School Leaders
Congratulations to our school leaders who were inducted at our annual Meet & Greet evening last week. A large crowd saw our Student Representative Council, Class Captains, House Captains and Library Monitors receive their badges.

Thank you to all our parents and carers who attended our Meet & Greet last week.

Police Support Learning
Thank you to Senior Constable Marty Paice and Constable Craig Skene who make regular visits to our school. The Police officers not only listen to the students read but also read to the students. The staff and students really appreciate the time they are able to spend at our school.

Swimming Carnival
Today our annual swimming carnival was held at the Dubbo Aquatic Centre. Results and photos will appear in next week’s newsletter. Thank you to Mrs Lyons for organising the event.

Debbie Pritchard
Principal (Rlg)

P&C Meeting
When: Wednesday, 20th February
Time: 6.30pm
Where: SACC
ALL WELCOME!

PBL Focus
“We Walk Safely on the Cement.”

Ice Cups will be sold at school tomorrow by the SRC for $1. Money raised will support the Coonabarabran Fire Appeal.

2013 Kindergarten Students will be in The Daily Liberal liftout on Saturday 23rd February.

CLAIM THE DATE:
Easter Hat Parade & Fete
Thursday 28th March
THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

SACC INFORMATION

Baby Health - 1st, 2nd, 4th Wednesday of the month - 9am-12noon
Women’s Health - 1st and 3rd Tuesday of the month.

GREAT REASONS TO BE ACTIVE FOR CHILDREN AND PARENTS:
- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teachers you new skills
- develops better motor skills
- makes a person happier with their body
- lower risk of disease including heart disease and cancer later in life.

5. Talking and listening tips for children
Kindergarten to Year 4:

- Try to avoid interrupting children and listen to the whole of what they are trying to communicate.
- Try providing opportunities to talk with and listen to children as they talk and share.
- Give positive messages that show you are interested by giving nods, smiles, sounds, words, gestures, but try not to intrude while your child is speaking.
- If your child has trouble remembering what was spoken, a good technique is for him or her to repeat in the mind what has been said, rephrasing it in his or her own words. If it is appropriate, taking notes is very helpful.
- If you are planning something, such as a meal or an outing, try having a brainstorming session with your child. You can do this by asking for ideas for the occasion. You could just listen to one another share ideas or write them down.
- Discuss common dates on the calendar such as public holidays and have your child mark in important events on a family calendar.
- Talk about days, months and years in relation to events such as birthdays and other special occasions.
- Talk about street names and the meaning of signs as you drive around. You could retell or make up stories about the street names that tell how the name came about.
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