Dear Parents,

I would like to review the excellent work being done by our Positive Behaviour for Learning Team. The committee meets each Thursday to reflect on data and plan future directions for the school. The success of the program depends on rigorous record keeping and analysis of data. This informs the teaching of lessons and playground response of the staff. Our referral rate is remaining low, which is a credit to the team and all staff in general. Students are working well in the new awards system and, I believe, we will soon have children receiving the first Principal’s Awards.

Reports are being finalised at the moment and should be issued soon. If parents have any questions regarding the reports, please contact their child’s teacher for an appointment.

We have completed construction of our General Assistant’s storage shed and workshop. Mr Thorn will be gradually moving operations across during the following month.

This Thursday and Friday I will be attending the State Principals’ Council in Sydney. This body is the peak primary principals’ meeting which advises the department on matters regarding school issues across the state.

Have a great week.

Stan Kowalski,
Principal

Due soon
- Stage 3 Excursion- $50.00 Deposit
- Kinder Excursion - Orange $11
School Awards
Congratulations to-
Isabelle, Tace, Makayla, Logan, Laura, Peter, Machayla, Molly, Noah, Chaise, Krystal, Ronan, William, Amanda, Kai, Troy, Mackenzie, Jayleah, Cooper, Addison

CWA International Competition (Botswana)
Congratulations to the following children who are placegetters in the above competition:
Savannah, Owen, Olivia, Bethany, Brea, Tashi, Benray, Callie

“Flying Start”
for children starting school in 2015
This is a 6 Week Transition Program running each Wednesday from 27th August to 15th October, 2014. There are three sessions you can choose from - 9.15-10.30 or 11.30-12.45 or 1.30-2.45. Forms can be collected from the Front Office at the School. Children can start Kindergarten at the beginning of the school year if they turn 5 on or before 31st July in that year. By law, all children must be enrolled in school by their 6th birthday.

Canteen News

Roster
Monday 16/6  T.Roels
Tuesday 17/6  J.Baillie
Wednesday 18/6 J.Baillie, A.Nelson, L.Howarth
Thursday 19/6 J.Baillie, M.Wilkins
Friday 20/6  T.Roels, S.Williams

STOP PRESS! ON THE DAY OF THE STATE OF ORIGIN MEAL DEAL THE CHILDREN OF BATHURST WEST SCHOOL ARE ABLE TO WEAR THEIR FOOTBALL GEAR OR COLOURS TO SUPPORT EITHER THE NSW BLUES OR THE QUEENSLAND MAROONS. ITS FREE DRESS DAY. WEDNESDAY 18th JUNE.

THE STATE OF ORIGIN MEAL DEAL IS COMING. Notes have gone out. This is going to be a great day. We will be decorating the canteen and having a great deal. Hot Dogs and Big Pies, just the food for a footy day. Deal will be held on Wednesday 18th June the second State of Origin game and orders must be in by Monday 16th June. If your child did not receive a note there are spare available at the canteen. NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY ONLY BASIC SANDWICHES. No late orders will be accepted as I have to have time to organise the surprises and order the food. LET’S ALL SUPPORT THE BLUES AND GET YOUR ORDERS IN. ANY MAROON SUPPORTERS ARE MOST WELCOME TO ORDER AS WELL. COST IS $5.00 for either deal.

Student Notes Sent Home This Week
- Kindergarten to Orange
Writings from Grevillea 1

Way out in the dark still cold waters of the ocean lurks the great monster of the deep. Feeding on fear and doubt, strangling and demolishing anything in its path it puts fear in the hearts of sailors. Beware of the Kraken with giant teeth. Behind it, death follows close, emerging without any warning. Beware!

Joshua

As big as an island with sharp jagged teeth, the Kraken lurks under the sea. Big wide eyes and long tentacles, a creature of nightmares that feeds on doubt merging suddenly to attack.

Tahlia

A monster lurks in the deep sea … a monster unlike any other. The teeth as big as broad swords. It hugs the boats snapping them with unbelievable power, dooming any cruise. It emerges suddenly and pulls down the ship with no trace of anything. It has over 50 tentacles as big as skyscrapers. This monsters name is … THE KRAKEN!

David

Where ever you go there is darkness. But below the depths of the indigo waters there is a creature of such nightmarish fantasy, it is unexplainable. It comes with darkness and doom. It was born of fear and nightmares and feeds on the evil people of the world. This vile monster is a Kraken. The most terrible creation of darkness.

Maya

When everyone thinks they’re safe, it emerges from the deep. Its presence replaces their dreams with nightmares. Instantly they know they won’t live to see daylight again! This creature feeds on only cruelty, indifference, fear and doubt. Its huge eyes slowly lurk in the deep waters. Eyes so cold you can see your future dancing around in their bloodshot depths. Its humungous head throbbing from one side to the other, listening intently, waiting, waiting, waiting …

Libby

Clothing Pool

The clothing pool is open every morning from 9.00 to 9.30

Winter is coming - get your jackets and jumpers at the Clothing Pool.

We have fleeces in sizes 4-16 available for purchase

V-neck jumpers $20
Zipped Hoodie jackets $30
Polar fleece jumpers $25

Central West OOSH Services

provides Before and After School Care for children aged 5-12 years. We provide a variety of activities and experiences and breakfast and afternoon tea is available.

CWOOSH is located in the School Hall. Bookings are essential as places are limited. Please call Tanya on 0411 521 460 or email admin@cwoosh.com for further information.

School Holiday Program

30th June - 14th July
Communal Hall, Barina Parkway, Kelso

Mon 30/6 Carnival Day
Tues 1/7 Super Games Day
Wed 2/7 Sumo Wrestling
Thurs 3/7 Technology Day
Fri 4/7 The Great CWOOSH Billy Cart Derby
Mon 7/7 Superhero Dress up Day
Tues 8/7 Movies in Bathurst
Wed 9/7 Wheels Day
Thurs 10/7 Nature Walk, scavenger hunt + picnic lunch
Fri 11/7 PJ Day + in house movies

Forms and further details available at the School
Or phone Tanya on 0411 521 460

School Terms and Vacations

Term 2, 2014 - Tues 29th Apr to Fri 27th June
Term 3, 2014 - Tues 15th July to Fri 19th Sept
Term 4, 2014 - Tues 7th Oct to Wed 17th Dec

GENERAL INFORMATION

Administration Office Hours - 8.45am - 3.30pm
School commences at 9.15am
School finishes at 3.15pm
Students are supervised from 8.45am

9.15-11.15 Class session 1
11.15-11.45 Play
11.45-1.45 Class session 2 which includes lunch inside at 11.45
1.45-2.15 Afternoon tea and play
2.15-3.15 Class session 3

The two 2hour sessions will be split by “fruit breaks”
**The simplest way**

**...to use legumes**

Did you know that legumes are classified as a vegetable?

Legumes include: baked beans, kidney beans, lentils, chickpeas, cannellini beans and split peas.

They're high in protein, fibre, B-group vitamins, calcium, iron, phosphorus, zinc, magnesium, folate and anti-oxidants.

**Basically, they are really good for you!**

Besides their nutritional value, the great thing about legumes is that they're very cheap, readily available and easy to use.

Chickpeas make a great addition to casseroles, soups and pasta sauces. Add lentils or kidney beans to mincemeat in bolognese, chilli con carne and nachos. Hummus (pureed chickpeas) makes a healthy snack in a lunch box. Or simply serve baked beans on toast that even the fussiest eater will love!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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**The simplest way**

**...to eat more fruit & veg**

Did you know that eating the right amount of fruit and veg is essential in the fight against cancer?

Try to make them part of every meal, to make sure you get your 2 serves of fruit and 5 serves of veg every day.

At brekky, add some mushrooms or spinach to your eggs. Eat a piece of fruit at morning tea, and then add a salad to your lunch. Serve veggies with dinner, and have fruit and yoghurt for dessert.

To make lunch boxes as healthy as possible:
- Pack some veggie sticks, like carrot or cucumber
- Cut up fruit into small pieces
- Freeze fruit like grapes and add to the lunch box
- Include left over baked vegies

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**The simplest way**

**...to make fruity muffins**

This recipe is a fun way to add more fruit into your child's lunch box. Remember that you can add any type of dried fruit you like for a new flavour!

**Ingredients**

- 1/2 cup of flour
- 1/2 cup of sugar
- 1/2 tsp of baking powder
- 1/2 tsp of salt
- 1/4 cup of milk
- 1/4 cup of oil
- 2 large eggs
- 1/4 cup of chopped nuts

**Method**

1. Preheat oven to 200°C (180°C fan forced). Lightly spray muffin tins with oil or line with paper cases.
2. Sift flour, sugar, baking powder and salt into a large bowl. Add milk and oil and mix until well combined.
3. Add eggs, one at a time, mixing well after each addition. Stir gently to combine.
4. Mix in chopped nuts and any other ingredients.
5. Spoon mixture into prepared muffin tins, filling to two-thirds full.
6. Bake for 15-20 minutes or until a skewer inserted into the centre comes out clean.
7. Cool in tins for 5 minutes before transferring to a wire rack.

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**The simplest way**

**...to use leftovers**

Need a dinner meal that is also great for lunch boxes? Try our potato frittata recipe. This family favourite can be eaten hot or cold the next day as leftovers.

**Ingredients**

- 1 large potato, sliced
- 1 large sweet potato, sliced
- 1 medium onion, sliced
- 1 large egg
- 1 oz cheese, grated
- 1 tsp of paprika

**Method**

1. Preheat grill. Grill potato and sweet potato for 45 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 5-6 minutes, stirring after 3 minutes. Drain well. Heat oil in a non-stick pan, add onion and cook for 2 minutes until golden. Add potato and sweet potato, toss to combine and brown. Stir in spinach and stir-fry until wilted and moisture has evaporated. Mix eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set. Place under hot grill for 2 minutes to brown the top. Enjoy!!

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