From the Principal,

It is with great pleasure I announce that Mrs Lauren Lockyer has been successful in her application for the teaching position we recently advertised and is now to become a permanent member of our staff. Anyone who has had children in Mrs Lockyer’s class would be well aware of her excellent skills as a classroom teacher and the strengths she will be able to provide our school with on a long term basis. The technology skills she also exhibits can only make our school a better place for all students.

Whilst on staffing, at present we are advertising for two Assistant Principal (AP) positions. The closing date for these is tomorrow and the process will be completed over the next two weeks. These AP positions are for vacancies created by Mrs English leaving and Mrs Munro being promoted to Deputy Principal. At present we have staff “acting” in the AP roles and casual teachers performing the classroom responsibilities.

Well done to the students who represented our school at the Dubbo District swimming carnival last week. I was time keeping at this carnival and was able to see the effort they put in to every race. Good luck to those moving on to the next level on Friday, the regional carnival. Also many thanks to Mr Jones, Mrs Lesley Stewart, Mrs Hall and Mrs Chloe O’Neill (a casual teacher working at our school) for assisting in the running of the carnival on what was a wet and dreary night.

Tonight we have the Annual General Meeting for our Parents and Citizens Association (P & C). The P & C Association has had a long and successful involvement with the school and are extremely valued by the staff. I strongly urge parents and carers to attend tonight. You do not have to take a position but the P & C are a strong advisory group who assist in many ways in the operation of the school. It is a great opportunity for you to be part of this.

Last Friday the Dubbo School Education Group Principals met for our usual term meeting. We covered a number of areas including mandatory training DEC staff must undertake, staff appraisal, meeting target requirements, legal requirements under Every Student, Every School (ESES) and the anti-discrimination act as well as forward planning for our group of schools.

One other area we also looked at, under my instigation, was the use of social media as a school resource. A number of schools in our area have Facebook sites as well as using Twitter and Smart Phone Apps to get information out. From some of the discussions around what is happening /has happened on their Facebook sites we would need a very, very strong process in place before we would be moving down this pathway! The phone app interested me and I will be doing some more “homework” on this.

I am in Sydney at the NSW Primary Principals State Council meeting this Thursday and Friday. It promises to be a very “interesting” meeting as we provide the Deputy Director General with feedback and thoughts on the proposed restructure of education in NSW. Mrs Munro will be acting principal in my place.

Craig Renneberg

“Be the change that you wish to see in the world.”
— Mahatma Gandhi

Library News

Welcome to 2013 in the library. We have just completed our new book boxes with brand new lettering. There are many new titles on the shelves with beautiful new books arriving most weeks. Many thanks are extended to the P&C as many of these books have been bought with their generous donations to the library.

The Premier’s Reading Challenge (PRC) has just begun this week. We are hoping to outdo our fantastic result from last year where over 120 students completed the Challenge. Please encourage your child to participate as this supports and strengthens your child’s literacy skills and love of reading.

Year 1 students are invited to participate in the Challenge and information will be sent to parents this week.

Happy reading, Donna Thomas

K-2 Easter Raffle

Raffle tickets are in your child’s schoolbag today. There are 10 tickets per booklet - if you sell your tickets and would like some more they are available from the front office. Thank you to those families who have already donated some Easter items for our raffle. Donations of Easter eggs can be left at the office or given to your child’s class teacher - last year we had close to 40 prizes.

Year 6 Leadership Excursion

Our first excursion for Year 6 this year will be to Wambangalang Environmental Education Centre. This is instead of going to Burrendong Sport & Recreation Camp as is previous years.

This excursion will take place on Wednesday 1 May and Thursday 2 May and the students will stay overnight.

A comprehensive information and permission note will be sent home with all Year 6 students later this week. Gary Jones

Bookclub

Bookclub orders were sent home on Thursday and are due back to the Library on Wednesday 6 March 2013

Hand, Foot & Mouth

We have had a student diagnosed with Hand, Foot & Mouth. If you have any concerns please check with your Doctor.

Happy reading

Donna Thomas

Orana Heights Public School

Principal – Craig Renneberg

Excellence, Opportunity and Success in a caring School.

Email: oranahts-p.school@det.nsw.edu.au
Telephone: 6884 9188
Term 1 Week 6

Web Address: www.oranahts-p.schools.nsw.edu.au
Fax: 6884 3272

Tuesday 5 March 2013
## Term 1 Planner - 2013

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Feb / March</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td>8am Exec Mtg</td>
<td>2pm NRL Visit</td>
<td>7pm P&amp;C Meeting</td>
<td>Regional Swimming Carnival 2.05pm 3-6 Assembly</td>
</tr>
<tr>
<td>7</td>
<td>2.05pm Special Assembly (presentation of ribbons from swimming carnival) 2.30 – 3.30pm Uniform Shop</td>
<td>8am Exec Mtg</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td>Netball Gala Day</td>
<td>9am Knockout Basketball (boys &amp; girls) 12.30 K-2 Assembly</td>
</tr>
<tr>
<td>8</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td>8am Exec Mtg</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td>8am Exec Mtg</td>
<td>11.20am K-2 Easter Assembly 2.30 – 3.30pm Uniform Shop</td>
<td></td>
<td>Good Friday</td>
</tr>
<tr>
<td>10 April</td>
<td>Easter Monday</td>
<td>8am Exec Mtg 7pm P&amp;C Meeting</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td></td>
<td>12.30 K-2 Assembly 2.05pm 3-6 Assembly</td>
</tr>
<tr>
<td>11</td>
<td>2.30 – 3.30pm Uniform Shop</td>
<td>8am Exec Mtg Rugby Gala Day</td>
<td></td>
<td></td>
<td>Last Day T1</td>
</tr>
</tbody>
</table>

Please note - Term 2 starts for students on Wednesday 1 May 2013.

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### Oakey Dokey Award Winners

- Raquel Irwin
- Mahalia Lesslie
- Makayla Fuller
- Jack Byrne
- Abby Duce
- Grace Willis
- Clayton Fanning
- Ryan Nissen
- Shoniquah Pope
- Nicholas Adkins
- Shakitia Nicholls
- Jonas Frost
- Nicholas Taylor
- Andie McTiernan
- Taylah Wilson

- Patrick Gibson
- Oliver Luckie
- Allira Markcrow
- Jordan Nurcombe
- Jake Clarke
- Max Hall
- Hamish Taylor

- Matthew Adkins
- Lucy Pobje
- Mahkenzie Harper
- Jessica Carr
- Joshua Heywood
- Asha Lake
- Madelann Butcher
Annual General Meeting – TONIGHT – 7PM – Staff Room
The next P&C meeting will be our Annual General Meeting which will be held tonight at 7pm in the staff room. At this meeting the annual reports for 2012 will be presented as well as the election of Office Bearers.

The current P&C would like to extend a warm invitation to all interested people in the school community to become involved and where possible attend the meetings. Anyone within the school community is welcome to attend the meetings.

Membership to the P&C is $2 every year payable at the annual general meeting or at the first meeting of attendance where you have decided you would like to become a member. This enables you at as a financial member to have voting rights and to receive the minutes of the meeting and any other related information.

If you would like to know more about how it all works please do not hesitate to contact the Secretary - Deanne Davis on paul@ravos.net.au or call on 0407 418 511.

Canteen Survey - The survey went out last week – you can access this online at http://www.surveymonkey.com/s/VZLXXXP. Paper copies went home with children last week – if you haven’t received one but would like to, please contact the front office.

Once completed please place in an envelope and label it P&C Survey and return either with your child or drop it into the front office. Please remember your feedback enables us to get a better picture of what the school community thinks, provide us with some new ideas and will assist the P&C in making decisions.

School Canteen Menu - Following some feedback from the Term 1 Menu – just a few things to clarify. The extras for the sandwiches etc are in addition to the prices as listed. i.e. a Salad Sandwich is listed as $3.50. If you want a salad roll this is an additional $0.70 which would make the total price $4.20. The Chicken and Fish Burgers are not available on Friday due to their being a lack of space available in the pie ovens. Thanks for the feedback and please keep it coming through.

How much fruit and vegetables do children need?
We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their, age, appetite and activity levels.

With the emphasis on ‘Go for’ it is valuable if children learn they should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day. The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients.

The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

<table>
<thead>
<tr>
<th>Age of child</th>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
</table>

The recommendations - What is a serve?
A serve of fruit is equal to an average sized piece of fruit.

\[
\text{1 medium piece (e.g. apple)} = \text{2 small pieces (e.g. apricots)} = \text{1 cup chopped or canned fruit}
\]

A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.

| Vegetable | | | |
|-----------|-----------|-----------|
| ½ cup cooked vegetable or cooked legumes | 1 medium potato | 1 cup salad vegetables |
Thank you to Ann-Marie Chandler (Speaking One Thousand Words Photography) for taking these great photos.
University of NSW Competition. (ICAS)

**Computer Skills (this is a written test).**

I give permission for my child _____________________ of class __________ to participate in the ICAS Computer Skills Competition on Tuesday 21 May 2013. I have enclosed $8 for their entry fee.

Closing Date – Friday 5 April 2013

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University of NSW Competition. (ICAS)

**Science.**

I give permission for my child _____________________ of class __________ to participate in the ICAS Science Competition on Wednesday 5 June, 2013. I have enclosed $8 for their entry fee.

Closing Date – Wednesday 1 May 2013

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University of NSW Competition. (ICAS)

**Spelling.**

I give permission for my child _____________________ of class __________ to participate in the ICAS Spelling Competition on Tuesday 18 June 2013. I have enclosed $11 for their entry fee.

Closing Date – Monday 13 May 2013

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University of NSW Competition. (ICAS)

**Writing.**

I give permission for my child _____________________ of class __________ to participate in the ICAS Writing Competition on Monday 17 June, 2013. I have enclosed $17 for their entry fee.

Closing Date – Monday 13 May 2013

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University of NSW Competition. (ICAS)

**English.**

I give permission for my child _____________________ of class __________ to participate in the ICAS English Competition on Wednesday 31 July 2013. I have enclosed $8 for their entry fee.

Closing Date – Friday 21 June 2013

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University of NSW Competition. (ICAS)

**Mathematics.**

I give permission for my child _____________________ of class __________ to participate in the ICAS Mathematics Competition on Tuesday 13 August 2013. I have enclosed $8 for their entry fee.

Closing Date – Friday 21 June 2013