Dear parents and carers

Kindergarten
Welcome again to each of our new Kindergarten students and their families. Mrs Tunks, Mrs Stuchbury and Mrs Coleman have been introducing our newest students to all of the routines and activities of 'big school'. We are all enjoying meeting each of the parents/carers and beginning our long education journey together. The students are settling well and the Year 1-6 students are enjoying having a new bunch of students to meet. I think our Year 1 group are secretly very proud to be out of Kindergarten and to be the 'big kids' now that the new group have arrived!

Thank You
Parent meetings with most class teachers were held last Wednesday afternoon. Thank you so much to all parents who made time to come along, or chatted with teachers on the phone to book alternative meeting times. This initial contact with staff creates a solid foundation for ongoing working relationships through the year. It was really encouraging for staff to see so many of you here and they enjoyed sharing the information about class routines, permission notes, topics of study, excursions and so on. Thank you also to my dedicated staff. They made mammoth efforts to notify you all and prepare the necessary information. Information packs were prepared for each family. If you have not received yours, please feel free to ask your child's teacher for an envelope full of information! Support class meetings will be held this Wednesday afternoon. Kindergarten parents will be advised of meeting times soon.

Excursions
Classes generally enjoy one excursion each term to support the learning they are doing in specific learning areas throughout the term. These are sometimes a major excursion (eg. Wollongong, Canberra or Sydney) or a smaller event (eg. walking to a local location, event in Nowra, or an Incursion here at school). Teachers will endeavour to give as much notice as possible. Please plan ahead for these events. We have had problems in the past with parents/carers paying and returning notes right up until the morning of excursions (or asking for alternative arrangements) which makes organisation very difficult. Please try to complete the necessary steps by the date specified whenever possible. The teachers and office staff really appreciate your support in this. I know a number of significant excursions are already in the pipeline: Stage 2 are off to Wollongong Science Centre this term and Kindergarten and Stage 1 are off to the Sydney Royal Easter Show.

Nowra Show
I hope everyone enjoyed our local show over the weekend. Teachers have been hearing loads of stories today about what the students enjoyed most. Last Friday SL, ST and SB classes spent the day at the show enjoying the Animal Nursery, the Show Jumping and seeing their pictures in the Art Competition.

Uniforms
100% of our students are wearing their BPS uniforms to school. BPS is looking 'uniform' and part of a team. Thank you to all parents/carers for these excellent efforts. Black shoes for all ages is something we would like to see also. Kindergarten students, and many of the younger grades, wear their correct school shoes and look so neat and 'swish'. When purchasing the next pair of shoes for school, please consider a black leather or sports pair appropriate for your child.

Another uniform reminder – **No Hat No Play** (in the sun) – this means the oval will be out of bounds. Hats are only $5. They can be purchased at the canteen every day it is open. Caps are not part of our uniform.

Quality Work
Students have started the year so keenly and they are focussed on achieving the criteria teachers are setting for them in their lessons. Tykia and Miette in 5/6F completed excellent handwriting samples, using neat letter formation in the correct foundation style. Tamika and Harley in SR worked hard with Ms Ingold in Literacy time to produce creative, neat texts about their new class book. Quinn, Thomas and Madilyne worked hard in 3A in order to produce high quality handwriting. They have decided to focus on neat bookwork in year 3. Justin, Joshua and Luke shared their 5/6H writing with me last week after 5/6H used story starters with Ms Krause to produce texts. Their narratives were imaginative and gave me a laugh. Have you ever seen a cricket playing cricket?

Anti-Racism Contact Officer
Each Department of Education school has an appointed Anti-Racism Contact Officer (ARCO). Our school’s ARCO is Mrs Cowlishaw. Mrs Cowlishaw is the person to whom any incidents of racism are reported. She follows up on these reports and prepares an overview of these at the end of each year. She can be contacted at school via the office.

NRL Parramatta Eels Visit
You may have heard about our visit from some of the Parramatta Eels team last Friday. The players and their support staff spoke at an assembly, enjoyed the students company, had photos taken, signed autographs and encouraged kids to have active lifestyles. Thank you to Mr Jim Hines for his organisation of this special visit.

Contact details
Please be sure to update your contact information at the office if any of your details change. We must have a current phone number on which to contact you at all times. A brief pink form can be filled in at the office and the office staff will update the information immediately onto our computing system.

Enjoy every minute of the week. We won’t get another chance to do it all over… That reminds me of a quote Mrs Tracey Ison (our HeadStart teacher) shared with me: “The work will wait while you show the child the rainbow, but the rainbow won't wait while you do the work.”

Dionne Hanbidge
Principal
Nowra Coaches Important Notice

School Service Alterations commencing 11 February to Bus 16 (afternoon).

Students from Bomaderry High and Bomaderry Public School will now board the bus at 3:30pm and 3:32pm respectively. Please note this is 15 minutes earlier.

The following changes are a result of the traffic congestion that is currently being experienced in the Shoalhaven.

Nowra coaches will be reviewing the services throughout Term 1 to ensure we are providing the most efficient services under the current road network conditions.

Nowra Coaches apologises for any inconvenience these changes may cause.

Nowra Coaches Management

Book Club

Please return your Book Club orders to the Office by Tuesday 19th February. Please make your cheques out to “Scholastic”.

Book Club Ladies

Uniform Shop

Opening Hours

Please note that the Uniform Shop will be open as follows:

Wed 13th and 20th February
8.45am - 3.15pm

then from 27th Feb
Wednesday afternoons only
between 2.30pm - 3.30pm

Please note that the following items are Out of Stock until further notice:
Shirts - Sizes 6, 8 and 10

Parent Power

Numerous discussions about children’s lunch boxes have provoked much parent interest recently. An article in yesterday’s Sunday Telegraph titled ‘Treats are not bad’ contested that parents should have more control over what is packed in their child’s lunch and as such, incorporate 80 per cent nutritious food with the occasional treat 20 per cent of the time. It is important that parents take a proactive role in making dietary choices so that kids achieve and maintain a healthy weight range. Wellbeing magazine published an article, ‘Junkfood Generation’ during the end of last year which advised parents avoid highly refined packaged snack foods which are predominately becoming the norm.

Healthy snack options for kids may include:

✔ Fruit loaf or bun
✔ Pikelets
✔ Homemade air popped corn
✔ Rice crackers or pretzels
✔ Fresh or dried fruit
✔ Wholemeal crackers with cheese
✔ Yoghurt
✔ Raw vegetables with dip


Miss Sandstrom and Miss Wallace

Mobile Phones & iPods

Please note that iPods are not permitted at school. Mobile Phones are for emergency purposes only. These must be handed into the office on arrival and collected at the end of the day.
Eels Visit
Thank you to the Parramatta Eels for visiting our school last Friday. As you can see from the photos, students and parents had a great time getting up close to some NRL players. We found out more about what the players like to do when they are not playing football and students had the opportunity to have their jerseys, posters and hats signed. The players also gave the school some anti-bullying resources which will be used in classrooms this term as part of Personal Development and Health lessons.

Free Martial Arts and Soccer Lessons!
The Active After Schools program starts up again next week. This fun and fantastic program is FREE for all BPS students.

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<tr>
<th>Grades</th>
<th>Day</th>
<th>Sport</th>
<th>Time</th>
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<tr>
<td>K-2</td>
<td>Tuesday</td>
<td>Soccer</td>
<td>3:10 – 4:30pm</td>
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<tr>
<td>3-6</td>
<td>Thursday</td>
<td>Martial Arts</td>
<td>3:10 – 4:30pm</td>
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All students will receive a healthy afternoon snack before they begin their activities. Application forms are available at the office.

AFL Clinics
Greg Stephenson from AFL NSW will be coming in on Wednesdays this term to teach AFL skills to all of our students. Please note the registration details below for those interested in playing AFL with your local club:

Nowra Blues – 17th Feb, West St Oval
11am – 2pm, Contact Tony 0421570965
Bomaderry Tigers – 17th Feb, Artie Smith Oval
11am – 2pm, Contact Adam 0413441900

Mr Hines
School Contribution Fee

Thank you to those parents who have already paid their 2013 School Contribution Fees to the office.

Each year NSW Department of Education Public Schools seek a contribution fee from each family to be paid to the school to help fund resources for students. The fees are used for things such as student awards, classroom supplies and books. The fee is a one-off payment each year.

The School Contribution Fee for 2013 is as follows:

- Student fee: $40.00
- Family fee (more than one student): $50.00

Payment can be made by cash or cheque to the office.

Your contribution is much appreciated by the students who benefit directly from the additional resources.

Tips for Parents

There are some simple yet effective tips that parents can follow to ensure their child has a happy day at school.

Make sure your child has a good nights sleep

Make sure you and your child get up early enough to:

- Have breakfast
- Get lunch ready
- Pack a school bag
- Get dressed

Be organised - help your child pack bags and have homework and sports gear ready for the next day.

Be involved with your school - meet with your child’s teacher and talk regularly.

- Offer your support and help
- Read notes from school and reply on time
- Phone the school if you need information
- Listen to your child read
- Show an interest in homework

Community News

Bomaderry Soccer Club Junior Registration:
When: Fri 15th Feb 4-6pm, Sat 16th Feb 11am-1pm
Where: Bomaderry Oval
Please bring along a passport size photo and birth certificate.
Details: Karen 0418 440021 or Nicole 0415 717315

Berry Shoalhaven Heads Jnr Rugby League Club Registration Day
When: Sunday 17th February 11am-3pm
Where: Berry Bowling Club
Details: Alan 0402 823002 or Megan 0417 696062

Waterpolo and Flipperball
When: Wednesday nights at 6.00pm
Where: Nowra Pool
Information: Steve on 0408213465 or just turn up.

Nowra Warriors JRLFC Registration
When: Saturday 16 February from 10am - 2pm
Where: Lyrebird Park, Nowra
New players and transfers require a birth certificate.

North Nowra Bomaderry Netball Club Registration
When: Saturday 16th February from 9am to midday
Where: Shoalhaven Netball Courts.
Take advantage of the Earlybird Special and pay only $95 for your new uniform on registration day only!
Eftpos facilities are available for all payments.
Contact: Amanda Gore on 0421 851189 or visit our website at www.nnbnc.netball.asn.au

Nowra Physical Culture Club Registration
When: Wednesday 13th February from 4pm
Where: Wesley Centre, Cnr Berry & Junction St, Nowra
Registration is $60. Term fees apply. Term 4 is free!
Info: Amanda 0417 441799 or Katrina 0437 997380 or visit our website www.nowraphsie.org

CareSouth Community Photoshoot
CareSouth is offering local families the chance to get their photo taken by a top-end Sydney photographer & be featured in CareSouth marketing materials.
When: Saturday 16th Feb from 10am
Where: Wollongong Studio
Register interest: Caroline 1300 554260 or email caroline.jones@caresouth.org.au
Closing Date: Tuesday 12th February

- COMING SCHOOL EVENTS -

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues 19th Feb</td>
<td>- Book Club Orders due at Office</td>
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<td>- Assembly 12.30pm</td>
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<td>- Active After School Communities</td>
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<td>Term 1 Program commences</td>
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<td>Wed 20th Feb</td>
<td>- AFL Clinics K-2</td>
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<td>Thu 28th Feb</td>
<td>- District Swimming Carnival</td>
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CANTEEN ROSTER

- Week Beginning Tues 12th February 2013 -

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<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Karen</td>
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<td>Friday</td>
<td>Beryl</td>
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<td>Monday</td>
<td>Jo</td>
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