ATHLETIC SPORTS SUCCESS
Congratulations to the whole school community.

What a team effort at the sports!
All students participated and tried their best at both individual and team events. All students were successful in a morning event. Feedback from teachers and staff from other schools was extremely positive. Nilma students participated well and had excellent behaviour all day! Well Done Kids!

An added Bonus — we came equal first with Darnum in the afternoon team sports! Great Effort!

Staff worked tirelessly all day and had well earned rest! Finally parents who coordinated and worked so hard in the Canteen on the day — need a BIG HUGE thank you. The hot weather and cramped conditions were challenging in the canteen - parents worked well as a team in the trying conditions. For this we are very thankful.

Some parents who offered services on the day — and were not able to assist as the venue was a bit tight! Thanks and we will be sure to call on you in the future.

It was also good to see so many parents watching the sports too! Go Nilma!

LAST DAY OF TERM
Students must be picked up from school at 1.15pm on Thursday 28th March. This is the last day of term for all students. Term 2 will resume on Monday 15th April. Newsletter will be published next Wednesday.

FARM WORLD EXCURSION
Our excursion to Farm World will be held tomorrow. Children are to be at Nilma Primary school by 8.45am and will be travelling by bus to and from Lardner Park, returning to Nilma PS by 3.15pm. Selected students will be travelling by car to and from Lardner Park.

Please do not forget LUNCH and snack in disposable bag with name on front — we will be storing these together in one area at Farm World. Students can bring drink bottle to carry around. Students may also bring up to $5.00 to buy something if parents agree. Hats a necessity!

PARENTS CLUB RAFFLE
The raffle tickets went out with the newsletter last week. Could parents please donate a gift for our raffle. All donations can be made at the office. More raffle tickets are available from the office if needed.

The raffle will be drawn on Thursday 28th March at 12.30pm.

Prize winners must collect raffle prizes on the day as chocolates cannot be kept at school during the holidays.

WINTER SPORT
Attached to the newsletter are Winter Sport permission forms. The Winter Sport program will be for grade 3 to 6 students. This program will begin on Friday 3rd May and will continue for 6 Fridays. Children will be taken to and from Burke St by bus every Friday and will return to school by 3.15pm. A copy of sports and associated costs will be available next term. There will be no cost for the bus for Winter Sport, but some sports may incur a small cost.

BRODIE EWEN
Hello, my name is Miss Ewen and I am excited about joining the Grade 4 class for term 2! I live locally in Buln Buln with my partner Ronnie and my 4 year old son, Callum. I have taught in many schools in the area and love teaching! When I am relaxing I love spending time with my family and friends. I love the outdoors! Any chance I get I go to the beach or bush walking. I love camping and on hot days I love swimming in rivers and lakes! I look forward to the opportunity to get to know all the students, teachers and school community next term!
R.E.A.L STUDENTS @ NILMA

Student of the Week Recognitions

Homegroup 1 / Prep
Aiden Smythe
For always coming to school with such great enthusiasm for learning. He has also been working very hard on becoming a good reader. Well done Aiden!

Homegroup 3/2
Kiara Perry
For your fantastic efforts with your persuasive writing piece on Sun Safety and your work on your spelling to get it right. well done!

Homegroup 4
Lachlan Axford
For your cheerful nature, sense of humour and willingness to do your best and try your hardest in all areas of your learning.

Homegroup 6/5
Harrison Perry
For having a positive attitude towards his learning and working really hard in class.

Happy Birthday
Shakira Kimm
Riley Kleeven

R.E.A.L STUDENTS @ NILMA

L.A.U.G.H

NIGHTLY READING

Recognition certificates

25 Nights
Kiandra Polglaze, Meg Devlin, Aiden Olsson
Jamie Garten, Andrew Burdett Riley Kleeven
Mitchell Gilmore

50 Nights
Astrid Smith, Dominic Johnstone-Witney
Kylie Griggs

R.E.A.L SPECIALIST

Awards

ARTS
- Jack Moss
- Daniel Axford
- Annwn Williams
- Bayley Gunton

SCIENCE
- Jordan Stone
- Dominic Johnstone-Witney
- Rose-Ann Scott
- Ella Perry

MARC VAN
- Mitchell Gilmore
- Bailey Dent
- Mckayla Lindsay
- Shelby McGrath
**Persuasive Writing**

You have got to be kidding me, I'm so upset and furious. Get off the couch and get registered for a sport now.

Signing up for a sport is the best way to keep kids strong, fit and healthy and if kids are healthy they feel better and also they live longer. They also have less medical bills which save money.

Kids also have less heart problems later on in life if they play sport. Also the American heart association says that children should participate in at least sixty minutes of moderate to vigorous physical activity every day.

You could also get a job in sport like a basketball or footy player even golfers make a lot of money and make millions of dollars a year which would last you a while. Then couch potato would have hardly any money and feel ashamed and guilty that they didn't get into sport when they were young.

There are lots of sports to choose from but Wii sport is not included. You can play football and soccer in the winter and cricket and softball in the summer. There are also sports like tennis and basketball that can be played all year round.

Playing sport makes you new friends which makes you feel happy and makes you want to go back again and again and who knows you might run into them at high school and even later on in life.

So hopefully with your help we can make Australia a better place so sign up for a sport now.

By Harrison

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**Sun Safety**

The sun is super dangerous for people. You should put sun block on a hot day. You should use sun safety.

Your eyes will get extremely burnt if you don't put sun cream on. You can use sun glasses.

You can get really sad when you go home because sunburn can hurt in the shower.

If you don't put sun cream on it can be extremely bad. You will get skin cancer.

You should put sun cream on otherwise sunburn can hurt and you can get skin cancer. So stay safe in the sun and get under cover.

By Kiara Perry

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**Homegroup Happenings!**

**I liked learning how to play Gold and Rubies. I played with Matilda. It was lots of fun.**

By Jade

**Today we cooked Zucchini Slice in Gardening, because it was raining.**

By Holly

**Tomorrow we are going on an excursion to Farmworld. I am looking forward to seeing animals and petting them.**

By Sheree

**I hope that there will be horses at Farmworld.**

By Chloe

**Yesterday I played Gold and Rubies with Aiden. He was a great partner to play with, except he kept rolling the wrong number.**

By Miss Watts

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**Last Friday was Sports Day. I came third in the 400 meter race and second in the Sprint. I came second in the Javelin throw and I came third in the Hurdles. I was in the Obstacle Course and the Relay in the team events.**

By Holly

**Last Friday at the sports track our school vs. other schools I saw my friends from another school. It was really fun and I wish I could replay it over and over again. Our school came first in a with a draw with Darnum which was the school my friends were in.**

By Rose-Ann Scott

**On sports day it was very hot and the events were tiring for a lot of kids. The best part of the day was when Nilma came equal first and Buln Buln came 2nd. Nilma rocks! Jamie Garten**

Finally! On the 15 March, 2013 we once beat Buln Buln P.S. on Sports Day! I was in the nine boys. First we did the Target Throw, then the Long Jump and the Hurdles in which I came third. Before recess we did the Shot Put which I like doing so I came first. After recess there was the Discus, Turbo Javelin, Distance run, the Sprint and then the team sports. I was in the three of them. Then they announced the winner and we came equal first with Darnum.

Anthony Scott

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**Perspective Writing**

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By Miss Watts
Thankyou to all parents who helped in the Canteen at the School Sports. The Parents Club raised approx. $500 for the school. Thankyou also to the parents who contributed before the day to organise food and shopping.

*Congratulations to Savanna Mauder for coming Third in the Championship race.*

**SCHOOL GARDENING PROGRAM**

- We planted some marigold seeds in pots. We put dirt in the pots. Teagan, Kiandra, Ella, Kiara.
- Today we dug up the holes for the chook pen. Olivia, Lane, Daniel, Mitch, Riley.
- I picked celery seeds. Arawn
- We had apple cucumbers. We cut them open, stepped on them and got the seeds out. We are rotting them so we can plant them next season. Bailey, Ashton, Aiden, Carolyn, Meg, Mitchell
- Bailey and I pick axed the garden near the office. We had to be careful of the gas tank and the concrete. Mitch, Teagan
- We weeded. It was boring because there were hardly any weeds. Riley
COMMUNITY ANNOUNCEMENTS

The following dates have been approved by Warragul Regional College School Council as Student Free Days for 2013.

Term 2 – Friday, 15\textsuperscript{th} June
Term 3 – Monday, 29\textsuperscript{th} July

Contract school buses will not run on these days.

Gladiators basketball club are looking for girls born in 2002 and 2003 to join our under 12 girls team for the winter season.

If you are interested in playing or require more information please contact the club at gladiatorsbasketball-club@dcsi.net.au or phone 0437451624.

Warragul Auskick
Sunday 21st April at 9.30 am
Logan Park (back of showground)
Register now at above website
No payment on day - online only
Pls bring printed receipt on day to receive backpack

Easter Festival
Warragul
20th April 2013

Civic Park Warragul
Free Fun Day

Our Easter gift to the community

Presents, activities, all are kids crafts
Face Painting, Heads more all for free
Something for everyone

The Churches of Warragul present

The 23rd March Warragul

FREE
FREE
FREE
What is GI?

- The Glycaemic Index (GI) is a measure of how quickly or slowly a carbohydrate food is broken down (digested) into glucose and absorbed into our bloodstream. This affects our blood glucose levels (BGLs).
- **High GI** foods are digested and absorbed quickly into our bloodstream, which raises (and then drops) our BGLs quickly.
- **Low GI** foods are digested and absorbed more slowly, which cause a slow rise in blood glucose levels over time and lasting energy. Low GI carbohydrate foods are recommended.
- Low GI snacks include low fat yoghurt, cheese and crackers, hardboiled eggs, fresh cut vegetables or oat bran muffins. These are great for school lunches.

Prepared by Clare Whitcombe – Community Dietitian


It includes recommendations from the new nutritional guidelines.

Prepared by Angela Greenall, Health Promotion Officer

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**Got a Snack Attack?**

**Give these a try:**
- Corn on the cob
- Plain homemade popcorn
- Jacket potato with baked beans
- Fruit
- Veggie Sticks with Salsa, yoghurt dip, or low fat cream cheese
- Ants on a log
- Fruit crumble
- Homemade fruit or vegetable based cakes or muffins
- Frozen yoghurt on a stick


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Australian guide to healthy eating: has just been updated – find out what’s changed for your family

A daily food selection guide based on the five food groups.

Find out more or go to [www.eatforhealth.gov.au/guidelines](http://www.eatforhealth.gov.au/guidelines)
**SCHOOL PROGRAMS**

**Premier’s Reading Challenge 2013**

This year our school will again be participating in the Premier’s Reading Challenge.

Students from year Prep to 6 are able to participate in the challenge which involves students reading a set number of books by 31st August. Last year approximately 60 students from Nilma successfully completed the challenge.

This year we expect **ALL** students to participate in the Challenge as part of our classroom reading and literature enrichment program. Year 3 - 6 will read a total of 15 books, at least 10 of which must be from the titles on the Challenge booklist and 5 of their own choice. Year Prep - 2 will read or “experience” 30 books with 20 or more coming from the Challenge list and the remaining can be their own choice. “Experiencing” a book for Prep - 2 can include a range of class or home activities such as sharing of a Big Book, shared reading at school and home, reading along with a text and being read to with parents, siblings and others.

To participate in the Reader’s Challenge students will need to have parents complete the Registration and Consent form and return to school. **A copy of this form is attached to this week’s newsletter.** Upon completion of the Premier’s Reading Challenge students will receive a certificate from the Premier and have their names published in “The Age” in September. We will also be recognizing the achievement of participating students through the construction of a “Reading Challenge” giant bookworm that will be displayed outside the office, each segment of which will feature the name of a student who has successfully completed the Reading Challenge.

Students will be able to begin to borrow many of the titles on the Challenge list from the library in the coming weeks as they register. The Warragul Library will also be an excellent source of books for the Challenge.

The Challenge provides students with a great opportunity to read a range of literature and a real focus for their own reading for pleasure. Thanks for your support. Good reading!

Thanks for your support,
Kerry Williams

**SCHOOL BANKING**

The School Banking program is going well. We have several students who regularly participate in this program.

**Our next school banking date will be: Wednesday 24th April.**

The school banking program will run fortnightly from this date.

The more tokens you collect the more prizes you make!

Parents can visit any Commonwealth Bank branch to sign students up for School Banking.

**SCHOOL COUNCIL**

Our next School Council meeting will be held on Tuesday March 26th at 1.30pm in the staffroom at school.

**EARN & LEARN**

From April 8th, you can earn one Earn & Learn point for our school for every $10 you spend at Woolworths.

Points You can collect Earn and Learn Points from the checkout operator and place them on a Point Sheet. The Safeway Earn and Learn Box will be kept at the office.

The more points you bring in, the more we can redeem from a choice of educational resources including library books, classroom equipment, art & crafts materials.

**THRASS INFORMATION**

Sessions to be held on Tuesday 23rd April 2.00 to 3.30pm and 4 to 5.30pm.

THRASS stands for Teaching, Handwriting, Reading, And Spelling skills. At Nilma PS we use THRASS as a tool to support teaching and learning. Please come along to our Parent Information sessions. Feedback received from last years session were very positive. “ I think I’m starting to understand how the chart works, and not the English language makes more sense” It is not a lecture. This is an interactive session, with laughs assured! The session will be run by Paula Watts.
# NILMA PRIMARY SCHOOL CALENDAR

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