Principal’s Message

Early Leavers

From time to time we understand that you have to pick your child up from school before 3pm. It is however important that you follow the correct procedure to ensure the safety and security of students. Step one is to sign your child out at the office providing a reason for early pick up. You will then be issued with an early leavers card which you take to the child’s class teacher so that they know the release has been authorised. It is not possible to have children waiting at the office for pick up due to lack of appropriate supervision and the fact that often in the past they have been kept waiting for some time and miss out on valuable teaching time.

Mouthguard Awareness

Wear a mouthguard at play, to keep the injuries away. Sporting accidents are one of the most common causes of dental injury. Every year thousands of people, including children, are treated for dental injuries that could have been avoided or minimised by wearing a protective, custom-fitted mouthguard.

Why do you need a mouthguard?
Damaged or knocked out teeth, broken jaws and cut lips can be sustained when playing sport. Wearing a custom-fitted mouthguard helps to absorb and spread the impact of a blow to your face, which might otherwise result in an injury to your mouth or jaw. Dental injuries can result in time off school to recover, can be painful and disfiguring, and may involve lengthy and complete dental treatment. The cost of an injury to your teeth or jaw far exceeds the cost of a custom-fitted mouthguard.

When should I wear a mouthguard?
Custom-fitted mouthguards should be worn whilst playing and training for any sport where there is a possibility of contact to the face. These sports can include football, hockey, netball, baseball, basketball and even skateboarding and skiing. Just like having the correct shoes and sporting equipment, all people playing these sports need to wear a custom-fitted mouthguard.

Other mouthguard tips
The Australian Dental Association strongly recommends investing in a custom-fitted mouthguard from your dentist. Have your mouthguard checked at your regular dental check-up to make sure it fits correctly and offers maximum protection. Keep your mouthguard clean and store it in a rigid container, away from heat to ensure it maintains its shape. For more information on mouthguards and protecting teeth visit: www.mouthguardawareness.info

Succeeding in Science

Encouraging your child to ask questions and helping them find the answers is top of the list in helping them to succeed in science. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/helping-your-teenager-succeed-in-science

Facts about Tutors
Private tutoring to give kids a helping hand in their schooling is a growing business. However, it's also an area where parents can be vulnerable to bogus offers and misleading advertising. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/facts-about-tutors

Public Speaking
Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child’s next

Linda Green – Principal

Stewart House Donation Drive 2013

With this week’s newsletter students will be bringing home a donation drive envelope from Stewart House. If you would like to make a donation and be in the draw to win a $4,000 holiday to the destination of your choice, please write your name on the back and insert a gold coin into the envelope and return to your child's teacher by Friday 3 May 2013, so that we can forward them on in time for the draw. Thank you.

Paula Clements – Charities coordinator

From the P&C

The P&C are conducting an Easter Raffle. Prizes will be 8 baskets of Easter Eggs. There will also be 10 runners up prizes of a Chocolate Easter Bunny. Sheets of tickets have been handed out to all children and extra tickets will be available from the P&C in front of the library from Monday 18 March 2013. The raffle will be drawn at the Crazy Hat Parade to be held on Tuesday 26 March 2013.

School Banking

The next school banking day is Thursday 21 March 2013. Children are to hand in their bank books to their class teacher on the day.

Christine Wright – P&C President

Notices

NSW Police Force

Number plates are one of the most commonly stolen items from NSW cars. Stolen number plates are often used to commit other crimes, such as toll evasion and petrol theft. Tamper resistant one-way screws can help reduce the risk of your number plates being stolen. You can have one-way screws attached to your vehicle by NSW Police for FREE at:

Location: Minto Mall Carpark
Date: Wednesday 20 March 2013
Time: 10:00 am to 1:00 pm

*Please note that the registered vehicle owner must be present on the day.

Come along, meet your local Police and learn some simple car security tips.

Sacramental Programme for 2013 at Our Lady of Mount Carmel

There will be an information evening for Reconciliation, First Eucharist and Confirmation for this year. All parents wishing their children to receive sacraments this year must attend. Please bring copies of your child's baptism certificate.

Date: Friday 15 March 2013
Time: 7:45 pm
Venue: Our Lady of Mount Carmel Church
193 St Andrews Rd
Varroville

Advertisements

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James Court Tennis

We will be conducting our 95th tennis camp to be held 15 – 19 April 2013 inclusive at Glenquarie Tennis Centre. Fees are $100 for the week which includes:

• Crazy Hair Day Thursday
• Free Sausage Sizzle on Friday

Tennis Coaching commences on Monday 25 April for group and private lessons 4 years and up. Please call Michael Mullane on 0408 448 618 for an enrolment form.

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