**Principal's Report**

Thanks to the members of the P and C who manned the second hand uniform stall last week. They were successful in selling a number of budget priced items to school families, but we still have an enormous number of quality uniform items in our clothing pool. The P and C plan to hold another uniform sale on the same day as the Mother's Day luncheon in May. Please remember that the winter uniform for girls and boys is grey pants or tracksuit pants four days per week and black tracksuit pants on Thursday for sport.

Next week at the P and C meeting our special guest will be School Counsellor, Mrs Jo Brennan. Jo will talk about the impact of childhood anxiety and offer ideas for managing this growing phenomenon. All parents and caregivers are welcome to attend. Jo will speak at the beginning of the P and C meeting at 7pm in the library.

Both teaching and non-teaching staff have been very busy this term completing a range of mandatory training online. This training has included a Work Health and Safety Induction, Emergency - Care, Epilepsy, Anaphylaxis and CPR. I thank all staff members for their commitment to meeting the deadlines for this training in their own time.

Regards,

Mrs Reardon

Principal

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**Dates to remember ...**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Year</th>
<th>Note Due / Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, 1st Apr</td>
<td>Rugby union school competition at the Recreation Ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Selected students</td>
<td></td>
<td>Permission note required</td>
</tr>
<tr>
<td>Mon, 4th Apr</td>
<td>Interim reports sent home to parents and caregivers</td>
<td>K-6</td>
<td></td>
</tr>
<tr>
<td>Wed, 6th Apr</td>
<td>Debating training in Wagga for school debating team</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Selected students</td>
<td></td>
<td>Permission note required</td>
</tr>
<tr>
<td>Wed, 6th Apr</td>
<td>P &amp; C meeting, 7pm in library. Guest speaker is our School Counsellor, Jo Brennan, who will talk about childhood anxiety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon, 25th Apr</td>
<td>ANZAC DAY MARCH in Callaghan Park. Meet at Police Station at 10.15am. Uniform to be advised</td>
<td>K-6</td>
<td>Nil</td>
</tr>
<tr>
<td>Tues, 26th Apr</td>
<td>School Development Day—staff return for term 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 27th Apr</td>
<td>Students return for term 2</td>
<td>K-6</td>
<td></td>
</tr>
</tbody>
</table>
Morning fitness sessions at T.P.S.

These Stage 1 and Stage 2 students had a fun time getting fit this morning in the bright Autumn sunshine. What a great way to start the day! Physical fitness and the development of sound gross motor skills are very important components of the P.D./Health./P.E. curriculum. Our school is fortunate to be well resourced in this area, making fitness fun.

Left: Zac C tries hard to catch the ball in the scoop.

Right: Olly G enjoyed manoeuvring the mower around the obstacle course. Look at that clever arm action!

Above: Angus S shows off his skipping skills and right, students still enjoy a good old fashioned relay.
Term 1 – Week 10

Assembly Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Student Awardees</th>
<th>Class</th>
<th>Student Awardees</th>
</tr>
</thead>
<tbody>
<tr>
<td>K Canada</td>
<td>Jay-dee T.; Lucas McM.; William M.</td>
<td>K Puerto Rico</td>
<td></td>
</tr>
<tr>
<td>K Puerto Rico</td>
<td>Kayden T.; Marlee M.; Ava W.</td>
<td>K Puerto Rico</td>
<td></td>
</tr>
<tr>
<td>1 Australia</td>
<td>Riley McM.; William S.; Lachlan G.</td>
<td>1 Australia</td>
<td></td>
</tr>
<tr>
<td>1 Haiti</td>
<td>Ebony S.; Mikayla P.; Ryan D.</td>
<td>1 Haiti</td>
<td></td>
</tr>
<tr>
<td>2 Jamaica</td>
<td>Caitlin S.; Cooper G.; Kyla N.</td>
<td>2 Jamaica</td>
<td></td>
</tr>
<tr>
<td>2/3 Greece</td>
<td>Callum W.; Kooper H.</td>
<td>2/3 Greece</td>
<td>Charlotte S.</td>
</tr>
<tr>
<td>3 Sweden</td>
<td>Charlie R.; Chelsea G.</td>
<td>3 Sweden</td>
<td>Riley D.; Marcus R.</td>
</tr>
<tr>
<td>4 Fiji</td>
<td>Halle P.; Lachlan G.</td>
<td>4 Fiji</td>
<td>Kadie B.; Makaela C.</td>
</tr>
<tr>
<td>4/5 Wales</td>
<td>Ethan G.; Ella L.</td>
<td>4/5 Wales</td>
<td>Derrick N.; Hannah H.</td>
</tr>
<tr>
<td>5/6 Brazil</td>
<td>Ewan J.; Ryan J.</td>
<td>5/6 Brazil</td>
<td>Chelsea H.; Bailey B.</td>
</tr>
<tr>
<td>5/6 France</td>
<td>Georgie P.; Cian W-P.</td>
<td>5/6 France</td>
<td>Xaviar M.; Alexander B.</td>
</tr>
</tbody>
</table>

Fair Play Awards

<table>
<thead>
<tr>
<th>Certificate</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Tom M.</td>
</tr>
<tr>
<td>2nd</td>
<td>Charlie W.</td>
</tr>
<tr>
<td>3rd</td>
<td>Jaicie B.; Charlie R.; Callum W.; Larni W.</td>
</tr>
<tr>
<td>4th</td>
<td>Harry H.; Kaesha M.</td>
</tr>
<tr>
<td>6th</td>
<td>Hayden R.</td>
</tr>
</tbody>
</table>

BORAMBOLA EXCURSION

Please note that a $50.00 deposit is required by 1st April to ensure a place on this excursion.
Thank you

Parent Volunteers (including classroom, drivers, coaches, canteen helpers, etc)

Last week a note was sent home explaining the government required for anyone involved in helping at schools in anyway must have a Working With Children Check. To obtain this go to:

then click on

and continue into the form to complete on line. You will receive an email with an application number which you then present at the Roads and Maritime Services for the application to be approved. Once you receive your email confirming your approval, please present a copy to the Front Office with your date of birth noted on the form so that it can be verified. You do not need to pay any money for this application.
Habit of the Fortnight

Managing Distractions

What does ‘Managing Distractions’ mean?
Recognising and reducing interruptions.

What does ‘Managing Distractions’ look like?
Students recognising and managing their distractions through using options like moving away from someone who is talking. They use their time well and know many strategies that help them focus on the task. They use tools that help them get the task done such as checklists, set smaller goals or visual organisers.

School Cross Country— students aged 8 and over
This year our cross country will be held on Thursday 28th April - first week back in term 2. It will be held at the Temora Golf Club. Children are reminded to bring a water bottle and any medicines required e.g. Ventolin etc. Students are to arrive at school as usual and will be transported to the Golf Club by bus. All permission notes for travel should have been returned at the beginning of term 1. Anyone who has not returned their note needs to do so immediately.
Chicken and corn wraps
Fill the lunch-boxes with these tasty chicken wraps - the kids will thank you for it!

Ingredients
125g cherry tomatoes, quartered
125g can corn kernels, drained
2 green onions, finely sliced
2 tablespoons sweet chilli sauce (optional)
8 butter lettuce leaves
4 sheets wholemeal lavash bread
1 1/2 cups shredded barbecued chicken
1 cup grated tasty cheese

Method
Step 1  Combine tomatoes, corn, onion, and sauce (if using) in a bowl.
Step 2  Arrange 2 lettuce leaves over 1 half of each lavash sheet. Top with tomato mixture, chicken and cheese. Roll up tightly from 1 short end to enclose filling.
Step 3  Cut each wrap in half. Secure with baking paper or string.

Rice & vegetable fritters
A delicious quick-to-make recipe that's great as a snack or a light meal. It's not just tasty, it's healthy too.

Ingredients
2 cups cooked white rice or brown rice
1 medium zucchini, grated
1 medium carrot, grated
1 cup frozen peas
50g shaved ham, chopped
1 tablespoon mint, chopped
1/4 cup vegetable oil
4 eggs, lightly beaten
Truss tomatoes, baby spinach and rocket mix to serve

Method
Step 1  Combine eggs, rice, zucchini, carrot, peas, ham and mint in a bowl. Season to taste with salt and pepper and mix well.
Step 2  Heat oil in a large frying pan on medium. Cook 1/4 cup of mixture in batches for 2-3 mins each side until firm and golden. Repeat with remaining mixture. Drain on kitchen paper.
Step 3  Pack fritters in lunchbox with tomatoes, spinach and rocket leaves.
What’s happening @ The Snack Shack

**Specials until end of term**

- 1 honey soy chicken kebab: $2.20 each
- 1 hot cross bun: $0.80 each
- Fruit and Jelly cups: $1.50 each
- Milo Milkbox: $1.50 each

**Meal Deal 1:**

- 1 honey soy kebab: $4.50 (save 20cents)
- 1 Quelch stick
- 1 flavoured milk

**Meal Deal 2:**

- 1 chicken snack wrap: $3.80 (save 30cents)
- 1 slushy
- 1 frozen grapes

We are still in need of a couple more volunteers for a Wednesday or Friday. Even if you can only do one I would love to hear from you - Nurlene 0434245821.

Thank you
Mrs B

*Reminder: Slushies finish next week!! (until term 4).*

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**Canberra Excursion**

Thanks to all parents and caregivers for returning the expression of interest notes regarding our Canberra excursion later in the year.

Please make sure the **$50.00 deposit** is sent to school by **Apr 8th** to secure your child's position.
Temora Public School P&C invites you to

**ANXIETY in children**

Presented by School Counsellor Jo Brennan

**Wednesday, April 6 @ 7pm**

- What is anxiety?
- Identifying the signs and symptoms
- Practical strategies to assist you and your child in managing anxious behaviours