Thanks for joining us last Friday at the Induction of our School Leaders and for Meet and Greet. Fantastic to meet you and see you at school. Our next big events coming up on the calendar are the swimming carnival and our 3 way conferences.

Swimming Carnival
The swimming carnival will be held this Friday. Students in Years 3 to 6 will be catching the bus to the Aquatic Centre for the day. K to 2 students and Support Unit will do their normal morning routine and then join us at the pool from 11am for fun water tabloids.
Only students in Years 3 to 6 will have a “house” as they are swimming races.
There will be a canteen available at the pool. K to 2 students can bring a packed lunch or order from the school canteen.

3 Way Conferences
A letter will accompany the school news today regarding organisation for conferences. This is an opportunity to discuss your child’s learning directions for 2015. They will be held on Tuesday 3rd March in the school hall from 3.10 PM.
Having your child as part of the conference is vital. They are the person who needs to know what is going on with their learning and that they are the person who chose how they learn.

The Tell Them From Me student feedback survey
I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.
The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.
I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.
A consent form and FAQs for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by Friday 27 February. Copies of the form and FAQs are available from the website above.

Anne van Dartel
Principal

Swimming Carnival
Remember to drop by the front office and buy a swimming cap for this Fridays Swimming Carnival. They are navy blue and have the school logo. Only $8 each.

PBL FOCUS
We behave safely!
Library News
Library books can be borrowed from the library each week. In order to borrow students need to bring with them their library bags. A roster below indicates when your child’s class attends the library.

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Buninyong P&C
BBQ fundraiser at Bunnings Hardware this Saturday 21st February from 9am to 5pm.
Come along and buy a sausage sandwich to support our great school.

2015 SCR

Nutrition Snippet

The simplest way...to put healthy treats in your kid’s lunch.

This delicious Blueberry + Banana bread recipe is fruit-filled and tasty!

Ingredients
- olive or canola oil spray
- 3 ripe bananas, peeled
- ¾ cup raw sugar (80g)
- ½ cup reduced-fat milk
- 2 eggs
- 2 cups self-raising flour
- 1 tsp ground cinnamon
- 1 cup frozen blueberries

Method
Preheat oven to 220°C and spray a 20 x 10cm loaf tin with oil - line base and sides with non-stick baking paper. Mash bananas in a large bowl. Add sugar, milk and eggs and mix with a fork until well combined. Sift flours and cinnamon on top of mixture. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf tin and smooth the surface. Bake for 35-40 minutes, or until a skewer comes out clean from the middle.

Hint
When cool, slice and freeze individual pieces in snap lock bags and keep for up to 3 months. Send to school as a healthy treat!

Nutrition Snippet

The simplest way...to stay healthy in summer.

Here’s some fun ways to get your kids eating more fruit + veg this summer...
- freeze fruit or mint leaves into ice cubes to chill + flavour water
- add vegie sticks whenever you have a dip
- throw some veg on the BBQ — e.g. capsicum, tomato + zucchini
- keep a tray of fruit pieces like orange wedges or melon slices in the fridge for quick snacks
- freeze bananas, peeled and wrapped in gladwrap, your kids will love the icecream taste
- make easy smoothies with frozen fruit + reduced-fat milk.

Remember: try to eat fruit + veg at every meal!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

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