Calendar

<table>
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<th>Event</th>
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<td>Fri 20th Feb</td>
<td>Star Struck Rehearsal 3.15pm</td>
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<td>Mon 23rd Feb</td>
<td>Kids Asthma Training</td>
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<td>Tues 24th Feb</td>
<td>Zone Swimming Carnival</td>
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<td>Fri 27th Feb</td>
<td>Schools Cleanup Day</td>
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K/1 Class Meeting - Reminder

Ms Bath and Mrs Bird are holding their class meeting on Wednesday, 25th February at 3.15 pm in their classroom.

Start Struck Practice

Our next Star Struck practice will be held this Friday 20th February at 3.15 pm.

Mr Sheppard on leave

Mr Sheppard is on leave until next Wednesday.

P&C Meeting – AGM

At the P&C AGM yesterday, a new executive was elected. Congratulations to the following parents who have volunteered to be on the Committee.

President: Lucy Anderberg
Vice President: Pat Lannen
Secretary: Melissa Bird
Asst Secretary: Michelle Hicks
Treasurer: Nicole Crossland
Asst Treasurer: Fiona Lawrence
Canteen Manager: Jo Dawson
Uniform Co-ordinator: Michelle Hicks

A special thank you goes to our outgoing Committee who have done such a great job. Your efforts over the last few years are greatly appreciated by all.

Zone Rugby League Trials

Tom will be trying out for the Zone Rugby League team on Friday. We wish him well.

Small Schools swimming Carnival-report

At our Small Schools Carnival last week, a number of new records were set. Congratulations to:-

**Lily Clement** - 8 years girls 50m freestyle

**Lachlan Lidbury** – 10 years boys 50m freestyle

**Chelsie Lucas** – Senior girls 50m backstroke;
Senior girls 50m butterfly

The following students have been selected for the Zone Swimming Carnival being held at Maitland Pool next Tuesday, 24th February:-

**Kimberley** : 11 yrs 50 m freestyle; 11 yrs 50m breaststroke; 11 yrs 50 m backstroke; Senior Relay team.;

**Chelsie**: All age 100m; 12 yrs 50 m freestyle; 12 yrs 50 m breaststroke; 12 yrs 50 m backstroke; 12 yrs 50 m butterfly; Senior 200 m Medley; Senior Relay team;

**Lily C.**: 8 yrs 50 m freestyle; Junior Relay Team;

**Sophie S**: 8 yrs 50 m freestyle; Junior Relay Team;

**Tilly** : Junior Relay Team;

**Eaden**: Junior Relay Team;

**Lachlan**: Junior Relay Team;

**Kyan**: Junior Relay Team;

**Asher**: Senior Relay Team;

**Jesse**: Senior Relay Team;

Mrs Vanessa Lucas will be the Team Manager for the day. We wish all our students the very best for this carnival, and congratulate them for making it to the Zone Carnival.
Zone Cross Country Catering Option

Our P&C have again been offered the opportunity to run the canteen at the Zone Cross Country. This day, though busy, is usually a very good fundraiser for the P&C. It is to be held on Friday, 27th March and is being run earlier in the day than it has been in the past. The first “Walk the Course” is at 9:45 am. The first event is at 10:30 am. This would probably be an opportunity to sell bacon and egg rolls, rather than the usual sausage barbecue. Before we can confirm that our P&C will do the catering, we need to be sure that we will have enough parents to help on the day, including a couple of men to help with the heavy lifting tasks that are inevitably part of the day. Could you please complete the slip at the bottom of the newsletter and return it to school by Wednesday of next week, so the P&C executive can decide if we can run the canteen?

High School Information Evening

Maitland High School and Dungog High School have both scheduled information evenings for students considering enrolling in 2016 or 2017. Dungog’s is on Wednesday, 25th February, Maitland’s is on Tuesday, 24th February. All Year 5 and 6 students were given a copy of the Dungog High School flyer to take home, and the Maitland High School information is on the bottom of this newsletter.

Woodville Hall Fundraisers

The Hall Committee has booked a barbecue to be held at Woodville Store on Saturday, 7th March. If anyone can help them out for a couple of hours, it would be great. There is a very small group who run the hall and manage all the maintenance, fundraising, bookings etc. Please see Gail, Lucy or Pat Lannen if you can help them out on the day, and we will let the committee know.

The P&C has also decided that the Election Day Barbecue (Saturday, 28th March) which will be run at the school because the hall is already booked can be run by the Hall Committee as a hall fundraiser as well. (They need $10 000/ year to cover insurance and basic maintenance and cleaning costs.) They would appreciate any assistance our community can provide on that day as well.

Maitland Learning Community Leadership Day

Our Year 6 leaders will be attending a Student Leadership Day at Tenambit PS on Monday, 2nd March accompanied by Mrs Murphy. The day is designed to engage young people and to get their views about a range of matters. It helps them build a sense of connectedness with the school and the community in which they live. They will also have opportunities to network with students from Maitland High School’s partner schools as they prepare for high school. Information notes were sent home this week with our Year 6 students.

Kids Asthma Training Day-reminder

All students will be participating in an Asthma Training Day for kids, here at school, next Monday, 23rd February, at the following times. K-2 →9.15 – 9.45; 3-6 →9.45-10.30. With many of our children suffering from asthma, this is a great opportunity to educate all children about its dangers and effects.

Schools Cleanup Day- Friday, 27th February - Reminder

We will again be participating in the Schools Cleanup Day, on Friday 27th February. All children need to bring along a pair of gloves for the collection of rubbish, before we analyse it at the completion of our rubbish collection around the school. Stage 3 students, with Mr Sheppard, will be cleaning up around Woodville Hall, in our car parking area outside the school and along the outside of the school fence on Paterson Road. Only Stage 3 students will need a signed permission note to participate in the clean up outside the school. Please complete the note at the end of the newsletter and return it to school.
Nutrition Snippet

The simplest way
...to make a healthy breakfast.

We recommend eating two
serves of fruit and five serves of
vegetables every day.

Why? Because fruit and veg
are packed full of nutrients and
vitamins that give you energy,
keep you healthy and help
prevent diseases like cancer.

Try to get your family eating
fruit and veg with breakfast – it
will help all of you have more
energy throughout the day.

You might like:
- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and
  yoghurt for a smoothie
- eggs served with cooked veggies – tomato,
  mushrooms and spinach.

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

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

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János Szabó – Principal

MAITLAND highschool
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2016 Year 7
Parent / Carer
Information Evening

Tuesday,
24/2/15
6-7pm
@ MHS MPC
Building
Entry off
Pierce St.
Facilities
Tour &
Presentation
Ph: 49337933
for
more
information
PERMISSION NOTE – Taronga Zoo Excursion

I give permission for my child ……………………………….. to attend the Taronga Zoo Excursion on Thursday, 12\textsuperscript{th} March, involving travel by bus. We will be leaving school at 6.30 am and arriving back at school by 6.00 pm. The children will be supervised by Mr Sheppard, Ms Hamer, Ms Bath, Ms Tully and Mrs Murphy.

I, …………………………………………………………………, wish to attend the Excursion as well.

SIGNED ………………………………………….…….              DATE……………………………………

STAGE 3 Clean-Up Australia Day Permission Note

My child, …………………………………………., has permission to participate in Clean Up Australia Day outside the school grounds on Friday, 27\textsuperscript{th} February. I understand he/she will be supervised by Mr Sheppard during this activity.

Signed:………………………………………………………………………………

ZONE CROSS COUNTRY CANTEEN HELPER

I will / will not (please cross one option out) be able to assist in the canteen at the Zone Cross Country on Friday, 27\textsuperscript{th} March.

Name: …………………………………………………………………………………