

Get organised for a fab year

TIPS FOR PARENTS

Funk factor Prepare for the new school year with fashionable, funky but most importantly functional necessities for school, from backpacks, lunch boxes, drink bottles and notebooks to sensible shoes at sensible prices.

Special space Set up a homework space with a comfortable chair, desk, lamp, essential stationery, and a computer (if necessary).

Practise routines Help your child prepare for school-day routines: getting up and going to bed at certain times; dressing themselves; travelling there and back.

Get involved Having parents and carers who are involved in a child's education and the school community can help develop a sense of belonging.

Uniformity Make sure you have bought your child the complete school uniform. No one wants to stand out with the wrong shade of shirt, wrong socks or wrong hat.

The transition from easy breezy days of no school to homework-filled nights can be as tough for parents as it is for kids.

A routine has to be followed, especially when it comes to bedtime rules in the case of young children and the number of evenings out for older teenagers.

School stationery and uniforms have to be purchased, washed and ironed while lunches need to be packed.

The ideal is to be super organised before the start of the school year.

Don't let the days and weeks creep up on you otherwise, before you know it, the first day of school has arrived.

Your child will be upset if he or she doesn't have all the stationery requirements and is wearing the incorrect school uniform.

No child wants to stand out for all the wrong reasons whether in strife with the teacher on the first day or be embarrassed in front of their peers.

Make sure they have the right stationery list and go shopping with your children.

Purchasing school supplies or clothes with your child is a good way to help your son or daughter become more enthusiastic about starting a new school year.



Especially if both parents are working, you need to be organised.

There will be times when your child will be unwell and needs to be picked up early.

Children too need to be organised if this is going to be a successful school year.

Tell them not to procrastinate when it comes to homework or

doing assignments – “do today what you may not be able to do tomorrow” can save the day because something unexpected usually does come up.

While children should be independent, parents can help their children to make the right choices.

Be involved in your child's school experience by attending

parent-teacher events and school activities.

Help out with your child's class projects – don't take over, but try to provide assistance.

Be supportive instead of critical and if they are struggling, have a chat to their teacher or find a tutor.

If there is a problem at school, find out the other side of the story before confronting the teacher or principal.

“When there's an incident, parents rush over to the school,” a principal said.

“But when a teacher needs to see a parent for a minor matter, it appears to be an effort for parents to show up – usually the parents of the child who is often in trouble.”

Some disappointments and mishaps are inevitable so teach your children that mistakes are part of life and to learn from it.

Being a perfectionist can lead to extra stress and worry.

Just encourage them to do their best – you may have to push the lazy ones and tone down the over-conscientious ones.

Above all, communicate regularly with your son or daughter as this can nip any potential problems in the bud, although most of the time you should be hearing about positive school experiences.

Schoolkids Bonus still to be paid in January

AS Parliament is yet to pass the legislation to end the Schoolkids Bonus, it will now be paid to eligible families and students in January 2014.

Payment of future instalments of the Schoolkids Bonus, including for July 2014, will depend on whether the legislation is passed by Parliament.

Families and students who receive fortnightly payments will be paid the Schoolkids Bonus from January 3-17.

You are asked to wait until after January 20 to make contact if you haven't received the Schoolkids Bonus - make sure you check your

eligibility first.

If you claim Family Tax Benefit as a lump sum at the end of the financial year, you will be paid the Schoolkids Bonus, if you're eligible, after your claim has been assessed and after you lodge a tax return.

You should be eligible for the Schoolkids Bonus if you are:

- A parent or carer receiving Family Tax Benefit Part A for a dependent child in primary or secondary education, or

- A primary or secondary student turning 19 years or younger in the calendar year, who receives certain government payments.



BACK TO SCHOOL IDEAS

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BACK TO SCHOOL



It's very important to drink plenty of water when you're at school. A funky drink bottle filled with water - not sugary drinks - will help ensure you're well hydrated and ready for work and play.

Lunch can be a bit of a challenge but if you're willing to look beyond the iconic Vegemite sandwich you'll discover lots of healthy - and yummy - options. Why not try a chicken and salad sandwich, sushi, rice paper rolls, quiche or corn fritters.



Fruit ... it's an important part of any healthy lunchbox. And, luckily, we live in a country where there's plenty of delicious fresh fruit. From the humble apple, to blueberries and pineapple, there's something for every taste.



Banana bread

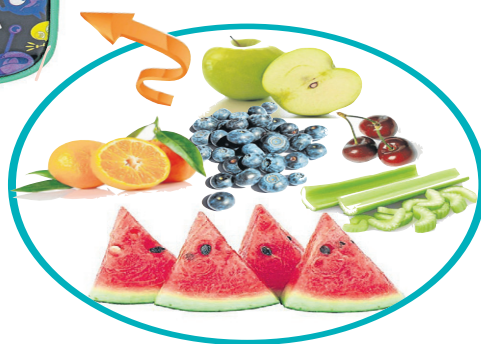
Melted low-fat dairy spread, to grease
 1 1/4 cups self-raising flour
 1/4 cup plain flour
 1 tsp ground cinnamon
 2/3 cup firmly packed brown sugar
 1/2 cup skim milk
 2 eggs, lightly whisked
 50g butter, melted, cooled
 2 overripe medium bananas, mashed

1. Preheat oven to 180°C. Brush an 11 x 21cm loaf pan with melted dairy spread to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
2. Sift combined flours and cinnamon into a large bowl. Stir in sugar and make a well in the centre. Place milk, eggs, melted butter and banana in a medium bowl, and stir until well combined. Add banana mixture to the flour and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
3. Bake in pre-heated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve.



HEALTHY LUNCHBOX

A lunchbox just wouldn't be a lunchbox without a snack or two ... but that doesn't mean chips and lollies. Healthy snacks can include sultanas and banana bread, homemade muesli bars or even a boiled egg.





Moree Public School
 Albert Street, Moree 2400
 NSW Australia
 PO Box 1146
 Phone: (02)6752 1913, 6752 2640
 Fax: (02) 6752 4016
 Email: moree-p.admin@det.nsw.edu.au





The Principal and staff would like to welcome families to Moree Public School for 2014.

- Staff resume Tuesday, 4th February 2014
- Year 1-6 students resume Wednesday, 5th February - please assemble in 2013 class lines at 9.00am.
- Kindergarten students commence Thursday, 6th February at the times notified in personal letters.

P&C Uniform Shop will open:
 9:00am - 11:00am Friday 31st January
 9:00am - 11:00am Monday 3rd, Tuesday 4th, Wednesday 5th and Thursday 6th February 2014
 8:30am - 9:30am Friday 7th February
 Thereafter, the uniform shop will open each Wednesday and Friday mornings between 8.30 and 9.30am by volunteer P & C volunteer co-ordinator, Mrs Heidi Brooks

Please Note:
 Parents with children who are new to the school but have not completed an enrolment form are asked to visit the school office on **MONDAY 3rd or TUESDAY 4th February 2014** between 8.30 and 11.00am.

Mrs L. Hosegood
Rel. Principal

Miss J. Carlin
Deputy Principal

Mr B. Cooper
Deputy Principal

School kids have different nutritional needs

SCHOOL children have different nutritional needs to those of preschoolers or toddlers. Once children start school, their energy requirements increase as they become more active and grow more quickly. School children usually have a high energy requirement for their size and require foods that are high in energy and rich in nutrients. A good supply of protein, calcium, iron and vitamins A and D is necessary during the primary school years. Calcium is needed for healthy tooth

development and, together with vitamin D, helps make bones stronger. Of course, most kids would love to live on lollies so how can parents get their children to eat their protein, fruits and veggies?

The first step is to be creative. Children, especially those that are younger, love to eat food that is fun to look at, as well as fun to eat.

Try using a variety of breads to keep things interesting. Bread rolls, baguettes, bagels, mountain bread and crisp bread crackers can break up the monotony of a Vegemite sandwich on sliced white.

Try making sandwiches with one slice white and one of wholemeal, or use white bread with added fibre.

Use spreads like butter or margarine sparingly and try using sticky fillings that pack in some nutrients. A smear of avocado or hummus might do the trick.

Use fruit and vegetables from all colours of the rainbow, as they offer a wide range of vitamins and minerals.

Seasonal varieties that are easy to peel and eat are good choices.

Peeling and chopping fruit and vegetables into ready-to-eat bite-sized pieces makes them more appealing.

A drink bottle is important to make sure busy and active kids stay hydrated.

Water is the best fluid to serve, but if your child won't drink water, try diluted fruit juices.

Adding cheese to a lunch box is a great way to serve children some dairy to boost their calcium intake.

Lower fat dairy foods are a good choice and you can try packing a tub of low fat yoghurt or fromage frais, or packing a carton of low-fat milk (flavoured or unflavoured).

Back to School 2014 IS YOUR CHILD FULLY IMMUNISED?


As another school year approaches now is a timely reminder to check your child's immunisation record.

If you are enrolling your child for the first time at school you will need to provide an Immunisation History Statement. This shows that your child's immunisations are up to date.

It may also be a good time for your 4 year old to receive a health check by a GP, Practice Nurse or Immunisation Provider.


For further information on the 4 year old Health Check or your child's immunisation history, talk to your local General Practice





MOREE SECONDARY COLLEGE

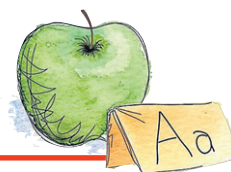
Organisation for 31st January and 3rd, 4th, 5th, 6th and 7th February 2014



Friday 31st January	Uniform Shop Open 9:00am - 2:00pm
Monday and Tuesday 3rd and 4th February	Uniform Shop Open 8:00am - 1:00pm
Wednesday 5th February	Staff Development Day - Pupil Free Day Uniform Shop open 9:00am - 12:00pm
Thursday 6th February Carol Avenue Campus	Years 7, 11, 12 and New Enrolments attend Year 7: Wear Sports Uniform today 8:30am: Year 7 students meet in the Year 7 area at the front of the school 8:50am: Year 7 assembly in the Carol Avenue Quadrangle Sport: Year 7 to pool for swimming (bring swimmers, towel etc) New Enrolments Years 7, 8, 9 contact the Administration Office (0267 506500) to make an appointment 8:50am: Years 11 and 12 students meet in the COLA for assembly New Enrolments Years 10, 11, 12 report to the library at 12:15pm
Albert Street Campus	All students Years 7 to 12 attend school 8:50am: Year 7 students attend normal roll call Years 8 and 9 students meet in the Quadrangle for assembly
Friday 7th February Carol Avenue Campus	8:50am: Years 11 and 12 students attend normal roll call Year 10 students meet in the COLA for assembly
Albert Street Campus	

Moree Secondary College P&C Association Uniform Shop

The Uniform Shop is run on a volunteer basis and is located at the Albert Street Campus next to the Canteen. Uniforms are available every Monday, Tuesday and Wednesday morning from 8.30am - 9.30am. During the school holidays the shop will also be open to enable students to purchase uniform items before the beginning of Term 1, 2014: **Friday 31st January 2014 from 9.00am to 2.00pm; Monday and Tuesday 3rd and 4th February 2014 from 8.00am to 1.00pm AND Wednesday 5th February 2014 from 9.00am to 12.00pm.** Please come in early to avoid disappointment. The purchase of uniforms through Centrelink deductions can also be arranged. If you are unable to meet these times, please feel free to send an order via email to Angela Wilson at: mscuniforms@hotmail.com and she will have the order ready for you to collect.



TIPS FOR PARENTS

Listen up Remind your children to listen when teachers do the talking, especially on the first day when they often go over classroom rules. That way your kids will know what's allowed and what's not.

Lunchbox Encourage children to choose and pack a healthy lunch.

Name it Label every single piece of clothing on your child's body and every item in their school bag. The kids are guaranteed to lose something but a clear label will help ensure it makes its way back home ... eventually.

The exception Never label the outside of your child's school bag. Stick the label on the inside. A label on the outside of a bag gives a stranger the chance to call your child by name.

Slip, slop, slap Most schools have "no hat, no play" rules but a healthy slosh of sunscreen in the morning will give your kids added protection against the sun.

Soak it No matter whether your child wears a tunic, button-up shirt or polo, it's guaranteed to get dirty. Set up a soaking tub to make wash day easier.

A fitting reminder for little feet

While some back-to-school items such as stationery don't require a custom fit, it's important parents take the time to find school shoes that do.

Research by Australian podiatrists shows that one in three children, who are referred to podiatrists, have problems caused or exacerbated by ill-fitting school shoes.

Most children spend about 30 hours a week in their school shoes, so it's vital they're fitted correctly, says Brendan Brown, president of the Australasian Podiatry Council.

"Ill-fitting shoes are a catalyst for anything from sore feet to reluctance to exercise and irritability," he says.

The research, commissioned by Clarks school shoes, reveals that at any time, 41 per cent of Australian children are wearing the wrong size school shoes, says Mr Brown.

"Health implications as a result of ill-fitting school shoes can include anything from blisters, flat feet, cramped toes and bunions to crankiness and clumsiness, which can, in turn, affect a child's activeness, social skills and weight," he says.



If the shoe fits ... choosing the right school shoe is essential for the health of your child's feet.

SHOE SHOPPING TIPS

❑ **Take school socks:** As simple as it sounds, making sure you take along your children's school socks, which are often thicker, will make finding the perfect fit a little easier.

❑ **Afternoon shopping is best:** Feet swell throughout the day, so it's best to start shopping in the afternoon to allow a little extra room for swelling.

❑ **Standing up:** Feet expand and grow at least half a size when standing up, due to the pressure from our body weight, making it

essential for shoes to be fitted when children stand up.

❑ **Trusted fitters:** Finding the correct fit is imperative, as the right school shoes can last a minimum of six months, and even the full year if ample room for growth is allowed.

❑ **Don't forget width:** Finding the correct width of the shoe is equally as important as length. Australian feet are renowned for having a broader fit, so it's important to look for a retailer that considers both length and width.

SCHOOL TERMS 2014

ACT
Term 1: February 3 - April 11
Term 2: April 28 - July 4
Term 3: July 21 - September 26
Term 4: October 13 - December 17

NSW
Term 1: January 29 - April 11
Term 2: April 29 - June 27
Term 3: July 15 - September 19
Term 4: October 7 - December 17

VIC
Term 1: January 28 - April 4

Term 2: April 22 - June 27
Term 3: July 14 - September 19
Term 4: October 6 - December 19

TAS
Term 1: February 5 - April 17
Term 2: May 5 - July 4
Term 3: July 21 - September 26
Term 4: October 13 - December 18

SA
Term 1: January 28 - April 11
Term 2: April 28 - July 4
Term 3: July 21 - September 26

Term 4: October 13 - December 12

WA
Term 1: Feb 3 - April 11
Term 2: April 28 - July 4
Term 3: July 21 - September 26
Term 4: October 13 - December 18

NT
Term 1: January 24 - April 4
Term 2: April 14 - June 20
Term 3: July 21 - September 26
Term 4: October 6 - December 11

QLD
Term 1: January 28 - April 4
Term 2: April 22 - June 27
Term 3: July 14 - September 19
Term 4: October 7 - December 12

For all states, except the Northern Territory, the Easter long weekend falls within the Term 1 school holidays this year. The Easter weekend starts with Good Friday on April 18 and ends with Easter Monday on April 21.



Calrossy Anglican School - Open Day 2014

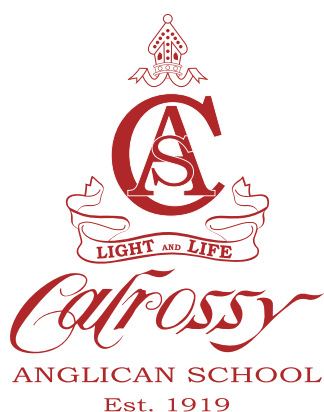
Friday, February 28 10:00am-2:30pm

ACER Scholarship Exam will be held 1st March, 2014. Register by 10th February, 2014.

Primary William Cowper Campus, 242 Moore Creek Rd Tamworth
Secondary Boys William Cowper Campus, 242 Moore Creek Rd Tamworth
Secondary Girls Brisbane Street Campus, 140 Brisbane St Tamworth

For more details and to register please call **6766 2965**

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How do you know when to start your child at 'big' school?

STARTING school is such a big step. How do I know if my child is ready?

Children can start school as early as four years and nine months. They need to be five by the end of July, or they can hold off starting school until their sixth year.

It's always difficult when you've got a child who's got an April birthday. April, May, June, because they're quite young to start and parents wonder whether to keep them at preschool for another year or keep them at home for another year.

Three things to look at are age, their social skills and how they cope with changes.

Is your child ready emotionally or socially to attend school?

Sometime if you start them too early, they're not mature enough at the other end, ready for the complexity of study in the HSC.

Sometimes girls are ready a bit earlier

than boys, but if they are a little bit unsettled at preschool sometimes when they start a routine at school, they actually work very well because there's a set routine.

Starting school for a small child is physically demanding. They need to be able to cope with a full day at school. Often you'll find they'll come home and they'll be falling asleep at dinner time, that's absolutely normal.

Well, there are a number of things we like children to be able to do so they don't ever have to feel embarrassed.

Can your child dress themselves, can they leave their shoes on, can they pack up their gear?

Getting them used to using toilets, not their home toilet. So going in and locking the door and for boys to be able to use a urinal.

Are they able to take turns? Are they

able to share?

Your child would need to feel comfortable mixing with children, be able to play in their games, know how to interrupt games, know how to include others into their games.

They need to be able to talk and they need to be able to listen.

You need your children to be able to hold a pencil, to get them used to not just pencils but crayons and paints and clay and playdough and all those things that will help them write well when they do go to school.

Most schools will have a little look at children on their orientation days. Most schools in NSW these days have a couple of preparation days, and as a parent it's a good idea to visit the school and have a walk through with your child.

More information on starting school at www.schoolatoz.nsw.edu.au



St Philomena's School

2014 TERM 1 ARRANGEMENTS

Uniform Shop Hours

Monday 3rd February - 11am-3pm
 Tuesday 4th February - 11am-4pm
 Thursday 6th February - 8.30am-11.30am

Normal opening hours recommence on Tuesday 11th February.

Tuesday 4th February

Pupil Free Day
 Staff Development Day

Wednesday 5th February

Years 1 - 10 commence at 9am

Monday 10th February

Kindergarten commence at 9am

AW1297666

55 Boston Street (cnr Boston & Gwydir Streets), MOREE NSW 2400

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