PRINCIPAL’S MESSAGE

We’ve had a beautifully ‘smooth’ start to the school year.

WELCOME!

On Monday we welcomed 70 happy little ‘vegemites’ into the 3 ½ kindergarten classes. Smiles all round – students and teachers! The only tears shed were by parents. I really believe it is testament to the wonderful orientation program run at the end of last year that has contributed to this smooth transition for the children. Our strong links to both our local pre-schools /child care facilities have ensured that the children are well prepared and confident in their ‘new’ setting. Congratulations parents for your patience, caring and gentle encouragement. A warm welcome back to all our Old Bar families. It’s lovely to welcome new faces also to our school. Remember, the key to happy children, satisfied parents and content teachers is COMMUNICATION. We pride ourselves on developing and maintaining strong links with our school community. But, it’s a two way street. Please touch base with your child’s teacher. Make yourself known, volunteer in the canteen, help out in the classroom, and share your talents. There is always something you can do! Our total school enrolment is 394. This gives us 16 classes across seven grades. This is the largest total enrolment ever at Old Bar School. Fortunately, our new facilities and our experienced staff are coping well with the influx of additional numbers.

STUDENT LEADERS

During this week, teachers have been conducting elections for Student Representative Council leaders and Sporting House leaders. The students were able to nominate candidates and prospective leaders were invited to speak briefly about why they would be appropriate in these roles. It was encouraging to see and hear students using terminology like teamwork, co-operation and friendship. We are proud of all our students at Old Bar. I am particularly touched by students who ‘have a go.’ Not everyone can be a winner, but we can all learn from life experiences.
individual students who are involved in this special assembly.

ANAPHYLAXIS
During the past week, all teaching and non-teaching staff at Old Bar school have been involved in mandatory training in identifying and responding to Anaphylaxis in students. It is also a requirement that any casual teacher coming into the school completes this training. We have several students who have severe food allergies. We have now purchased additional EpiPens to be included in our First Aid kits. It is the responsibility of parents to update their child’s Anaphylaxis Plan and to discuss this with the child’s teacher. If your child has a particular health care need, please ensure we have current details of their plan.

AWARD WINNING
HEALTHY CANTEEN!
There’s so much to be proud of at Old Bar School! Our canteen is moving towards becoming completely preservative / additive free. It has a stunning new menu serving only the freshest, healthiest food available. This hasn’t happened by accident! A hard working, passionate group of parents have spent 12 months planning and designing the new menu. Our dedicated canteen supervisor, Sheryl has embraced the many changes and has been nominated for a state wide award. This is just so exciting! The award ceremony will take place in Sydney in March and will be attended by Sheryl and other members of our P&C. I’ll keep you posted! Because we believe in nurturing the ‘whole’ child, teachers at Old Bar are also doing their bit to ensure we grow happy, healthy children. Read the attached information about the Crunch and Sip program to see how you can help and support your child to always be their healthiest. Healthy bodies have a great impact on developing healthy minds!

PARENT INFORMATION
SESSIONS
Shortly you will receive an invitation to attend a ‘parent meeting.’ For some of you this will be your first one! Don’t be afraid – it is a great way to get lots of specific information about your child’s class, meet the teacher and have a chat to other parents. There will also be lots of time to ask questions. Come along and get involved.

HELP!
Do you have an Auswim certificate? New guidelines require schools to have trained personnel if we take groups to the pool swimming. We have some trained staff but could really do with some more help! 1 instructor to 15 children is the required ratio. If you are trained AND you are willing to help, we would love to hear from you. Please contact me through the office. Wow! That’s a lot of information for one newsletter. I still have more exciting things to tell you about but they will have to wait until next week. Don’t forget to check out our school web page – if you lose a note or need to clarify details of an event, you should be able to find answers there. Our Facebook page is also updated regularly and has snippets of interesting information. ‘If you insist on measuring yourself, place the tape around your heart rather than your head.’ Carol Trabelle

P&C News
VERY EXCITING NEWS!!!
Our Canteen Supervisor Sheryl McNamara has been nominated and selected as a finalist to receive a Healthy Kids Association Canteen Recognition Award. The ceremony and an expo will take place in Sydney on March 19th. Sheryl has been Old Bar Public School’s Canteen Supervisor for 17 years. Over this time Sheryl has (with the assistance of various P&C Canteen Committee’s and numerous tireless volunteers) reduced wastage and brought the canteen from running at a loss to providing extra funds which are

David Street Old Bar NSW 2430
6553 7248
Green Waste and the positive action of worm farms.

**School Banking**

School Banking is on Wednesdays. The new rewards for 10 tokens are:
- Wallet
- Knuckle game
- Handball
- Spen/Cred/Pat/Addy/Prue money boxes
- New accounts can be opened at the Commonwealth Bank.

**Run-Swim . . Then Run Again!!**

Old Bar may have the next Nutra Grain iron man in its ranks. Alistair Williams, year 3, battled the onset of Cyclone Oswald in the inaugural Crowdy Head Triathlon. He took out 2nd placed boy in the 7-9 year old division. Alistair’s only wish was that surfing was included in the event as the waves were gnarly!

**Old Bar Beach Junior Pirates**

Old Bar Beach Junior Pirates are holding their registration days on:
- Monday 11th February 4 till 6 at Trad Fields, Old Bar
- Thursday 14th February 4 till 6 at Club Old Bar

Fees are $90. New players must bring their birth certificate.

For all enquiries please phone Brett Hinton on 0429 101 878 or Nicole Martelli on 0407 451 757.

**Important . . . . VERY Important!**

There are a number of children in our school who have severe food allergies. If they are exposed to their allergens they are in danger of having an anaphylactic reaction. Peanuts, tree nuts and egg are at the top of the list of the most ‘dangerous’ foods. For this reason, we ask that parents avoid using nut based spreads, egg and snack bars (containing nuts) for lunches. We have always had a great response to this request and appreciate your support in this matter.

**P&C Meeting**

Our first meeting for the 2013 will take place on Wednesday 13th February at 7-00pm in the School Library. All parents and carers are invited to attend. A light supper will be provided. We have a special guest named Bill Haszard who will be presenting a discussion on
Old Bar Netball Registration
We are holding our Registration Days at Club Old Bar on Sunday the 10th February from 5.30pm. Fees are $96 for Juniors and $85 for Netta.
Also Club Old Bar 5.30-7.30pm on Wednesday the 13th February.
If unable to attend please call Claire 0413 036599 or email cajking@bigpond.com
Registration closes on the 23rd February 2013.
Games commence the 9th March 2013.

Taree Tigers Hockey Club
Are you looking for a great team sport to play?
Come to Taree Tigers Hockey Club & give Hockey a go. There is a free starters pack for all new junior players.
It is a great team sport for boys and girls of all ages from 5 years of age and Taree Tigers Hockey Club is looking for players in 2013 for both Junior & Senior competitions.
No matter what your age or ability we have the junior Boys or Girls or senior team just for you. Registration days are Mondays February 11th & 18th from 4.30pm at the Taree Hockey Centre. Please contact Di Cubbin on 65526870 or Tony Lewis on 65510986 for more information. So come on, give hockey a go in 2013.

Taree Auskick Registration Day
Taree Auskick Registration Day is Thursday the 28th of February at Taree City Centre between 4pm & 6pm. Registered Participants in the program receive an Auskick backpack containing a football, pump, drink bottle, cap, pencil case and lots more. For further details contact Taree AFL Auskick on 65533345.