Regional Swimming - Armidale

Three MEPS Students represented with the North West Zone at the 2012 Regional Swimming Carnival in Armidale on Tuesday, 6th March 2012.

All students enjoyed the day and achieved personal best times and are to be congratulated for their outstanding efforts.

Darryl Sharpley is also congratulated on his result of second place in his 50m Freestyle heat.

The students competed in the following events:
- **Jordan McKenzie** - 11 years Girls 50m Freestyle & 50m Backstroke
- **Darryl Sharpley** - 12 years Boys 50m Freestyle & 50m Breaststroke
- **Delta Swan** - All Age Girls 100m Freestyle

A huge thank you goes to Mrs Mel Hammond for transporting and supervising the students at this event.
Quote of the Week:
“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”
(Gordon B. Hinckley)

The next meeting of the MEPS Community Connections Group will be Thursday the 5th of April at 11.00am. The meeting will be followed by a ‘Men’s Lunch’ at 12.00pm.

School Survey for NSW Priority Schools Program
A huge thank you to all of the parents/caregivers who completed the Priority Schools Program survey. The program provides essential funding to the school and your co-operation with the process for securing the funding is greatly appreciated.

New England Conservatorium of Music – This Friday the 16th March, musicians from the New England Conservatorium of Music will again be conducting music workshops at MEPS. The students really enjoyed the workshops that were held last year. This year the musicians will be showcasing different instruments to further extend the students learning.

Homework Centre – Our Year 5 and 6 students kicked off the Homework Centre yesterday with a research session on the Netherlands and Turkey, their class countries for Harmony Day. Unfortunately our K-4 sessions have had to be postponed to next week (21st and 22nd March) due to a clash with staff professional development sessions.

Technology Camp – Twelve of our primary students have a wonderful opportunity to travel to Copeton Dam next week for a technology camp. The purpose of the camp is for students to present a specific point of view through the use of technology tools such as publisher.

Sport – On Monday 19th March, five girls and one boy will travel to Armidale for the Northern Region soccer trials.
On Tuesday 20th March, ten students will travel to Armidale for the Northern Region League trials and students will travel to Inverell for the Northern Region netball trials.

Until next time ...
Warm Regards

M McKave
Moree East Public School held their 5-Day Intensive Swimming Scheme on Monday 5th March 2012 to Friday 9th March 2012. All students enjoyed the activities, increased their development of swimming skills and water safety knowledge.

A huge thank you goes to the MEPS teaching staff and assistants for their participation, enthusiasm and organisation, which enabled this event to be an outstanding success for all participants.

All students should be congratulated and be proud of their efforts regarding behaviour and willingness to try their very best in achieving higher swimming skills.
Needing a ride please feel free to contact Lloyd on 67526038 / 0477 108 567

NSW AECG
Parent and Community Engagement Program (PaCE)

Community Meeting
Roy Thorne House
Conference Room
180 Greenbah road
Friday 16 March 2012

AGENDA

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<thead>
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<th>Time</th>
<th>Item</th>
<th>Presenter/s</th>
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<tr>
<td>10am</td>
<td>Registration</td>
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<td>Morning tea on arrival</td>
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<td>10.30am</td>
<td>Welcome to Country - Aboriginal Elder</td>
<td>Lloyd Munro</td>
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<td>Introductions</td>
<td>PaCE Project Officer</td>
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<td>• Introduction to PaCE Program and the</td>
<td>Lloyd Munro</td>
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<td>focus areas and directions</td>
<td>Megan Davis</td>
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<td>• Information about the AECG</td>
<td>PaCE Program Manager</td>
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<td>12.30pm</td>
<td>Lunch</td>
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<td>1.30pm</td>
<td>• Planning for workshops 2012</td>
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<tr>
<td>2.00pm</td>
<td>Evaluations and feedback</td>
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<tr>
<td>2.20 pm</td>
<td>Finish</td>
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The Netball season is due to commence on 28 April, 2012 and Moree & District Netball Association will be holding their registration days on the following dates:
- Saturday, 10 March, 2012 at Ron Harbourne Oval Netball Courts from 10am to 1pm
- Wednesday, 14 March, 2012 at Ron Harbourne Oval Netball Courts from 5.30pm to 7pm
- Saturday 17th March, 2012 outside Joblink Plus from 9am to 1pm
- Saturday 24th March, 2012 in Coles Complex from 9am to 1pm

Register on the first registration day to receive an early bird saving of $5 per registration, also introduce a new member and have them register with you to receive $10 off.

So come on down and register yourself individually or gather a team together and register as a team.

Registrations will NOT be taken without payment in full, this can be done by cash / cheque on the day or a cheque made payable to Moree & District Netball Association and sent, Attention Alison, P.O. Box 850, Moree NSW 2400 with registration forms.

Registrations can also be paid by Direct Deposit once again, please send an email for registration form and direct deposit details.

State Age Rep tryouts will be held on Wednesday 7th March, at 6pm and Saturday 10th March at 10am at Ron Harbourne Oval Netball Courts for girls aged between 11 and 15 years.

For more information please contact Tina on 0428 626 936 or check out our Facebook page.

Moree & District Netball Association will also be holding a Foundation Coaching Course on the 31st March, 2012 and a Level 1 Umpires Course on the 5th May, 2012.

Anyone interested in attending these courses please contact Alison or register your interest via email.

For more information please email moreenetball@hotmail.com or call Alison on 0427 539 240.

You can also like us on Facebook to keep up to date with the latest information and what’s
Click on LIKE to follow our MEPS Facebook
KIARA SMITH 1ST

JERMAINE SMITH 4TH

PETER DUNCAN 8TH
JACK ROBERTS 8TH

BRENDA DUNCAN 9TH

MALACHI GILLON 26TH
Up Close and Personal
With Melissa Tighe ...

MY FAMILY: Mum, Dad, 4 brothers and Me
WHERE I GREW UP: Moree
WHAT CLASS I AM IN: Year 6-12

PERSONAL INTERESTS:
- FAVOURITE MOVIE: Boy
- FAVOURITE SPORT: Netball
- FAVOURITE HOBBY: Spending time with my family
- FAVOURITE PETS: Fish
- FAVOURITE FOOTBALL TEAM: Dragons

WHAT I WOULD LIKE TO DO WHEN I LEAVE SCHOOL:
Go to College

Please Join Us At
Kareunga Kitchen
Moree East Public School
For a Men’s Luncheon
12.00 Noon—5th April, 2012
Moree Junior Rugby Club
Registration Dates
Saturday 17th and 24th March, 2012
At Ron Harborne Oval
From 4.00pm—6.00pm
Ages 5-16 years
5 year olds must be attending school
Cost $50.00 per player
Shinpads and shorts available for sale

Moree Hockey Association
Moree Hockey Association will be holding its Annual General Meeting
on Monday 19th March 2012 at 6:00pm at the Moree Golf Club.
All interested players/parents are welcome to attend.
For any enquiries please phone Helen 0427522827.

Moree Junior Soccer Club
Registration Days
Saturday 17th and 24th March, 2012
At Ron Harborne Oval
From 10.00am—12.00pm
Ages 5-16 years
5 year olds must be attending school
Cost $110.00 per player
Shinpads and shorts available for sale

It’s Rugby Time Again
Moree Junior Rugby Club will be having their first sign on date
on the 8th March 2012 from 4 to 6pm at the Weebolla Oval.
Consecutive sign on dates will be the 15th & 22nd of March.
Registration fees are only $50.
Training will start on the 15th March and will run from 4pm to 6pm.
Please bring mouth guards & water bottles.
Age divisions will be U6, U8, U10, U12 & U14.
All are welcome. Rugby is the sport for everyone.
For further information please contact Bronwyn on 67937477
What is Physical Culture (Physie)?
- A series of low impact exercises in dance form, choreographed to current music. The routines learnt throughout the year include:
  - Marching and Deportment
  - Exercises
  - Rhythm and Breathing
  - Dance

Benefits of Physical Culture
- Improves posture, balance and breathing.
- No pressure to achieve “results”. Each student can set their own goals and go at their own pace.
- Great for improving self esteem.
- Exceptional value for money.
- Most importantly its fun!

Competitions
- At the end of term 3 we hold our annual competitions. The first is the Interclub Competition, in this competition students compete in team events and individually in “Champion Girl”. The second is the Club Competition; students compete individually against other students from their own club. Every student will get a badge and certificate and most importantly it is completely optional whether students want to compete or not and there are no extra charges for competing.

Age Groups, Times & Cost
- Preschoolers 3-4yrs 4:30-5pm
- Tiny Tots 5-7yrs 5:00-5:45pm
- Teeny Boppers 8-12yrs 5:45-6:30pm
- Teenagers 13-15yrs 6:30-7:15pm
- Ladies 7:15-8pm
- Seniors 16yrs & over 8pm-8:45pm

$5 per week and there is also a one off $40.00 registration to cover insurance and APRA.

Held at Moree East Public School Hall on Thursdays during school terms. Contact Amy Willis on 0400669247, Amanda Williams on 0429 631 506 or Karen Moxey on 0429 344 931
Classes also held in Warialda & Inverell
"You Can Do It" is the social skills program used at Moree East Public School. The program focuses on 5 Keys to success – Organisation, Confidence, Persistence, Getting Along and Resilience.

This week’s focus is ORGANISATION

**Organisation**
Being organised means:
- Making sure I understand my teacher’s instructions before I begin work
- Keeping a neat desk and school bag
- Having all my school supplies ready
- Planning when I’m going to do my homework so I have enough time

**Confidence**
Being Confident means:
- Trying something new
- Doing hard things without asking for help
- Sharing new ideas with my teacher
- Talking to someone new
- Standing up tall
- Speaking with a clear voice

**Persistence**
Being Persistent means:
- Trying hard and not giving up
- Not letting others distract me from my work
- Checking that my work is correct
- Finishing my class work and homework on time

**Getting Along**
Getting Along with others involves:
- Following classroom rules
- Solving conflict peacefully
- Listening and not interrupting when someone is speaking
- Working well with my classmates
- Volunteering for jobs

**Resilience**
Being Resilient means:
- Staying calm
- Not losing my cool
- Not getting extremely worried, angry or down
- Calming down quickly
- Not fighting when upset
- Bouncing back
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<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tr>
<td>3 February</td>
<td>6 Students Return</td>
<td>7 Swimming Carnival - Kindergarten Begin</td>
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<td>4 February</td>
<td>13</td>
<td>14 MEPS CC Meeting 10.00am Community Room</td>
<td>15</td>
<td>16 AECG Carol Avenue 11.00am</td>
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<td>5 February</td>
<td>20</td>
<td>21 Mens Breakfast 9.00am</td>
<td>22 Welcome Back to School Picnic</td>
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<td>24 McKechnie Shield</td>
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<td>6 February</td>
<td>27</td>
<td>28</td>
<td>29 Parent Workshop Ladies Craft Soccer/Netball/ Rugby Trials</td>
<td>30 CAPERS Rehearsal</td>
<td>31 Clean Up Australia Day</td>
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<td>7 March</td>
<td>5 Learn To Swim</td>
<td>6 Learn To Swim</td>
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<tr>
<td><strong>LEARN TO SWIM PROGRAM</strong></td>
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<td>8 March</td>
<td>12 League Trials</td>
<td>13 MEPS CC Meeting 10.00am</td>
<td>14</td>
<td>15 AECG MPS 11.00am</td>
<td>16 NECOM Visit</td>
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<tr>
<td>9 March</td>
<td>19 Northern Soccer Trials</td>
<td>20 Northern League Trials</td>
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<td>22 Technology Camp</td>
<td>23 Technology Camp</td>
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<tr>
<td>10 March</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29 Final N/W League Trials</td>
<td>30 Final N/W Soccer Trials</td>
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<tr>
<td>11 April</td>
<td>2 Zone Touch Trials</td>
<td>3 Visiting Show</td>
<td>4</td>
<td>5 K-2 Easter Parade 2pm</td>
<td>Good Friday</td>
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