Costa Came to Visit

Last Friday Costa Georgiadis visited our school. Our Sustainability Action Team leaders, Jonny and Robert, hosted the visit.

After meeting with Juniors and Middle students in the vegie patch, Costa visited our canteen.

He was full of praise for Zebra Foods and said their work was ‘nationally significant’.

Costa then spoke to the whole school and challenged everyone to ‘start small’ to have healthy soil, healthy food and healthy bodies.

How do you plan to ‘take action’?
Parent Ambassadors
Parent Ambassadors met for the first time this week. Their first task is to compile ‘Friendship Contact Lists’. Middle and Senior lists from 2 years ago were sent home yesterday for review. P-2 families were invited to send information for the ambassadors to add to new lists. They plan to distribute the lists by end of term.

Working Bee—Saturday, March 19, 9am—12 noon
Please mark this date in your diary. Tasks for the day include:
⇒ Installing remaining 3 tree guards
⇒ Dismantling the ‘cubby’ in the vegie patch
⇒ Building new garden beds
⇒ Painting front fence posts
⇒ Painting Mr Haberfield’s office
⇒ Oiling the deck in Dave’s Courtyard
If you are unable to attend on that date, but feel you could tackle one of these tasks at another time, please contact Amanda H for more information.

April 11—Student Free Day
OSHC is currently taking expressions of interest to run a session on the upcoming scheduled Curriculum Day: Monday 11th April 2016. To run a session we require a minimum of 10 children. The cost per child is $50 (if you are entitled to CCB/CCR this will be a reduced rate) for the day and the session runs from 7.30am-6pm. If you are interested in booking a session for your child/ren, please email bookings@schoolsupportservices.com.au.

Student of the Week
Prep Smith—Daniel J
For his brilliant attitude towards his learning and willingness to try new things.
Prep Podhorsky—Joe H
For showing a lot of persistence with his writing. Well done.

Junior O’Meara—Lily C
For always trying her best and showing great leadership skills.
Junior Haberfield/Weller—Issy U
For her excellent descriptive writing about Costa including ‘His eyes sparkled like a lake in the summer time’.
Junior Wrigley—Leo D
For his great retell of Ferdinand at the Fair.

Middle Bedson—Etain Q
For achieving your learning goal this week.
Middle Ashkanasy—Mikaela O
For some wonderful descriptive writing. Well done Mikaela.
Middle McKinnis—Hugo Y
For taking the time to help a friend with their learning. You showed amazing respect.

Senior Baird—Aimee W
For your excellent positive attitude towards your learning and others. Well done Aimee.
Senior Mc Clelland—Patrick J
For using his time so effectively in PLT. Great focus, Paddy!
Senior Peel—Mannie A
For his outstanding work using different multiplication strategies this week—great respect for learning!

2016 Camps, Sport & Excursions Fund
APPLICATIONS:
You need to apply at the beginning of each year if eligible for the CSEF. Please bring in your health care card and fill in an application form asap. Thank you.

K-ROCK—COOL FOR KIDS
8:30am Mondays—Tiffany M
Assembly—Friday at 3pm
Leaders: Jaidyn M and Nikitah LC
**Newtown Primary School—Athletic Sports**

Our Athletic Sports will be held at Landy Field next Monday, March 7. The program for the day is printed below. Students will need to wear sports clothes (with a pop of team colour!). They will also need to bring water and 2 or 3 small, healthy snacks to eat at the 2 snack breaks. Additional clothing may also be necessary for times when the students are less active. Parents are more than welcome to come along to cheer or help out.

**Cross Country**
Don’t forget our Cross Country on Wednesday, March 16. Once again, a whole school celebration of being healthy and active.

**NEWTOWN PRIMARY ATHLETIC SPORTS PROGRAM**

**MONDAY, MARCH 7TH, 2016**

<table>
<thead>
<tr>
<th>TIME</th>
<th>Grade 3/4/5/6 Program</th>
<th>Grade P/1/2 Program</th>
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</thead>
<tbody>
<tr>
<td>9:10am</td>
<td>3/4/5/6 students depart school</td>
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<tr>
<td>9:30am – 10.10am</td>
<td><strong>TRACK - HURDLES</strong></td>
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<td></td>
<td>Grades 3, 4, 5, 6</td>
<td><strong>P/1/2 students depart school</strong></td>
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<tr>
<td>10am-11:00am</td>
<td><strong>TRACK - 200m SPRINTS</strong></td>
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<td></td>
<td>Grades 3, 4, 5, 6</td>
<td><strong>JUNIOR TABLOIDS</strong></td>
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<td></td>
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<td>Beanbag push</td>
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<td>Ring toss</td>
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<td>Target throw</td>
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<td></td>
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<td>Ladder jump</td>
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<td>Beanbag shuttle run</td>
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<td></td>
<td>Obstacle course</td>
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<td></td>
<td></td>
<td>Sack race</td>
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<td>Hoop run</td>
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<td>11.00 - 11.25 (approx.)</td>
<td><strong>LUNCH FOR EVERYONE</strong></td>
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<tr>
<td>11.30- 12.15pm</td>
<td><strong>TRACK - 100m SPRINT</strong></td>
<td><strong>P/1/2 students return to school</strong></td>
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<td></td>
<td>Grades Prep, 1, 2, 3, 4, 5, 6 ,</td>
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<tr>
<td>12.25pm-1.10pm</td>
<td><strong>TRACK - RELAYS</strong></td>
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<td>2 x Grades 1 /2s , 3 /4s , preps (one relay), 5/6s</td>
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<tr>
<td>1.15pm-1.30pm</td>
<td><strong>Snack /lunch/toilet/drink</strong></td>
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<tr>
<td>1.30pm-2.50pm</td>
<td><strong>FIELD - ROTATIONS</strong></td>
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<td>High Jump</td>
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<td>Long Jump</td>
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<td></td>
<td>Discus</td>
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<td>Shot Put (20 MIN EACH)</td>
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<tr>
<td>2.50pm -3.00pm</td>
<td>Get ready to get on buses</td>
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<td>Clean up</td>
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<tr>
<td>2.55pm</td>
<td>Grades 3/4/5/6 return to school</td>
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*Please note these times are estimates and depend on the general running of the day.*
Here are some tips for preparing for getting your bike ready for Ride2School Day!

1. Wear a well fitted helmet
Wearing a helmet not only looks great - it prevents head injuries – so having a well fitted one is vital for any bike rider. Helmets should sit two finger widths from your eyebrows and should fit firmly enough on your head that it won’t move around.

2. Pump up your tyres
We’re not talking about bragging - although you’re welcome to talk yourself up because you’re riding a bike! We’re talking about tyre inflation. Fully inflated tyres make for an easier ride and are also more resistant to getting punctures. Before any ride, check your tyres are pumped to the correct pressure (written on the side wall of the tyre).

3. Check the brakes
Stopping on your bike is always needed so check that your brakes are working before you head off on your bike. Particularly if you live at the top of a hill! Are the pads worn down? Are both pads contacting at the same time? If not, get your local bike shop to fix them.

4. Check no bolts or parts are loose
Check for any loose bits on your bike. This includes the rack and/or basket if you have these on your bike. You don’t want them falling off while you’re on the road or bike path - it could get ugly!

5. Adjust your seat
If it’s the wrong height or position, your seat can be adjusted. The seat can tilt up and down or shift forward and back - just like that adjustable chair at work or school (well sort of) – it’s usually best basically level or slightly lower at the front. See what feels comfortable for you

Don’t have a bike—don’t worry.
Walk, scoot or roll!
The whole idea is to get active!