Peel Valley Swimming Carnival
Our seven representatives had a great day! Congratulations to Samantha O’Neill, Shaynelle Mangan, Miriam Cooper, Mikaela Bridge, Shyan Donachiue, Harrison Bracken and Patrick Bracken. Samantha received the 12 year old Girl champion award and Shaynelle, received the 11 year old girl champion award. There were lots of ribbons won by our students and we were very excited that Dungowan PS received the Champion School of the Day (again)! Photos on page 2.

Life Education Van & Healthy Harold
We had a special treat yesterday with a visit from the Life Ed Van and their mascot, Healthy Harold the giraffe. Photos on page 3. Mrs Hubble’s class learned about safety signs and ways to keep our bodies healthy. The Stage 2 students (Years 3 & 4) looked at healthy eating, bullying and some medications. The stage 3 students (Years 5 & 6) discussed drugs and alcohol; the importance of making healthy decisions; and cyber safety.

Feed bags needed please
If anyone has some old feedbags they are willing to donate, we need lots for our 2016 herb garden project, which is being led by Mrs Cooper. We are filling the bags with dirt and then building a snail shaped garden... yes, it is an interesting and creative undertaking... we look forward to seeing the finished product next term!

Canberra Excursion – Years 5 & 6
As mentioned in a previous newsletter, the small schools’ Canberra excursion is on this year. A note will be sent home and a firm commitment, with deposit, is necessary soon to start our booking procedures. Thanks to Tintinhull Public School for organising this on behalf of all the participants. It is a valuable excursion educationally and for many reasons, it is one that students usually remember for many years.

Year 6 shirts
Thanks to Mrs Wilshire who has been sourcing the special Year 6 shirts and working with the Year 6 students in selecting a design. A separate note went home earlier this week and shirts will be ordered before Easter.

Merydyth Raue – Principal
Our Peel Valley Swimming Carnival representatives - CHAMPION SCHOOL AGAIN!

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Time to party again at Niangala’s 28th Annual Prawn & Chicken Night
Saturday 27 February 2016
Niangala Hall, 7pm
$45pp BYO

Enjoy a delicious meal, good company then dance the night away

Please RSVP by 20 February

Call Brazel 67692335
Andy McCormack 67776568
**Good for Kids good for life**

**BENEFITS OF TEAM SPORTS**

Participation in team sports is a great way to increase your child's physical activity. But did you know there are a number of other benefits to team sports, including:

- Teaching children skills in teamwork
- Increasing communication skills
- Helping children gain confidence through interaction with other kids
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly having fun!

There are many different team sports to choose from such as soccer, netball, touch football and hockey. Why not see what team sports are available at your school or in the community for your child to participate in?

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**Bus Contacts (Repeat Notice)**

For any urgent matters regarding transport, you are able to contact Mark Campbell (owner/driver) on 0427 541225 & John McDonald AKA Mr Mac (driver) on 67642366.

In case of emergency, they can also be contacted on their radio - Channel 23.

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**Garden News**

**Produce ready to pick:** Cherry tomatoes, silverbeet, grapes

**Purchasing produce:** the students will be selling veggie bags for $1 on Fridays.

Each veggie bag will include a selection of fruits and vegetables that are currently in season eg some cherry tomatoes and some spinach or lettuce leaves. Perfect to add to a night’s meal!

Students will still have the opportunity to taste and try the yummy produce during school days.

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**Healthy News**

Did you know that prunes are dried plums? For a healthy snack, choose plums over prunes as they have less concentrated sugar – they are at their best over February & March.

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**You Can Do It!**

The students have been revising habits of a good learner and have related these habits to the five ‘You Can Do It’ keys of:

- Resilience: bouncing back when bad things happen
- Confidence: having a go even when I am worried, nervous or scared
- Persistence: ‘Putting on my hard yakka pants’ and not giving up on hard tasks
- Organisation: ‘Pow! Do it now’, being in the right place at the right time
- Getting Along: Sharing, taking turns, using our words when we have a problem and listening to other people’s point of view.

Parents can encourage the ‘You Can Do It’ principles at home by using some of the above phrases.
Resilient Kids

An Australian Government Initiative

Resilient kids is a 5 week program for children aged 9 to 11 years old.

The program aims to:
- develop resilience
- increase ability to cope
- provide opportunities for self-expression
- enhance kids communication abilities
- increase feelings of isolation
- reduce skills to cope with change

RSVP: Marie SL, TAMWORTH
WHERE: Centacare NENW
WHEN: 5 Mondays
WHERE: 22nd & 29th February 7th, 14th, 21st & 28th March 2016
TIME: 3:30 - 5:00pm

I Am Important
(a kids self-esteem program)

A FREE 2 week self-esteem program for children aged 10 to 12 years.
Self-esteem can affect our happiness, our performance in tasks, how we interact with others and our quality of life.

I am Important is a self-esteem program which looks at:
- What self-esteem is
- The role that self-esteem plays in a person’s life
- Ways to develop self-esteem

I am Important also includes components on feelings, resilience and problem solving.

WHEN: two Thursdays
3rd & 10th March 2016
TIME: 3:30pm—5.00pm

For more information or to register your child, contact the Family Rural Resilience Program at Centacare NENW on 67629200.