2015
- 5 June 2015  *Shibori Tie Dye
- 19 June 2015

This term we will have some workshops (* ) to learn new ways to decorate fabrics.
Please bring food to share on workshop days

Children Welcome! Parents to share child care

Phone for bookings Anni 6393 8625 or Jodie 6393 8051

Bowen Arrow  Week 3 Term 2 2015  6 May 2015
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. An Orchard Walk and packing Shed tour is available cost is $10 per person. The bus departs Orange Visitors Information Centre at 1:30pm. For more information and bookings please ring 0425 259 350.

A full program is available at www.orangeapples.com.au
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
### Supported Playgroup and Bush Babies

- Do you have children aged birth to 5 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 the Orange Supported playgroups and Bush Babies is for you

<table>
<thead>
<tr>
<th>DAYS</th>
<th>PLAYGROUP</th>
<th>ADDRESS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAYS</td>
<td>Glenroi Grasshoppers</td>
<td>Marang Gunya – The Good House, 8 Oxley Place</td>
<td>9:30am – 11:00am</td>
</tr>
<tr>
<td>THURSDAYS</td>
<td>Bush Babies Playgroup</td>
<td>The Carriage Cottage – 145 Spring Street</td>
<td>10:30 – 12:30pm</td>
</tr>
<tr>
<td>FRIDAYS</td>
<td>Bowen Supported Playgroup</td>
<td>Bowen Public School</td>
<td>1:00pm – 3:00pm</td>
</tr>
</tbody>
</table>

I would like to purchase a Keyring torch.

Child’s Name: ___________________________

Class: __________ I have enclosed $3

Parent/Caregiver: ________________________
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 - Shaun Munday 0437 009 477
Reserves - Nathan Griffiths 0401 536 699
Club Coaches - Troy Wilson 0439 415 594
Sara Mundau 0416 079 546

Messy Church

ST BARNABAS ANGLICAN CHURCH
Cor 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

Respites 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:
  - Carer Respite
  - Commonwealth Respite Centre

WHO: Parent/carer of a child with a disability

WHEN: Thursday 23rd April

TIME: 10:30 – 12 Noon

VENUE: Cerebral Palsy Alliance, 95 Prince St Orange

COST: Free

Morning tea provided.

Service Providers welcome numbers permitting – firstly maintain a priority.