**Studyladder Educational Program**

Studyladder passwords and information letters for students in Years 1–6 have now been distributed. Studyladder is a great resource for students to consolidate school learning at home and is only possible for all of our students to access thanks to the P&C financial sponsorship.

If you have any questions about this program, please see your child’s teacher. Students in Kindergarten will soon be receiving their Reading Eggs information letter and passwords. This program is also sponsored by our P&C and will consolidate their school literacy work.

**P&C committee march forward for 2014 year**

Congratulations to the 2013 Bilambil Public School P&C. The entire executive of 2013 were returned to office at the recent Annual General Meeting and will be once again strongly led by Libby Bullock as President.

The school looks forward to another positive year working collaboratively with our P&C with many exciting things on the agenda. If you want more information on the P&C, please contact the school office or look them up on their Facebook page.

**Musical magic**

Our guitar, band and instrument program has begun 2014 strongly. With a large proportion of our musicians in Year 6 last year, Mr Edwards has had a new large cohort of enthusiastic rookie musicians to work with.

Some of the sounds coming out of the band room have been enjoyable and interesting to hear but a reminder that participants need to deposit their weekly tuition fees at the school office each week.

Students who are behind in payments will receive a reminder notice from the school office. This program is not covered by school funds and is only possible through parental payments. Thank you for your understanding with this!

**Great opportunity with National Partnership Program**

Our school is fortunate to be included in a Literacy National Partnership program.

This program provides a small amount of additional funding for us to concentrate on improving our literacy results. The school staff are focussing our additional funding in two main areas. We have identified reading, and specifically comprehension, for explicit focus.

Staff have studied the “Super 6” comprehension strategies and are now planning best practice new curriculum implementation with each other and Tweed Heads Public School staff to create dynamic learning experiences and programs for the students.

The staff feedback has been fantastic! In addition, Enabled IT have begun a fortnightly training session with identified staff who will act as instructional leaders for our staff and students to better utilise I-pads into our day to day teaching programs and mainstream school life. Both projects have had very positive feedback from staff attending.

**Year 7 E.O.I.**

If you have a child moving into Year 7 in a NSW government school in 2015, please return your Expression of Interest by this Friday 21 March 2014.
UP & COMING SCHOOL EVENTS

TERM 1 WEEK 8
Wednesday 19th March  
P&C Fete Meeting 6.30pm
Thursday 20th March  
TRHS Transition Evening Yr6
Friday 21st March  
Year 7 2015 E.O.I due
     PSSA Winter Trials

Harmony Day  
(Muffi Day wear orange)
National Day of Action  
against Bullying and  
Violence

TERM 1 WEEK 9
Tuesday 25th March  
School Banking
     CRL Gala Day 5th Tweed
Thursday 26th March  
Cross Country Carnival  
Please note change of day
Friday 28th March  
Canteen Sushi Day
     PSSA Softball Gala Day

TERM 1 WEEK 10
Monday 31st March  
Life Ed
Tuesday 1st April  
School Banking
     Life Ed
Wednesday 2nd April  
Life Ed
Saturday 5th April  
P&C School Fete

TERM 1 WEEK 11
Monday 7th April  
Life Ed
Tuesday 8th April  
School Banking
Wednesday 9th April  
P&C Meeting
Thursday 10th April  
Pirate & Princess Day
     Griffith Uni
Friday 11th April  
Last Day of Term 1

STUDENT OF THE WEEK

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<thead>
<tr>
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<tr>
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<tr>
<td>KS</td>
<td>Kobi T</td>
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<td>K/1L</td>
<td>Dalkin P</td>
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<td>1/2 B</td>
<td>Sunny A</td>
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<td>1/2H</td>
<td>Charlee K</td>
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<tr>
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<td>Deaglan J</td>
</tr>
<tr>
<td>3/4 B</td>
<td>Mathew S</td>
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<tr>
<td>3/4 M</td>
<td>Cody T</td>
</tr>
<tr>
<td>3/4 S</td>
<td>Brianna O</td>
</tr>
<tr>
<td>5/6 B</td>
<td>Eliza H</td>
</tr>
<tr>
<td>5/6 C</td>
<td>Mason D</td>
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<td>Brady B</td>
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<td>Band/Guitar</td>
<td>Zoe T</td>
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<td>RFF/LAST</td>
<td>Cody T</td>
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Harmony Day (Orange Day)
This Friday 21st March is National Harmony Day. We would like to celebrate the importance of getting along by wearing something orange to school. The message of Harmony day is that everyone belongs - it is a day to celebrate our diversity.

The theme is; Everyone Belongs, and teachers will be undertaking activities with students about ways we can ensure that everyone feels that they belong in our school and in our country, regardless of where they are from or how long they have been here or how they came to live in Australia.

National Day of Action Against Bullying and Violence
21st March is also the National Day of Action Against Bullying and Violence. In conjunction with Harmony Day, our class activities will reinforce the message of Bullying. No Way! This will strengthen our existing everyday messages that bullying and violence at school are not acceptable at our school.
BPS Library - sharing our News and Events

The Premiers Reading Challenge

The Premiers Reading Challenge is underway across the whole school.

All our children have been encouraged to participate in the challenge to read 30 books from the given list between March and September.

You can visit the website to check book titles and there is even an App that allows you to record the books you have read.

Trolleys of stage related books are available to borrow in the Library.

Happy Reading!!

Welcome Kindergarten

Kindergarten is enjoying their first weeks at school and the chance to borrow and return books.

Borrowing days for Kindergarten:

**KS** borrow on **Mondays**

**KB and K/1L** on **Thursdays**

Lunch time is also available for the keen and the forgetful!

Library bags with names clearly printed on them, help us to find the owner if it is left in strange places.

Pirate & Princess Day

“A pirate is a very scary person” Priya 1/2B

“A princess is someone who might marry a prince” Jayden KS

We will be holding a “Pirate and Princess Day” on Thursday 10th April, 2014 the last Thursday in the term.

5/6C will perform a “PIRATE CANTATA” in the hall and the Junior Choir will also perform a pirate song.

This will be followed by a variety of pirate and princess games between recess and 1.00 pm, followed by lunch.

We hope you can join us there to share the fun!!
Flying High
Connor D displayed some fine AFL skills to earn himself selection to attend the PSSA AFL North Coast Trials to be held in Yamba on Friday 4th April, 2014. Good Luck Connor!

Please help our singing talents
Can You Help Our Talented Singers?
This year we have 7 talented vocalists entering in the Murwillumbah Eisteddfod in June, but they need your help!
Each girl will need a piano player to accompany them or record a piano backing for their songs. We are also asking for your help in finding selected sheet music. If you can play the piano for them or have a copy of any of the following music sheets, please call the school as soon as possible.
Scores needed:
Hurt (Christina Aguilera)
Don’t Rain on my Parade (Glee)
Reflection (Mulan)
Do You Want To Build a Snowman and Let It Go (Frozen)
Wide Awake (The McClymonts)
Hello (Lionel Ritchie)
Please help me help these girls....
Donna McGlinn

Change of date for Bilambil Cross Country Carnival
There has been a change of date for this year’s School Cross Country Carnival. Due to a district wide softball gala day, we will be bringing the cross country carnival forward one day to Thursday 27 March, 2014.
This will allow all of our students to actively participate in both events. We apologise if this inconveniences any families. Specific information about the day will come home in the next newsletter.

Head Lice - every parent’s nightmare
The dreaded lice insect seems to be thriving in the current climate. We have been notified of a substantial number of students who have had lice so far this year, and very frustratingly for parents, it appears that some students are being inundated with lice repetitively, even after treatment. Whilst having short hair or keeping it tied up can minimise lice, the only sure way for it to be eliminated in our school is to have everyone regularly checking their children’s hair and treating where appropriate.
If you are having any repetitive issues with lice, please contact your child’s teacher so that we can monitor the situation and inform other parents if required. As such, we are asking all of our families to take this weekend to please check your child/children’s hair very carefully for any lice or small eggs and treat if found. Hopefully we can have a creepy crawly free school for the rest of term. Thank you!
The Long Summer Days: A Chance to Do Fun Things

I know the housework still waits but the longer days are a great opportunity for children to be active, have fun and explore their natural world!

- Plan a BBQ chicken and salad or other easy meal so you can relax about playing with your children
- See if you can organise something like a roster with your children’s friend’s parents or neighbours to supervise play in the local park or beach
- Don’t undervalue the simple things, such as having balls available for the kids to play with. Often they’ll have so much fun they won’t even realise they’re being active.
- Walk or cycle to school with the kids. It’s a great time to catch up and a good opportunity to get the day out for a walk. You can even take turns with the neighbours.
- Straight after school is a danger time for children to come home and sit on the couch. To avoid this, pack up some sandwiches and stop by a park on the way home. It’s a good way for both you and the kids to unwind and have fun.
- Have your family friends come around for a barbeque and bring their children too. When kids get together they always find ways to have active fun.

And even though they might resist at first if you persuade your child to come and help with that housework, maybe bring the washing in with you, you will have that lovely time to talk about their day and their friends and interests and they’ll learn a valuable skill!!

Green Thumbs News

After weeks of moving soil bucket-by-bucket, the Green Thumbs finally planted their first round of seedlings.

This was a very exciting time for all concerned and many thanks must go to Crystle Iredale for all her help and for providing many of the seedlings. We will now be waterering, feeding and mulching our seedlings and looking forward to our first harvest!

Mrs Lloyd & Mrs Hassall

 SRC Stewart House Fundraiser

The SRC Committee are selling Handballs for $3.50 at Recess and Lunchtime to support Stewart House.

 Is your child at school or starting next year? Would you like $500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:
- have a Health Care Card or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500!

The Smith family is now offering the Saver Plus program in your area. To find out more, please call 1300 46 7033, or email your name and postcode to 1300 46 7033, or or email saversplus@cc.org.au.
ONLY 18 DAYS TO GO

Bilambil Community Fair
Saturday 5 April
10 am - 3 pm

Bilambil Public School, Bilambil Rd, Bilambil.
All members of Community Invited!

Bilambil Public School P&C are on Facebook.
Please like our P&C Facebook page. This is a great way to keep up to date with what is happening with your P&C at school.

WANT TO PLAY FUTSAL?
NOMINATE TODAY!

FUTSAL
5-A-SIDE INDOOR SOCCER

WINTER SEASON STARTING SOON
Junior, Mens & Mixed Competitions

GOLD COAST FUTSAL CLUBS
CURRRUMBIN - Currimbin State School - Tuesday and Wednesday juniors, Kindy, 5Up and Gal Brasil Academy
SEAGULLS - Seagulls Sports Club - Kindy, 5Up, Gal Brasil Academy, Social Mixed and Thursday Mens

Contact Dawn
Phone 0448 178 191
Email: goldcoast@australianfutsal.com

Boys, Girls & Beginners Welcome
To register your interest go to www.qldfutsal.com

Join the world.
Have a hit at your local club.
tennis.com.au/worldtennisday

Club: TENNIS TERRANORA
Address: MARANA STREET, BILAMBIL HTS
Date/time: SUNDAY 2ND MARCH 1.00pm to 6.00pm
Details: OPEN DAY WITH FREE ACTIVITIES FREE BBQ
Contact: JOAN NICOLO on 0755906020 or 0410320191
18 Days before the Fair is Here!

The FAIR will be the major fundraiser for the year and we will need everyone’s support (large or small) to make it most successful. The funds raised will go towards an upgrade to the school facilities & playground areas for your children.

Everyone has something to contribute, whether it be their time, their baking skills, their craft skills, a donation of a prize, a business contact who could sponsor the fair, a member of a community group who may be interested in doing a demonstration or having a stall, or be able to donate an item or obtain donations of disposable items.

Each class has a Stall for Fair Day & we need volunteers to help man the stall on the day, we also need donations for the Stalls. Please speak with class teacher for more information or Contact Anita by mobile on 0422 369 276!

**WILD LIFE SHOWS - ANIMAL FARM - PONY RIDES - CARNIVAL RIDES - STALLS**

The Fair will have something for everyone! Live Wild Life Shows at 11am, 12 pm & 1pm where you can get up close & personal with various wild life (in between shows animals will rove around the fair for a cuddle & free photo). Come visit the Animal Farm & feed the baby animals or have a Pony Ride. For those more adventurous enjoy the Jumping Castle, Tea Cup or Giant Slide. Parents, friends & family can sit back & relax enjoying live entertainment all day or stroll around to the many community stalls such as White Elephant, Plant Stall, Cafe & Cake Stall or enjoy the food at our various food stalls. Kids can try their luck at the many ride show alley games! Don’t forget to pre-order unlimited ride bands ($25) or Fair Value Ticket ($10), by Wednesday 2 April 2014. Urgently seeking GAZEBO’s or TABLES for use on Fair Day. If you can help please contact us. Also, we still have a few stalls available on the day so if you know someone interested let us know.

**STUDENT PHOTO, BILAMBIL GOT TALENT SHOW & BILAMBIL JUNIOR CHEF COMPS!**

Students are encouraged to show cast their skills at the Fair by getting involved in the various fun competitions that the we will be running! Student Photo Competition - Do you enjoy taking selfies, photos of animals or nature photos? Enter them into the Photo Comp! Or maybe you might be a talented Chef, get baking & send in your baked sweets for your change to win some prizes. Or for those who are creative and enjoy to entertain, whether you want to perform on your own or with a group of friends come perform at “Bilambil Got Talent” at the Fair 2 - 3 pm in school Hall. Entry forms can be collected from class room teachers. Entry is Free & Prizes will be up for Grabs so have some fun & get involved!

**Chocolate Bars**

Send in a chocolate Bar for the Chocolate Toss Game at the Fair. Various Sizes Needed - Family Size, Medium & Small Bars.

**Colour Hair Spray**

We need cans of Colour Hair Spray for Fair Stall. If each family could send in a can it will ensure plenty of supply on the day!
## STALL CO-ORDINATORS

<table>
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<tr>
<th>YEAR LEVEL</th>
<th>STALLS</th>
<th>STALL COORDINATOR</th>
<th>CONTACT</th>
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<tr>
<td>Pre-School</td>
<td>Kidz Craft</td>
<td>Liz &amp; Kellie</td>
<td>0410 566 640</td>
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<td></td>
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<td><a href="mailto:elizabethpace@hotmail.com">elizabethpace@hotmail.com</a></td>
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<tr>
<td>KB &amp; KS</td>
<td>Lucky Bottle</td>
<td>Nikki Clifford</td>
<td><a href="mailto:Nikki3@westnet.com.au">Nikki3@westnet.com.au</a></td>
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<td>LEAVE AS KL PLEASE</td>
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<td>K/1L</td>
<td>Quack a Duck (Duck Fishing Game)</td>
<td>TBA</td>
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<td>1/2 B</td>
<td>Plant Store</td>
<td>Crystle Iredale</td>
<td>0419 703 484</td>
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<td><a href="mailto:crystleiredale@hotmail.com">crystleiredale@hotmail.com</a></td>
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<td>Wet Sponge Throw</td>
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<td>1/2P</td>
<td>White Elephant</td>
<td>Kathy Rissman</td>
<td>07 5590 9717</td>
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<td><a href="mailto:kathrad@yahoo.com.au">kathrad@yahoo.com.au</a></td>
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<td>Chocolate Toss</td>
<td>Belinda Parkes</td>
<td>0404 013 085</td>
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<td><a href="mailto:belinda_lavis@hotmail.com">belinda_lavis@hotmail.com</a></td>
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<td>3/4M</td>
<td>BBQ &amp; Drink Stall</td>
<td>Marg Shipway</td>
<td>0434 244 538</td>
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<td>3/4 S</td>
<td>Hair Spray, Nail Art, Tattoos,</td>
<td>Robyn Gibbs</td>
<td>0402 859 661</td>
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<td></td>
<td>Balloons</td>
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<td>Balloon Dart Game</td>
<td>Dany Harrison</td>
<td>0403 937 407</td>
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<td>0521 481 052</td>
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<tr>
<td>5/6 M</td>
<td>Whack a Frog</td>
<td>Andrea Lund</td>
<td>0421 532 302</td>
</tr>
</tbody>
</table>

## CURRENT REQUESTS

### KB & KS
Clean jars and bottles as per separate class note.
Thank you
Flo Borra & Julie Smith
Class Teachers

### 5/6M
Chocolate Donations - Prize for game.
Decorations – For stall ie. Frogs, lilly pad’s etc.

Thank you
Andrea
Stall Co-ordinator

With only 18 days to go, please keep the donations for your class stalls coming in. It will help make the Bilambil Fair a success story.

Thank you for your support!
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. **A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. **Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
Bilambil Community Preschool & OOSH
[next to Bilambil Public School]

Providing Preschool and Out of School Hours (OOSH) care for your family.
OOSH is available for Permanent and Casual bookings Monday to Friday for both Before & After school care.
Preschool Program available 9am-3pm.
Preschool waiting list for 2015 & 2016 NOW OPEN.
Please phone or pop in to discuss enrolling your family.

Ph: 5590 7722
kelly@bilambilpreschooloosh.org
bilambilpreschooloosh.org

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