Balgownie welcomes Life Education Van and Happy Harold!

Life education has been supporting primary school drug and health information since 1979. Life Education programs have been designed to assist schools to achieve the outcomes based on the PDHPE syllabus (Personal Development Health and Physical Education).

Primary schools play a vital role in preparing children for life and in shaping their journey through school. Research shows the earlier we encourage students to develop positive self-image, self-esteem and uniqueness, the better equipped they are to make positive healthy choices later in life. Life education assists students to:

- Acquire age appropriate knowledge to support informed health choices.
- Develop and practice skills and strategies to act upon individual decisions.
- Recognise the values and attitudes that may influence lifestyle choices and behaviours.

The program supports the provision of health and drug education within the school.

The main focus for each grade is different and reflects

Asthma and Allergy information If you have not yet completed your action plans and returned them to the office, please do so as soon as possible! Thank you.

School contributions and subscriptions Thank you to all those who have paid their contributions and subscriptions (‘text books’). This is the way of the future where traditional textbooks may not be the only way forward and that subscriptions to websites etc are a more engaging, interactive way to help students both at home and at school. The money donated to the school helps us to ensure that our school can provide a quality education to our students. If you have not yet paid, please do so at the office as soon as possible. We have Eftpos!

Congratulations to all the students who participated in the Regional Swimming carnival yesterday. Travis Effting came 3rd in the 12/13yrs boys breaststroke & is off to State on the 2nd April. Well done Travis, an outstanding result and best wishes at State!

Congratulations to the following students who have demonstrated our values of Respect, Responsibility and Real Learning and earned themselves a wrist band! Well done!

Rosie Gray 1D
Zac Vlietstra 1D
Stefanie Belsito 1S
Sam Rolfe 1S
Amelie Macleod 3HR

Principal’s Report 6.45pm before the P&C As requested last year, once per term, there will be an extended Principal information session before the P and C meeting. You can just come for the half hour to discuss the topic, or come later for the P and C meeting or to both!

Next Wednesday’s topic is on bullying. This parent information session will discuss how the school prevents bullying and addresses instances of bullying. This session will be followed with six lessons next term, in all classrooms K-6. The way that resilience is built, strategies are taught and students feel confident to meet life challenges is for families and schools to be proactive and consistent.

WHAT’S ON?

<table>
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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wed 6.3.13</td>
<td>Life Education Van</td>
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<tr>
<td>Thu 7.3.13</td>
<td>Life Education Van</td>
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<td>Frid 8.3.13</td>
<td>Dance2fit</td>
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<td>Mon 11.3.13</td>
<td>Life Education Van</td>
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<tr>
<td>Tue 12.3.13</td>
<td>Life Education Van</td>
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<tr>
<td>Wed 13.3.13</td>
<td>Principal Report 6.45pm</td>
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<td>P&amp;C Meeting AGM 7.15pm</td>
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Balgownie RD, Balgownie NSW 2519
Email: balgownie-p.school@det.nsw.edu.au
www.balgownie-p.schools.nsw.edu.au
P&C: www.balgowniepnc.com
the learning that is appropriate for each age group in drug education. The main information is presented from safety with medicines (Kindergarten) to smoking and alcohol in Years 5 and 6. The class teachers will be discussing the visit to the Life Education Van in the classrooms so that the students have a chance to consolidate the learning.

If you want some more information to follow up with conversations at home, go to the website www.lifeeducation.org.au where you will find information to use to talk with your children.

Thank you to the P&C who value this program and have subsidised all students to visit the Life Education Van.

Have a great week,

Aloma Stewart

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**Thought of the Week**

A palindrome reads the same backwards as forward. This video reads the exact opposite backwards as forward. Not only does it read the opposite, the meaning is the exact opposite...

This is only a 1 minute, 44 second video and it is brilliant. Make sure you read as well as listen...forward and backward.

This video was submitted in a contest by a 20-year old. The contest was titled “u @ 50” by AARP. When they showed it, everyone in the room was awe-struck and broke into spontaneous applause. So simple and yet so brilliant.

Take a minute and watch it on You Tube - click on Lost Generation read by Brooke Wojdynski

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**Joke of the Week**

What do frogs drink?

Croak-a cola

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**HOME READERS**

Home Reading started this week and we are off to a great start. Thank you to all the parent helpers who are able to assist us with this process.

K-2 Teachers

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**P&C NEWS**

**HOT CROSS BUNS ORDER FORM**

Please use the order form with today’s newsletter to satisfy your Hot Cross Buns requirements for this year! The school will raise $2.70 for every packet sold and this money will be put towards purchasing new school play equipment. The high quality buns are being baked fresh for us by our local Bakers Delight and will be delivered on Tuesday 26th March at school (they will be an easy afternoon snack for that day at least). Please place your orders and money in an envelope into the P&C slot at the canteen. Spare order forms can be picked up at the office. Thank you for your support in helping our school to provide such great resources for our kids!

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**UNIFORM SHOP**

The Uniform Shop is open on TUESDAY mornings from 8.30am each week.

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**CANTEEN ROSTER**

2013 Week 7, Term 1

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<tr>
<th>Day</th>
<th>Date</th>
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<tr>
<td>Mon</td>
<td>11.3.13</td>
<td>Alison Knight</td>
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<tr>
<td></td>
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<td>Wendy Myers</td>
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<td></td>
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<td>Bev Critcher</td>
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<td>Tues</td>
<td>12.3.13</td>
<td>Callie Heyman</td>
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<td>Rachael Quinn</td>
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<td>Wed</td>
<td>13.3.13</td>
<td>Elissa Kohler</td>
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<td>Melinda McKeown</td>
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<td>Thurs</td>
<td>14.3.13</td>
<td>Karen Rogers</td>
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<td>Nazneen Nowsher</td>
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<td></td>
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<td>Alissia Gadd</td>
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<td>Fri</td>
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**CANTEEN NEWS**

PLEASE NOTE: NO MORE POTATO SMILES

Potato Smiles are NO LONGER available as the manufacturer doesn’t make this product any more. Please CROSS OUT Potato smiles from your menu. Choc Chip Cookie (80c) is currently out of stock at the supplier. Your prompt cooperation is much appreciated by canteen volunteers :)
NEW ROSTER - BIG THANK YOU for the ones who joined the roster this year!
New roster for 2013 was sent to volunteers last week by email. If you did not receive one, please contact Yuki at 0410 024 619.

FOOD PREP / FRESH FOOD SHOPPER WANTED
One or two people to do some food prep and fresh food shopping urgently needed (Monday mornings).
Please pop in the canteen to express your interest or contact Yuki @ 0410 024 619.

COMMUNITY NEWS

FAIRY MEADOW NETBALL CLUB
Fairy Meadow Netball club are looking for girls turning 10 this year (2013) to join our club. Please phone Margret Stanley, Club President on 42835985.