Principal's Message

Parent Teacher Interviews
Thank you to all those parents that have organised parent teacher meetings. These meetings give your child’s teacher the opportunity to let you know how your child is progressing at school, the opportunity for you to ask any questions you may have and to plan with your child’s teacher for future progress.
Traditionally we hold formal interviews at the end of Term 1 and 3 but parents can contact the school at any time to organise an interview with their child’s teacher.

Anzac Day
As you know our school Anzac Day Service will be held on Thursday 11th April at 10:30 am. You are most welcome to attend.

Anzac Day 25th April
Any students who are available to represent our school at this year’s Anzac Day March will be very welcome. Anzac day falls on the last Thursday of the school holidays. Participating students are to wear full school uniform and meet Mrs Dunn at 8:45 am outside Aberdeen Preschool in Bedford St.

School Holiday
School finishes this Friday 12th April. School will resume for all students on Wednesday the 1st May.
All teaching staff will be engaged in professional learning around the new Australian Curriculum on the 29th and 30th April. The school office will be open on these days.
We hope all students have a restful and enjoyable break and return to school on the 1st May ready for the new term.

Michelle Floyd Principal

Zone Cross Country 2013
On Friday 5th April 22, students from Aberdeen Public School travelled to Karoola Park in Muswellbrook to compete in the Zone Cross Country Carnival. We were very lucky on the day to have perfect running conditions with no rain and even a cool breeze.

We looked very smart in our racing singlets and school colours. Lots of children said they were very nervous before the start of their race but once they started running they felt fine. The children also commented that the course was full of twists, turns, dips and hills and was a lot harder than the course at school. I would personally like to congratulate all of the senior runners who made it to the top of “Heartbreak Hill.” It was massive!
It was so impressive to see each and every child trying their best on the day and when the children were not racing they were cheering for each other from the Aberdeen Public School supporter’s bay.
Lots of sportsmanship was demonstrated by children wishing each other good luck and shaking hands with other competitors at the end of the races. Girls and boys you all did our school proud.
Our school was lucky enough to have four children place in the top six of their race and progress to the Regional Carnival which will be held at Gosford on Thursday 13th June. Congratulations to Callum D, Cody P, Peter C and Lachie D who each ran a very strong race from start to finish. Well done boys and good luck for Regional.

All results from the day are as follows;

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>8/9 Years</td>
<td>Callum D 4th</td>
<td>Shantelle B 24th</td>
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<tr>
<td></td>
<td>Cody P 6th</td>
<td>Breanna C 25th</td>
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<tr>
<td></td>
<td>Matt J 16th</td>
<td></td>
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<tr>
<td>10 Years</td>
<td>Peter C 5th</td>
<td>Delta H 23rd</td>
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<tr>
<td></td>
<td>Tommy D 21st</td>
<td>Takira W-G 31st</td>
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<tr>
<td></td>
<td>Hunter D 22nd</td>
<td></td>
</tr>
<tr>
<td>11 Years</td>
<td>Lachie D 5th</td>
<td>Sabrina D 21st</td>
</tr>
<tr>
<td></td>
<td>Brayden R 18th</td>
<td>Amanda C</td>
</tr>
<tr>
<td></td>
<td>Toby J 28th</td>
<td></td>
</tr>
<tr>
<td>12 Years</td>
<td>James C 20th</td>
<td>Kaydee T 28th</td>
</tr>
<tr>
<td></td>
<td>Kade H 23rd</td>
<td>Mattison H 27th</td>
</tr>
<tr>
<td></td>
<td>Cameron B 29th</td>
<td>Hailey H 26th</td>
</tr>
<tr>
<td>13 Years</td>
<td>Seth M 31st</td>
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I would personally like to thank all of the parents who attended on the day and assisted with supervision, transporting the children, setting up our supporters’ area and encouraging all of the children in their races. The day would not have been a success without all of you.

A special thank you also goes to Mrs Mooring for putting in so much time and effort to organise our team and Ms Laurie for organising and keeping track of all of the paperwork.

**Miss Power**

**Congratulations Ashley**

Ashley F in 5R has been selected to attend the Regional Soccer trials for the Hunter team this Friday. We wish Ashley the best of luck.

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### FORTHCOMING DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11th April</td>
<td>Anzac Day Service 10.30am</td>
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<tr>
<td>12th April</td>
<td>Last Day of School</td>
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<tr>
<td>29th &amp; 30th April</td>
<td>Staff only return for</td>
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<td></td>
<td>Staff Development Day</td>
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<tr>
<td>Wed 1st May</td>
<td>School resumes for all students</td>
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<tr>
<td>2nd May</td>
<td>School Disco</td>
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<tr>
<td>6th May</td>
<td>Scone Horse Sports</td>
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<td>9th May</td>
<td>Mothers’ Day Stall</td>
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<td>15th May</td>
<td>P&amp;C Meeting</td>
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<td>5th June</td>
<td>SHS Orientation Day</td>
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<td>20th June</td>
<td>School Photos</td>
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</tbody>
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**Stage 2 Excursion – Great Aussie Bush Camp**

The next payment for the excursion is due this Friday. Payments can also be made in full at any time if this is more convenient for you. Due to a large amount of interest with parent helpers a decision has not yet been made on who will be attending.

**School Disco**

Don’t forget the school disco will be in the first week of Term 2, Thursday 2nd May. Maybe you could all practice your dance moves during the holidays!

**Gymnastics**

The school will be running a Gymnastics program next term in place of the Sport in Schools program. The program will run for 10 weeks and cost $3.60 per student per week, a total of $36.00 for the 10 weeks.

**SCHOOL HOLIDAY FUN**

**Muswellbrook Library:**

- Community Art Mural: Les Elvin, winner of Australian Aboriginal Artist of the Year 2008, and Cessnock’s Citizen of the Year 2012, will host two art workshops at Muswellbrook Library on Tuesday 16th April and Friday 26th April at 10.30am – 4.00pm. Lunch will be provided and art materials will be supplied. Young children need to be supervised by a parent or carer. Please wear an old paint shirt.
- **Bush Tucker Community Garden activity:** Tuesday 23rd April at 10.30am.
- **Movies at the Library:** “The Sapphires” on Wednesday 24th April at 11.00am. Bookings are essential. Ph: 6543 1913

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**5R Growing Algae in Science**

In 5R we have been studying Plant and Animal Adapations. One of the experiments we conducted as part of this unit was to try and grow our own algae under varying conditions. Recently the school obtained some microscopes and what better way to see what our algae was doing but under a microscope. The students were amazed at what was happening up close, which you couldn’t see with the naked eye. We found that in order for algae to thrive it needs three primary things, sunlight, oxygen and nutrients.
Helping learner drivers become safe drivers
Teaching someone to drive can be a happy experience.
You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

**The next workshop in your area will be held:**
Time & Date – Wednesday 1 May 2013 from 6.00pm – 8.00pm.
Venue – Scone Council Chambers 135 Liverpool Street
Book now on – 4925 4200 or enrolments@weahunter.com.au

Scone Films will be screening the powerful drama, **The Impossible**, starring Ewan McGregor and Naomi Watts, rated M, at 7.30pm Friday 12th April, at the Senior Citizen's Centre, Oxford Road, Scone. This tells one family's true story of being caught up in the mayhem of the 2004 Boxing Day tsunami in Thailand. Tickets are $10, available in advance from Serendipity in Scone or Muswellbrook Eyecare, or at the door. Doors open 7.15pm. Running time is 1hr 54min. Everyone is welcome.

**Wishing you all a happy & safe holiday.**
Building Healthy Habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

Quick and easy breakfast ideas:

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt

Why is breakfast important?

- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

Safe Car Travel

- Children should enter and exit your vehicle via the rear passenger door on the footpath side, as this is the safest way.
- Children up to 7 years old are required to sit in an approved booster seat, with the seat belt fastened, in the back seat of the car.
- The NSW Centre for Road Safety recommend that children under 12 years do not travel in the front seat of a vehicle.

Penalties exceed $1859 and loss of 7 demerit points for speeding in a school zone.

Riding on wheels

- Until children are 10 years old should cycle in a safe place off the road and away from vehicles and driveways. If children ride to school parents and carers should actively supervise them.
- All riders are to dismount and walk their bikes through the school grounds. Bikes and scooters are to be stored near the administration area at the owner’s risk.
- All students are expected to wear a helmet when riding their bicycle or scooter to school. Parents will be informed if this does not occur.