COMING EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Term 1</td>
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<tr>
<td>19 March</td>
<td>Harmony Day</td>
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<tr>
<td>20 March</td>
<td>Parliament PSSA – Round 3</td>
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<td>27 March</td>
<td>Last day of Swim School PSSA – Round 4</td>
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<td>28 March</td>
<td>State Election P&amp;C Fundraiser</td>
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<td>31 March</td>
<td>School Photo Day</td>
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<tr>
<td>1 April</td>
<td>Combined Easter Service - 11.30am</td>
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<td>Easter Hat Parade – 1.00pm</td>
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<td>2 April</td>
<td>Last Day of Term</td>
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<td>21 April</td>
<td>First Day of Term</td>
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<td>Term 2</td>
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<tr>
<td>20 April</td>
<td>Staff Development Day</td>
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<tr>
<td>21 April</td>
<td>Students return to school today</td>
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PRINCIPAL’S MESSAGE

SWIMMING SCHEME
The students who have been attending swimming scheme at Revesby Pool are having a wonderful time and have all improved in their swimming skills. Sincere thanks to Mrs Coughlan, Mrs Lloyd and Mrs Alcock for taking the students to the pool each day.

PARENT/TEACHER INTERVIEWS
Recently notes were sent home about Parent/Teacher Interviews which will be held on Monday 30 March or Tuesday 31 March 2015. I encourage all parents to please take this opportunity to speak with your child’s teacher.

ASSEMBLY
There will NOT be an Assembly this Friday 20 March as we have Parliament.

SCHOOL CROSSING SUPERVISOR
Currently the NSW Roads and Maritime Services are seeking people in our area to fill the position of School Crossing Supervisor. The positions are for designated school crossing sites to contribute to improved safety of people on NSW roads.

For more information please call the School Crossing Supervisor Program on 1300 728 543

TEXTBOOKS
Thank you to the many parents and carers who have bought the handwriting textbook for their child/children. All students need the textbook as soon as possible. Could all textbooks be paid for by Friday 20 March 2015. Your cooperation is greatly appreciated.

HIGH SCHOOL EXPRESSION OF INTEREST
Just a reminder to Year 6 parents to please return their High School Expression of Interest by Friday 20 March 2015.

REGIONAL SWIMMING
Congratulations to our representatives who competed at the Regional Swimming Carnival. They did an outstanding job and should be very proud of their efforts.

Serena came 12th in the 8yr old 50m freestyle
Andre came 18th in the 11yr butterfly
Jade came 21st in the 11yr 50m freestyle, 16th in the 11yr backstroke, 18th in the 11yr butterfly
Tayla came 16th in the Senior butterfly, 17th in the Open 100m freestyle, 25th in the 12yr 50m freestyle.
VALUE OF THE WEEK PROGRAM
This week’s value of the week is Looking out for Others.

All the values already discussed each week revolve around the concepts of cooperation and collaboration in the name of creating rewarding relationships.

If students continue to do all that they can each week to put these ideas into place they are already making huge leaps in promoting positive relationships.

Acting on the suggestions of Value of the Week will help students create relationships that are honest, respectful and trusting.

What can you do that will make someone in your family feel extra important this week?

Is there anything you can do at home that could help you add to the idea of creating a happy home?

For more information please go to www.studentengagement.com.au

HARMONY DAY
Tower Street Public School will be celebrating Harmony Day on Thursday 19 March 2015. Harmony Day is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. This year Harmony Day celebrates 15 years with the central message that ‘everyone belongs’, reinforcing the importance of inclusiveness to all Australians.

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 please remember:

* 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.

The P&C has requested the donation of Easter eggs on or before Harmony Day. The egg donations will be made into prizes for the Easter Raffle. The more eggs donated the more prizes there will be.

REMINDER-EMAIL ADDRESSES
To assist in the distribution of the electronic copy of Tower Talk we ask that parents and carers please provide the school with an updated email address so the school can include you in our distribution list.

We are trying to be more environmentally responsible and cut down on paper usage. From the beginning of term 2 Tower Talk will only be sent via email. If you would like to receive a paper copy you must contact the school office to request one. Tower Talk is also available from the school website.

You can update the school with your email address via the school admin email – towerst-p.admin@det.nsw.edu.au
EASTER SERVICE AND HAT PARADE
On Wednesday, 1 April 2015 Tower Street Public School will be holding a combined Easter Service at 11:30am and Easter Hat Parade after lunch at 1.45pm. Parents are invited to attend from 1.00pm as the P&C will be selling tea, coffee and refreshments.
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, 30 March through to Wednesday, 1 April (day of the parade).

Years 5 and 6 will be doing an eggorama.

INTERNET SAFETY PRESENTATION HELPS CHILDREN STAY SAFE ONLINE
Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online, Tower Street Public School is hosting a Cybersmart Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

The Cybersmart Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

The presentation is conducted by an ACMA Cybersmart trainer and is free of charge.

The Cybersmart Outreach—Internet Safety Awareness presentation will be held on:
Monday 11 May 2015. There will be 3 Presentations
*Years 5 &6 will be at 2.00pm
*Staff at 3.00pm
*Parents at 6.00pm. Information about registration will be sent home closer to the date.

Barbara Hornung
Principal
BOYS TOUCH FOOTBALL REPORT FOR 6 MARCH
Last Friday our senior boys played against Padstow Heights. It was a great game. Both teams played well. The senior boys played very hard and won the game 5-2. The boys will need to work on running into the gaps. The man of the match was Jeremiah.

The junior boys also played well, but sadly lost, against Padstow Heights. The score was 1-4. The junior boys will have to work on running straight and subbing when we have the ball. The man of the match was Dylan.

By Ethan

SENIOR ‘A’ GIRLS NETBALL REPORT FOR 6 MARCH
Last week the senior girls played against Panania and they played fantastic until half time when Panania scored 5 more goals. We sadly lost 15-10 but can win with a lot more effort. The player of the match was Samantha.

By Kya

JUNIOR ‘A’ GIRLS NETBALL REPORT FOR 6 MARCH
Last week the junior girls played against Panania and played extremely well considering it was the first time some of them have ever played. They sadly lost with a score of 1-14. The girls pushed their limits, learnt a lot and did the best they could. Great effort girls! The player of the match was Serena.

By Samantha

P&C NEWS

P&C FUNDRAISING

Easter Egg Raffle 2015

Easter is just around the corner and the yummy eggs are already on the shop shelves.

The P&C are asking all families to donate Easter Eggs towards the Big Easter Raffle. The more eggs donated will increase the number of prizes to be drawn at the Easter Hat Parade on Wednesday 1st April.

Donations can be brought to school on Harmony Day 19 March 2015.

Raffle tickets will be sent home with students soon.

Election Day Fundraiser

Tower Street Public School is a registered Polling Place for the upcoming State Election on Saturday 28 March 2015.

On Election Day the P&C will be coordinating a sausage sizzle, cake and refreshment stall from 8.00am. This is a great opportunity for all families to contribute by volunteering an hour of their day to assist with the running of the stall or by donating a cake to sell.

If you can help in any way, please contact Lauren via email - laurendulihanty@hotmail.com

We look forward to support from the whole school community.

Lauren Dulihanty

make UR move

Training Sessions and Times
Where: Carrilett Box - Wednesday Bootcamp - Saturday
Where: Tower Street Public School - 7am - 8am
Cost: $5 per session

First Bootcamp Session FREE

Contact Details
Amanda: Madeli: 0408477373
Email: carriettoukey@optus.net.au
Small Group Training sessions are also available upon request

We train e total body e fast! e folks e

First Bootcamp Session FREE

make UR move
4/5A took a line for a walk, then filled in the spaces with colourful line designs, before painting them. Finally, they added more interest by making them a 3D paper sculpture.
K/1C had great fun collaging the first letter of their names.
5/6C created their art by writing facts about their ex-prime minister repeatedly over the background.
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

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 veggies 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

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, canned (in natural or unsweetened juice) or dried fruit
• 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

MARKET DAY @ REVESBY UNITING CHURCH

SATURDAY 21 MARCH 8.00 AM TO 1.00 PM
at 219 The River Rd

Make sure you don’t miss out on the great bargains
You can find lots of good things to buy at all of the stalls
Cakes
Books
Toys
Trash or Treasure Collectables
Hand made goods
Raffles
Refresments are also available
BBQ
Kitchen Café

No plants this year

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