The McKechnie Shield was a very successful day and as the above photos show, there was a lot of great sportsmanship and fun throughout the day.

**Full story on page 3.**
Quote for the Week:
“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”
(Colin Powell)

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

School Survey for NSW Priority Schools Program - The Priority Schools Program provides essential funding to schools that are eligible. Every four years the government decides which schools are eligible by surveying our families. On Monday 5th March parents/carers will be asked to fill out a one-page survey so that MEPS can once again receive the much needed funding. Mr Warren Saunders will be visiting homes on Monday to deliver the surveys and provide assistance if required.

Once you have completed your survey you just need to seal it in the envelope, write your child’s name on the tear off tab and send it back to school. Surveys are completely confidential and will not be opened by the school. The only reason for putting your child’s name on it is so the school can keep a record of who has returned their survey.

If you have high school aged students you will also receive a survey from the high school – please fill out and return BOTH surveys.

Surveys must be returned by Friday 9th March. Thank you in advance for your support.

ALL STUDENTS WHO RETURN THEIR SURVEYS WILL RECEIVE A PRIZE!!

Year 7 Expression of Interest 2013 – Thankyou to the families of the Year 6 students who have already returned the Year 7 Expression of Interest 2013 forms to the school. If you have a child in Year 6 and have not completed the form please do so as soon as possible and return it to the school. Replacement forms are available at the front office if you need another one.

Learn to Swim – After many issues with times and dates last year we are finally pleased to say that the Intensive Swimming program will definitely be going ahead next week. Permission notes are due back at school no later than Friday 2nd March. Thankyou to all the families that have returned signed permission notes already.

Clean up Australia Day – As we do every year, MEPS students will be doing their bit for Clean Up Australia day on Friday the 2nd of March by cleaning up the school grounds and the footpaths that border the school.

At MEPS we feel it is very important that the children learn to respect our environment and keep it free of rubbish that is harmful to our animals, makes our town an eye sore and spreads germs and disease.

Until next time ...
Warm Regards

M McKaev
2012 McKechnie Shield Swimming Carnival
On Friday 24th February 2012, 8 students from Moree East Public School travelled to Moree Spa Baths to successfully participate in the McKechnie Shield Swimming Carnival.

All students, staff, parents and friends enjoyed watching the MEPS competitors as they continuously performed personal best times and often displayed great sportsmanship towards their opponents.

A big thankyou must go to Sophie Coleman from North Star Public School who due to illness, filled in at the last minute as a member for our Senior Girls Relay Team!

The following is the final results from what can only be described as a wonderful day!

Open Boys 100m Freestyle: Izayah Swan 3rd in Heat 1
Open Girls 100m Freestyle: Delta Swan 6th in Final
10 years Boys 50m Freestyle: Mark Pegus 6th in Final, Branden Barker 9th in Final
11 years Girls 50m Freestyle: Jordan McKenzie 3rd in Final, Melissa Tighe 10th in Final
12 years Boys 50m Freestyle: Darryl Sharpley 1st in Heat 1
Junior Boys 50m Breaststroke: Mark Pegus 5th in Final
11 years Girls 50m Breaststroke: Jordan McKenzie 1st and Delta Swan 2nd in Heat 1
Senior Boys 50m Breaststroke: Darryl Sharpley 6th in Final
Junior Boys 50m Backstroke: Branden Barker 1st in Heat 3 and Mark Pegus 3rd in Heat 1
11 years Girls 50m Backstroke: Jordan McKenzie 1st and Delta Swan 3rd in Heat 1
Junior Boys 50m Butterfly: Branden Barker 3rd in Heat 1
11 years Girls 50m Butterfly: Delta Swan 6th in Final
Senior Boys Butterfly: Darryl Sharpley 5th in Heat 1
Senior Girls 4 x 50m Relay: 4th Place

The life guards also enjoyed the day and voted Moree East Public School’s area as the cleanest at the carnival! Everyone should be congratulated on an outstanding effort!

Ms Edge
Swimming Co-ordinator
MY FAMILY: Mum, Dad, 1 brother, 3 sisters
WHERE I GREW UP: Moree
WHAT CLASS I AM IN: Year 6-12

PERSONAL INTERESTS:
• FAVOURITE MOVIE: Honey 2
• FAVOURITE SPORT: Netball
• FAVOURITE HOBBY: Maths
• FAVOURITE PETS: Dog and Cat
• FAVOURITE FOOTBALL TEAM: Tigers
WHAT I WOULD LIKE TO DO WHEN I LEAVE SCHOOL: Go to College

MAXX Club

<table>
<thead>
<tr>
<th>Friday, Feb. 10th</th>
<th>Friday, Feb. 17th</th>
<th>Friday, Feb. 24th</th>
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</thead>
<tbody>
<tr>
<td>Too Cool For School</td>
<td>What Were You Thinking?</td>
<td>Are You Even Listening?</td>
</tr>
</tbody>
</table>

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
International Women’s Day 2012
March 8 is International Women's Day (IWD), a global event that celebrates the economic, political and social achievements of women past and present. This year the theme is: Connecting Girls, Inspiring Futures. For events around Australia including talks, exhibitions, concerts and fundraisers, go to: www.internationalwomensday.com.

Kids Health Website
The Children’s Hospital at Westmead’s Kids Health website contains a wide range of fact sheets covering many different children's health topics, all written in easy to understand language for parents and children. The aim of the Kids Health unit is to keep kids healthy, safe and out of hospital. The unit also has a bookshop and lending library located on level 2 of the hospital. Enquiries call 9845 3585 (9am-4pm Mon to Fri). http://kidhealth.chw.edu.au/
There are expert articles to read and videos to watch. www.schoolatoz.nsw.edu.au/wellbeing/behaviour

MOREE DISTRICT NETBALL ASSOCIATION
Are holding State Age Rep tryouts for ages 11-15yrs.
It will be at Ron Harbourne Oval netball courts at 6pm Wednesday 29th February and Wednesday 7th March.
Information can be gathered by calling Tina Macey 0428 626 936 or LIKE us on Facebook.

HAPPY BIRTHDAY
MARCH
KIARA SMITH 1ST
JERMAINE SMITH 4TH
PETER DUNCAN 8TH
JACK ROBERTS 8TH
BRENDA DUNCAN 9TH
MALACHI GILLON 26TH
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"

"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 **GETTING ALONG**

**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
<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Week  3 February</td>
<td>6  ● Students Return</td>
<td>7  ● Swimming Carnival - Kindergarten Begin</td>
<td>8</td>
<td>9</td>
<td>10</td>
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<tr>
<td>Week  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>
<td>17</td>
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<tr>
<td>Week  5 February</td>
<td>20</td>
<td>21  ● Mens Breakfast 9.00am</td>
<td>22  ● Welcome Back to School Picnic</td>
<td>23</td>
<td>24  ● McKechnie Shield</td>
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<tr>
<td>Week  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>Week  7 March</td>
<td>5  ● Learn To Swim</td>
<td>6  ● Learn To Swim</td>
<td>7  ● Learn To Swim</td>
<td>8  ● Learn To Swim</td>
<td>9  ● Learn To Swim</td>
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<tr>
<td>LEARN TO SWIM PROGRAM</td>
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<td>Week  8 March</td>
<td>12</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>Week  9 March</td>
<td>19  ● Northern Soccer Trials</td>
<td>20</td>
<td>21</td>
<td>22  ● Technology Camp</td>
<td>23  ● Technology Camp</td>
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<tr>
<td>Week 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>Week 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>6  ● Good Friday</td>
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