



# BOWRAL PUBLIC SCHOOL

*Striving, Thinking, Learning*



## Newsletter

Thursday 30 April 2009  
Term 2 Week 1

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Welcome back to another busy, productive school term.

It is a privilege and a pleasure to stand in as principal of Bowral Public School for the next few weeks. A special thank you to staff and students for making me feel so welcome.

The selection process for the appointment of your new principal is under way and interviews should take place next week.

### WELCOME BACK MR CAYZER

Mr Cayzer has resumed full time duties. He's feeling fine and is enjoying his time with his class.

### CRUNCH & SIP

Last term the school community agreed to implement a new initiative into classrooms at Bowral Public School.

Crunch & Sip is a set break to eat fruit (or salad vegetables) and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning – assisting physical and mental performance and concentration.

Starting week three, the initiative will be introduced into K-4 classes.

The objectives of the Crunch & Sip break are to:

- o Increase awareness of the importance of eating fruit and vegetables, and drinking water every day
- o Enable students, teachers and staff to eat fruit and vegetables during an allocated Crunch & Sip break in the classroom
- o Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
- o Encourage parents to provide students with fruit and vegetables every day.

Students will:

- o Bring fruit and vegetables to school each day to eat at the break
- Wash their water bottle and fill with water daily, as directed by their teacher

Fruit and vegetable guidelines:

- o All fresh fruit is permitted (e.g. whole fruits, chopped melon)
  - o Dried fruit is permitted, although fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and tends to cling to teeth, increasing the risk of tooth decay (e.g. sultanas)
- All fresh vegetables are permitted (e.g. celery sticks, carrot sticks, broccoli bits etc)

Only plain water is to be consumed in the classroom.

Food not permitted at the designated Crunch & Sip break:

- o All other foods
  - o All other drinks (including waters with added vitamins, minerals or carbonates)
  - o Fruit juice or fruit juice drink
  - o Fruit cordial or mineral waters
- Vegetable juices

Last year four classes trialled the program and found it extremely beneficial.

**Ros Adamson**  
*Acting Team Leader*

### ANZAC Ceremony and March

Our student leaders very capably led our ANZAC Ceremony, held on Wednesday 8 April. We were very pleased to welcome Mr John Cummins from Bowral RSL Sub branch as our special guest. He spoke on the importance of caring for family and community; the respect held for the ANZAC soldiers; and an overriding desire for peace. He also reinforced how fortunate we are to be living in Australia, and particularly the beautiful Southern Highlands. The comments from parents, grandparents and friends on the speeches given by students in Years 3 to 6; the behaviour of our audience; and the way our leaders set the tone for the ceremony were very positive and showed just how much this day of remembrance is valued. I received a letter from the 'nanna' of one of our Kindergarten children who summed up the day with a quote from her son *'it was the best presented and comprehensive one, for that age group, he has attended. Congratulations to teachers and students'*. Well done Bowral Public School.

Well done also to the many children who represented our school at the ANZAC March in town on April 25. Thank you so much for your attendance and to the parents and grandparents who assisted by having children looking so good in their uniforms, your efforts are very much appreciated.

**Jan Christie**

### REMINDER DIARY DATES

- **Friday 1 May** ♦ TERM 2 INVOICE PAYMENT DUE
- **Monday 4 May** ♦ School Cross Country
- **Thursday 14 May** ♦ School Photos
- **Friday 15 May** ♦ P&C Annual Fireworks Display at Eridge Park Bowral 7:30pm
- **Tuesday 19 May** ♦ School Athletics Carnival
- **Friday 5 June** ♦ Soccer Gala Day, Moss Vale
- **Term 2** ♦ Canteen Open Wednesdays, Thursdays & Fridays



**Bowral Public School**

**Annual School Cross Country**

**Monday 4 May 2009**

I am able to assist as a course official for the cross country on Monday, 4th May, 2009.

My name: \_\_\_\_\_ Child's class \_\_\_\_\_

Daytime Contact Number: \_\_\_\_\_

**BOWRAL PUBLIC SCHOOL ANNUAL CROSS COUNTRY CARNIVAL**

Dear Families,

The annual school cross country carnival will be conducted on Monday, 4th May, 2009 at Loseby Park in Bowral. This event is an important part of our school's PD/Health/PE program and will involve students from Year 2 to Year 6.

With the postponement of this carnival twice during Term One and with the District Carnival occurring in the same week as our school carnival (Week 2, Thursday, 7th May!) our "window of opportunity" for holding the carnival is very narrow indeed. Due to other school activities occurring there will be **no** backup date. As such, we will have to steel ourselves to the vagaries of the weather and become resolute in our commitment to completing the carnival on this day.

The children will be walking to and from Loseby Park. Stage Three (Year 5 and Year 6 students) will leave the school at 9.30 am and will return by approximately 12.15 pm. Stage Two (Year 3 and Year 4 students) and Year 2 students will leave the school at 11.45 am and return by approximately 2.45 pm.

Runners are required to wear their school sports uniform or house colours and suitable jogging shoes. Please make sure your child has adequate sun protection and a tracksuit or warm clothing to put on after their event.

Being Monday, the school canteen will **NOT** operate on the day, either at school or at Loseby Park. Lunch and Recess will need to be brought from home. All children should bring with them to Loseby Park at least two (2) drinks and something to eat.

The first senior race will commence at approximately 10.30 am while the first junior race will commence at approximately 12.30 am. Competitors will have the opportunity to walk the course before the races commence.

The proposed program of events will be:

- |                   |                                    |                    |
|-------------------|------------------------------------|--------------------|
| 1. 11 years girls | 2. 11 years boys                   | 3. 12 years girls  |
| 4. 12 years boys  | 5. 7 years combined boys and girls | 6. 8/9 years girls |
| 7. 8/9 years boys | 8. 10 years girls                  | 9. 10 years boys   |

Year 2 children will be able to participate in this carnival. Seven year olds will run in a modified shortened race, while any Year 2 child who turns eight this year must take part in the 8/9 years age race. Eight and nine year old students run as one race at school, district, regional and state level.

The teaching staff welcomes your support on the day and would appreciate assistance from adults as course officials. If you can assist, please complete the tear off section and return it to Mr Tonkin by Friday, 1 May 2009. Helpers should report to Mr Tonkin at the course on the day by 9.30 am.

**Jack Tonkin (on behalf of the convening committee)**

**P.S. In case we need to contact you on the day, and your contact details are now different from what you have previously supplied the school, would you please complete this section and return it to school by Monday, 4th May**

- ✂ \_\_\_\_\_

BOWRAL PUBLIC SCHOOL CROSS COUNTRY MONDAY 4 MAY 2009  
(Contact details)

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

Contact Number: \_\_\_\_\_

 FAMILY PHOTOGRAPHS

Please forward a special envelope to order a family photo.

My **ELDEST** child at Bowral Public School is:

NAME: .....

CLASS: .....

*Please return this slip to school by Wednesday 6 May*

## SCHOOL PHOTOGRAPHS – Thursday 14 May

ORDER ENVELOPES ACCOMPANY THIS NEWSLETTER

### IMPORTANT INFORMATION

- All students are asked to wear full winter uniform on Thursday 14 May. Any jumpers will be removed for photographs .
- **All** students will be photographed in their class group, whether or not they require a copy. This enables the full complement for those who do order a group photo.
- School/House Captains etc photographs are purchased on a re-order system after the Photo Day. Further details will be announced in the school newsletter.
- Family photographs require a special order envelope (1 per family). Please complete the slip above and return it with your eldest child if you would like to order a family photo. Please **do not** send money with this slip. You will be sent home the appropriate family photo order envelope, to be returned to school with payment enclosed by Wednesday 6 May.

\* 'Family' refers to students only - not parents.

*Thank you,  
Linda Rice*

Bowral Public School



Welcome back to school, for the first of the winter terms. The P&C focus for the next couple of weeks is, of course, our annual fireworks night. Planning is well under way, and everything seems to be on track! (Fingers crossed) I apologise in advance about how much information you need to absorb this week!

As Justine mentioned in the last newsletter, we have followed the 'formula' of last year, and have allocated a stall to each year group. Below is a list of 'who is doing what', and the co-coordinators for each stall. If you could possibly spare half an hour of your time to help on your year group's stall, could you please call the relevant person and let them know.

YEAR / GROUP	STALL	CONTACT / COORDINATOR
Kindergarten	Lollies / Chips / Cold Drinks	Simone Kennedy: 0423 452 975
Year One	Bouncy Castle	Kate Bow: 4861 6568 or 0411 269 954
Year two	Soup/Hotdogs (we need parents to help make soup, as well as serve on the stall please!)	Kate Bow: 4861 6568 or 0411 269 954
Year three	Glow Products	Louise Hillyer: 0418 860 398
Year four	Beef and Bun	Jenny Pinczi: 0412 963 677 or 4861 4594
Year Five	Sausage Sizzle:	Sarah Turkic: 0412 338 891
Year Six	Cake Stall:	Rachael Feary: 4862 4101
Set Up	This is from 10am on Friday @ Eridge Park	Jane Dummer: 4862 5885
Clean Up	From 8am Saturday morning – bring gloves and a rake!!	Jane Dummer: 4862 5885

Most stalls simply involve your time serving the food, with the exception of the soup stall, and cake stall. Both these need people to contribute the product as well. The cake stall in particular relies heavily on the whole school donating cakes/slices/jellies etc. If you could possibly help with this, it would be appreciated. Donations can be left at school on the Friday morning, or you can bring it with you on the night. Just a reminder - the school follows a 'nut free' policy – so please avoid making anything containing nuts.

Attached is information regarding purchase of tickets – to access the online booking system, you can log in directly to the Try booking website [www.trybooking.com/QY](http://www.trybooking.com/QY) and print your own ticket, or you can still purchase tickets through the school, returning the attached form, with the correct money.

One last thing – please keep everything crossed for good weather! (In the event it is a complete disaster, we have the following week booked as a backup)

**Jane Dummer**

**BOOK  
NOW**

Bowral Public School P&C Association Inc

# **FIREWORKS NIGHT**

**GLOW  
PRODUCTS**

**Date** Friday, 15 May 2009

**Venue** Bowral Rugby Club,  
Eridge Park

**Time** 5pm–8pm

**Cost** \$25 (family pass) Prepaid at BPS *or* \$30 per car on the night;  
*Walking in:* Child \$5, Adults \$15

**Families are invited to purchase  
a prepaid ticket.**

**JUMPING  
CASTLE**

This will assist the organising committee in catering for the evening *and* SAVE YOU MONEY.

**HOT SOUP  
& ROLLS**

**Enquiries:** Bowral Public School  
jdummer@bigpond.net.au

ONLINE PREPAID TICKETS FOR FIREWORKS EVENING — FRIDAY, 15 MAY 2009  
[www.trybooking.com/QY](http://www.trybooking.com/QY)

**or** Please send the form below and money to the office by  
**Wednesday, 13 May, 2009.** Tickets will be delivered to your child's classroom.

PREPAID TICKETS FOR FIREWORKS EVENING — FRIDAY, 15 MAY 2009

Family Name:.....Phone:.....

Student Name:.....

Number of Adults:..... Number of Children:.....

**Prepaid:** \$25 per family. **Tickets on the night:** \$30 per car or walking in: Child \$5, Adults \$15

**Bowral Public School P&C Association Inc**