**Unbelievably**, we have passed the mid-point of Term 1! Bowen has had a very busy start to the year. Our students are settling in well to their new class structures and we are already starting to see some great individual growth, especially in writing. Our uniform looks fantastic and I would encourage students to get themselves a school hat to ‘cap off’ their school attire.

**Stage 3 Excursion**

For those of you with students in Stage 3, please be mindful of the excursion to Narrabeen that is taking place in term 4. We understand that this is a large expense but a very worthwhile experience for our students. We encourage you to begin making small payments towards the trip now so that you aren’t left with a big expense towards the end of the year. Please see the school office staff to make payments.

**School Photos**

School photos will be taken on Wednesday next week. The younger classes will be the first cabs off the rank so please ensure that your child is on time so that they don’t miss out. Fitness activities will be cancelled for that day to preserve our neat and tidy appearance.
**Bowen Arrow**

*Week 5 Term 1 2016*

**4 March 2016**

---

**P&C**

Many of our long-time P&C members have moved on this year with their children graduating from year 6 to year 7. Our P&C membership has therefore become depleted. We would love to see some new faces join us for the new year. The commitment isn’t huge; one meeting a month (which usually works out at twice per term) and the occasional helping hand at a fund-raising event. You don’t have to be a P&C member to donate some of your time; volunteers are always welcome but your presence at a P&C meeting does make organisation easier and we are always looking for new ways to fund-raise and contribute to our kids’ education. The next meeting is an Annual General Meeting and we will be electing a new executive. If you think you might like to be involved, you are welcome to come along on Tuesday 15.03.2016 at 2pm. The meeting will be held in the library.

---

**Bicycle Network**

Riding a bike to school is a great way to promote fitness and independence in our children. We are looking forward to the development of some new bicycle routes to school through the Spring St area in May this year. Keep a look out for them and encourage your children to use these routes when they become active.

---

**NAPPLAN**

NAPLAN tests will take place in Week 3 of Term 2, 10-12 of May.

---

**Parking**

Our school certainly has grown and with this growth has come more traffic, especially around drop off time in the morning and pick up time in the afternoon. Parking is very limited, especially at the front of the school. If you are having difficulty finding a park in Park St, try March St or picking your child up at the back gate in Seymour St. Seymour St is less hectic, has some leafy trees for shade and has more parking spaces available. Much of Park St is taken up with the bus zone, taxi zone and disabled parking areas. Please be aware that the police and parking officers patrol our streets and do look for people parking in these areas without authorisation. The fines can be hefty so please be aware of where you are parking and help to keep our children safe by parking correctly.
Well done to Lilly, James, Morgan, Cordell and Dakotah for participating in the District Swimming Carnival.

Nutrition Snippet

The simplest way
to see if you’re eating enough fruit & veg.

Take the Fruit & Veg Challenge!
Write down everything you ate and drank yesterday and see if you got the 2 serves of fruit and 5 serves of veg you need:

Here is an example:

Drinks: 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water
Snacks: 1 tub yoghurt, 1 banana, 2 biscuits
Breakfast: 2 slices toast with butter and jam
Lunch: 1 medium potato with tuna and cheese, 1 apple
Dinner: Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 3 serves of veg. If you’re eating less fruit or veg than you need, have a think now about how you can eat more.

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

RECYCLE and help save the mountain gorillas

Help save the mountain gorilla
Coltan is a valuable mineral used in the manufacture of some mobile phones. It is mined from the mountain gorilla’s forest home, destroying their natural habitat and threatening these endangered animals. Recycle your old mobile phone today and help to take the pressure OFF increased mining.

Protect the environment
By recycling your old mobile phone you are helping to preserve the earth’s resources and prevent potentially harmful substances from going into landfill.

Raising funds
Funds raised from recycling mobile phones will be used to support patrols in Virunga National Park, the home of the critically endangered mountain gorilla. Many have been killed by poachers and HS is committed to helping the surviving gorillas, whose population is declining.

For more information call 1800 333 737 or visit www.hsi.org.au

HUMANE SOCIETY INTERNATIONAL
Looking After Yourself!
It’s important right?
Join us to meet with health professionals to discuss nutrition and how to manage stress and more importantly where to get help!
Afterwards have a catch up and a cuppa with others.

WHO: Parents/Carer of a child with a disability
WHEN: Thursday 3rd March
TIME: 10am-12pm
VENUE: CPA Orange
ADDRESS: 95 Prince Street Orange 2800
COST: FREE Light refreshments available
RSVP: Sandy Livermore 6360 1455
s.livermore@cerebralpalsy.org.au
RSVP to Sandy ASAP!

Bowen Arrow
Week 5 Term 1 2016
4 March 2016