**Important Dates**

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<th>MARCH</th>
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<td>Wed 11th</td>
<td>Taber Shield Cricket at Tocumwal Year 6</td>
<td>Tue 17th</td>
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<td>Fri 13th</td>
<td>Pink Stumps Day at Urana - Year 3/4/5/6</td>
<td>Wed 18th</td>
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<td>Mon 16th</td>
<td>Riverina Basketball Trials at Albury</td>
<td>Mon 16th</td>
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<td>Forensic Day Year 6 at FHS</td>
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**Principal’s Report**

The school Cross Country will be held Friday 27th March. Every morning the school students have been training hard to increase their fitness ready for this prestigious event. The children have been enthused with their individual improvements in this last week and have been keen to point out to each other the growing number of laps they are completing in the training sessions.

**District Swimming Carnival**

On Monday, 6 of our students travelled to Albury to compete in the District Swimming Carnival. Congratulations to all those students who swam very well and enjoyed involvement in this level of competition.

**Life Education Van**

All our students enjoyed a visit to the Healthy Harold van last week where they participated in hands on activities empowering them to make safer and healthy life style choices.

**Taber Shield Cricket**

Today the Year 6 boys have travelled to Tocumwal with Jerilderie as the JeriBerri cricket team. They play their round one match against Tocumwal. Keep an eye out for their recounts of the match in the following newsletters.

**Forensics Day**

Thankyou very much to many parents of the Year 6 students who volunteered to transport children over and back from F.H.S for the ‘Crime Investigation’ activities. However………..

**Pink Stumps Day**

Year 3/4/5/6 are still in need of cricket enthusiasts who would be willing to travel to Urana on the bus with us (or in their own car) for the Pink Stumps Cricket Day. We are putting in 6 teams and each team requires a manager. So if you would like to join us, the 3/4/5/6 students, please return the permission note and the willing to help note tomorrow, if you haven’t done so already.

**International Competition and Assessment for Schools - ICAS**

Your child is invited to participate in ICAS in 2015. ICAS provides an opportunity for all students in Years 3 to 12 to gain a measure of their own achievement in an external testing situation. It provides teachers, parents and students with comprehensive reporting of results in the areas on Computer Skills, English, Mathematics and Science. All students receive a certificate and an individual student record indicating which questions they answered correctly and their score compared with the rest of the students tested. Children from Years 3 to 6 will be given a note regarding the ICAS competitions for 2015. All relevant information is on the note sent home with the children today. This note MUST BE returned to the school office with correct money by 9.00am Thursday 26th March 2015.

**Live Life Well @ School**

It’s the most important meal of the day – but one in four children in Australia skips breakfast. At school, a hungry child can lose concentration in class, have no energy for playtime and snack on unhealthy foods, such as chips or biscuits. A healthy breakfast every day is the best defence against this happening. It also helps children to get into good habits that they can carry through life.

Breakfast can include all sorts of options: cereals, bread, fruit, dairy products (such as eggs, milk, yoghurt and cheese) and meats.

People often say they feel fuelled and ready for the day ahead by eating breakfast. But does it really help improve performance? When scientists have tested the effects of breakfast, they have found that eating breakfast does make a difference to school and work related performance. These studies have found that eating breakfast can:

- Improve speed in short-term memory tests.
- Assist with problem solving.
- Help children do better in creativity tests.
- Improve alertness, which may help with memory and learning.
- Children are likely to pay more attention in class.

Eating breakfast also provides children and teenagers with nutrients and energy at an important part of the day for learning.

**Amaroo Fete**

Our students have been very busy practising singing two wonderful songs; ‘Click Go the Shears’ and ‘Absolutely Everybody’. They will sing at Amaroo Fete on Saturday, 28th March, with the St Columba’s students. All students are invited to sing and it is a wonderful community venture with students receiving acknowledgement for community service.

**Quote of the Day**

He that is good at making excuses is seldom good at anything else.

*Benjamin Franklin*
Congratulations to the following ‘Students of the Week’

Mrs Arnold:

• Sophie Agnew for having a go at Brain Gym.
• Harry Steel for fabulous reading with his Buddy.
• Lillianna MeyerVale for improvement in handwriting.

Mrs Stevenson:

• Miley Driscoll for great improvement in reading. You star!
• Archie Cameron for amazing swimming in the carnival.
• Lara Willemsen for fantastic spelling – you star!
• Brody Penrose for reading so well to parents. (not in picture)

Mrs Andriske/Mrs Cameron:

Mrs Tait:

• Hamish Cameron for maths whizz this week.
• Jye Litchfield for maths whizz this week.
• Repeta Murphy for singing superstar.
• Lacy Turner for superb class manners.

Mrs Tait:

• Tai Davies for great effort in singing.
• Aidan Fennell for enthusiastic participation in Healthy Harold van.

Mrs Sneddon:

• Michael Sharp-Shorney for a fantastic attitude in Science.
• Charlton Baxter for listening well in Science. (from week 4)
• Harry Steel for good thinking in Maths. (from week 4)
• Sophie Agnew for lovely number writing.
• Lacy Turner for good ideas with writing.
• Molly Rice for great listening and questions for our talking and listening.
• Mitchell Spunner for being responsible and dependable.
Canteen Roster - Term 1

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<td>Leigh Jeffress</td>
<td>Korina Barry</td>
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<td>Arlena Pyle</td>
<td>CANTEEN CLOSED</td>
<td>CANTEEN CLOSED</td>
<td>Kelli Litchfield</td>
<td>Justine Ackerly</td>
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- Thank you to all our canteen helpers. Please remember if your day(s) are not suitable to organise your own swap and please notify the office.
- Please do not order snacks, lollies or icy poles with your lunch orders.
- PLEASE NOTE: Students are NOT to bring food to school for lunches etc. that requires heating up in the canteen, as this is an OH&S issue.

Student Banking
The main purpose of the School Banking program is to give children a basic understanding of core financial values and money management skills. The emphasis of the program is on regular savings, not the value of each deposit. With this goal in mind the School Banking program also includes an exciting Rewards Program designed to promote regular savings behaviour. Every time a child makes a deposit, no matter how big or small they receive a token – once a student has collected 10 tokens they can redeem a reward by bringing their 10 tokens to the school office – this year there are eight Dollarmite rewards items each item worth 10 tokens:
ET DVD
Planet Handball
Invisible Ink Martian Pen
Intergalactic Rocket
Glow-in-the-Dark Solar System
Cosmic Light Beam Torch
Outer Space Savers Money Box
Lunar Light Band
To help the school to raise money, the Commonwealth Bank will give the school $5 when a student makes their first school banking deposit, plus 5% of the value of each deposit in commission.(Maximum of $10 per deposit)
All children in Kinder/1/2/3/4 have been handed a new account package and if any children who have not already got an account, would like to open an account, please read all information carefully and proceed with opening an account at your nearest Commonwealth Bank, or contact the school office.
School Banking day for Berrigan Public School is Tuesdays.

Bookclub
The latest order from Book Club needs to be returned to the school office no later than Friday 13th March. Please hand orders in to front office by this date.

Community Notices

Berrigan War Memorial Swimming Pool
The pool will be opened on Saturday 21st, Sunday 22nd, Saturday 28th and Sunday 29th, weather permitting.
Nutrition Snippet

The simplest way...

to make a healthy
afternoon tea.

Try these simple ideas for making
snacks that will satisfy even the
fussiest eater...

- **Home made hot chips**
  Slice potatoes into thin
discs, and arrange on a
baking tray sprayed lightly
with olive oil. Grill until
golden, and serve with a
small amount of tomato
sauce.

- **Bite sized fruit with yoghurt**
  It’s a fact—kids are more likely to eat fruit when it
  is cut up into small pieces. Try serving some
diced fruit with some reduced-fat yoghurt. It’s a
winner.

- **Vegie sticks**
  These are so easy to prepare and make a super
  healthy afternoon tea. Try cutting up some carrot
  or celery sticks and serving them with hummus.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Nutrition Snippet

The simplest way...

to make lunch healthy.

It takes no more time to pack a healthy
lunch than an unhealthy one—and
lunch boxes are a
great time to give your
kids fruit and veg!

- add vegie
  sticks - like
carrot, capsicum and celery - every day
- cut fruit into small pieces, kids are more likely to
eat small pieces of food
- squeeze lemon juice over cut apple to prevent it
  from going brown
- pack a wholegrain sandwich and a reduced-fat
  yoghurt
- choose water over juice - it’s healthier and
cheaper
- always add an ice brick in summer to keep your
  kids’ lunch cool.

Remember: pack fruit + veg every day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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**Epilepsy Awareness Webinar**

**Tuesday 31st March – 5.30pm**

Come along to this FREE session and learn more about this
condition, have your questions answered by the experts.

- What is epilepsy?
- Diagnosis and treatment
- How to recognise different
  seizure types
- Safety and first aid
- Behaviour and seizure triggers.

Presented by: Epilepsy Action Australia
Nurse Educator

Where: Finley Bowling Club
Murray Street
FINLEY

RSVP: Fran.Katty@gshahs.health.nsw.gov.au

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[Logos and links to Epilepsy Action Australia and NSW Health Murrumbidgee Local Health District]
District Swimming Carnival

The Albury Swimming Carnival was filled with so many people. All you could see was white water. The day was really fun! We even got a ride on the water slide.

By Annabel

The swimming carnival at Albury was great. I went in the 50m freestyle and was coming 2nd most of the way but I died in the last few metres and ended up coming last, BUT my time was 38.30 and that is the fastest time I have ever swum.

By Alexandra

Yesterday I went to the Riverina Swimming Carnival and swam in 5 events. I missed out by one spot to make it to Sydney in the backstroke, but I did a PB in all my events. I had a super fun day.

By Lucy

On Monday we travelled over to Albury to the Riverina Swimming Carnival. I was in the relay team with Annabel, Jackie and Lucy. We were in the 2nd fastest heat and in the end we came 4th (in our heat). There was also a huge water slide that we went on. I had lots of fun at the carnival.

By Shae

Yesterday was good because I got to do a sport I love, swimming! I swam in the 50 metre freestyle. I came third in my heat but I didn’t swim my best time.

By Nick

I really enjoyed the day. I travelled over with Annabel and Shae to the carnival. I beat my time by 17 seconds in the backstroke and I came 3rd or 4th. In the relay Annabel, Shae, Lucy and I came 4th in our heat.

Jackie