Dear Parents and Care-givers

Welcome back to a short term, a change in the seasons, a drop in temperatures and the end of daylight saving. Last week our Girls Cricket team won their match against Telarah PS and proceed to Round 2. This week students participated in the Paul Kelly Cup, Boys Cricket and State Basketball. On Thursday and Friday our Mothers’ day stalls will be held and I would like to thank our families for their generosity.

Next week is ‘Food Allergy Week’ with the theme ‘Be Aware. Show You Care’. The focus of the week is to help increase school community’s understanding of food allergies, their importance and to ensure the best practice allergy management plans are in place. Australia has one of the highest incidences of food allergy in the world, which is growing at alarming rates. In fact, 1 in 10 babies born in Australia today will develop a food allergy. Interesting information can be found at www.foodallergyaware.com.au

Next week our Year 3 and Year 5 students sit the NAPLAN tests in Language, Writing, Reading and Maths. Language and Writing are scheduled for Tuesday 13th May, Reading on Wednesday and Maths on Thursday. Friday is scheduled for a ‘catch up’ day if students have been sick during the testing week. Good luck to all of our students as they prepare to sit for the tests.

Royal Life Saving is offering to run a First Aid course for parents and interested community members here at the school. First Aid, Resuscitation and CPR are a few of the topics and participants will be awarded a First Aid Certificate HLTFA311A (valid for 3 years) and a CPR Certificate HLTCPR211A (valid for 12 months). They need at least 8 participants. The cost is $150 with workbook and manual distributed prior to the course. If you are interested could you please return the tear-off slip at the back of the newsletter.

Congratulations to our wonderful students (and their parents of course) who have been working tirelessly in their fund-raising efforts for the Student Council. The Stage 3 Talent Quest raised just over $900.00 and the Stage 2 Market Day raised around $1800. Student ‘voice’ is a powerful asset in our school community, and over the next few weeks the Student Council will prioritise the items they wish to purchase (some suggestions have been buckets of tennis balls purchased for each class, contribute money towards a new PA system and new seating around the new play equipment).

Speaking of ‘student voice’ our ‘Tell Them From Me’ data has been made available to the School team to analyse. The team consists of Ashleigh Blayden, Penny Dimmock and I and we are currently identifying areas for investigation. When we have finalised the analysis we will be holding a number of parent, student and staff symposiums to discuss the results and set some directions for our 2015-2017 School Plan.

If you are thinking of applying for opportunity class placement for Year 5 entry in 2015 you will need to apply now. On Monday 28th April on-line applications opened and they will close on Friday 16th May. Information and paper application forms are available from the school office.
Kids, social media and privacy
Regardless of your child’s age, the world may already know a lot more about them than you suspect. According to recent research:

- 92% of children under the age of 2 have a digital shadow (it starts with proud parents posting newborn baby photos on Facebook or Instagram)
- A quarter of Australian children 8 - 12 years old use Facebook, but the minimum age for a user is 13 years.
- More than 20 per cent of tweens publish photos of themselves on Instagram
- Young people 14 - 19 have an average of 453 fans, friends or followers on social media.

information and resources to share with your kids at www.ipc.nsw.gov.au

Printable planners for homework and study
School A to Z has printable monthly planners which include school holidays and the numbered weeks of each Term (for example Monday 19 May is the start of Week 4, in Term 2). Print one for each child to stick on the fridge or on their noticeboards. It’s a great way to teach them how scheduling their time means they'll fit in the fun activities as well as their other commitments and responsibilities. Download May 2014 at http://bit.ly/UbmQz8

Is your child’s backpack damaging their spine?
A recent Australian study has shown that approximately 25% of school-aged children suffer from back and/or neck pain at any one time. It’s believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers.
The Children’s Hospital at Westmead suggests young people should:
- not carry more than 10% of their body weight
- use a backpack with the straps over both shoulders and a waist strap
- load gear so that the heavier objects are nearer to the spine, with the lighter objects towards the front of the pack
- lift a backpack properly- bend at the knees and lift the pack with both hands

More tips at http://bit.ly/1iB4OBo

English refresher from School A to Z on Homonyms
Homonyms (also known as homographs) are words that are identical in pronunciation and spelling but have different meanings.
They can be nouns, adjectives or verbs. The context gives them their meaning.

Ask your child for an example, like this one:
I prefer a fine tip on my pen.
He gave me a tip for the Melbourne Cup.
Don’t tip the water on the floor.
You gave the waiter a generous tip.


Regards
Sue Swetnam
IMPORTANT DATES

- 8th May  Mothers’ Day Stall
- 9th May  Mothers’ Day Stall
- 9th May  Hunter Cross Country
- 12th May  Food Allergy Week
- 13th May  Wetlands Excursion - Year 2
- 16th May  Wetlands excursion - Year 1
- 21st May  St Peter’s Music Festival
- 29th May  Oakvale Farm Excursion – Kindergarten

URGENT IMPORTANT INFORMATION

Please return the Mum’s Health Chat form as soon as possible if you are interested in attending the free women’s health talk. See at the end of this newsletter the information and another form.

WEBSITES

School Website  www.bolwarra-p.schools.nsw.edu.au
P&C Website  www.bolwarrapandc.wordpress.com
Online Lunch Orders  www.flexischools.com.au

YEAR K – 6 NEWS

Exemptions
If your child is away 5 or more days for sickness or holidays, please see the office for an exemption form.

Birthday Book Club
When it is your child’s birthday, they have the opportunity to donate a book of their choice (already purchased by the library) for the small cost of $6.00. The books will be presented to the children on assembly. Each book will have a special message inside saying who has donated the book. The birthday child will be the first to borrow the book. The following children have recently joined the Bolwarra Birthday Book Club: Hassan, Ben, Will, Charlie, Max, Abbey, Emily, Hunter, Paige, Ethan, Luke, Joshua, Tiffany, Ethan, Charlie, Tyler, Cooper, Eve, Kaiden and Anna

NAIDOC Week
As a way of contributing much needed funds to support Aboriginal Initiatives for Koori Kids, Bolwarra School always advertises a NAIDOC pack where you can purchase a variety of items to celebrate NAIDOC Week. This year we have the following items for sale as orders. Please find the order form at the end of the newsletter. Orders need to be back at school by Wednesday 21st May 2014.
PSSA Sports Opportunity
Millfield Public School is hosting a School Horse Sports Day at the Cessnock Showground on the 20th June 2014 for any able riders you may have in your school. Individual Entries must be submitted as part of a school entry, and signed off by the principal. Entries must be received by 20th May 2014 and are limited to 200 competitors. All documentation is also available on the school website at www.Millfield-p.schools.nsw.edu.au

School Hats

A number hats, which have the students name on them, have gone missing!! Would you be kind enough to check your child’s hat to ensure that it is the correct one, please?

Hospital Helpers Donating Club
If you have some DVDs lying around that your children no longer use, please bring them to the office. The DVDs will be donated to either Maitland or John Hunter Hospitals for children to use while they are in hospital. Thank you!!

CLASSROOM CAPERS

KE Welcome back to Term 2 everyone! I hope that you had a great break. We have had a steady start to Term 2. Reading groups have started again this week and we are slowly getting back into the swing of things. Dance 2 Be Fit on Monday was excellent. All the children had a great time and as Milla said "we got sweaty too". Keeping with our work on farms, we loved making butter this week. We had some interesting ideas for how to do it, with many children suggesting that we might melt cheese in order to make butter, or mix some eggs and milk together. Shaking up some cream was all it took and we enjoyed some good old bread and butter sandwiches. Many of our class members are starting Active After School Soccer on Friday with me which will be great - they will have a fantastic time and learn some great skills too. I hope you have another great week as I know we will

KT KT have settled beautifully into Term 2 and school routines. We have begun our English unit of work on Sustainability and have been exploring Narrative Voice in the story 'A Year on our Farm'. We cleverly worked out that the story is being told from the young boy's perspective, about how he sees things happening on the farm. This week we are looking at point of view in text- particularly first and third person. Dance2bfit was a big hit on Monday as KT demonstrated their groovy dance moves for Angie, our instructor. Thank you to all KT families for their beautiful Mothers’ Day present donations for our stall. The children are very excited to buy gifts on Thursday and have made a special little keepsake to deliver on Mothers’ Day morning. Happy Mothers’ Day to all our wonderful mothers!!! :)

KW It is so nice to be back after our holidays. The children have been enjoying many new experiences including our 'Dance to Be Fit' sessions and having our mums helping in the classroom. We have been reading a literature text called "Tattybogle" and we are learning some of the techniques authors employ to engage readers. Our Human Society unit is "From Paddock to Plate" and this week our focus has been on cows and milk production. Making our own butter was a lot of fun and all the children were keen to have a taste. In Maths we are trying to eliminate number reversals and count backwards from 20 which will help in our subtraction activities.

1B Well, we have hit the ground running in 1B this term. The children and myself have all come back rested and ready for a busy term. We have started our reading groups again this week and they are going very well. We have also introduced a few new text books including one
for daily Diary Writing and one for focused grammar lessons. I have had some positive feedback about the homework so I hope you are all finding the format okay. If you have any questions please put a note in the communication section of the homework or feel free to email me. My email address is michele.baker5@det.nsw.edu.au. We have started our unit of work on Wet and Dry Environments and we are looking forward to our excursion to the Shortland Wetlands next week.

1H Welcome back to Term 2. 1H had a fantastic time at Dance To Be Fit this week and we look forward to showing you our dance moves later in the term. We had a blast. This week we have started looking at Wet and Dry Environments and how we use these environments. If you get the opportunity whilst driving around in the car it would be great if you could point out a few built and natural landscapes to your child as this is our next area of interest. Reading groups have started back this week and I would like to say a big thank you to those who have offered to come back again this term. If you would like to be added to the roster just write a note in the homework book and I would love to add you in. Reading groups are held Tuesday, Wednesday, Thursday and Friday mornings at 10:30.

1M Welcome to Term 2. 1M have begun a unit of work on environmental sustainability which incorporates literacy, science, history and geography. Our text focus is "Children of the World Remember". It's a beautiful book which you might like to have a look at online. The class is excitedly looking forward to our walking excursion on Thursday and particularly our trip to Shortland Wetlands next week. Lots of fun in store!

2C I am so pleased with the way students have returned to school with fabulous listening skills - it's going to be a productive term! In English we are analysing multimodal texts and are investigating how Amy's Energy Website has been created to persuade others to save electricity. Students are also becoming more aware of ways we can save energy at home and at school. In maths, we have been learning to count and order coins and notes according to their value; and make symmetrical designs with a variety of materials. We have also been looking at ways we are unique, different and special. 'It's okay to be different' is our key message this week. We are looking forward to our Excursion to the Wetlands on Tuesday.

2H This week 2H have been working hard to create some creative symmetrical patterns in mathematics. They have also been working out how much change they require from a dollar when spending a given amount. In literacy we have been discussing the concept of sustainability and have enjoyed reading the literary text "The Tin Forest". All the 2H students greatly enjoyed participating in 'Dance 2 Be Fit' on Monday and look forward to participating in this program each Monday this term, if they have paid their Dance 2 Be Fit fees. 2H have also enjoyed discussing our PD topic "It's okay to be different" we have used venn diagrams to depict what similarities and what differences we have.

2W What a wonderful start to Term 2! Well done 2W for coming back so eager and ready to learn! Week 9 will be here before we know it. We have begun exploring our English unit on Sustainability - we are all excited to get stuck into this unit where we are learning about how we can make a difference and positively impact on our environment and our world! Sustainability ties in beautifully with our cross-curricula unit on Wet and Dry Environments. This week we have been learning all about built and natural environments and the relationship of humans to these environments. Thank you to everyone who has returned their permission notes and money for our Wetlands excursion happening in Week 3 and those who have brought in such beautiful Mothers’ Day gifts for our stall. Congratulations to Georgia and Mason who were voted in to be our Term 2 Student Councillors. We know that you will do a great job!!
3L  Week two already and 3L is off to a wonderful start. All students have settled back into the school routine quickly and have started to produce some great quality writing. Thank you to all the families who have sent in beautiful Mothers’ Day presents, they are all lovely and your children are very excited to make their purchases. A friendly reminder that our NAPLAN testing begins next week, if you have any questions please don’t hesitate to call.

3T  I am so proud of 3T! We have all returned from our break refreshed and ready to learn. We have been focusing on our writing and comprehension skills these first two weeks back. Planning our writing is so important and this has led to some quality narratives. Students have demonstrated their ability to include great descriptions including adjectives and setting the scene. We have enjoyed our Athletics training in preparation for the carnival in week 6. Reminders: Dance to be fit money is due and we participate in this on Monday mornings. PE and sport are on Wednesdays and Fridays this term. Reading groups and fortnightly homework will commence in week 4.

3-4B  Welcome back to Term 2! 3/4B have had an impressive start back to school. The students have demonstrated that they are organised and ready for learning. We have been looking at complex sentence, identifying them in the text that we read and we are beginning to include them in our writing. In Maths we have been looking at place value and thinking about the important role that zeros play in holding a place in a number. We have also imagined what would happen if people working with money didn’t realise how important zeros were!! $109 would turn into $19 dollars- in 3/4B we know which amount we would prefer in our bank accounts! We have been investigating and analysing numbers up to 5 digits. We have begun to learn about self-esteem and how our self-esteem impacts on our feelings. We have discussed the concepts of making deposits and withdrawals in our own and in other peoples self-esteem piggy banks. We had a fantastic time at Dance2BFit on Monday morning. If you haven't handed in your note yet, please do so as soon as possible. Keep up your fantastic efforts 3/4B!

4B  4B have had a great start to Term 2. We have begun a new unit on Sustainability. We have also been doing self-awareness activities as part of our Kids Matter/Friendly School Plus program. In English we have been looking at a text called "Tree" and discussing how pictures can help tell a story. We can also use pictures to help infer things about the text and characters/events. Mrs Baxter was away for two days and we had Mr Graham teach us. We made fly traps and we did an artwork inspired by Picasso's "The Lady In The Red Beret". Sophie and Molly, 4B Directors of Communication.

4RE  4E returned to Term 2 with an eagerness to learn. We have been learning about number patterns and whole numbers in mathematics. In our science unit all about Living Things, we have learnt how to draw scientific diagrams and have even collected our own living specimens to draw. We are currently practising our athletics skills in sport for the upcoming athletics carnival and enjoyed our first session at Dance2bfit. In English we are learning how to write information reports and are preparing to give a speech to the class about an animal of our choice. Keep it up 4E.

5A  5A has a busy week. We have a lot of sporting activities which students will be involved in. These include AFL, touch footy and cricket. We are also preparing for our NAPLAN tests which will be held next week.

5PL  Welcome to Term 2. After a restful break, 5PL are getting back into the swing of our usual class routine. This term our HSIE unit will focus on Antarctica whilst our Science unit is based on Animal adaptations. This week in Maths we have focused on fractions and decimals. We have learnt how to add and subtract fractions with common denominators, calculate equivalent fractions and convert simple fractions to decimals. In Literacy, we have
written narratives titled 'The Box', concentrating specifically on our use of descriptive language, correct tense, sentence structure and punctuation.

5-6D We have had a very busy start to Term 2 in class 5/6D. This term we are focussing our learning around the theme of ‘Sustainability’. In HSIE we are studying ‘Antarctica’ and in Science we are learning about ‘Plant and Animal Adaptations’. This term we are reading the novel ‘Taronga’ by Hector Kelleher. We will also be studying a variety of picture books (suitable for stage 3 students) based on Antarctica. This week, we have read the picture book ‘Sophie Scott Goes South’ by Alison Lester. This story is about a young girl who travels to Antarctica with her father, who is captain of the ice breaker _Aurora Australis_. We have enjoyed making artwork displaying penguins in the snow based on this book. Dance 2b Fit has started this week and will be held each Monday. We will also have PE on Thursdays this term and sport will be held on Friday’s. In maths we have been learning about division and number patterns. Well done everyone for a very hard working and positive start to Term 2.

6L We have had a busy start to Term 2 and we have begun our units 'Antarctica' and 'Adaptations'. Our first task was to compare and contrast features of a cactus and a palm, and how these features enable them to thrive within their environments. Reading groups and homework have begun this week and I am looking forward to 100% return of homework on Friday. Many students are busy with sporting commitments this term and most are ensuring that they catch-up on work that has been missed. During literacy sessions, we have been doing an in-depth analysis of the book, 'One Small Island' by Alison Lester and Coral Tulloch. The book outlines the conservation effort to save Macquarie Island, a small island between Australia and Antarctica. It is full of rich descriptive language such as similes and metaphors.

**Sport**

Last Friday, our Girls Cricket Team played Round 3 of the PSSA Knockout Competition against Telarah Public School. We won by 21 runs, letting us progress through to Round 4. We were able to use our batting and bowling skills that our coach Mr Allen has helped us with. All of our early morning and lunchtime trainings have paid off for another round. We all enjoy playing cricket and look forward to Round 4.

By Grace Bowd

_AFL_: Congratulations to our boys and girls teams who participated in the Zone round of the Paul Kelly Cup this week. Both teams played outstandingly and were undefeated in their three games at Max McMahon Oval, Rutherford. A big well done, especially to our new players who have not played AFL before. Congratulations to all of our students for their outstanding sportsmanship, manners and respect at the carnival. We will now go on to play at the Regional carnival to be played at Newcastle later in the term.

_Cross Country:_ We wish the following students who will be travelling to Broadmeadow tomorrow to compete at the Hunter Cross Country Carnival the best of luck. We know you will all give it 100% and we are very proud of your achievements so far! Good luck: Holly, Zoe, Jojja, Addison, Flinders, Olly, Edward and Nathan.

_Athletics Carnival:_ This year we will be holding our school Athletics carnival at Smythe Oval, Maitland. The date will be Tuesday, 3rd June, 2014. Students will travel by bus from school and they will receive permission notes in the coming weeks. The back-up date is Tuesday, 10th June. We look forward to seeing you all there.

**Music**

In each class, we are beginning to learn some of our items for the school musical - which will be held at the end of Term 3. Exciting and busy times ahead!
Library
Welcome back to Term 2! The children will be looking at some of the Short Listed Books for 2014.
The theme for this year is Staying Connected. Years 3, 4, 5 & 6 will be looking at Shaun Tan's new book: Rules of Summer. It's quite a different type of story and is really making the students think about what message the author is trying to put forward.

Choir
The choirs are preparing for the St Peter's Music Festival that is being held on Wednesday, 21st May at St. Peter's Church at East Maitland.
The choirs are also being kept very busy learning quite a few new songs and doing a wonderful job!

Environment
FOR SALE: Chrysanthemums $5 a pot. This money will go towards needed funds for plants, soil etc.

News from Mrs Price
Kinder and Stage 1 children have been learning songs that help us to explore feelings. Children in Kinder discussed what sort of actions or expressions we showed when we were happy, angry and excited. We then performed the song using these movements or expressions. Years 1 and 2 have been learning a song about feelings as well and performed this song using instruments that we thought might sound like particular feelings.
Year 4 is continuing with the theme of night and day while making up our own actions and body percussion. We have also started using the drumsticks to help us to sustain a steady beat and play a variety of rhythmic ostinatos.

STUDENT COUNCIL
Congratulations to all Stage 2 Students for their creativity and hard work to ensure our Market Day ran smoothly. We have some budding entrepreneurs here at Bolwarra Public School. Stage 2 students raised a total of over $1800 for our Student Council. A fantastic effort. Thanks parents for your support and thank you to all students who participated. We had a wonderful, fun filled afternoon and our Stage 2 students learnt so much about financial literacy.

Student Council Induction for Term Two will be held at morning assembly on Wednesday 14th May (Week Three). A note containing all relevant information will be coming around Wednesday 7th May for the SCs to take home.
This term the canteen will be open for drinks, snacks and ice blocks on Monday, Tuesday and Thursday. The only lunch order day is a Friday. As per last term lunch orders will be collected in the classrooms during morning roll call & not at the canteen window. If you don’t have the correct money the change will be returned in the bag with your lunch order. Online ordering is still available.

Thanks to all of our volunteers we only have a few vacant shifts for this term. Please give me a call or text if you can help out. Thanks, Alison (0409 653 868)

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<td>VANESSA SEYMOUR JACQUE BANKS VACANCY</td>
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<td>JENNIFER GEORGE</td>
<td>JULIE DORAN LEONIE LANTRY</td>
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<th>TUES 10/6</th>
<th>THURS 12/6</th>
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<td>JODY DASZKEWICZ NARELLE MILLING</td>
<td>MICHELLE PARTLAND JANIEN FULLER</td>
<td>KRISTI AYERST COLETTE GUTSCH-BERRY</td>
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<td>CORINNE CORCORAN</td>
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**COMMUNITY NOTICES**

When elegance and durability come together, Aussie Outdoor Blinds perform the best.

![Aussie Outdoor Blinds Advertisements](https://example.com/blinds_advertising)

![Seven Electrical Advertisements](https://example.com/seven_electrical_advertising)

![Seven Electrical Advertisements](https://example.com/seven_electrical_advertising)
CHILD DENTAL BENEFITS SCHEDULE

The Australian Government wants to improve the dental health of an expected 3.4 million children through a new Government funded dental scheme.

The Child Dental Benefits Schedule commenced in January 2014 and will assist eligible children between the ages of 2 and 17 years.

Each eligible child will have access to $1000 on selected dental services over a 2 year calendar period.

To benefit from this scheme, children must be eligible for Medicare and the family must be in receipt of the Family Tax Benefit Part A or receive a relevant Government payment.

To see if you are eligible, call your local dentist.
HOST FAMILIES NEEDED IN JUNE/JULY 2014
EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS
IMPROVE YOUR LANGUAGE STUDIES AT HOME

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

In June-July we will be receiving exchange students from Europe, the USA & Latin America. Our new arrivals will live with a host family and attend a local school for 2 or 10 months. As we plan for their arrival, we are looking for host families across Australia to welcome these students into their home.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. You might even make a friend for life!

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. Our staff members will be happy to discuss which student might be best suited to a family.

Sandra Harders, Hosting Co-ordinator, Australia
For more information visit www.studentexchange.org.au/host-a-student or call 1300 135 331
**Tranter Lawyers**

At Tranter Lawyers we want to make a difference in the world.

This year we have introduce a Will Donation Program whereby we donate $25 when a client has a new will prepared. This donation can be to any organisation of their choice.

Bolwarra Public School would like to thank a local resident who recently nominated our school and Tranter Lawyers for forwarding the cheque to our office.

---

**NAIDOC WEEK 2014**

Orders need to be back at school by Wednesday 21st May 2014  
Payment by cash or cheque made payable to Bolwarra Public School

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<tr>
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<td>Traditional (polyester)</td>
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Paterson Valley Swimming Club will be holding their annual Presentation Night on

**FRIDAY 9th MAY 2014 at Paterson Hall.**

The sausage sizzle will start around 6:30pm and the presentation will be at 7:15pm.

The sausage sizzle is a gold coin donation and we appreciate if everyone could bring a plate.

There will be several raffles prizes up for grabs.

Come and enjoy good company and celebrate the achievements of our swimmers.

---

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Child’s Name: ________________________ Class: ________________

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Signature Parent/Caregiver: ___________________________ Amount enclosed ___________
The Hard Target Program

Developing effective ways to respond to bullying behaviour

The Hard Target program works with children, between the ages of 9 and 12 years of age, and their parents to develop more effective ways of responding to bullying behaviour. In addition, children will learn how to manage their own emotional response, develop an understanding of a typical bullying relationship and challenge myths associated with of being a “victim” of bullying behaviour. (The program uses the term target rather than victim.)

Parents will be encouraged to help their children put strategies offered into place and have an opportunity to understand their own emotional reactions to their child having been targeted. The group experience will also be valuable in providing a supportive network.

Assessment

Each child will be asked to attend an assessment appointment with one of their parents (prior to the commencement of the program). This is to determine whether the program is a suitable match to their needs. The assessment will take approximately 1.5 hours and during that time the child will be asked to complete an assessment questionnaire.

The Program

The Hard Target Program will commence on the 30th May 2014. It will be run at The University Psychology Clinic for five consecutive Fridays and then break for four Fridays before the final or consolidation session. Each session runs from 3:30-5pm. Some work will be undertaken with children and parents together. There will also be work done with parents forming one group while children comprise another.

The program will include but not be limited to the following topics:

- Confidence and assertiveness skills
- Unwritten rules of friendship
- Practical strategies (ignoring, geographical options, humour and use of unpredicted behaviours)
- Communicating with schools
- Understanding the power dynamics and dominance - humiliation
- Understanding your own emotional reactions and managing them

Cost

The initial assessment cost is $25 ($15 if health care card) with the remainder of the group costing $60, which covers the sessions and any materials needed.

If you need any further information about the program or would like to make a referral please contact The University Psychology Clinic on 49215075.
FIRST AID COURSE – EXPRESSION OF INTEREST

I am interested in attending the First Aid Course run by Royal Lifesaving Association.

Name ...................................................... Contact Number .............................................

ABSENTEE NOTICE

My child .............................................of class .......... was absent on (date) ..........................

For the following reason ...........................................................................................................

Parent signature: ..................................................................................................................