PRINCIPAL’S MESSAGE

Congratulations to all the students who made the swimming carnival such a success. Participation in races was strong and there were many fine individual performances. The novelty events were strongly supported by large numbers of students. Throughout the day the conduct of the students, especially towards each other was outstanding. With the value “generosity” being featured in the new students planners the students demonstrated just how generous they could be. Student willingly assisted others, worked as a team and it is possible to recall only one occasion on the day when a student had to be corrected. The swimming carnival was an occasion when all the students can hold their heads high from modelling what a terrific school they are. Thank you to all the parents and grandparents who came to watch the performances of their children. Such an appreciative audience also contributed to the quality of the day.

At the school assembly on Friday morning there was ample proof that students and staff had heeded the calls to apply sunscreen regularly; only a few areas of sunburn. Congratulations to Miss Denham for her organisation of the day. Congratulations also to those twenty or so students who earned coveted citizenship awards for their contributions on the day.

Sporting House captains were elected on Wednesday afternoon. A complete list of those who were elected (and who played a prominent role in the carnival) on Thursday is printed elsewhere in the newsletter. Congratulations to those students for their election to a position of responsibility and their willingness to fulfil the responsibility. Their contribution is significant as other students respond very well to their leadership. Nominations for the SRC were received on Monday and the endorsement of the nominations by the students and staff will occur next Monday. The assembly to induct school captains and SRC members will be held on Monday 25th February.

During the school holidays our school captain Adam Taomia completed a week of work experience with REX airlines. A really memorable experience and one that has been open to only a select few. Adam had a fantastic week. A longer report will appear in a future newsletter.

Mobile phones: these devices are not part of school equipment. Students are encouraged to leave them at home. Parents are encouraged to ensure that their children leave their phones in a safe place at home. Should it be absolutely essential for a student to bring a phone to school then it is expected that the phone will be left in their school bag, or at the front office all day. No phones should be in use during the school day. This Tuesday is the first P&C meeting for 2013. The meeting commences in the school common room at 7pm. All parents who are able to attend are welcome. This is a great opportunity to contribute to the school that your children attend.

Meetings are held once a month.

Steve Chapman
Principal

Welcome to our 2013 Kindergarten students
PRIMARY SCRIPTURE

Scripture classes will be commencing this week on Thursdays. All Primary students participate in lessons which are taught by volunteers from the local churches. If you do not wish your child to be involved, please contact your child’s class teacher or the school office. If your child did not attend scripture last year they will not be attending this year unless you contact the school.

Active After School will begin next week. Senior secondary students who would like to do the coaching training please contact Mrs Murphy or Adam

Did you know?
Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight. In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls. CHOOSE WATER AS A DRINK!!

SWIMMING YEARS 2-6
For the next few weeks Years 2 to 6 will be swimming at the Hillston Pool for their Friday Sport. Please return your permission note and remember to pack swimmers, towel & sunscreen

JARGON BUSTER
Wondering why your kids talk about playing under the school COLA? Baffled at parent-teacher discussions about KLA’s? This list of common abbreviations or terms will help you to become familiar with the world inside school. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters
WHOLE SCHOOL INFORMATION

Value for Life – Forgiveness

Living, Learning, Thinking Focus:

Time is the one thing that we all have the same amount of, but it’s amazing how often we run out of it and are ‘Time poor’. It is avoidable, but requires a determined focus to ignore distractions, common sense prioritising and a purpose to achieve. Before students can control their time, they have to develop a set of consistent attitudes and habits to live by. A very rewarding exercise for them is to summarise their time usage over a typical week under the headings:

- Sleeping, eating, showering, grooming and dressing
- Travelling to and from school, school, hanging out with friends before and after school
- Part-time jobs, jobs at home, looking after brothers and sisters
- Exercising, training for and playing sport, leisure activities, TV, games, social networking sites, texting, twittering
- Visiting relatives, study and home learning, church, other things

The above exercise, plus looking at their musts and options page and study timetable, will give them a good overview of how they spend their available 10080 minutes each week. Building their self-awareness encourages them to become self-managing and develop self-correcting time management habits for life.

Quite often the largest timewaster for students (and in fact all of us) is just idling and wandering around between activities; basically doing nothing – ‘nothing time’. Being aware enables students convert it to ‘something time’ - achieving something meaningful.

“To master your time is to master your life.” Alan Laekin

P & C NEWS

P & C meeting tonight.
7.00pm
School Common room
All welcome.

This is an active and inclusive group of parents who meet each month in the school common room at 7.00pm. Each meeting provides an occasion for parents to contribute to the school. ALL are welcome. Please consider giving only 2 hours each month to play a part in the active life of the school.

A full list of the meeting dates for Term 1, 2013 are listed below.

Tuesday 12th February
Tuesday 12th March
Tuesday 11th April
The end of the first day of High School for Year 7, 2013. Still smiling!

**YEAR 7 and 9 IMMUNISATIONS**

On Tuesday the **26th of February** at 11.15 am, **Year 7** students will receive their first lot of immunisations for the year. All students will receive their first dose of HPV (Human Papillomavirus), their first dose of Hepatitis B and their boostrix (Tetanus, Diphtheria and Whooping Cough).

**Year 9 boys** will receive their first dose of HPV (Human Papillomavirus).

Please return these prior to Wednesday the **20th** of February.

If for any reason, anyone wishes to withdraw their consent please either contact myself, or the front office at the school. Thank-you in advance for your co-operation.

If anyone has any queries, please don’t hesitate to contact myself, Cherie Brettschneider, on 0427934406 between 8.30am and 4.00pm Monday to Friday.

---

**YR 9 2012 MATHS STUDENTS**

As an introduction to their unit on Trigonometry, Year 9 constructed bridges using only 6 straws and 2 sticky labels. The strength of the bridges was then tested using weights. Congratulations to Todd, Grant, Matthew and Peter whose bridge held up the most weight.
SWIMMING CARNIVAL
Thursday we had a terrific day at the School Swimming Carnival. It was great to see the students turning up in their house colours and so enthusiastic about participating in lots of races. Murray were the house winners for the day by a mere 10 points. We had many novelty events throughout the day including the march past, first team to swim 25m and get the whole team out, chains, house lap tally and piggy back races.

SECONDARY AGE SWIMMING CHAMPIONS
12 years old
46 Williams Douglas Murray
9 McGuire Cody Lachlan

13 years old
48 Dalton Kaleb Murray
18 Rhodes Nicholas Lachlan

14 years old
48 Cashmere Chace Murray
6 Wallace Angus Bidgee

16 years old
48 Lewis Leilan Bidgee
22 Rhodes Todd Lachlan
21 Brettschneider Nathan Murray

17 years old
24 Taomia Adam Lachlan
16 Burgess Kaid Lachlan
10 Neal Dylan Murray

12 years old
16 Maher Jennifer Bidgee

13 years old
48 Rennie Camilla Bidgee
22 Taomia Breana Lachlan
21 Neal Jade Murray

14 years old
42 Mewburn Kelsey Bidgee
30 Fleming Emma Bidgee
12 Annetts Kayla Lachlan

15 years old
48 Burgess Denelle Lachlan

16 years old
38 Dalton Brittany Murray
38 Redpath Nyssa Bidgee
18 Baillie Ellie Lachlan
10 Manton Leah Bidgee

17 years old
22 Dalton Kelsey Lachlan
20 Bannon Brydee Bidgee
12 Fisk Amanda Murray

PRIMARY AGE SWIMMING CHAMPIONS
Sub Junior
Christian Pritchard Amelia Hutchison-Spence

Junior
Thomas Lette Hayley Burgess

11 years
Jayden Cahmere Violet Wray

Senior
Hamish Murphy Sophie Irons
Congratulations to the following Secondary students who broke the following records at the swimming carnival.

<table>
<thead>
<tr>
<th>Event</th>
<th>Record Breaker</th>
<th>Time</th>
<th>Previous Record Holder</th>
<th>Time</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 yrs 100m Medley</td>
<td>Nyssa Redpath</td>
<td>1.36.38</td>
<td>M Blunden</td>
<td>1.46.85</td>
<td>2009</td>
</tr>
<tr>
<td>13yrs 100m Medley</td>
<td>Camilla Rennie</td>
<td>1.47.47</td>
<td>L Mewburn</td>
<td>1.52.50</td>
<td>2008</td>
</tr>
<tr>
<td>16yrs 50m Breaststroke</td>
<td>Nyssa Redpath</td>
<td>46.87</td>
<td>G. Cashmere</td>
<td>47.44</td>
<td>2010</td>
</tr>
<tr>
<td>16yrs 50m Backstroke</td>
<td>Ellie Baillie</td>
<td>44.19</td>
<td>M Blunden</td>
<td>46.37</td>
<td>2009</td>
</tr>
<tr>
<td>50m Free-style</td>
<td>Brittany Dalton</td>
<td>35.07</td>
<td>E. Rathmell</td>
<td>37.81</td>
<td>2004</td>
</tr>
</tbody>
</table>

2013 SPORT CAPTAINS

Congratulations to the following students who were elected Captains of their Sport House
LACHLAN Secondary Captains & Vice Captains
Kaid Burgess & Raili Anderson
Todd Rhodes & Ella Dalton
LACHLAN Primary Captains & Vice Captains
Hamish Murphy & Ellie West
Jack Tong & Priyanka Jatan

BIDGEE Secondary Captains & Vice Captains
Brydee Bannon & Nicole Hyder
Leilan Lewis & Leah Manton
BIDGEE Primary Captains & Vice Captain
Ben Richards & Jack Jennings
Violet Wray
MURRAY Secondary Captains & Vice Captains
Nathan Brettschneider & Monique Karsten
Brittany Dalton & Dylan Neal
MURRAY Primary Captains & Vice Captains
Billy Kennedy & Charlotte Bartholomew
Jayden Cashmere & Sophie Irons

2013 SPORT DATES

This year the Zone has tried to set as many Gala Day dates for 2013 as possible for the CHS Knockout Competitions. Students will need to attend the trial days to be selected in the RAP team to participate in Gala Days. The dates are correct at time of printing of the newsletter each week. Please add to your calendars to avoid medical appointments clashing!

- SECONDARY ZONE Swimming @ Leeton Monday 18th Feb (BUS)
- RAP TRIAL DAY: Open Boys and Girls Touch, Tennis and Lawn Bowls + Yr 11 and Under Cricket @ Barellan Tuesday 19th February (BUS)
- RAP Yr 11 & Under Boys Cricket T20 Gala Day @ Coleambally Monday 25th February STUDENTS SELECTED WILL REQUIRE PARENTAL TRANSPORT
- Riverina Secondary Swimming @ Leeton Monday 11th March (PARENTAL TRANSPORT)
- RAP Trials U15 Boys AFL, + Open Netball @ Barellan Friday 22nd March. PLEASE NOTE: 14’s Under Girls Netball has been moved to Term 3 (BUS)

- WHOLE SCHOOL FUN RUN/CROSS COUNTRY CARNIVAL @ Stan Peters Oval Thursday 28th March

More Gala Day dates will be added each week so stay tuned.

SECONDARY ZONE SWIMMING

This carnival will be held at Leeton on Monday 18th February and we will be taking the school bus. The following students have qualified and notes sent home including events they have qualified for. Please remind your child to return the note or cross name off at the front office if they are NOT going to attend.
Camilla Rennie
Breana Taomia
Kaleb Dalton
Nicholas Rhodes

Jade Neal

Kelsey Mewburn
Emma Fleming
Chace Cashmere
Denelle Burgess
Todd Rhodes
Leilan Lewis
Ellie Baillie
Nyssa Redpath
Brittany Dalton
Raili Anderson
Adam Taomia
Kelsey Dalton
EXTERNAL COMPETITIONS 2013

Below is the detail information about the various competitions that will be held in school from Term 2.

ICAS Dates and Fees for Australia

<table>
<thead>
<tr>
<th>ICAS SUBJECT</th>
<th>YEAR LEVELS</th>
<th>ICAS SITTING DATE</th>
<th>OFFICIAL CLOSING DATE</th>
<th>PRICE (GST INC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Skills</td>
<td>3–10</td>
<td>Tuesday 21 May 2013</td>
<td>Tuesday 23 April 2013</td>
<td>AUD 8.80</td>
</tr>
<tr>
<td>Science</td>
<td>3–12</td>
<td>Wednesday 5 June 2013</td>
<td>Wednesday 8 May 2013</td>
<td>AUD 8.80</td>
</tr>
<tr>
<td>Writing</td>
<td>3–12</td>
<td>Monday 17 June – Friday 21 June 2013*</td>
<td>Monday 20 May 2013</td>
<td>AUD 18.70</td>
</tr>
<tr>
<td>Spelling</td>
<td>3–7</td>
<td>Tuesday 18 June 2013</td>
<td>Tuesday 21 May 2013</td>
<td>AUD 12.10</td>
</tr>
<tr>
<td>English</td>
<td>2–12</td>
<td>Wednesday 31 July 2013</td>
<td>Wednesday 3 July 2013</td>
<td>AUD 8.80</td>
</tr>
<tr>
<td>Mathematics</td>
<td>2–12</td>
<td>Tuesday 13 August 2013</td>
<td>Tuesday 16 July 2013</td>
<td>AUD 8.80</td>
</tr>
</tbody>
</table>

Please retain the list of dates above as a reminder.

If interested please fill in the form below and return it to school with your correct entry fee.

..............................................................................................................................................

Name: .................................................................................................................................

ICAS SUBJECT (please tick)

Computer skills_________  Spelling_________  English_________

Science_________  Mathematics_________  Writing_________

Entry Fee: __________________________

Parents Signature: __________________________

(Please discuss this with your child)
2013 AUSTRALIAN GEOGRAPHY COMPETITION

Who can enter?
Students taking Geography, or an integrated social science which includes geography, may enter. Students are graded at three levels depending on their age on 31 August 2013 – junior for students 13 and under; intermediate for students 14 and 15 years old; senior for students 16 to 18 years old.

Competition Format
It is made up of multiple-choice questions testing geographical knowledge and skills. The competition will run for 35 minutes. Competition in schools will run on either one of these days from Mon 25 Mar– 5th April 2013.

Great Prizes to be won
- overseas trips to represent Australia in international competitions
- trips to Sydney
- books
- medals
- certificates for student’s portfolios

Entry Fee: $3.00
If interested, please fill in the entry form below and return it with your money to the office before the 26th of February 2013.
For further information contact Mrs. Jatan at school or visit the website at www.geographycompetition.org.au

2013 Australian Geography Competition
Name:
_________________________________________

Year: __________________________

Entry Fee: ____________________________

Parents’ Signature: _________________________

COMMUNITY NEWS

HILLSTON SWANS JUNIOR REGISTRATIONS
When: Wednesday 13th of February, 2013
Time: 5:30pm- 7:00pm
Where: Hillston Lions Park
Registration is for all Junior players, even those that may play in senior grades. If you are under 18 you are classified as a junior player. There will be a free sausage sizzle running for all REGISTERED players. If you are unable to attend, please send an email to hillstonswans@gmail.com, and a registration form can be forwarded to you.

FRIDAY NIGHT TENNIS
Friday night tennis will re-commence Friday 15th February and will run for 6 weeks. Teams will remain the same as 2012. New players welcome.
Phone 69675318.
HILLSTON OUTBACK TRIATHLON – GET YOUR EARLY ENTRIES IN DISCOUNTED AMOUNT IF PAID BY 22.2.13 ALL TEAM MEMBERS MUST BE PAID TO RECEIVE DISCOUNT.

Date: Sunday 24th February

Continuous BBQ available.

Entry forms available at St Josephs, Hillston Central School, Griffith Motorcycle Centre, Bendigo Bank, Reflex Physio & Gym and Carrathool Shire Council Office, Hillston Newsagency

For further inquiries contact Robin Bartholomew, Race Director on 69672999

Could all children entering complete their registration forms and take them to the school offices with the correct money in an envelope for collection.

HOT IMPORTANT INFORMATION –

All competitors must wear an Australian Approved Helmet making sure it is fitted correctly and have working brakes on their push bikes. These will be checked on entering the transition area and if they do not comply you will not be able to compete.

Distance delivery means that you can study from home and not have to attend classes

The Riverina Institute, Business Faculty is offering the following courses by DISTANCE delivery in 2013 through its Leeton Campus:

Certificate III in Business (Course 20119)

Certificate III in Business Administration (Course 17807)

Both of these courses would allow you to develop knowledge and skills to pursue employment and/or further training in a range of business areas. These courses cover skills using current business technology, writing and communication, plus a number of elective units.

Certificate III in Business Administration (Legal) (Course 17812)

Develop knowledge and skills to be able to work as a legal receptionist or an administrator in a legal environment. This course is also suitable if you want to work in non-legal offices.

Statement of Attainment in Processing and Maintaining Financial Records (17820) (MYOB)

Develop skills and knowledge to enable you to process and maintain financial records in an office environment using MYOB software.

Why not gain a new qualification? These Distance courses are offered by the Riverina Institute through the Leeton campus.

For further information please contact the Campus on 02 6953 9600 or email RICourseInfoLeeton@tafensw.edu.au
### Canteen Menu 2013

Orders to be placed by 9.00am.
Bags available at the counter.

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Roll &amp; Wraps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad (no meat)</td>
<td>2.50</td>
</tr>
<tr>
<td>Salad with Ham</td>
<td>3.00</td>
</tr>
<tr>
<td>Salad with Chicken</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken lettuce and Mayo</td>
<td>3.00</td>
</tr>
<tr>
<td>Salad with Tuna</td>
<td>3.50</td>
</tr>
</tbody>
</table>

**Hot Food Recess or lunch orders**

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot bread</td>
<td>1.50</td>
</tr>
<tr>
<td>Ham &amp; pineapple Pizza</td>
<td>2.20</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>2.50</td>
</tr>
<tr>
<td>Small Pie</td>
<td>2.50</td>
</tr>
<tr>
<td>Pizza Rounder</td>
<td>2.50</td>
</tr>
<tr>
<td>Spinach and ricotta Roll</td>
<td>3.00</td>
</tr>
<tr>
<td>Potato Topped Pies</td>
<td>3.50</td>
</tr>
<tr>
<td>Sauce</td>
<td>.30</td>
</tr>
</tbody>
</table>

**Hot Food – Lunch Orders Only**

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noodle Cups Beef or Chick</td>
<td>2.50</td>
</tr>
<tr>
<td>8 x Chicken Crackles</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken and Gravy Rolls</td>
<td>3.50</td>
</tr>
<tr>
<td>Chicken Burger (with patty, lettuce, cheese &amp; mayo)</td>
<td>3.60</td>
</tr>
</tbody>
</table>

#### Small

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Chilli Chicken Wrap (with Lettuce, cheese, tomato, chicken Tenders, sweet chilli sauce)</td>
<td>3.00</td>
</tr>
<tr>
<td>3 x Chicken Tenders w/sauce</td>
<td>4.00</td>
</tr>
<tr>
<td>Crumbed fish wrap with Lettuce &amp; tartare sauce</td>
<td>3.00</td>
</tr>
</tbody>
</table>

#### Large

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Chilli Chicken Wrap (with Lettuce, cheese, tomato, chicken Tenders, sweet chilli sauce)</td>
<td>3.00</td>
</tr>
<tr>
<td>3 x Chicken Tenders w/sauce</td>
<td>4.00</td>
</tr>
<tr>
<td>Crumbed fish wrap with Lettuce &amp; tartare sauce</td>
<td>3.00</td>
</tr>
</tbody>
</table>

**Snack Food**

<table>
<thead>
<tr>
<th>Snack Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home made Biscuits</td>
<td>0.25</td>
</tr>
<tr>
<td>Home made slice</td>
<td>0.50</td>
</tr>
<tr>
<td>Vegemite Roll</td>
<td>0.60</td>
</tr>
<tr>
<td>Tiny Teddies</td>
<td>0.80</td>
</tr>
<tr>
<td>Jelly Cups</td>
<td>1.00</td>
</tr>
<tr>
<td>Chips (chicken Honey &amp; soy and Sea Salt)</td>
<td>1.00</td>
</tr>
<tr>
<td>Home made muffins</td>
<td>1.50</td>
</tr>
<tr>
<td>Grain Waves (sweet chilly and Sour cream &amp; chives)</td>
<td>2.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>0.50</td>
</tr>
<tr>
<td>Pizza Shapes</td>
<td>2.50</td>
</tr>
</tbody>
</table>

**Drinks**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Box</td>
<td>1.20</td>
</tr>
<tr>
<td>Slush</td>
<td>1.50sm</td>
</tr>
<tr>
<td>Sm GO Juice</td>
<td>1.50</td>
</tr>
<tr>
<td>Lol (razz, blackcurrent, tropical</td>
<td>1.50</td>
</tr>
<tr>
<td>Coke Zero</td>
<td>2.00</td>
</tr>
<tr>
<td>Sprite Zero</td>
<td>2.00</td>
</tr>
<tr>
<td>GV 100% Juice Apple</td>
<td>2.50</td>
</tr>
<tr>
<td>GV 100% Juice Orange</td>
<td>2.50</td>
</tr>
<tr>
<td>Sm Water</td>
<td>1.50</td>
</tr>
<tr>
<td>Lge Water</td>
<td>2.50</td>
</tr>
<tr>
<td>Flavoured Low Fat Milk</td>
<td>1.50sm</td>
</tr>
<tr>
<td>Choc, Strawberry, Iced Coffee</td>
<td></td>
</tr>
</tbody>
</table>

**Ice Creams**

<table>
<thead>
<tr>
<th>Ice Cream</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Yoghurt Strawberry</td>
<td>2.00</td>
</tr>
<tr>
<td>Billabong</td>
<td>1.50</td>
</tr>
<tr>
<td>Dixi Cup Low Fat</td>
<td>1.50</td>
</tr>
<tr>
<td>Cruncha</td>
<td>1.00</td>
</tr>
<tr>
<td>Icy Pole Lemonade</td>
<td>1.00</td>
</tr>
<tr>
<td>Zooper Dooper</td>
<td>.50</td>
</tr>
<tr>
<td>Snapper</td>
<td>.40</td>
</tr>
<tr>
<td>Mony</td>
<td>.70</td>
</tr>
<tr>
<td>Fruit Ice</td>
<td>.30</td>
</tr>
</tbody>
</table>

All effort will be made to provide your child with the lunch they order. If for any reason we do not have the item, a similar one to the same value will be offered. Please be aware that your child will be given what is written on the lunch bag. If you require any changes such as no cheese, butter, sauce etc. clearly print it on the bag, otherwise the standard order will be given. Please let Gloria know if your child is leaving early or going home sick, so their order can be held for another day.