What a fantastic day we had on Friday at the school cross country. Even though it was incredibly hot everyone competed to the best of their ability and ran extremely well. Great work to all of the students who took part.

Special thanks to:
- Mr Haines, Mrs Jordan and Mrs McPhee for their organisation of the day.
- The Villella family for their organisation of the sausage sizzle and coordination of the BBQ on the day. Even Nonna and Nonno helped out!
- The Moss-Kent family for their donation.
- All of the parent helpers who arrived early to help set up the course, assisted with timekeeping, judging, helped on the BBQ and acted as course markers.
- The Dragons and Swans AFL teams who assisted with skills and games.

The day was a great success. A HUGE thanks to everyone involved.

Harmony Day
Thank you to Mrs Fraser for her coordination of Harmony Day. All students K-6 participated in activities related to Harmony day. Stage 3 students painted the brick wall in Area B as part of Harmony Day. And to make the area more welcoming for the many students who use this area as the quiet area during lunch time. Below are the students from K-2 who wrote the word Harmony using their bodies as letters!

Flick Man
Tomorrow afternoon pest exterminators will be working in the school grounds. It would be appreciated if parents and students could leave the school grounds straight after the school bell so that work can commence.
Slice Drive
Thank you to Mrs Ninness for her organisation of the P & C slice drive and to all the parents who helped sort the slices on Friday afternoon.

NAPLAN
The dates for NAPLAN are:
- Tues 14 May: Language Conventions and Writing
- Wed 15 May: Reading
- Thurs 16 May: Numeracy
- Fri 17 May: Catch Up Day

Mrs Giselle Coltman
Principal

P & C News

The AGM will be held this Wednesday 27 March at 7:30pm in the school staffroom. All welcome.

Money Jar Fundraiser

<table>
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CROSS COUNTRY SAUSAGE SIZZLE
A massive thankyou to the Villella family for their coordination of the sausage sizzle. Thank you to all the parents who helped on the day. Donations received included:
- Woolworths $50.00 voucher
- Coles $30.00 voucher
- Villella family 350 sausages
- 5 kilos onions
- Moss-Kent family 100 sausages

The P and C raised a whopping $1050.00.

Need to Know

An envelope was sent in on Thursday with no details whatsoever.
The envelope contains raffle tickets - name on tickets is Nigel Bowman
If you think this envelope belongs to your child could you please contact Mrs Preston at the school office.

Figtree High School Enrichment Class - Year 5
Applications close 28.3.13

Illawarra Sports High Year 6 Trials
A trial day will be held on Thursday 4 April for any interested students who wish to try out for the Talented Sports and Development Program at Illawarra Sports High School. More information is available from Mrs Rickersey in the front office.

Cook Kids Program
Attached to this newsletter is information for the above program.

Lost at Cross Country Carnival
2 re-chargeable ‘AA’ batteries and one SD memory stick. If you have these items please return them to the front office.
Easter Assembly

Thank you to all of the families who supported the multi-day on Monday and donated Easter eggs for the Year 6 fundraiser. The Easter Assembly will be held on Wednesday 27 March commencing with the parade at 1.40 pm then the Easter Raffle will be drawn.

Canteen News & Roster

We need another volunteer for Canteen on Wednesday starting on Wednesday 3 April. If you are interested please email Vanessa Sturman - vanessas@sturmans.com.au

Thank You

Wednesday 27 March: Patsy Moate, Melanie Sawyer, Megan Donnelly, Sharon Kiotis, Pallavi Krishna
Thursday 28 March: Vanessa Sturman, Terrina Hartley, Fiona Morton, Jayne Rixon-Moon

Story from 1T

Trains

Once a train was coming and a bad person was underneath the bridge. He looked like a robber because he had a beanie, a black and white shirt and a black robe. He was right near the corner at the end of the bridge and he was taking the nails out of the bridge.

When the train started to cross the bridge it fell right near the corner of the bridge. When it was falling it went ffffffffewwwwwwwwwwwwwwwwwwwww! One carriage fell and one person found a parachute and he put it on and jumped off the carriage. The carriages all landed in the water and there was nothing left of it except broken wood from the carriages and the bridge. There was metal from the wheels that went everywhere. Then a wooden box landed in the water and the driver from the train landed in it.

The box floated down the river and went over a waterfall. The man died and there was nothing left of him except his hat!

by Tom
Keeping the whole family healthy & ‘Appy’

The vast number of iPhone and iPad Apps on the market today is mind blowing. The good news, (which I’m most ‘Appy’ to report), is that we now have access to a variety of Apps that deliver the ‘healthy eating’ message in a fun and interactive way. This means it’s now easier than ever for the whole family to adopt good eating practices.

If you’re keen to add one or more smartphone or tablet Apps to your collection to help the family get on the healthy eating bandwagon, consider these:

**Smash Your Food:** A great one for the kids and teens! This game lets you squish and smash various foods from hamburgers to doughnuts to show just how much fat, sugar and salt they contain.

**Traffic Light Food Tracker:** A great one if you want to make sense of food labels. Simply grab a product from the supermarket shelf, then plug in the figures for total fat, saturated fat, sugar and sodium. You’ll get a traffic light rating (red, amber or green) for that food. Brilliant!

**8700:** This is a must for fast food lovers. It calculates your ideal daily kilojoule figure and then allows you to search the kilojoule content of over 3000 Australian fast foods. It’s bound to open your eyes to the hefty kilojoule content of many takeaway foods.

**CalorieKing Australia Food Search:** A terrific one if you like to keep tabs on your daily kilojoule, fat, sodium, carbohydrate or fibre intake. It allows you to quickly and easily check the nutrition information of over 22,000 Australian supermarket foods and fast foods.

**ControlMyWeight:** A handy iPhone App for weight conscious mums and dads. It sets realistic weight loss goals and daily energy targets. It tracks the kilojoules you eat and burn, plus it charts your progress with easy-to-read graphs.

**Better Health Channel:** This App provides Australians with trusted, up-to-date and easy to understand health information. The ‘Food & Nutrition’ section provides healthy eating tips for different age groups and life stages, food safety tips and nutritional advice for various health conditions. There are plenty of tasty, healthy recipes too.

Vanessa Schuldt  
Accredited Practising Dietitian & Nutritionist