Principal’s Message
Dear Parents/Carers and Friends,
Quote of the Week: “When a decision has to be made, make it. There is no totally right time for anything.” General George Patton

You may have noticed that near the library doorway at school we have the beginning of a building project taking place. The school is having a room renovated for a friendly and practical place for our Learning and Support Teachers to work. This space used to be the old computer lab but since the installation of our new computer room we now have a space in which we can utilise. It is expected that the work will take a few weeks to complete.

There are some other smaller projects which will take place in the school—some of which will not be visual to those walking around the school. One of these projects includes upgrading the power access within the school. As you can imagine the amount of electricity used in a school has changed dramatically in the past 30 years.

I would like to thank everyone for their patience while these renovations are taking place.

Please discuss with your child that attending a sporting event is a privilege at school and not a right. Behaviour in class and in the playground has to be of a high standard for approval to be given. Class teachers provide important feedback as to students attending events representing our school.

I look forward to seeing many of you at the school this afternoon for our Term One parent/teacher interviews. For those of you who could not make it today, I encourage you to make a different time with your child’s class teacher. The P&C will have refreshments available for adults in the cola area during the afternoon.

Annie Munro, Principal (R)

Learn scape Team
On Thursday 12th March from 1-3pm, children from the Learn scape Team along with Bunnings will be planting fruit, vegetables and decorative plants in our new garden beds. Photos will be taken throughout the afternoon to publicise through the Daily Liberal and Photo News. We are keen to involve parents if you are willing to help out. Please contact Mel Wells so a smooth afternoon can be organised.

K-6 Easter Raffle
It’s that time of the year again where we are asking for donations for the Easter raffle. Over the next four weeks we would appreciate any donations of Easter treats for our monster Easter raffle which will be held in Week 10. Donations of Easter eggs can be given to the class teacher or Mr Moran. Last year we had close to 40 prizes. All money raised from this raffle goes directly to resources for the school. Thank you for your continued support.

First Aid for Parents
For parents who are ready to re-enter the workforce this is a great qualification to add to your resume.
When: 5th & 6th March 2015
Time: 9.30am - 4.30pm
Venue: Red Cross Office, Unit 2/80 Gipps St, Dubbo
Cost: Free
Bookings: Booking are essential
Childcare: Unfortunately no childcare is available
Further Information Sharon Milnes on 6889 1422 or 0428 894 180

Uniting Care Burnside Upcoming Groups for 2015
Tuning into Kids - a parenting course that enables parents to tune into their children’s emotions.
Tuning into Teens - a parenting course that enables parents to tune into their teen’s emotions and focus on strengthening relationship connections.
123 Magic - An easy to learn behaviour management program.
Keeping Children Safe - This program will enable parents and carers to recognise abuse and neglect and understand its effects on children. All groups are free and include refreshments, for more information please phone Margaret Ann Mould on 6885 2353. Registration is essential.

Library News
Bookclub order forms were sent home last week and are due back to the Library on Wednesday 4 March 2015.

Oakey Dokey says...
♦ It is great to see so many students wearing their hats in the playground.
<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>6 March</td>
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<td>P&amp;C Informal Mtg</td>
<td>Primary Tennis</td>
<td>Rugby League K-2</td>
<td>Western Swimming Carnival</td>
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<td>Parent Teacher Interview</td>
<td>Uniform shop open 2.30-3.30pm</td>
<td>Western Primary Basketball</td>
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<td>Knockout Boys Cricket</td>
<td>AECG Mtg - Distant Ed</td>
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<td>7 March</td>
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<td>Uniform shop open 2.30-3.30pm</td>
<td>Uniform shop open 2.30-3.30pm</td>
<td>Rugby League K-2</td>
<td>12.25pm K-2 Assembly</td>
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<td>Canteen — Meal Deal</td>
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<td>Uniform Shop open</td>
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<td>8 March</td>
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<td>Uniform shop open 2.30-3.30pm</td>
<td>Uniform shop open 2.30-3.30pm</td>
<td>Rugby League K-2</td>
<td>Western Girls Hockey Finals</td>
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<td>Canteen — Meal Deal</td>
<td>Canteen — Meal Deal</td>
<td>Knockout Netball</td>
<td>Western Boys Cricket Trials</td>
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<td>9 March</td>
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<td>School Photos</td>
<td>State Swimming Stage Disco</td>
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<td>Uniform Shop Open 2.30-3.30pm</td>
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<td>Western Rugby League Trials</td>
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<td>Rugby Union Day 2</td>
<td>2.05pm K-2</td>
<td>Good Friday</td>
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<td>Uniform Shop Open 2.30-3.30pm</td>
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<td>AECG - Senior College</td>
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<td>Uniform Shop Open</td>
<td>9-9.30am</td>
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**P&C NEWS**

What to know more about the P&C? - This afternoon - Tuesday 3 March during the parent teacher interviews the P&C will have a table set up where you can come and talk to current members about what we do and what joining the P&C would mean. We also would welcome your feedback so come along either before or after your child’s interview and have a chat and a cuppa.

AGM Meeting – Tuesday 10 March at 6pm in the Staff Room - The Annual General Meeting for the P&C will be held next week. All new and interested people are very welcome. At this meeting the following positions will be declared vacant and we will be seeking nominations for President, Vice President, Secretary, Treasurer, Fundraising / Publicity Coordinator, Canteen Liaison Officer and Uniform Shop Coordinator. It also provides a time where you can officially join – membership is $2 and you will be asked to complete a membership details form. Several people are standing down from some of the key roles on the committee so the P&C are really needing people to take on a role and get involved where possible. If you would like to know more about the meeting, any of the positions, directions on where to go and how it all works please do not hesitate to contact the Secretary - Deanne Davis on deanne.davis16@gmail.com or call on 0407 418 511.

Uniform Shop - Extended Trading Times – Wednesdays from 2.30pm-3.30pm, Thursdays from 9am-9.30am and the first Saturday of each Month from 9.30am-11.30am (entry via Birch Avenue car park). Open this Saturday 7 March. Orders filled every other day.

Canteen - Weekly Meal Deals (Term 1) – all come with a popper and your choice of (a) fruit (b) water ice block or (c) cookie - $5.00.

- Mondays – Chicken noodles
- Tuesdays – Fresh fruit salad and yoghurt (optional)
- Wednesdays – Hot dog
- Thursdays – Chicken burger
- Fridays – Savoury bun with lettuce and tomato (optional) – our version of a BLT!

Please check your current Summer Menu as there have been a few price increases.

Donations always greatly appreciated - drop them into the canteen at your convenience. Some examples include – Tin beetroot sliced, tin pineapple sliced, long life vanilla custard, long life milk, cordial (lemon, lime, orange, raspberry), jelly crystals, sugar, icing sugar, vanilla and butter cake mix, sprinkles, pikelet mix, mayonnaise, vegemite, strawberry jam, honey, milo, hot chocolate mix, 2 minute noodles (chicken or beef), serviettes, foam cups, plastic forks, plastic tea spoons, paddle pop sticks, baking paper, gladwrap, foil, muffin papers, patty cake cases, hand wash, detergent, canola oil, paper towel.
PSSA Knockout Basketball
On Friday 20th Orana Heights Public School competed in the PSSA Knockout Basketball competition.
The girls team consisted of Bree Barwick, Tyanna Clarke-Russo, Kady Lake, Jesse Trindall, Chelsea Edwards, Rebecca Hale, Lakeisha Mackay, Shiva Tuflasa, Haylee Fuller and Taylah Nurcombe. Unfortunately the girls lost both games though showed outstanding sportsmanship throughout the day.
The boys team consisted of Aden Lambert, Mathew Bridges, Campbell Stewart, Dane Lambert, Kain Haluk, Patrick Gibson, Angus Keller, Bailey Lacrosse, Tyrese Newman and James Mann. Unfortunately the boys also lost both of their main games. They were lucky enough to play a short game against Mudgee and won this game.
Thank you to Miss Fernando, Mr Jones and Mrs Carroll for coaching both teams and organising the day. A big thank you for the sportsmanship shown by all the schools who participated and those who travelled to be part of the day. Rebecca Carroll

Learnscape
Orana Heights students have the opportunity to participate in environmental education through our Learnscape team. Students from infants through to primary grades work cooperatively to sustain the beautification of our school grounds.
It gave us great pleasure to contribute a donation from Learnscape of $500.00 to Hear Our Heart. (Photo Left)

Annual Cathy Peachey Indigenous Athletics Carnival
Dates: Sunday 22nd March
Start: 10am
Registration: 8:30-9:30am
Venue: Barden Park Athletics Centre, Dubbo
Ages: 6 to 14 years
Cost: FREE
What to bring: Participant will need to bring their own lunch, hat and sunscreen. A canteen will be available.
If you are interested please see your classroom teacher for an enrolment form.

Fruit & Vegetable Garden Update
We have successfully set up our garden beds ready for all our fruits and vegetables to be planted. As you are already aware our Crunch and Sip program encourages healthy eating habits and now that we have our garden beds established our goal this term is to start growing our own fruits and vegetables and have children across the school taking part in the planting and managing of the gardens.
Reminder - on Thursday 12th March, Bunnings will be arriving at our school from 1-3pm to plant vegetables, fruit, decorative plants and to place bark chips between the garden beds. If there are any interested parents who would like to help out or participate during this time when Bunnings are here you are most welcome.

Health Tips
Tips for Healthy Living

2014-2015
NSW Family Energy Rebate
$150 TOWARDS ENERGY BILLS
Apply before Midnight 16 June 2015
For more information visit: https://www.energyrebate.nsw.gov.au
*eligibility criteria apply
Sports News

<table>
<thead>
<tr>
<th>Ribbons</th>
<th>5 ribbons from a school or district carnival EQUAL 1 achievement award.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dubbo District Swimming Carnival</td>
<td>The Dubbo District Swimming Carnival was held last Thursday. Congratulations to all the students who swam on the night. You will receive an achievement award.</td>
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<tr>
<td>Western Swimming Carnival</td>
<td>On Friday 6th March Kate Davis and Campbell Stewart will represent Orana Heights at the Western Swimming Carnival in Dubbo. We wish Kate and Campbell all the best.</td>
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<tr>
<td>Rugby League 1,2,3</td>
<td>On the 5th, 12th &amp; 19th March K-2 students will be participating in ball skills clinics run by the NRL. These clinics support our fundamental movement lessons.</td>
</tr>
<tr>
<td>Dubbo District Tennis Team</td>
<td>Congratulations Amelia Day on your selection in the Dubbo District Tennis Team. Amelia will trial for a spot in Western NSW Tennis Team on Wednesday 4th March in Bathurst.</td>
</tr>
<tr>
<td>Dubbo District 11’s and Opens Rugby League Team</td>
<td>Congratulations Cooper Davison, Riley Chapman and Bailey Lacrosse on your selection in the 11’s side and Kain Haluk, Zayne McMillian and Jacob French on your selection in the Opens side. The boys will trial for a spot in the Western Teams on Monday 30 March in Dubbo.</td>
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Knockout Teams

- Teams with upcoming games are:
  - Boys Cricket on Wednesday 4 March against Narromine.
  - Girls Cricket. Date to be advised.
  - Mixed Tennis. Date to be advised.
  - Girls Netball on Thursday 19 March against Gilgandra.

Sun Safety

During RFF (health) lessons at the beginning of this year I have been talking about Sun Safety and revising the Cancer Council message i.e. SLIP on a SHIRT, SLAP on a HAT, SLOP on SUNSCREEN, SLIDE on SUNGLASSES and SEEK SHADE.

As part of this theme Orana Heights has renewed their accreditation as a SunSmart school. This involves wearing sun-safe board brimmed hats, encouraging use of sunscreen and playing in the shade or indoors when it is excessively hot.

A pamphlet from the Cancer Council called Create Good Habits for Life is included in this newsletter. We hope you will read this pamphlet and share it with your children.

Finally it is worth considering these two ideas:

- You can get sunburnt on a cloudy days so check the Sunsmart UV alert, at www.cancercouncil.com.au/sunsmart every day
- People of all skin types are at risk of skin damage and skin cancer.

Developing a habit of sun protection amongst our children is important for them now and in the future.

Gary Jones

ANZAC Sleep-out

The Anzac Sleep-out is shaping up to be a memorable experience which captures the essence of remembrance for young people and families.

Dubbo City Council Youth Development Officer Jason Yelverton said the Dubbo City Youth Council wanted to put on a special event that would encourage young people to take an active part in the commemorative services of the Anzac Centenary.

"In the spirit of those people that travel to Gallipoli for the dawn service here is a chance for young people from in and around Dubbo to sleep under the stars and be part of one of Australia’s most important historical events," Mr Yelverton said.

Tickets for the Sleep-Out are available online at www.dubbo.com.au. All tickets are just $5 plus booking fee.

“We are inviting people to bring their swags or sleeping bags and mats to sleep under the stars before joining the Anzac Day Dawn Service at the Cenotaph,” Mr Yelverton said.

“Throughout the night there will be plenty of activities including live music, a series of short and feature length films and displays of war memorabilia,” Mr Yelverton said.

“We are expecting a large crowd, hopefully in the order of 3,000 people to attend,” he said. “I strongly encourage people to purchase tickets early to be part of this very special event.”

Event Details - The 2015 Centenary of Anzac Regional Sleep-Out

Venue: Victoria Park No. 1 Oval in Dubbo
Time: 4pm,
Date: Friday 24 April culminating in the Anzac Day Dawn Service at 5.45am on Saturday, 25 April which coincides with the landings at Gallipoli 100 years ago.
Walking the talk!
As a parent, carer or educator it's important you protect your own skin and role model good sun protection for your children. A handy tip is to keep a broad-brimmed hat and sunscreen in your bag, car or classroom.

Brims are best
Sun-safe hats, such as bucket, broad-brimmed or legionnaire styles are best. Baseball caps are a popular fashion item, but they don't protect the neck, ears and cheeks. Try keeping them for indoor activities and always wear sun-safe hats when outside.

The facts about sunscreen
There is clear evidence that sunscreen helps protect against skin cancer, and no evidence of harmful effects of regular use. But, sunscreen does not give complete protection and should always be used with sun-safe hats, clothing and shade. Skin irritation or allergic reactions can happen so look for sunscreens made for children or for sensitive skin.

Or call Cancer Council Helpline on 13 11 20
Did you know?
Unprotected exposure to the sun on our children’s delicate skin significantly increases their risk of developing skin cancer later in life. Unfortunately, two out of three Aussie kids at school today will be diagnosed with skin cancer in later life – some of them with deadly melanomas.
The good news is that skin cancer is very preventable. Creating good sun protection habits for life helps reduce the risk of skin cancer and helps prevent freckles, moles and painful sunburn.

When do we need sun protection?
Most areas in NSW experience high levels of UV radiation most of the year – even on cloudy or cooler days. Check the SunSmart UV Alert daily:
In newspaper weather forecasts
Go to www.cancercouncil.com.au/sunsmart
Google the free SunSmart App for smartphones

Balancing sun protection and vitamin D needs
Vitamin D is essential for healthy bone growth and is made when skin is exposed to UV radiation. In NSW most children will get enough vitamin D during their everyday outdoor activities. Children with very dark skin may be at risk of low vitamin D. It’s important to talk to your doctor if you have any concerns for your family.
<table>
<thead>
<tr>
<th>Competition</th>
<th>Subject</th>
<th>Permission Details</th>
<th>Entry Fee</th>
<th>Closing Date</th>
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</thead>
<tbody>
<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>Digital Technologies (Old Computer Skills)</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS Digital Technologies Competition on Tuesday 19 May 2015. I have enclosed $8 for their entry fee.</td>
<td>$8</td>
<td>Friday 20 March 2015</td>
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<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>Science</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS Science Competition on Wednesday 3 June 2015. I have enclosed $8 for their entry fee.</td>
<td>$8</td>
<td>Friday 24 April 2015</td>
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<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>Spelling</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS Spelling Competition on Tuesday 16 June 2015. I have enclosed $11 for their entry fee.</td>
<td>$11</td>
<td>Friday 1 May 2015</td>
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<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>Writing</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS Writing Competition on Monday 15 - Friday 19 June, 2015. I have enclosed $17 for their entry fee.</td>
<td>$17</td>
<td>Friday 1 May 2015</td>
</tr>
<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>English</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS English Competition on Tuesday 28 July 2015. I have enclosed $8 for their entry fee.</td>
<td>$8</td>
<td>Friday 12 June 2015</td>
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<tr>
<td>University of NSW Competition. (ICAS)</td>
<td>Mathematics</td>
<td>I give permission for my child _____________________ of class ________ to participate in the ICAS Mathematics Competition on Tuesday 11 August 2015. I have enclosed $8 for their entry fee.</td>
<td>$8</td>
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