EASTER SERVICE AND HAT PARADE
On Wednesday, 9 April 2014 Tower Street Public School will be holding a combined Easter Service at 11:30am. Parents are invited to attend the Easter Hat Parade which will be held under the COLA after lunch at 1.45pm.

Years K-4 will need to make their own hats at home for the parade. Students are required to bring their hat in to school on Monday, 7 April through to Wednesday, 9 April (day of the parade).

Years 5 and 6 will be doing an eggorama.

Attached to this Tower Talk are ideas that can be used for making hats, masks and headbands. There are also ideas for making eggoramas. These can be brought to school on the day of the parade - Wednesday, 9 April.

NO ASSEMBLY THIS WEEK
There will not be an assembly this Friday as School Parliament will be “sitting”.

HARMONY DAY
Tower Street Public School is celebrating Harmony Day on Thursday 27 March 2014. At 2:30 pm the school will meet in the hall to put up a Hands of Harmony wall display – parents are welcome to attend.

Orange is Harmony Day’s official colour and everyone at Tower Street is invited to wear orange on this day. Students may wear orange mufti. When wearing mufti to school these are the rules:
* Closed-in shoes must be worn – no sandals, thongs or slip-ons.
* Tops (shirts, t-shirts, dresses) must cover the shoulders and upper arms. No mid-riff tops.
* Sunsafe hats must be worn – broad brimmed, bucket or legionnaires style.

Just a reminder that-
The P&C have requested the donation of Easter eggs on Harmony Day. The egg donations will be made into prizes for the Easter Raffle. The more eggs donated the more prizes there will be.
The P&C will also be holding a Cake Stall on the day. Donations of cakes are requested.

REGIONAL SWIMMING
Congratulations to Jade who competed at the Regional Swimming Carnival on Tuesday. Jade came 6th in backstroke and freestyle, 10th in the medley and 17th in butterfly. What fantastic results. Well done Jade. We are all very proud of you.
The Bandage Bear Breakfast will be held on Thursday 20 March. Please come along to support this very worthwhile fundraiser. All money raised will be donated to Westmead Children’s Hospital.

Bandaged Bear Breakfast at 8:00

Menu:

- Bacon and egg roll: $3.00
- Sausage and egg roll: $3.00
- Egg roll: $2.00
- Bacon roll: $2.00
- Sausage on a roll: $2.00
- Pancakes with syrup: $3.00
- Juice: $1.50

Cup of fruit with yoghurt $1.50

**Bandaged your bear:**

- Small teddy or soft toy (under 30 cm): $0.50
- Medium teddy or soft toy (30cm-60cm): $1.00
- Large teddy or soft toy (60cm -90cm): $2.00
- X-large teddy or toy (90cm+): $3.00

Adults only:

- Tea and coffee: $2.00

Congratulations to our students for their excellent results at District Swimming

**Gold Award Recipients**

- Kiara
- Ella

**Silver Award**

- Hayley
- Kya (2)
- Rebeca
- Ella (3)
- Esha
- Nour
- Kinjal
- Tayla
- Sebastian
- Kiara
- Samir
- Jenna
- Charlotte

**Platinum Award**

- Dominic
- Josiah
LUNCH BOX IDEAS
Tower Street Public School is committed to promoting healthy choices for students. This includes exercise, food and a healthy lifestyle.

A few parents recently asked for some ideas for lunchboxes so I downloaded information from the NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation website. More information is available on www.healthykids.new.gov.au

A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child’s lunch box is, it won’t provide any nutritional value if it doesn’t get eaten!

The solution is to make packed lunches as interesting and nutritious as possible – and to encourage your child to be involved in filling their own lunchbox from a range of healthy options. It doesn’t have to be difficult, time-consuming or expensive. For example; sandwiches and rolls – a favourite among lots of kids – are simple and easy to prepare. Here are some simple, tasty and nutritious ideas for you to try when preparing your child’s lunchbox.

What to put in the lunchbox
A good helping of fruit and vegetables
Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

Starchy food
Bread, rice, potatoes and pasta. Have a variety to choose from, such as wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice.

A bottle of water
To keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

Healthy choices
Look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks
Such as small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

And remember: Treats like chocolate or chips should only be included occasionally, not every day.

Practical tips
- Include a frozen bottle of water during summer. It will still be cold at lunchtime and keep the food cool too.
- During hot weather, avoid milk, yoghurt, fish or meat in lunches, unless they are packed in a good-quality cooler with an ice pack/frozen water bottle (to prevent food poisoning).
- Wash and dry salad vegetables thoroughly to avoid ‘soggy sandwiches’.
- Don’t forget a spoon when packing yoghurt or tubs of fruit (otherwise it will end up on the floor or on your child’s clothes).
- For busy families, prepare lunchboxes and sandwiches the night before and store them in the fridge to ensure your child always has a healthy lunch with them.
- Wash, rinse and thoroughly dry lunchboxes after every use to keep them safe and clean.

What makes a healthy snack?
Here are some simple ideas for healthy snacks that you can make at home or add to lunchboxes:
- Fruit muffins or slices, baked using monounsaturated or polyunsaturated oils and margarine instead of butter
- Fresh, frozen, canned (in natural or unsweetened juice) or dried fruit
- Raisin or fruit toast
- Toasted English muffins, preferably wholemeal or wholegrain
- Reduced fat custard with fruit
- Rice crackers or corn cakes
- Plain popcorn (unbuttered and without sugar coating)
- Muesli and fruit bars – look for the healthier choices or those with the Heart Foundation Tick
- Scones or pikelets (plain, fruit or savoury)
- Plain breakfast cereals, such as wheat breakfast biscuits, topped with sliced banana with a drizzle of honey
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured)
- Cubes, slices, shapes or wedges of reduced fat cheese with wholegrain crackers or crispbread
- Potatoes, topped with reduced fat cheese and baked in the microwave or oven.
- Corn on the cob
- A boiled egg

An initiative of NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation

Barbara Hornung
Principal
SPORTS REPORTS

**Netball Sports Report 7/3/2014**

The Junior A netballers played a game against Padstow Heights but unfortunately, they lost 3 to 7. You all did amazing. The player of the match was: Hope.

The Junior B netballers played against Revesby Public. They did not win but they did an amazing job as it was their first game ever. The score was 2 to 3. The player of the match was: Jasmine.

The Senior A netballers played against Padstow Heights. They played their best and had great fun. The game was very fast but unfortunately, they lost. The score was 4 to 14. The player of the match was: Liana.

The Senior B netballers sadly lost. The score was 5 to 11. They played really well and they tried their hardest. The player of the match was: Kya.

By Hayley and Rebeca

**Touch Footy Term 1 Week 6 7/3/2014**

Last Friday Tower Street Public School entered two teams into the PSSA touch footy competition. For most of us it was our first competitive game and boy, did we learn a lot but we also had fun and tried hard.

The junior boys team went pretty well and had a draw with Padstow Heights - 5 all.

The player of the match was: Samir.

For the seniors it was a hard game against Padstow Heights. Sadly they lost 10-5.

The player of the match was: Kane.

By Thomas and Damian

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**3T BOOT CAMP RAP**

3T and 4LJ have been doing boot camp as part of our Fitness Program this term. We would like share part of it with you. The Boot camp circuit helps to keep our fitness in balance.

Alexander

We are children of Tower Street.  
We love to run and stamp our feet!  
We are children of class 3T…  
We work hard from 9 ‘til 3.

Sound off! One Two  
Sound off! Three, Four

We like to meet and we like to greet,  
We’re always ready to share a treat!  
In the Cross Country we love to run…  
‘Cause we know it’s lots of fun!

Sound off! One Two  
Sound off! Three, Four

We put effort into all we learn,  
‘Cause a bronze award we’ll earn.  
We can spell and read and write…  
Did we get our words all right?

Sound off! One Two  
Sound off! Three, Four

We have boot camp every week,  
We run and run until we’re beat!  
We do star jumps ‘cause we’re stars.  
We run just as fast as cars!

Sound off! One Two  
Sound off! Three, Four

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Photo of students with "SOLD" sign.
FUNDRAISING COMMITTEE

On Thursday 27 March, as part of Harmony Day, the fundraising committee will be holding a Cake Stall. We are asking families to bake something to sell at our cake stall (NO NUTS OR TOFFEES PLEASE). The cake stall will be open at recess and at 2.30pm Please place a sticker on the plate with all ingredients you have used. Prices will be 50c or a $1.00 depending on the cake. We are asking for volunteers to help on the day. Please contact Belinda Green on greenbel80@yahoo.com.au

This year we are also asking families to donate Easter Eggs for the Easter Raffle on Harmony Day. We need both large and small eggs. (Small eggs will be used to fill children’s Easter Baskets)

Raffle tickets will be sent home soon.

Thank you for your support

UNIFORM SHOP

We have just sorted through our second hand stock. There is a fair bit of clothing and a lot of it looks quite good. If anyone needs anything we will be selling it at reduced prices.

Come down and have a look.

White shirts – long and short sleeved
Grey shorts
Summer tunics
Tracksuit pants
Jumpers

All for $5.00.

Winter tunics for $20.

Thank you for supporting the uniform shop.
On Tuesday 11 February it was a hot sunny day. Keziah made a beautiful blue flag to cheer for her group. On the way to the carnival 3T was excited, even I was!

When we arrived at the carnival we sat down in our house groups. Giaan was painted a green colour. When I went in the seven years age race Mrs Kearney said, “On your marks, get set” and then she pressed the hooter. I came in third place.

The novelty races were awesome.

On the way back to school we saw a house that was sold. Mrs Broomfield sold us for three hundred dollars too! Jessica 3T

On Tuesday 11 February, 2014 was a perfect, hot summer's day for our Swimming Carnival. Keziah made a big blue flag to help cheer on O’Neill. We started walking to the pool at 9:00 am. It did not take long to get there.

When we reached the pool we had to sit in our house colours: Waugh, O’Neill, or Rafter and everyone was going CRAZY! My best friend Giaan is in Waugh so Mary and I asked her if we would paint her green, and she looked as green as grass!

When it was your turn to race you had to stand on the block and get ready to dive in. Every one tried their hardest to come first, second or third. If you came in one of those places you had to go to Mrs Hornung so she could write down your name.

After the swimming races we had time to play in some novelty races. Rayanne

On a hot, sunny day, it was our swimming carnival. It was on Tuesday 11 February.

Kez made a flag for O’Neill. I never saw her hold it up. Her hand probably got tired from waving it around.

When we got to the pool we had to sit in our houses. When we heard Mrs Kearney blow her whistle we got ready on the blocks. I could swim fast, and I tried my best. I didn’t get to go to Mrs Hornung, but I had fun!

Ethan and Alexander came first, and third in some of their races.

When we were walking back to school, Mrs Broomfield got sick of us so she sold us! Dylan
Eggorama

This interesting project is an annual project for all Stage 3 students.

**TASK:** You are to make a diorama that describes the meaning of a word that begins with the syllable “ex”. Some examples that you might choose from are:

- Explain
- Exhume
- Extensions
- Excursion
- Execute
- Experiment

The list is long and your dictionary will give you more to choose from. You must build a diorama inside a box (a shoe box is ideal but it is okay to use a bigger box).

The word being described must be spelt with the “ex” replaced by “egg”. For example you would “Eggsterminator” instead of “Exterminator”. The characters in your display would be painted eggs.

The drawing above should give you an idea of what is required.

Please bring it to school on Wednesday 9 April, 2014 for the Easter Parade. Remember, you must prepare your diorama at home between now and Wednesday 9 April, 2014. Do not bring it before then or some other students may copy your idea.

**Let’s see some creative and imaginative efforts!**
**Simple band with streamers**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** Card, tissue paper, glue, scissors.
- **What to do:** Cut a strip of card and glue it over the top of the head and make some simple tissue-paper flowers to stick on. Cut some strips of tissue paper to hang down on either side of the head.

**Cone-shaped hats**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** Card, paper, glue, scissors, trims, pom-poms, decorations.
- **What to do:** Cut circles of card. Remove a triangle as shown in the diagram and fold it to make a cone. Secure it with tape. For a clown's hat add a row of pom-poms. For a witch or wizard hat, add a brim and decorate it invariegately.

**Headbands**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** Strong card, glue, paper for cut-outs, felt-tipped pens, beads or buttons etc.
- **What to do:** Cut the headband to fit the child's head and decorate with felt-tipped pens, crayons, printed-out cut-outs or buttons etc.

**Rabbit mask**
- **Age range:** Six plus.
- **Group size:** Individuals.
- **What you need:** Card, paint, felt-tipped pens, strips of card, cardboard paper, sticky or glue.
- **What to do:** Cut out the face and the two pieces for the ears as shown in the diagram. Fold a sheet of card into two, draw the nose and cut it out. Cut from the top of the lower part of the head, overlap the two pieces, and staple them together. Then staple on the upper part of the mask, and glue or staple on the ears. Add the features using either cut-out shapes from cardboard paper or felt-tipped pens.

**Chicken mask**
- **Age range:** Six plus.
- **Group size:** Individuals.
- **What you need:** Card, paint, felt-tipped pens, strips of cardboard paper, sticky or glue.
- **What to do:** The mask is made in the same way as the rabbit mask (see page 65). The two component parts are different.

**Floral headband**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** Tissue-paper flowers, large paper bow, glue, strip of strong card.
- **What to do:** Make the headband to fit the child's head (see page 74). Decorate it with flowers and add a large paper bow on the back.

**Wide-brimmed hat**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** Tissue paper, crêpe paper, card, glue, scissors.
- **What to do:** Cut a large and a small circle of card. Place the smaller circle in the centre of the large circle and draw round it. Fill the circle with crushed tissue paper and glue the small circle on top. Finish off with a long crêpe paper ribbon attached at both sides of the large circle.

**Dolly Easter bonnet**
- **Age range:** Five plus.
- **Group size:** Individuals.
- **What you need:** A paper doily, 10 cm diameter or a circle of paper cut to achieve a similar lacey effect. A circle of card in contrasting colour – large enough to fit the head, ribbon or wool, odds and ends of tissue paper, foil, cellophane, clear glue.
- **What to do:** Make tissue paper flowers by folding small squares into four and holding them to make a stem. Poke the stems of the flowers through the doily, stick them down firmly on the wrong side and leave them to dry. Cut two lengths of ribbon or wool long enough to go around the chin and tie to either side of the card circle. Stick the decorated doily on top of the circle to complete the hat. Add a few more decorations of your choice for extra effect.