Calendar

Fri 29th March  Good Friday
Mon 1st April  Easter Monday
Wed 3rd April  P & C Meeting
Thurs 4th April  Zone Cross Country
Fri 12th April  Library Excursion 4/5/6
               School Anzac Service 3pm
               Last Day of Term
Mon 29th April  Staff Development Day
Tues 30th April  Staff Development Day
Wed 1st May  Students return for Term 2

Zone Winter Sports Trials
Congratulations Georgia & Liam for being selected for the Maitland Zone in hockey. They will now have the opportunity to participate in the Regional trials in Newcastle at the end of this term.

Zone Cross Country
The Zone Cross Country carnival will be held at Tocal on Thursday 4th April. Our P&C will be running the canteen that day so I am sure they would welcome any volunteer help if you can spare some time that day (10.00 – 3.00). Please let Pat Lannen or Melisa Smith know if you are able to help.

Young Leaders Day in Sydney
Our Year 6 students had a wonderful day on Monday, listening to many inspiring speakers at the Sydney Entertainment Centre, about leadership. It is certainly a wonderful opportunity for our school leaders hearing from successful Australians who explain how they succeeded in their lives.

Lovedale Long Lunch
Payment for Lovedale Long Lunch tickets now due. Payments are to be made to the school office by Friday 5th April.

Small Schools Athletics Carnival – yesterday
We’re so proud of our children! Their achievements were wonderful, as was their behaviour and attitude for participating. Thank you to all the parents who supported us on the day. Our major achievements were: (hopefully we’ll receive the full reports in the next week)

Overall Points winning school
Handicap winners
Luci B. (Senior Girls Champion)
Tom B. (Junior Boys Champion)
Shyla (Junior Girls Champion)
Bethany (11 yrs Champion)
Awards

Merit Awards were presented in:-

K/1
- Marni for enthusiastically participating in Harmony Day activities
- Aria for working well in class
- Seth D for being a kind and helpful class member
- Fang-Chiao for great effort at cross country
- Isabella for terrific effort at Jolly Phonics

1/2/3
- Whyatt for great work in literacy activities
- Linden for maintaining a wonderful work ethic at school
- Gabriella for having an outstanding positive attitude to her school work
- Lachlan for putting in 100% effort in everything he undertakes
- Zoe for being prepared to preserve with a challenge
- Ty for having a go at all activities during our Harmony Day celebrations

4/5/6
- Tom B for Behind The News knowledge
- Harry for Behind The News knowledge
- Charlotte for Behind The News knowledge
- Nyah for excellent effort in mathematics

Peer Nominated Citizenship Award
Danny for sharing toys with other students

Teacher Nominated Citizenship Award
Charlotte for providing outstanding level of support for younger students

Library Award
Kimberley for regular borrowing

Environmental Award
Eaden for helping without to be told

Healthy Food Award
Grace for nice manners and remembering to give instructions

Birthdays:-
Zac turned 7 on 18th March
Kalem turned 6 on 18th March
Victoria turned 12 on 20th March

Congratulations
Congratulations to the Jones family. Nash has a new baby brother, Will born on Monday 25th March weighing 7lb 12oz.

John Marsden Library Excursion
On Friday, 12th April 4/5/6 will be visiting the Maitland Library to listen to the famous author, John Marsden who has written such books as “Tomorrow, when the World Began” which was filmed locally. The final details will be outlined in next week’s newsletter.

Anzac Day
We will again be participating in the Anzac Day march at Morpeth, on Thursday 25th April. This is in the second week of the holidays so we would like most families to attend and represent our school at the march, in honour of all the fallen soldiers that Anzac Day commemorates. We are to assemble at Campbell’s Store, Cnr Tank and Swan Streets at 10.45am. The march will begin at 11.00 am, proceeding down Swan St to the War Memorial for an 11.15am service. All children attending are to wear their full school uniform (summer as it is usually warm). Everyone needs to meet me, Mr Sheppard, at this venue. We hope to see a large roll up, as we have done over the last few years!

Staff Development days next term
All children will return to school next term on Wednesday 1st May. (I know it’s an early notice but I’d like you to have a chance to organise your family). On Monday 29th April, we will be having our staff development day at school, whilst Tuesday 30th April has been gazetted for all schools to look at the new National Curricula. Our Local Management Group (LMG) will be meeting at Morpeth P.S. that day reviewing the new English Curriculum which is to be introduced next year.

Mr Sheppard on leave
I will be away for the next two weeks. Ms Hamer will be relieving Principal while I am away. Ms Tully and Miss Wyatt will be sharing my class in my absence.
P&C Meeting
Our next P&C Meeting will be held next Wednesday 3rd April at 2.00 in the School Library. We would love to see as many of you as possible attend. It is a great opportunity to find out what is going on and socialise with other families from our school.

3 Way Conferences - Reminder
Our 3 Way Conferences are not far away. The K/1 (Miss Bath’s class) and 1/2/3 (Ms Hamer’s class) will be holding their conferences in Weeks 10 and 11 of this term. My class, 4/5/6 will be having their conferences in Week 2 of next term. The timetable is as follows-(please consider the more popular times in the morning and afternoon for those families who are unable to get here throughout the day)

Years 1/2/3 –
Ms Hamer
Tuesday 2/4 3:15 – 4:30
Wednesday 3/4 8:00 – 9:00
Thursday 4/4 8:00 – 8:30, 9:30 – 10.45, 3:15 – 4:30
Friday 5/4 8:00 – 9:00, 3:15 – 4.30
Monday 8/4 3:15 – 4:30
Tuesday 9/4 8:00 – 9:00, 3:15 – 4:30
Wednesday 10/4 8:00 – 11:15
Thursday 11/4 8:00 – 8:45,

Years K/1 –
Thursday 4/4 12.45 – 4.00
Thursday 11/4 8.30 – 3.00

Years 4/5/6
# Week 2 Term 2
Thursday, 9th May 8.00 – 4.00
Friday, 10th May 8.00 – 4.00

Lovedale Long Lunch
Social fundraiser for Iona Public School
On Sunday 19th May
$100.00 per head
Includes a fabulous day of food, wine, entertainment, transport & $20 from each ticket sold going to the school
RSVP by 25th March
For more information contact Kim on 0417 047012
HELP US RAISE FUNDS FOR Iona Public School
Pre-order an Entertainment™ Book from us today to receive over $180 in additional offers!
—While stocks last—
Order your new 2013/2014 Newcastle, Central Coast and The Hunter Entertainment™ Book from Iona Public School and 20% of your Book purchase goes towards our fund-raising.

About the Entertainment™ Book
Entertainment™ Books are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafes, attractions, hotel accommodation, travel and much more!

Why pre-order?

“Last year I saved $500 with the Barros Offers I received for pre-ordering my Entertainment™ Book, so my Book paid for itself even before I received it!” — Petra, Sydney

Each Newcastle, Central Coast and The Hunter Entertainment™ Book contains over $15,000 in valuable offers. Here is just a taste of some of the offers in the new Book:

- silo
- The Cellar
- Galleria
- Gardens
- Outback Bar
- Coles
- Food
- Sea World
- plus there are hundreds more! Click to see more ▶

EAST MAITLAND ACADEMY OF DANCE
Enrolments for Term 2 still available. Classes held at Morpeth Scout Hall.
110 Clos St Morpeth. János Szabó - Principal
Giving your child a head start in the performance world! Call 4933 8384 www.emadance.com.au
Expression of Interest – Dubbo / Bathurst / Katoomba Camp

My child / children ……………………………………………….will be attending the 4/5/6 camp to Dubbo / Bathurst / Katoomba between 16th September – 18th September 2013. I understand that there is a $350 (per child) cost involved.

………………………………………..would also like to attend and I understand there will be an additional cost of $395.00 per adult.

Signed:……………………… parent / guardian Date:………………

PATERSON RIVER NETBALL CLUB INC.
ABN: 43 068 160 573
P.O. Box 136
Paterson N.S.W. 2421

Players Needed!

Paterson River Netball Club is looking for 2 girls to play in an Under 11’s team.

If you are turning 10 or 11 this year & would like to join us please call Melisa Smith (Team Manager) 49385565.

There may still be vacancies in other teams, if you would like to find out more please call Melisa.

Paterson River Netball Club

Melisa Smith 49385565 or Sue 0429385442
Maitland City Library April Holiday Fun

*Investigate your world*

**Create a nature journal**
Channel your inner naturalist and make a journal to keep track of exciting changes in the seasons.

- **Friday 19 April**
  - Thornton Library
  - 10 am - 12 pm
  - 9-14 yrs Free

**Build your own bug story**
Create a mini bug world and share stories about your bugs with the group.

- **Tuesday 23 April**
  - Thornton Library
  - 10.30 – 11.30 am
  - 4 – 8 yrs Free

**Library detectives**
Unleash your inner investigator with fun games and activities in the library! Can you help the librarians with your super sleuth skills?

- **Wednesday 24 April**
  - Maitland Library
  - 11 am – 12 pm
  - 8 – 14 yrs Free

**Super Microcosmic!**
Discover rare insects and arachnids through a scavenger hunt and make your own magnifying glass to spot insects at home.

- **Thursday 18 April**
  - Rutherford Library
  - 2 – 3 pm
  - 9-12 yrs Free

**Ananse stories – the music and stories of Ghana**
Sing, drum and chant as you learn the story of Ananse the spider from a master African storyteller.

- **Monday 22 April**
  - East Maitland Library
  - 11 am – 12 pm
  - 5-12 yrs $5

**Marvellous mummies – Ancient Egypt discovery workshop**
Piece together ancient artefacts and create a take-home cartouche with your name written in hieroglyphs on real Egyptian papyrus!

- **Friday 26 April**
  - Thornton Library
  - 2 pm – 3 pm
  - 5 – 10 yrs $5

**Robot World**
Learn robot stories and songs and then make a cool robot from recycled material.

- **Friday 19 April**
  - East Maitland Library
  - 11 am - 12 pm
  - 4-7 yrs Free

**Construct a Paperbot**
Make your own movable paper robot!

- **Tuesday 23 April**
  - East Maitland Library
  - 2-3 pm
  - 9-12 yrs Free

Booking and payment for events is essential and can be made in person at any Maitland City Library branch, or by phoning 4933 6952.
WHY IS THE CANTEEN COUNSELLING SERVICE NEEDED?

For young people, finding out their parent has cancer or having a parent die from cancer turns their life upside down.

For parents, having to deal with a diagnosis of cancer or the loss of a partner to cancer is tough and can present a rollercoaster of emotional challenges.

The Canteen Counselling Service is a specialised program for 12-24 year olds who have a parent with cancer or whose parent has died from cancer.

CANTENE'S RESEARCH HAS SHOWN THAT THESE YOUNG PEOPLE ARE AT SIGNIFICANT RISK OF EMOTIONAL AND BEHAVIOURAL PROBLEMS SUCH AS ANXIETY AND DEPRESSION.

Compared with the In-renrolled levels of stress and anxiety, young people reported a number of current needs, including access to professional support through counseling.

These findings show that there is a clear need for a specialised service. The Canteen Counselling Service has been developed in response to this.

*Even though my Mum died 5 years ago, accessing counselling has really helped me understand how Mum's death is still affecting me. I didn't realise how much not having Mum around impacted my whole life. Seeing a counsellor has really helped me to manage and understand what has been happening and keep on track with my life. My first session was so great... I walked away feeling relieved that my thoughts and feelings were 'normal'.*

Ah, 18 years old, whose mum died when she was just 10.

ABOUT THE CANTEEN COUNSELLING SERVICE

THE CANTEEN COUNSELLING SERVICE IS A FREE AND SPECIALISED PROGRAM FOR YOUNG PEOPLE AGED 12-24 YEARS OLD WHO HAVE A PARENT WITH CANCER OR WHOSE PARENT HAS DIED FROM CANCER.

WHAT DO WE OFFER?

We offer on average 6 to 12 counseling sessions based on the individual needs of the young person. All young people are eligible to access the service and it is offered free of charge.

Our counsellors are professionally trained in working with young people living with cancer and in grief and loss.

Young people can access one to one support:
- face to face
- by telephone
- online chat by email.

There are also a number of group sessions available throughout the year.

DID YOU KNOW?
1 IN 10 YOUNG PEOPLE WILL HAVE A PARENT DIAGNOSED WITH CANCER

WHERE IS THE SERVICE LOCATED?

The service is available for face-to-face counselling in Sydney, Newcastle, Brisbane and Melbourne. Online or telephone counselling can be accessed from anywhere in Australia.

HOW TO REFER A YOUNG PERSON?

To find out more about the Canteen Counselling Service or to refer a young person, CALL: 1800 226 833

EMAIL: SUPPORT@CANTEEN.ORG.AU

*Young people under 14 years need parental consent to access the service.*

WHY CANTENE?

CANTENE'S EXPERTISE IN PROVIDING A NATIONAL PEER SUPPORT NETWORK AND SERVICES TO YOUNG PEOPLE LIVING WITH CANCER MAKES IT WELL PLACED TO OFFER A COUNSELLING SERVICE TO THIS SPECIFIC AND UNDER-SERVED GROUP.

WHAT ELSE DOES CANTENE OFFER?

- Psychosocial and Peer Support Programs: Over 250 support programs every year, connecting young people and covering topics and issues such as dealing with grief and loss, stress management and healthy living skills.
- Resources: Practical and age-appropriate resources on topics such as dealing with cancer diagnoses, treatment and bereavement.
- Online Service: An online community where young people can learn about different cancer types and connect with others with similar experiences.
- Research: To better understand the needs of young people living with cancer.
- Advocacy: Lobby for better healthcare services for young people being treated for cancer, or those whose parents are in the health system.

TO ORDER OUR RESOURCES OR ACCESS OUR ONLINE SERVICE: WWW.CANTEEN.ORG.AU
Commercials are the best part of TV

Commercials the best part of TV, REALLY! I believe the commercials are the best part of TV because they are educational, they support the show, they are entertaining, the sneak peeks, the money you make and also it is a good way to find out about thing you want. I do believe commercials are the best part of TV!

Firstly, they are educational. Commercials are educational because a lot of the commercials (ads) are for learning like news, sports and they can bring you up to date with things. They are also educational because they make you think about the product choice.

Secondly, commercials support the television show by sponsoring them. Say if it was a cooking show the ads will be about food, like My Kitchen Rules normally have Coles sponsoring them and NRL ads are normally Footballs for sale or if get the right code you can win tickets for the next footy game.

Thirdly, ads are entertaining because they are colourful and bright. They are interesting because they advertise things like Shave for Cancer, if you smoke such and such will happen and we all know the Fresh Food People at Woolworths.

Another point is, commercials have the best thing of all ‘Sneak Peeks’ and who doesn’t love sneak peeks? Sneak Peeks are a skit out of a new TV show to advertise them so people know what it is about and if they might like it or not. Some examples are: The Great Australian Race, Beauty and the Geek, Bargain Hunters and the Voice. Sneak peeks are awesome!

Advertisements are a great way to make MONEY! Make an ad, get money simple. They are good for your business to make money and for the people in the business.

Finally, advertisements are a good way to find stuff you want or stuff you might like, for example you may want to try the new burger at McDonalds and the ad will advertise it or the latest fashion at Rivers or the best food at Coles. Commercials are a good thing to have if you want to buy different items.

Advertisements, what would you do without them? They are great and we should ALL definitely have them!