From the Relieving Principal – Mrs King.

We’ve had another exciting fortnight with many successes to celebrate! Congratulations to our Stage 2 children who attended an excursion to The Powerhouse Museum, in Sydney. From all accounts our children were outstanding ambassadors for Bidwill P.S. Of course, all teachers at Bidwill do an exceptional job, but I would especially like thank the wonderful efforts of Mrs Cox and Ms Scott in their organisation of Regional Carnivals and sporting events – their enthusiasm and competence is greatly appreciated by staff, parents and children. I know the children are really looking forward to the Cross Country Fun Run on the 4th April.

Harmony Day is a special event on our calendar each year. Children have been learning about the importance of accepting and celebrating each person’s individuality. We will celebrate this tomorrow where the children may wear anything appropriate with the colour orange and attend a special assembly. The Salvation Army would like parents to know that they are hosting a camp from the 13th – 19th April at their Collaroy beach site. Activities include swimming and adventure activities such as the flying fox and rope courses. If interested, please contact the school office. Applications close on Friday, 22nd March.

As this will be the last Newsletter before the Easter break, I would like to take this opportunity to thank our supportive community, wonderful children and enthusiastic staff for making Term 1 such a success. Have a happy and safe Easter break.

IMPORTANT MESSAGE - YOUR CHILD’S INDIVIDUAL HEALTH CARE PLAN/UPDATE

So that we can effectively manage your child’s needs/conditions, it is necessary that we have a current and accurate medical plan. These plans may be for asthma, allergies etc. If you are unsure of what to provide, please see Mrs Starling at the office. Thankyou

Bandage Bear
Appeal is on again. You can purchase a Badge or Bear from the office. Prices range from $2 to $7
**Bidwill Public School is striving for equity, engagement and excellence - Grow in understanding**

**Crunch & Sip**

Bidwill Public School is a proud Crunch&Sip school. Crunch&Sip is a program which supports schools in the promotion of fruit, vegetable and water consumption. Crunch&Sip is designed to introduce students to a daily Crunch&Sip break. All classes from Kindergarten to Year 6 participate in the Crunch&Sip program and have a designated time in the morning session to eat their fruits and vegetables with a sip of water. Bidwill Public School participated in a Crunch&Sip promotion on the 4th March 2013. We had Colin the Capsicum and Sandy the Strawberry from the Sydney Markets come to visit us and helped the Live Life Well Committee hand out fruit and vegetable tasting trays to each class in the entire school. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help children concentrate throughout the day. To continue to support our school in the promotion of healthy eating and lifestyles we encourage all students to participate in the Crunch&Sip program at our school. All you need to do is bring in a piece of fruit or vegetable with some water every day. Bidwill Public School is a certified Crunch&Sip school and is committed to improving the health outcomes of our students.

**Easter Raffle**

Easter Raffle will take place on Wednesday 27th March 2013 after the Easter Hat Parade, if you require more tickets please see the office ladies. A big thank you to Donna C. and Neil T. for donating Easter Eggs.

**P&C Fun Run**

P&C Fun Run is on Thursday 4th April. Start getting sponsorships, the more sponsors the more prizes you can choose. If you require more forms please see the office ladies.

**P&C Meeting**

P&C meeting Tuesday 2nd April at 9:30am, everyone welcome.

**Harmony Day**

Tomorrow we will be celebrating Harmony Day with an assembly in the hall at 10am. You are welcome to attend and each stage will present at the assembly. The theme is Many Stories as we each have a story to tell. It’s a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. Harmony Day allows us to learn and understand how all Australians from diverse backgrounds equally belong to this nation.

Thanks
Mrs Cox
**Sport News**
A big congratulations to the following students for making it in to the Mt Druitt Zone team:
- Ethan 6H and Tyrell 6H in Softball
- Andrew 5F in U11’s Rugby League
- Preston 5/6J and Trey 5/6J in Opens Rugby League
- Trent 6B in Touch Football.

Thanks
Mrs Cox

**Easter Hat Parade**
Our school will be holding our annual Easter Hat Parade for Pre-school to Y2 students on Wednesday 27th March, 12.30pm. Students will have the opportunity to make hats in class however feel free to make your own at home. The P&C will also draw their raffle on this day.

Thanks

**Attention**
If your child has borrowed uniforms from the school could you please wash and return them to the school office ASAP.

Thanks

**Life Education**
In Term 2, Weeks 1 and 2 the school K-6 will be attending the Healthy Harold Centre in Colyton
Students will be learning about healthy living including healthy food and body, friendships and relationships, safety of medicines and the dangers of smoking
Please return $3.50 in an envelope with the permission slip to the school office by the end of the term 1
Students are to wear full school uniform and bring their packed lunch in their school bags.
If students wish to purchase souvenirs from the centre, they can bring extra money in an envelop marked with their full name and class, on the day of their excursion. There are Healthy Harold souvenirs on display in the school office.

Catherine Yard

**Parent Coffee & Chit Chat Morning**
Each Wednesday morning in the Community Room we will be holding a coffee club where we will be focusing on a variety of topics. Next Wednesday we will be chatting about school rules, procedures and communication. All Welcome

Mrs Cox

**Dates to Remember**

<table>
<thead>
<tr>
<th>Week 8</th>
<th>Week 11</th>
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<tbody>
<tr>
<td><strong>Thursday - 21.03.13</strong></td>
<td><strong>Wednesday - 10.4.13</strong></td>
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<tr>
<td>Harmony Day (Assembly)</td>
<td>Diamond Excursion</td>
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<tr>
<td>P&amp;C Hotdog Day</td>
<td>Elizabeth Farm (Stage 1)</td>
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<tr>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
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</thead>
<tbody>
<tr>
<td><strong>Wednesday 27.03.13</strong></td>
<td><strong>Monday - 01.04.13</strong></td>
<td><strong>Wednesday - 1.5.136</strong></td>
</tr>
<tr>
<td>Easter Hat Parade</td>
<td>Easter Monday (Holiday)</td>
<td>Anzac Day Service</td>
</tr>
<tr>
<td>Friday - 29.03.13</td>
<td>Thursday - 04.04.13</td>
<td><strong>Week 2</strong></td>
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<tr>
<td>Good Friday (Holiday)</td>
<td>Fun Run/Cross country, whole school</td>
<td><strong>Mon - Friday</strong></td>
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<tr>
<td><strong>Week 3</strong></td>
<td><strong>Week 3</strong></td>
<td>Life Education</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td><strong>Week 3</strong></td>
<td>NAPLAN</td>
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<tr>
<td>Term 2</td>
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Pour in a glass and enjoy.

Ingredients:
- 1 big spoon of honey
- 1 big spoon of vanilla essence
- 1 cup of dairy or soy milk
- 1 banana

Method:
1. Place under grill until cheese melts.
2. Serve the other ingredients on top and cover with cheese.
3. Cut roll in half and spread on tomato sauce.

Pizza Snack Attack

First, ask permission from an adult.

1. Do you wear a hat when you are outside?
2. Do you have fruit in your lunch box every day?
3. Do you drink at least 6 cups of water every day?
4. Do you exercise most days?
5. Do you brush your teeth at least twice a day?
6. Do you laugh out loud every day?
7. Do you sleep between 8-10 hours every night?
8. Do you try outside?
9. Do you eat vegetables every day?
10. Did you help a friend today?

Add up the number of yeses and check the total below:

Total: ___

How healthy are you?

Kids in the Kitchen!

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<table>
<thead>
<tr>
<th>1. Are you as healthy as Harold?</th>
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<tbody>
<tr>
<td>10. Did you help a friend today?</td>
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<tr>
<td>9. Do you eat vegetables every day?</td>
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<tr>
<td>8. Do you try outside?</td>
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</tbody>
</table>
PARENTS, PLEASE UPDATE YOUR CHILD'S DETAILS

CHANGE OF STUDENT INFORMATION

STUDENT
Name: __________________________________ Class: ___________
Address: __________________________________________

MOTHER/GUARDIAN
Name: ____________________________________________
Home Phone: ____________________________
Mobile Phone: ____________________________
Work Phone: _____________________________

FATHER/GUARDIAN
Name: ____________________________________________
Home Phone: ____________________________
Mobile Phone: ____________________________
Work Phone: _____________________________

EMERGENCY CONTACT 1
Name: ____________________________________________
Home No: ____________________________
Mobile No: ____________________________

EMERGENCY CONTACT 2
Name: ____________________________________________
Home No: ____________________________
Mobile No: ____________________________

STUDENT ABSENCE EXPLANATION NOTE

Dear ________________,

My Child __________________ of class _____________ was absent from
School on __________________ because of __________________

Yours Sincerely, ____________________________
Bidwill Public School is Striving for Equity, Engagement and Excellence - Grow in Understanding.

**APRIL HOlIDAY WORKSHOPS**

**Friday 26th April, 10:00am - noon**

- Make a mini garden

* 3 - 5 year olds

Make your bird family with our bird mobile workshop.

* 5 - 8 year olds

**Wednesday 24th April, 10:00am - noon**

- Become your own frame for the day by making your very own bird nest book.

* 9 - 12 year olds

**Tuesday 23rd April, 10:00am - noon**

- Learn to create your own bird drawing in our bird book and storyboard workshop.

* 6 - 12 year olds

- 6 yrs $15 per student, 3 yrs $10 per child

Join us in the second week of the April school holidays for a range of

- Learning Centre Bookings and pre-payment essential.

- Art making workshops inspired by the Birds exhibition in Lewers Learning Centre.
Do your kids love to dance?
Sign them up by Tues 2\textsuperscript{nd} April... places limited!!

Free Hip Hop & Drama

Starts Wed 3\textsuperscript{rd} April 2013

\textbf{WHEN:} Every Wednesday 4:30pm-5:30pm
\textit{Please have your children there by 4:15pm and pick up at 5:30pm}

\textbf{WHERE:} Mt Druitt Community Hall
Mt Druitt Rd MT DRUITT

For Kids aged between 4-10yrs old
[Must wear comfy shoes & clothing]

For further information please contact

Debbie or Natalie – in
Healthy Lifestyles & Tackling Tobacco Team
9832 1356 - Mon-Fri 9am-5pm

For individuals wanting to be recognized as individuals and not as just one of the many.
Tickets go on sale Monday 18 March. Pay by cash, Cheque, Eftpos (Debit only). Tickets can be booked in person or by phone, but must be paid for within two days. No phone bookings will be taken within two days of the event. Counter sales (cash or Eftpos) only on those two days. No refunds or exchanges will apply for the tickets purchased. For booking and payments: call 4732 7891.