Dear Parents/Caregivers,

**National Ride to School Day**
We would again like to participate in the National Ride to School day. The official day falls when two of our students are attending the high school so I would like to change the day to Friday 4th April so that all students can participate in this event. Thank you for your understanding in this matter.

**Snow Trip**
We have the final costs for this trip and these are now locked in with our numbers so we will need to pay this amount even if the children do not attend. Students: $560 each and Parent: $660. We have indicated that 3 students, 1 parent and I will be attending this excursion.

**Mother’s Day**
It was discussed at the P&C meeting that we would look at doing Mother’s Day gifts a little differently this year. Instead of a raffle and gifts the P&C have found a company that we can use to create our own plates. This looks like a great way to keep a precious memory from your children. We will be designing the plates on Friday 14th March so if you have not placed your orders and you wish to do so please let us know before Friday.

**Tuff Trucks**
We have the Tuff Truck roster up and running and need to fill in the spaces. If you are able to assist for any time over the weekend the P&C would be very grateful. This is a major fundraising event for the P&C and the money raised from the event goes to many valuable resources and programs throughout the school to benefit all the students. Ask your friends and family if they can help out also as many hands make light work.

**Cross Country**
We have been invited to participate with Broke Public School in their cross country run. We will travel to a property in Broke to complete the course on Thursday 20th March. This will be a great way to cover the event and have a bit of competition in each age bracket. The age groups and amount of laps are: 5-7 years- 1 lap, 8-10 years- 2 laps, 11-13 years - 3 laps. Please find attached to this newsletter a permission note with further details about the event.

**High School Visit**
The 2 x Year 5 students have been invited to attend a day at the high school on Wednesday 19th March. This is a great day for the students to start to understand what high school is like and meet some other students from other schools who will be attending the school in the next couple of years. Please find a permission note attached.

**Young Leaders Day**
We have the opportunity again this year to take the school leaders to the Young Leaders Day in Sydney. This opportunity is for the school captain and school vice-captain. We will be travelling to Sydney on Monday March 31st and picking up some students and a teacher from Mulbring Public School along the way. This is a great day for the students and they come away feeling inspired about leadership. The presenters on the day are Andy Griffiths, Ita Buttrose and The Hon. Bob Carr. Please return the permission note to school so that tickets can be purchased for the day.

Regards

Kristen Kime
Principal

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**School Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 13th</td>
<td>Swimming</td>
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<tr>
<td>Mon 17th</td>
<td>Canteen</td>
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<td></td>
<td>Student Banking</td>
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<td></td>
<td>P&amp;C AGM</td>
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<tr>
<td>Tues 18th</td>
<td>Song Room @ Jerrys Plains</td>
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<tr>
<td>Wed 19th</td>
<td>High School Visit- Yr 5</td>
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<tr>
<td>Thur 20th</td>
<td>Cooking</td>
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<td></td>
<td>1 for 1.30pm</td>
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<td></td>
<td>Cross Country @ Broke</td>
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<tr>
<td>Fri 21st</td>
<td>Bike &amp; Ride to School Day</td>
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<tr>
<td></td>
<td>1 for 1.30pm Aboriginal Dance @ Broke school</td>
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<tr>
<td>Mon 24th</td>
<td>Canteen</td>
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<td></td>
<td>Student Banking</td>
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<tr>
<td>Tues 25th</td>
<td>Song Room @ Jerrys Plains</td>
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<td>Fri to Sun</td>
<td>TUFF TRUCK WEEKEND</td>
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<td>28th to 30th</td>
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<tr>
<td>Mon 31st</td>
<td>Young Leaders Day Sydney</td>
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<td>Miss Kime &amp; 2 student leaders</td>
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<tr>
<td>Fri 4th</td>
<td>National Ride to School Day Change of Date</td>
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P&C News

The next P&C Meeting & AGM will be held next Monday 17th Mar, commencing at 3.15pm.

UP TO DATE “TUFF TRUCKS “ROSTER ATTACHED.

Footy Tipping Competition
Round 1 has been played, and Jason Harris was the successful tipster for that week. A scoresheet is on the window wall in the Staffroom. All tips are due by Thursday, in the Footy Tipping box in the Foyer.

Round 3 envelopes are ready to be collected when you place Round 2 tips in the box. We have 11 tipsters vying for the best picks each week. A bit of fun along with another fundraiser for our school.

Mother's Day Gifts
Designs for the Mother's Day “Design a Plate” will be happening in class this week.
At $20 per plate it will be a lifetime memory, at a very reasonable price.

Don’t forget:
This is open to any children, other family members included.

Financial Matters
Just a reminder that invoices were sent out with the last newsletter. Your assistance with a timely payment would be appreciated. If you have any questions or needing assistance please don’t hesitate to talk with Miss Kime, our Principal.

Please note we have kept these costs at a minimum for many years, with no increase, while however the costs of books, stationery and activities have increased. We will continue to charge only the minimum this year.

The fees can be paid as 1 payment of $40 per student, or $10 per term per student.
The simplest way to improve the health of your family and save money.

Want to know how to get your family to eat all the fruit & veg they need to stay healthy?

Think fruit & veg cost too much?

Over the coming weeks we’ll give you tips and ideas that will help you:

- Make healthy meals the whole family will love
- Pack healthy lunch boxes that will get eaten
- Save money by eating more fruit and veg
- Encourage fussy eaters with fun food ideas
- Grow your own fruit & veg without fuss

Got an idea to help us? Get in touch!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
The simplest way
to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:

- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn’t contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don’t go overboard on dried fruit.
- **A little and often.** Children may eat more if you offer smaller serves more times a day.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Upper Hunter TAFE Outreach is doing an expression of interest to see if we have enough people interested in doing this course.

The FREE course is working with IPADS and topics include: understanding IPADS, using IPADS, getting the most out of your IPAD and what programs can be used with your IPAD. The course will run Thursdays from 10 am to 2 pm at Broke Community Hall from 22 May to 19 June 2014.

If you are interested please call Annabelle at Singleton TAFE on 6542 1115.

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29 March 2014
Singleton Public Library 9.30am -11.30am
Storytellers in national costume
Music & crafts
International morning tea

In the park 11.30am -2pm (near Gym & Swim)
Barbecue (gold coin donation)
Jumping castle
Games & activities
Performances by local musicians, dancers & singers

For more information contact Wendei Peacock on 02 6578 7215

Everyone belongs
www.harmony.gov.au
SINGLETON STRIKERS FOOTBALL CLINIC 2014

Monday to Wednesday 14th to 16th April, 2014

Cost: $130.00 per child, Second child in a family pays $110.00. Third and subsequent child pays $90.00.

Included in this cost is 9 Hours of Professional Coaching under the direction of Singleton Strikers First Division Team Head Coach, Scott Baillie.

Each player will also receive an Admiral playing shirt & shorts, a Nike Football, a cap, a drink bottle, fruit and a lunch pack each day (including a fruit drink), and chances to win vouchers from local business & A League Merchandise (including a signed Jets Shirt & Ball).

PLEASE NOTE - NO SOCCER EXPERIENCE IS REQUIRED – IT’S A FUN FILLED THREE DAYS OF FOOTBALL SKILLS, LEARNING AND GAMES

Where: Howe Park, Boundary St, Singleton.

Time: 9:00am to 12:00pm (please arrive by 8:45am for a warm-up)

Ages: 5 to 17 years

For more details visit


OR EMAIL US AT 2014CLINIC@SINGLEONSTRIKERS.COM