WHAT A WEEK

We started this week with Cyber safety talks presented by our Police Liaison officer, Scott Burgess to stages 2 and 3.

Hopefully parents were able to have a meaningful discussion with their children about how to be safe on line. There have been instances where children have also been bullying others via text message!

It is a legal requirement that schools have accurate information at all times about children’s health.

If any medication or treatment is to be administered at school by staff or students, it must be done at the office and we MUST have instructions or treatment procedures in writing from the doctor.

We cannot do anything medical just because the parent requests. It must be backed up with information from a health care professional. Medical information must be updated every year.

PLEASE MAKE SURE THAT UP TO DATE MEDICAL INFORMATION IS PROVIDED TO THE SCHOOL NOW AND KEPT UP TO DATE.

We would hate to treat any child incorrectly.

The stage 2 and 3 students also had a visit from the Dragons and had a great time with them on the oval practicing their skills.

Life Ed started this week but quite a few children did not return their note. When talking to some students they said that they did not want to go.

Unless otherwise informed all programs at school are included because they are worthwhile ways to support the syllabuses and as such are a compulsory part of school attendance and participation.

Children do not have a choice of attending or not and parents need to explain to the principal why they do not want their child to attend a compulsory event.

So if payment is a difficult for parents please come to the office and see how we can help you out.

It really is unfair to the school and other parents if people just don’t pay. Thank you for your support!

Dorothy Cass

UPCOMING EVENTS

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<td>Feb 23</td>
<td>Life Education</td>
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<td>Green Meal</td>
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<td>March 16</td>
<td>Water Safety Day 8.30am</td>
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<td>March 19</td>
<td>Gardening</td>
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<td>March 20</td>
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<td>March 27</td>
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<td>March 23</td>
<td>Young Leaders Ex S3</td>
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<td>Assembly Cross Country</td>
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<td>Election barbecue and stall</td>
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DOES YOUR CHILD HAVE A HEALTHY LUNCH EACH DAY?

- NOTES SENT HOME
  - Green Meal - $5.00 – due Tue Feb 24
  - Gymsport – has started - $15 due now
  - Volunteer Expression of Interest 2015
  - Water Safety Day – due 2 March
  - Getting to and from school safely – due Feb 12
ATTENDANCE

Did you know that if a student misses as little as eight days in a school term, by the end of primary school they will have missed over a year of education?

Children are expected to attend all school activities, on time. Regular attendance helps your child:

- develop the skills needed to access the world of work and other opportunities
- to learn the importance of punctuality and routine
- make and keep friendships.

Must my child attend all activities, including sport?

YES. Sport and other physical activities help the healthy physical and mental development of children. Sports and sports carnivals are normal school activities and students MUST attend.

If children do not attend these events then a doctor’s note or proof of family emergency MUST be provided.

BADGES

Personal Best: Lilly B, Lucy, Tahleisha, Kahli, Caitlin, Tia, Allysaa M, Aqua, Katarni, Cameron, Jett, Saxon, Max, Jacob, Tigah, Anzac, Vaka, Wyatt, Uhaan

Respect: Allysaa M, Aqua, Jacob, Vaka

BEST START

Mrs. Erwin has completed the analysis of the Best Start Assessment data and has put it on-line.

This will generate a report for parents which will provide many simple but practical suggestions of activities that parents can do with their child at any appropriate time.

Watch out for this report as it is really worth reading carefully and trying the activities.

WHITE RIBBON FOUNDATION

When we read the information provided in the White Ribbon Foundation Report we became very concerned about some of the statistics and findings.

This is why we decided that it is very important for us to be a White Ribbon school.

Some of the findings were:

- One in four 12-20 year-old Australians was aware of domestic violence against their mother or step-mothers by their fathers or step-fathers.
- Children and young people are also victims of direct violence by adults.
- Exposure to violence is itself a form of abuse
- Domestic violence has a clear and negative impact on children and young people’s behavioural, cognitive and emotional functioning and social development.
- There is a high economic cost to the violence experienced by children and young people.
- Children and young people’s education and future employment prospects are harmed by domestic violence.
- Living with violence can shape young people’s attitudes to violence in positive or negative directions
- Young men who have experienced domestic violence are more likely to perpetrate violence in their own relationships, although the majority does not.

Food for thought!

CHILD SAFETY AND PARKING AROUND SCHOOLS

Attached to this newsletter is information about parking regulations and the associated fines.

Rangers will be patrolling schools and responding to complaints of irresponsible or dangerous parking or driving around schools.

At schools, Rangers will site themselves openly to photograph offending vehicles. They will later post out penalty notices rather than risk a confrontation with drivers, parents or guardians by handing out on-the-spot fines in front of children.

HEALTHY EATING

Thank you to the parents who are going to a lot of trouble to provide very healthy food for their children at school.

I know that it is in your busy lives this requires considerable organization and effort.

Your children will reap the benefits in the future when they have a sensible approach to food and a healthy mind and body.

The amount of obesity in our country is alarming!
Schools are obliged to promote healthy eating in any way they can so attached to this newsletter is a sheet of ideas for crunch and sip.

Vegetables and some fruit can be cut up 2-3 days ahead and put in the fridge so that it is quick and easy to pack lunches on the day.

When you are cutting up vegies for dinner – cut up a few extra for school or snacks at home.

We want to help you develop health eating habits in your children!

**TALKING TACTICS**

This is a free program which is being run at our school by an experienced presenter as well as the class teacher.

Notes went home this week with information about a parent session which is included in the program.

We have even received funding for the supper!

Talking Tactics Together is a program aimed at increasing communication between young people and their parents about legal drugs to raise awareness of alcohol and other drug issues for young people.

Students will facilitate a parent and family evening about alcohol and other drug issues using interactive short plays and a range of other activities.

Stage 3 students, along with health professionals are taking part in the program and would value your participation.

“Talking Tactics Together Program” provides an opportunity for families to participate in a range of drug education activities.

The program also demonstrates and encourages the need for communication within families whilst having fun.

We would love it if lots of parents could come, even if your child is not in Stage 3 this year.

**CAPTAINS’ REPORT**

Congratulations to all the District Swimmers for representing our school and doing their best.

Last Thursday we had Sweet-Heart Day and we raised over $250 which was fantastic because we could have saved a life or two. Thank to everyone who wore red and blue. You all looked great.

**LIFE ED**

We have had a windfall! The University of Wollongong has paid for our Life Ed program for us for this year!

This funding was not finalized until after the note had been sent out and many people had paid.

So we will use the money collected to pay for the buses for the whole school reward day on March 16).

If you have not paid your $5 yet we would love to get it as soon as possible so we can pay our bus bill!

If everyone pays their $5 we will still be short about $100 but we can use Green Meal Deal money to fill in the short fall.

Our P&C currently have no available money until they do some more fundraising. Uniform sales do NOT make money but provide funds to continue purchasing uniform items and the canteen is still in a state of making sure bills are paid and costing the new healthy menu!

So Parent support in paying fees and paying for all activities is absolutely crucial!

It isn't really fair to expect the parents who do pay to carry the load for everyone else!

**PAYMENTS**

- Please pay the correct amount as the office does not have change!
- All payments must be put in an envelope with your child’s name and activity on the front. These are to be placed in the money box outside the office
- Please do not hand payments directly to the office counter.

**Don’t forget the on-line payment option which is easy to use. Pick up the instructions from outside the office**

**P & C REPORT**

P and C report.
Thank you to those who attended last week’s P and C AGM. It is great that we welcomed a new member. Our new P and C office holders are Travis Green- Treasurer Kerryn Grillis - Secretary Renee Stewart - President

We are looking forward to a great year, with lots of opportunities to raise money for all of the great things happening this year. The first of these fundraising events is the Bunnings Barbecue coming up on March 1st. If you can spare a few hours on the weekend to help with this, please fill in the form that went home this week. Bunnings BBQs are one of the
best fundraisers, raising about $800 each time, but we do need a few volunteers to help with these.

If you have any ideas for fundraising, feel free to let any of the P and C know. We will be looking at holding some meetings for fundraising during school hours if there are people interested.

Thanks again, and we are looking forward to a great year!

Canteen News.
The new menu started this week and it has been very popular! If you don't have a copy of the new menu, there are copies available out the front of the office. If there are any other people who are available to help in the canteen, please fill out an expression of interest volunteer form and hand this in to the office. It's important to go through the volunteer induction as this covers a range of legal considerations. Thank you to Vicky for all the yummy healthy lunches that have been made this week!

UNIFORMS

There are some of the old sport shirts still available for purchase. These can be worn on any day as we do not have a special sport day most weeks and our regular uniform is quite appropriate for sport.

We are looking into a house colour shirt which can be worn for events such as cross country, athletics etc.

We are looking for a sun safe polo with the school logo.

Prices do change and although we try to absorb some of these there is a point at which we have to charge more ourselves.

Interestingly, the navy items seem to have a very long shelf life and hold their colour and shape very well.

Primbee PS Uniforms
Bsb -062636
Account -10396940

CANTEEN

There is a new menu and price list which is available outside the office or from the canteen.

I can thoroughly recommend the fruit salad!

Please note that some items are only available on specific days and there will be specials from time to time.

The menu will change as Vikki and Renee come up with new ideas.

In order for the canteen to support our healthy eating program some items have been discontinued and others have changed to a smaller serving size.

Supporting our canteen does help to raise some money for the P&C.

GREEN MEAL

Thanks to Cheryl Turner we will be having a spaghetti Bolognaise lunch next Wednesday, Feb 25. Order Forms went home and must be returned by Tuesday, Feb 24.

Please remember to bring a plastic cup, bowl and spoon. Please phone Cheryl on: 0411 275 591 if you are able to assist.

DRAGON’S VISIT

Stage 2 and 3 had a great time!
Port Kembla Youth Project is conducting TUTORING AND HOMEWORK HELP PROGRAM for Primary and Secondary Students at Port Kembla

Enrolment Essential
Program commencing on Tuesday 3rd Feb to 24th March 2015 for 8 Weeks

4pm – Junior Program  5pm – Senior Program

FREE

Sponsored by BlueScopeWin
Phone Marie on 4276 1229 for enrolments
Crunch&Sip healthy snack ideas

Does your school do Crunch&Sip? If yes, you know you have to pack a healthy fruit or vegetable snack for your child to eat each day. It's easy to get stuck in a rut packing the same Crunch&Sip snack day after day. So, we've come up with some ideas you can try.

try a variety pack!

To keep your Crunch&Sip snack interesting, try packing it in little boxes or bags. This is a great way to increase the range of fruit and veg they eat, plus it's quick and simple. The key is being organised. If you like, you can chop and pre-pack the snacks on a Sunday night for the week ahead. Or, when you're making dinner the night before, just chop a few extra veggies and put them aside. Keep in mind, that some vegetables and fruit will dry out and become unappealing if you chop them too far in advance. Variety packs are a good idea for the following reasons. They:

- Help your child to eat a rainbow of fruit and vegetables
- Enable you to introduce new fruit or vegetables alongside familiar or more accepted ones
- Are visually appealing

The following are great ideas for Crunch&Sip variety packs. You could try to include two or three different kinds in each pack, maybe one unfamiliar alongside one or two choices your child already loves. Here are some ideas:

- Sugar snap peas and tomatoes
- A tub of frozen peas, Cherry tomatoes and mushrooms
- Melon balls
- Grapes and mango
- Kiwi fruit with spoon
- Spicy choice: radish, rocket and cucumber
- Corn, carrots and cucumber
- Green beans and red capsicum