Principals Message from my desk

Yesterday morning I accompanied Thomas to the Zone Swimming Carnival in Tumut. I was very proud of Thomas, who swam in the fastest of 4 heats in his 50 m freestyle. Although not in the placegetters he represented our school very well. As this was the first Zone Swimming Carnival I had attended in this area, it was a valuable learning experience for me as well to see what the standard of swimming is in this area. With the swimming program we are doing I am confident that we will have a much larger team of swimmers in this carnival next year.

Today we have been invited to visit Mt Naughton to see some of the work that is being done there. We will have more about this in the newsletter next week.

Mr Jim Roworth, our Director of Public Schools, visited on Monday afternoon as part of my Principal’s assessment and review. We had a very good discussion and Jim was able to endorse our 2014 School Plan. I will be presenting the plan at the P & C meeting next Monday. Incidentally ours is the first updated 2014 plan he has received so I was pretty happy. I also discussed Professor Marie Bashir, the Governor of NSW’s visit with Jim and the initial plans I have. I informed him that we also plan to have our Aboriginal Education Centre available for school visits from the beginning of second term and he was very happy with this development.

There is considerable work to be done around the school in preparation for the Governor’s visit and I will be asking for assistance through working bees over the next three months.

Congratulations to the homework whizzes, Prue and Makayla, who have a perfect record for handing in homework every week.

Have a great week,

Jen

P & C MEETING
NEXT MONDAY
3rd March
Time: 6.30pm
Everyone welcome
**Coming Events**

**TERM 1**

**Week 5**
Thurs 27th Feb - 'Swimming for Sport'
Fri 28th Feb - 9 day fortnight

**Week 6**
Mon 3rd Mar - P & C MEETING 6:30pm
Thurs 6th Mar - Mobile Service Centre at Brungle Community Health Centre 9:30am to 3:30pm
Fri 7th Mar - 'Swimming for Sport'

**Week 7**
Mon 10th Mar - PUGGLES
Fri 14th Mar - 9 day fortnight

**Week 8**
Wed 19th Mar - Enviro Camp
Thurs 20th Mar - Enviro Camp

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**HABIT OF THE WEEK**

'Try New Ideas' Successful people aren't afraid of trying new things. They want to have a go even though they might fail.

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**EYE HEALTH**

The following foods help improve eye health. Fill the kids lunch box with:

- **Carrots, Sweet Potato and Spinach**
  Filled with Beta Carotene and antioxidants (spinach) which act like a sunscreen for your eyes

- **Capsicum, Broccoli and Brussel Sprouts**
  For a healthy dose of Vitamin C

- **Turkey**
  Rich in zinc - helping the enzymes in the retina which protect overall eye health

- **Salmon and Sardines**
  Rich in Omega3 - protecting the vessels in the retina

source: The Today show, Joy Bauer, Nutritionist.

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**Fruit Break**

Don't forget to send in fruit to share every day!

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**TAKE HOME A BIG BROTHER OR BIG SISTER**

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!