2015 Swimming Carnival

Swimming carnival was great fun.

One swimmer got a good head start.

Riley supporting his House.
Dear Parents and Students,

**Milton Show**

The Milton Show is on Friday 20th February 2015. Kindergarten, Year 1 and Year 2 classes have been invited to participate in an educational visit to the show. This is an opportunity for children to investigate our community’s customs and rural events. We highly recommend their participation. Children are currently creating their class show posters as well as being involved in a range of activities that will be on display.

**Due to large crowds expected at the show the safety of all children is of paramount importance. Therefore while children are at the show each child will need to be in the care of a parent, relative or minder during the event.**

A permission note has been handed out to children and must be returned to their teacher as soon as possible. If you have lost your note please go to the office and collect a new one. The note provides details about pick up times, and events. Please note your child will receive a free entry school pass which is only valid on the Friday.

If you are organising for your child in Primary to attend the Show with their siblings in K-2 please note, their teacher will also need written permission for them to attend the show.

**Crunch and Sip**

Crunch and Sip is a health program that we run in our school. It aims to encourage fruit and vegetable snacking and drinking water. It is a simple program and very easy to implement.

The idea is that children bring to school a piece of fruit (or vegetable) to snack on at about 10.30. This is NOT an extra recess break. The children simply go to their bags, take the fruit back to their table and keep working on their school work.

The children should bring in food like bananas, mandarins, berries, chopped melon, fresh vegetables (eg celery, carrot etc) The children should not bring in juicy fruit as it can lead to messy books, hands and floor.

All the scraps are composted as an added benefit as this teaches the children about recycling.

Food not allowed includes fruit sticks, cakes, biscuits nuts, canned fruits, bread, popcorn, chips etc.

The research indicates that refuelling the body and mind is good for student learning. We hope that you can support this important program.

PS The Golf Club also support healthy eating at UPS by providing $50 a week worth of fresh fruit. Children can get this from the canteen before school starts.

**Swimming Carnival**

Thank you to all the volunteers of the Ulladulla Swim Club and parent volunteers who were indispensable in the successful running of this year’s swimming carnival last Friday.

Thank you to all the teachers, particularly Mr Buckley, the carnival organiser, and students who attended and participated at the Carnival. Thanks also to the staff of the Ulladulla Leisure Centre for the assistance and support on the day.

Ribbons were presented to Stage 3 students this Wednesday. Weather permitting, Stage 2 students being presented with their ribbons on Friday. The Age Champions’ trophies will be presented at the first Primary Assembly on the Friday, Week 4 of this term.

**2015 ANZAC 100 for 100**

This year is very special in regards to commemorating ANZAC. It is the 100th anniversary of this momentous occasion. This year ANZAC Day falls on the Saturday of the end of week 1 in term 2 (which is obviously not in the school holidays).

I am committed to getting 100 students to march at Milton on the day. We usually only have about 20 students march but I think this would be a wonderful opportunity for our school to get behind the ANZAC spirit.

I will put out more details later in the term.

Paul Woodcock
PRINCIPAL
Snack Shack News

CANTEEN ROSTER Term 1 Week 4
IF YOU ARE UNABLE TO DO CANTEEN, PLEASE CONTACT JENNY SHEATHER ON 4455 5776.
THIS WOULD BE MUCH APPRECIATED. THANK YOU.
Please Note: Canteen looking for volunteers to help once a month. Anyone able to help out, please see Jenny in the canteen.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>16th February</td>
<td>17th February</td>
<td>18th February</td>
<td>19th February</td>
<td>20th February</td>
</tr>
<tr>
<td>Shireen Nichols</td>
<td>Debbie Phillips</td>
<td>Angela Colusso</td>
<td>Lisa Fato</td>
<td>Melinda Tull</td>
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<tr>
<td></td>
<td>Kathy Bianco</td>
<td>Julianne Croker</td>
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<td>Jane Gilkes</td>
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2015 Swimming Carnival
This year's Currawongs have won the Carnival with 242 points. Second was Sea Hawks on 232, third was Kookaburra on 229 and Sea Gulls 225 came fourth.
Congratulations to all students who participated.
Age Champions: GIRLS BOYS
8 year Tahlia N/A
9 year Kara Sascha
10 year Kiara Kooper
11 year Caitlyn Jake
12 year Ebony Liam

Recognition of Excellence – Week 3

<table>
<thead>
<tr>
<th>Kindy</th>
<th>Coralie KCH Excellence in settling into Kindergarten.</th>
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<tbody>
<tr>
<td>Year 1</td>
<td>Finn 1R Excellence in number work.</td>
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<tr>
<td>Year 2</td>
<td>Harry 2BR Outstanding work ethic in all subject areas.</td>
</tr>
<tr>
<td>Year 3</td>
<td>Brooke 3N Outstanding positive attitude towards all areas of school.</td>
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<tr>
<td>Year 4</td>
<td>Summer 4S Outstanding attitude to start the year.</td>
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<tr>
<td>Year 5</td>
<td>Brianna 5B Positive participation and enthusiasm.</td>
</tr>
<tr>
<td>Year 6</td>
<td>Ebony 6S Outstanding independent work habits.</td>
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</table>
Attention All Year 6 students and parents.

Mrs Sunderland is organising the 2015 Year 6 Graduation shirts. Shirts will cost $30. A note will be coming home this week regarding sizes and number of shirts needed. Final date for orders is Friday, February 20, 2015. All orders need to be returned to Mrs Sunderland and NOT THE OFFICE.

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Lana – 2009 World Games Gold medalist.
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Parent Tips

Jargon buster
Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA’s? This list of common abbreviations or terms will help you to become familiar with the world inside school.

Avoiding injuries
Have you ever wondered if your child may be suffering physically from using a computer for schoolwork? Or if carrying their school bag may be causing them pain?

Maths questions
Are you in search of an educational game to sharpen your child’s maths skills and recall? Maths Monkey’s Quest features maths questions on topics ranging from addition and subtraction to ratios and percentages. It’s aimed at children from Years 3 to 8.

Helping your child with homework
How do you help your child while allowing them to develop independence? Teachers talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.