

Harwood Island Public School



DATES TO REMEMBER

- SMALL SCHOOLS SWIMMING CARNIVAL - TUES 10TH FEBRUARY
- SCHOOL PHOTOS - THURS 12TH MAR

11 Morpeth Street Harwood NSW 2465 Phone: 02 6646 4213 Fax: 02 6646 4240

Email: harwood-p.school@det.nsw.edu.au www.harwood-p.schools@det.nsw.edu.au

EWSLETTER NO. 2

3RD FEBRUARY 2015

Congratulations to students on such a terrific start to the school year. It was lovely to see everyone settled straight into routine and be so welcoming of our new students, showing them the Harwood Island way.

We had an especially lovely day at the swimming carnival, with great behaviour, impressive efforts in the pool and wonderful parent helpers.

Our school community prides itself on the positive relationship between the parents and the school. There are lots of ways for parents to participate in school activities, from joining in at sporting events, helping out at the canteen, assisting in class activities and contributing with the P&C. Everyone is always welcome and it's a fun way to find out more and be a part of your children's education. **A special reminder that the first P&C meeting of this year is on next Monday 9th February starting at 5.30pm.** We look forward to seeing you there.

Jenni McKeon

SPORT

Senior sport - class 4/5/6 will be held each MONDAY this year. All other classes will have sport on Friday as usual.

HIPS SWIMMING CARNIVAL

What a great day we all had at the Maclean Pool last Thursday!

Thanks to all the parents who came along and supported the children and helped out that made the carnival run very smoothly. Our Swimming Champions for 2015 are:

Minor Boy: Noah Howland
Minor Girl: Dana Collingburn

Junior Boy: Jack McLeod
Junior Girl: Taylah Develder
11yr Boy: Ryan Kemp
11yr Girl: Paris Ryan
Senior Boy: Harrison Earle
Senior Girl: Ruby Stewart-Wayland.

The winning house for this year was Water Dragons.



SMALL SWIMMINGS SWIMMING CARNIVAL

This event will be held at the Maclean Pool on Tuesday 10th February. Children who will be competing in this carnival will be given a permission note this week with list of events they have been nominated to compete in. Please return notes to school before Tuesday 10th February, thank you. Parents are to provide transport to and from the Maclean Pool for this carnival and pay admission on arrival at the pool.

Harwood Island Swimming Champions for 2015: Ryan, Noah, Harrison, Ruby, Jack, Paris, Dana and Taylah

1/2/3M NEWS

If anyone is able to volunteer an hour of their time between 10am and 11am to help with reading in the morning any day of the week could you let me know as this was such a helpful program for our students. A questionnaire will go out this week. Mrs McLeod

Harwood Island P&C meeting

9th February 2015

Everyone welcome!

We are now on Facebook so please go on Facebook and like us.

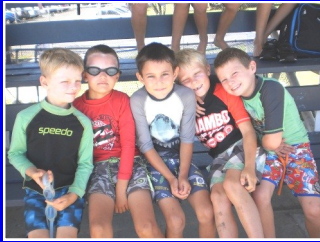


Our website gets updated weekly. School newsletters can be viewed online in colour.



Education & Communities

HIPS Swimming Carnival 2015



STUDENT WORKBOOKS

The cost of students workbooks for classes will be \$50.00 per child. Accounts will be sent home this week to all families. This amount can be paid in instalments or directly into the school account. For details please contact Mrs Bull at the school office.

THINGS YOUR CHILDREN NEED AT SCHOOL

Year 4/5/6: 1 HB pencil, 1 red pen, 1 blue pen, 1 pencil rubber and 1 glue stick

Year 1/2/3: Items are supplied by the school. If your child brings their own things please have them clearly labelled. Children will need fruit for their 'fruit break'.

Kinder/ year 1: WATER bottle, fruit, cheese, carrot sticks, sultanas for 'fruit break'. *Please DO NOT send fruit in juice in packaged containers!*

CANTEEN NEWS

Thank you to all the families who have sent in their orders for this week and term 1. On the menu this week we have Egg and Bacon Roll for \$3.00 and Milo .50c. An order form for next week is on the newsletter. Don't forget we have lots of delicious healthy treats for recess from .50c to \$1.50. We look forward to your support this year.

STUDENT OF THE WEEK

Congratulations to the following students who received certificates today. Harrison Earle - great attitude towards his work; Chennai Wyse - excellent start to year 4; Paris Ryan - excellent maths participation; Sienna Young, Tess Shannon, Ashley Hamel, Lily Bright, Blaine Wilson, Korryn Biles, Flynn Matthews, Matilda Farlow, Taben English, Isabella Kemp, Lily Kemp - Welcome to our school; Isobel Hildrew - being a great helper with the new kindergarten children; Max Lazenby and Ella Bushell - a fantastic effort to start 2015 and Lily Jackson - citizenship. Well done!

STUDENT BANKING

Student Banking will be held at the school each Friday starting this week.

LUNCH ORDERS FROM HARWOOD HOTEL

On Monday, Tuesday, Wednesday and Friday your child can order recess and lunch from the Harwood Hotel. Attached to today's newsletter is a new menu for 2015. Please put your child's order on an envelope or paper bag with correct money and put in the lunch basket each morning, thank you.

P&C RAFFLES AT THE HARWOOD HOTEL

Put the following Friday nights on your calendar

- 6th February
- 28th February,
- 27th March.

If you could help out selling tickets on the night could you phone call Bec Anderson.

THINGS TO DO:

- **Book Packs for 2105—\$50.00 per child. DUE NOW!**
- General Permission Note
- Afternoon Pick-up form

Please check that your child has their correct blue shirt. A new size 8 went missing at our swimming carnival. Please return to the school office if you have it, thank you

LUNCH ORDER - WEEK 3 Thursday 12/2/15

Homemade BBQ Meatlovers Pizza with Salad \$3.00

Number of serves: _____

Milo .50c

Number of serves: _____

Name: _____

Amount enclosed: _____

COMMUNITY NEWS

BRUSHGROVE CRICKET CLUB

Brushgrove Cricket Club's is looking for junior cricket players (Boys and Girls) aged 12 and under to come join it's comeback team into the Lower Clarence Cricket Associations 2015/16 competition. We are holding a come and try day on the 21st February 2015 at Brush-

grove Oval from 10am to Midday. The morning will be full of fun and action with plenty of cricket. Most home games and ALL training will be in Maclean at Wherrett Park Please contact Brendan James 02 6645 5312 - 0408 924020 bandy-man@macleannsw.com for more information and/or join our facebook page @ Brushgrove Cricket Club Juniors.

Maclean Manta Rays Swimming Club - Mid Season Registration

Come and be a part of the Maclean Swimming Club with a focus on Fun, Friends and Fitness every Friday night. We cater to all ages and abilities. New members and volunteers are always welcome at our community club.

Friday February 6 (5:30 sign on for a 6pm start)

Maclean Olympic Swimming Pool Argyle St, Maclean (66452521)

For Further Information regarding all aspects of our club, please go to <http://macleanswimmingclub.weebly.com/> or call Jen-ni on 0427779109

CLARENCE VALLEY

PHYSICAL CULTURE CLUB

For girls 5 years to Ladies

Yamba Public School Hall

classes Start: Tues 10th Feb

Enquiries and Enrolments:

contact: Janet Lloyd 66462390/

0407 147 808

MACLEAN SPORTS CENTRE

Mon - Junior Squash Coaching - 4pm & squash competition - 6pm

Tues - Junior Squash - 4pm, Volleyball - 6pm

Wed - Junior Futsal - 4pm & 5.30pm (senior), Junior & Senior Squash competition

Thur - Junior Netball coaching, & games by A grade netballer Chloe Bryant- 4pm &

6.00pm (senior)

For further information contact Janine or Ross.

Phone: 66455769 or 0408 852881 or website:

www.macleansports.com.au



P O Box 361 South Grafton NSW 2460

Free Come and Try BMX

Saturday the 14th of February 2015
9.30am sharp to Register and Bike Check

Clarence Valley BMX Club track located at the corner of
Abbott and Vere Streets in South Grafton.

TENNIS COACHING

Term 1 tennis commences at Harwood School on Wednesday 4th February at 8.30am.

Cost is \$80.00/term (8 wks minimum)

Any queries please phone Alan on 0416016775.

Yours in tennis,

Alan Jurd (Head Coach LCTA)



Beating Picky Eating - Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:

Remember: Parents choose "which" foods, children decide "how much".

Create a positive environment at the table, make meal times pleasant

Be a good role model Stick to a routine

Provide the same meals for the whole family

Take children shopping, involve them in planning and preparation

Limit sweet drinks and juice so children have an appetite

If you are stuck in a constant battle, maybe try a different approach.

This will be a great opportunity for anyone who rides a bike and is interested in having a ride on a BMX race track. Riders and spectators will experience the thrills and excitement of this family orientated sport.

Bring along a good working order bike. Bikes sizes can be from a 16 inch BMX to 26 inch mountain bike, 2 to 4 year olds can bring a balance bike. For your protection you will also need a good bike helmet (preferred full face) long pants and long sleeve shirt, shoes and socks that cover the ankle, gloves (any type will do)

Riders from 2 years and up can join in the fun and have a ride around the BMX track.

Free coaching and training will be available from 10.00am to 12.00pm to help new riders gain basic bike skills and confidence.

If you do not have a BMX bike or some of the safety gear just ask at the canteen on the day. The club will have someone on hand to checkout your bike and help with making it safe to ride. Tell all your friends and your parents.

BMX is not just for the boy's as the number of girls riding and racing BMX bikes is on the increase throughout Australia.

The great thing about BMX as a sport is that the whole family can get involved, no matter what age the kids are they all can do the same sport at the one time and place.

Exhibition rides will be held throughout the course of the day

There will be a sausage sizzle and **The canteen will be open** during the course of the day
Come and meet "Clarence" the BMX Cougar.

Stick around after our come and try day to watch some action packed club racing from 4.00pm-5.00pm

More information is available at the **Clarence Valley BMX Club's website** where you will also find some great pictures and videos of BMX action at the Clarence Valley BMX race track.

HARWOOD PUBLIC SCHOOL

CANTEEN PRICE LIST 2015

Finger Bun	\$2.00
Chocolate Muffin	\$2.00
Frozen yogurt	\$2.00

HOT FOOD

Pizza	\$3.00
Sausage Roll	\$2.50
Meat Pie	\$3.00
Chicken wedges x 3	\$2.50
Chicken Burger	\$4.00

SANDWICHES / TOASTIES

Ham or chicken & salad	\$3.50
Egg & Lettuce	\$3.00
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.30
Chicken & Cheese	\$3.00
Chicken Cheese & Avo	\$3.50

DRINKS

Fruit juice popper	\$2.00
Chocolate & Strawberry Milk	\$2.50
Bottled Water	\$2.00