As part of the Personal Development, Health and Physical Education Curriculum Moree East Public School students from classes 3-6 are now participating in a PCYC Friday Sport Program!

Our first day was Friday 17th February 2012, and all students reported that, ‘they had the very best time and are looking forward to returning each week!’

Every Friday for Term 1, students will be concentrating on developing skills in footsal, netball, basketball, squash, table tennis, badminton and cricket.

Our health unit will explore the effects and differences individuals can make on communities. Students can see that the PCYC is a great example of helping out in the community, as they were the Evacuation Centre during our recent floods.

Standing with style from left Sam Ronan, Raymond Heaton, Melissa Tighe, Lahkeisha Cook, Kevin Carr and Tayhla Craigie-Duke.
Quote for the Week:
“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”

(David Brinkley)

The next meeting of the MEPS Community Connections Group will be Tuesday the 13th of March at 10.00am.

Welcome Back Picnic - It was lovely to see and chat to many of our families this afternoon at our ‘Welcome Back’ Picnic. I hope you all got a chance to chat with your child’s teacher and meet some of the staff. We look forward to building a stronger partnership with our families this year and plan to hold more social events where we can get to know each other and work together to improve our student’s learning outcomes.

School Uniform – I am extremely pleased and proud to see almost all of our students in the correct school uniform. When the students are dressed in their uniform it tells people that they are proud to be part of the team at MEPS. We will be running a competition between the classes this year to see which class regularly has the most people in uniform each week but I have to say there could be more than one winner each week if things continue the same as they have for the first three weeks.

Just a reminder to parents wishing to purchase uniforms, the uniform shop is open on Tuesday mornings from 9.30a.m. Centapay is also available to assist with uniform purchases.

Attendance – When children are absent from school an explanation needs to be provided, either in writing or by phone. If you are sending a note regarding an absence, please ensure it is signed and includes the date and reason for the absence.

Late arrivals to school – Parents are requested to make every effort to get their child to school by 8.50am so that they don’t miss out on key learning time, however, we understand that from time to time being late is unavoidable. If your child arrives between 8.50 - 9.00am they need to go directly to class. If your child arrives after 9.00am they are required to report to the office as class rolls are sent to the office at this time.

Medications – At times it is necessary for students to take medication such as antibiotics during school hours. In these cases the medication must be left at the front office with a signed note stating the reason for the medication, the time it is to be taken and the dosage. At the required time the student will need to come to the office the take the medication.

Clear guidelines have been set by the Department of Education and Training with regards to the administration of on-going medication. Parents are required to make an appointment with the Principal or Executive staff to discuss the medication and the process involved for administering it.

Education Tax Refund 2012 - The education tax refund scheme allows eligible parents and caregivers the opportunity to claim a 50% refund on a range of school expenses such as school uniforms. For the 2011-2012 financial year you may be eligible for the following:

Primary Students – you can claim a maximum of $818 per primary aged child and receive a refund of up to $409.

Secondary Students - you can claim a maximum of $1636 per primary aged child and receive a refund of up to $818.

Items you can claim - school approved uniforms (including hats, shoes & sports uniforms) purchased after June 30th 2011.
- home computers and laptops used by the students for school purposes
- computer related equipment used for school purposes, such as printers & USB drives
- home internet connection
- educational computer software
- school textbooks and other printed learning materials
- prescribed trade tools for secondary trade school courses

Until next time ...
Warm Regards

[Signature]
Referral to School Executive

Referral to school executive:
Students referred to executive following classroom management strategies being unsuccessful, will require a behaviour referral slip from the teacher.

- Counsel and reinforce acceptable class behaviour.
- Support teacher to impose appropriate consequences.
- Determine further appropriate follow up in consultation with teacher eg. parent contact, mediation.
- Plan to encourage positive pupil behaviour, to remain calm and be proactive.
- May place student on a level.

### School level system

**All students begin on Green level**

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#### Blue Level

**Students on Blue level**

- Will have parents/carers contacted about concerns.
- Class teacher to monitor.
- Any further referrals over the 5 days students will be placed on Purple level.

**Students will be on Blue level until they have completed 5 days of appropriate behaviour.**
**Students on Blue level may still receive merit certificates.**

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#### Purple Level

**Students on Purple level**

- May not participate in extra curricular activities outside the school.
- Will be placed on restricted playground access. Required to sit on purple seats in the playground.
- Will have parent/carer contacted.
- Will be referred to the Learning Support Team.

**Students will be on Purple level until they have completed 6 days of appropriate behaviour.**
**Students placed on Purple level will have restricted access to reward times.**

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#### Red Level

**Students on Red level**

- May not participate in extra curricular activities inside or outside the school.
- May be required to participate in the Keys Room Programs as determined by the Executive.
- Will be placed on a behaviour monitoring card.
- Will be removed from the playground.
- Will have parent/carer contacted for an interview.
- Will be referred to the Learning Support Team.

**Students will be on Red level until they have completed 10 days of appropriate behaviour, or earned 40 points as measured by the behaviour monitoring card.**
**Students will then move to the Purple level.**
**Students placed on Red level will have no access to reward times.**

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The Principal may suspend or expel a child from the school in accordance with Departmental Policy outlined in “Suspension and Expulsion of School Students Procedures”.
Class 6-12 Awards

✦ PRINCIPAL AWARD
  Elizabeth Green
  Outstanding Attitude Towards Schooling

✦ PRINCIPAL AWARD
  Haylei Washington
  Outstanding Efforts in Recount Writing

✦ WEEKLY AWARD
  Elizabeth Green
  Leadership in Drumbeat Activities

✦ WEEKLY AWARD
  Lahkeisha Cook
  Outstanding Attitude Towards Drumbeat Lessons
Up Close and Personal With Raymond Heaton ...

MY FAMILY: Mum and Dad
WHERE I GREW UP: Moree
WHAT CLASS I AM IN: Year 6

PERSONAL INTERESTS:
- FAVOURITE MOVIE: Predator
- FAVOURITE SPORT: Football
- FAVOURITE HOBBY: Video Games
- FAVOURITE PETS: Dog “Scotty”
- FAVOURITE FOOTBALL TEAM: Titans
WHAT I WOULD LIKE TO DO WHEN I LEAVE SCHOOL: Be in Game Development

MAXX Club

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<thead>
<tr>
<th>Friday, Feb. 10th</th>
<th>Friday, Feb. 17th</th>
<th>Friday, Feb. 24th</th>
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<tr>
<td>Too Cool For School</td>
<td>What Were You Thinking?</td>
<td>Are You Even Listening?</td>
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Maxx Club runs from 5pm—7pm on a Friday evening. It is for kids aged 7—12 and a bus service will be available for you but has limited seating so if you are not registered for the bus service then you may need to arrange your own transport. The night will consist of games, activities and a lesson all based around a particular theme for the evening. You will also receive a meal before leaving. There is no cost, however a gold coin donation is encouraged. It will be held at 114 Anne Street in the Salvation Army building. We hope to see you there. Are you ready for Maxx Club?

For more information call Kyle Johnson on 6751-1687 or email kyle.johnson@aus.salvationarmy.org
It’s easy to fall back on the same tried and tested school lunches, but why not try something new, tasty, easy and healthy?

Quick and scrumptious school lunchbox ideas are available at School A to Z (www.schoolatoz.nsw.edu.au/wellbeing/food/recipes) and the Heart Foundation, www.heartfoundation.org.au/recipes which also offers a wealth of information about maintaining a healthy body weight and, of course, heart health.

Getting off to a Great Start

Check out the new School A to Z webcast which features an expert panel answering the most common questions parents have about how they can best support their children at school. Four video chapters cover doing well in class, social life, behaviour and technology. Watch the videos and contribute questions: www.schoolatoz.nsw.edu.au/wellbeing/development/getting-off-to-a-good-start

Bullying Advice

Schools have a zero tolerance of bullying, but with mobile devices such as phones and laptops, bullying can follow children past the school playground. Get the lowdown on bullying from School A to Z: the signs to look for, what to do if your child is being bullied and how you can help your child. There are expert articles to read and videos to watch. www.schoolatoz.nsw.edu.au/wellbeing/behaviour

PCYC – YOUTH ACTIVITIES

- Tuesday 6.30 pm - Karate 5 yrs - Open Age
- Tuesday & Thursday 6.30 pm - Running Club - Beginners to Experienced Runners Welcome
- Wednesday 4.00 pm - 5.30 pm – Circus Trix – 5 yrs - 17 yrs
- Thursday 24 November 4.00 pm - 5.30 pm - Gymnastics 5 yrs - 17 yrs
  Basketball & Futsal starting soon
  Games Room Open

HEAD LICE

The problem with Head Lice in children’s hair has come to our notice again.
Unfortunately, school is a very obvious place for the problem to spread, but we do the best we can to prevent it.

When students have the Head Lice problem you are required to treat your child’s hair.
Below is a natural recipe to help with this problem.
Your support in this matter will be very much appreciated.

NATURAL RECIPE FOR CONTROL OF HEAD LICE
15mls of Tea Tree Oil mixed with your normal shampoo.
Wash hair with mixture and leave on for 10 minutes
Repeat after 10 days.
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**

**PERSISTENCE**

**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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<td>Students Return</td>
<td>Swimming Carnival -</td>
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<td>Week 8</td>
<td>League Trials</td>
<td>MEPS CC Meeting</td>
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<td>AECG MPS 11.00am</td>
<td>NECOM Visit</td>
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<td>Week 11</td>
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<td>Visiting Show</td>
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<td>K-2 Easter Parade 2pm</td>
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