### Term 1 Week 8 – 17th March 2014

#### 2014 International Competitions and Assessments (ICAS)
ICAS provides a unique opportunity to measure students’ achievements in Computer Skills, English, Mathematics, Science, Spelling and Writing. ICAS assessments have taken place annually for over thirty years. ICAS is a not-for-profit arm of the University of New South Wales. These competitions/assessments are open to students from Year 2-12. If you wish your child to compete in any one, or more, of these competitions, please speak to Mrs Rowsell or contact the school office.

#### Byron Bay Excursion - 18th March
Tomorrow is our excursion to Byron Bay. Please remember students are to wear their school uniform and hat and bring their fruit break, recess and lunch. Please ensure recess food is in disposable packaging in a plastic bag as school bags will be left on the bus until lunch time. An additional drink bottle might be advisable. The school will pack sunscreen. If you child requires asthma medication, please bring it to school in a labelled plastic bag with instructions. The bus will depart at 9:00am and be back at school prior to 3:00pm.

#### Ride to School Day - Wednesday 19th March
It’s that time again! Our Ride2School Day activity will start at 8:30am on the beginning of the footpath on Riverside Drive (bridge end). Students should meet Mrs Rowsell & Mrs King with their bikes (and helmets). From there, we will ride to school along Riverside Drive and into Fawcett Street to school. All parents are welcome to join us.

#### Personalised Learning Plan Meetings
Thank you to all our parents who have made time to attend our personalised learning plan meetings in the last week or so. Your child’s plan will be sent home shortly so you and your child can refer to it over the following semester. Once again, thank you for working with us to enhance your child’s continued learning and growth.

#### Story Dogs Mufti Day - 31st March
Story Dogs visit our school each week with the handlers (Maria and Shirley) and their dogs listening to our students read. It is an enjoyable and non-threatening way for our students to practice their reading. To help keep this program running we will be running a mufti day with students asked to wear something orange (Story Dogs colour) and bring along a gold coin donation.

#### Talent Quest
We had any extraordinary show put on for us last week via our Talent Quest. It was fantastic to see so many parents and community members attend to give our students a real audience to display their talents to. Special thanks to our School Captain, Amber for organising such a great event.

#### Easter “Eggs…..Diorama”
This year we are asking the students to participate in diorama making at home as part of our Easter celebrations. This is an optional activity. Please see details on the back page for more information.

### Canteen
- **Friday 21st March - Regular Menu**
- **Friday 28th March - Red Food Day**

All food provided by the House of Gabriel
P&C News

The next meeting will be on Tuesday 25\textsuperscript{th} March 7.00-8.30 pm.
This will be the AGM followed by a general meeting.
All welcome, come along and have a say. Membership renewals for 2014 are now due ($1) and application forms will be available on the night for new members.

Values Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Value</th>
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<tbody>
<tr>
<td>Brodie</td>
<td>Being involved</td>
</tr>
<tr>
<td>Riley</td>
<td>Being prepared</td>
</tr>
<tr>
<td>Ella</td>
<td>Being prompt</td>
</tr>
<tr>
<td>Sam</td>
<td>Being respectful</td>
</tr>
<tr>
<td>Sophie</td>
<td>Being responsible</td>
</tr>
</tbody>
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Class Awards

<table>
<thead>
<tr>
<th>Student</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ethan T</td>
<td>Homework Award</td>
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<tr>
<td>Summer</td>
<td>Great effort during numeracy</td>
</tr>
<tr>
<td>Olivia</td>
<td>Consistent application to classroom tasks</td>
</tr>
<tr>
<td>Declan</td>
<td>Enthusiasm during classroom activities</td>
</tr>
<tr>
<td>Shelby</td>
<td>Outstanding reading</td>
</tr>
<tr>
<td>Michael</td>
<td>Place value work in maths</td>
</tr>
</tbody>
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From Mr Morosini’s 3/4/5/6 Class

In HSIE we have been covering ‘Identity and Values’. Here we have Matthew and Zac showing their favourite food from different countries. Did you know that spaghetti is Australia’s favourite dish?

Claymation has been a great way to finish the week. Using the iPads, students can use a simple piece of plasticine and direct a moving masterpiece.

Mrs Parker and Mrs Rowsell welcome our new School Captain, Amber and our new Vice Captain, Zac at the induction held on Friday 7th March,
Tips on Setting Unplug and Play Rules
Despite what your children might tell you, many families have rules in place to limit children’s screen time (TV, computer, electronic games) for entertainment. Parents play a key role in influencing how physically active or inactive their primary school aged children are. You can play an important role in ensuring that your children don’t exceed the two-hour-a-day electronic media use recommendation set out within the National Physical Activity Guidelines for Children. Family rules are a good strategy to limit screen time in children.

So what are you waiting for? Why not set up your family rules today?

Arrange a family meeting so that everyone can contribute to the rule setting and establish a family agreement. This will make children feel included in the changes you make and ensure they are aware of all the rules. This is also a great opportunity to make your kids aware of the negative effects of too much screen time.

Remember: Children should spend no more than two hours a day using electronic media (TV, computer, games) for entertainment.

Some examples of common rules around electronic media use for entertainment include:
- Kids bedrooms are screen-free zones
- No television before school
- All homework must be completed before using electronic media
- Electronic media must not be used before the sun goes down
- Screen time is between 6:30-8:30pm only
- No electronic media is to be used during meals (including phones and TVs)
- Electronic media must be shared and everyone must have equal amounts of time
- If rules are not followed, that person must do the dishes
- Kids must have had an hour of activity before using electronic media
- People are only allowed to use electronic media on weekends.

Remember these rules apply to the parents too!

Display the rules you agree to in a central place. To get everyone on board why not plan an active reward? For example, a family tenpin bowling or fishing trip. This will make everyone motivated to follow the rules and create some great family memories.

(Courtesy Heart Foundation: http://heartfoundation.org.au)

Tips to encourage children to eat more vegetables and fruit in the home
- Be a role model. Let your kids see you eating and enjoying vegetables and fruit.
- Give children multiple opportunities to try new foods. Children need to be offered a new food a number of times; if they say they don’t like something after a first taste, don’t take it off the menu straight away.
- Get the kids involved when choosing and buying fresh vegetables and fruit.
- Get the kids growing vegetables and herbs. If children are involved in the growing of herbs and vegetables, they are more likely to try eating them.
- Get the whole family preparing vegetables and fruit for family meals. This helps kids become more familiar with them. They’re more likely to try something they’ve prepared. Even young children can get involved in tearing up lettuce!
- Make vegetables and fruit easy to see. Keep a bowl of fruit on the kitchen table. Prepare some vegetable sticks and keep them in a container at the front of the fridge at children’s eye level.
- Complete the Crunch&Sip® At Home Challenge. This can be downloaded from HealthyKids Association website - www.healthy-kids.com.au.

 Crunch&Sip® Information for Parents

What is Crunch&Sip®
Crunch&Sip® is a primary school program that lets children crunch on vegetables and fruit and sip water in the classroom. It encourages children to choose vegetables and fruit as a snack and water as a drink. These healthy options provide important nutrients for kids, allow them to 're-fuel' and can help improve their physical health and concentration.

Instructions for Parents

Crunch&Sip® takes place each day in the classroom. Please send your child to school with some vegetables or fruit and a water bottle, so they can take part in this great program.

Why are vegetables and fruit so important?
Eating a variety of foods is important for good health, both now and in the future. Poor eating habits have been linked to a number of diseases, such as heart problems and some forms of cancer.

Don’t forget the Water?
Children easily drink enough water and often forget to drink unless reminded. Crunch&Sip® allows them to drink water in the classroom, avoiding dehydration, which can cause headaches and irritability.

Please always pack plain water and some vegetables or fruit. Some ideas are:
Easter
"Eggs.....Diorama"

This year, we are asking the students of Tumbulgum Public School to use their imagination and creativity skills to make an Easter Diorama at home. The diorama should have the word "Eggs..." in its' title. Students will be asked to bring them into school on the last day of Term 1, Friday 11th April 2013.

A special guest will be invited from outside the school to judge the dioramas and present an Easter basket of goodies to each stage winner at our Easter celebrations on that day.

- Early Stage 1 (Kindergarten)
- Stage 2 (Years 3 & 4)
- Stage 1 (Years 1 & 2)
- Stage 3 (Years 5 & 6).

To start the creative process I have added some pictures. If you have any concerns or questions, please don't hesitate in discussing them with me.

Samantha Rowsell
Principal