**THE IMPORTANCE OF BEING ABLE TO BOUNCE…**

*Our greatest glory is not in “never falling” but in rising every time we fall.*

(Confucius)

Young people have always needed coping skills to deal with challenges, but there is an ever-increasing body of evidence from different disciplines that suggests that the world of today’s young people is different from that of previous generations. Young people today are more likely to encounter a greater range of difficult and more complex circumstances, negative events and down times than previous generations. The challenges include: higher levels of family break-up; greater incidence of blended families, pressure to complete higher levels of education, issues related to cybersafety, and easier access to drugs.

At the same time, young people may be less equipped than previous generations to cope well with these challenges. The parents of previous generations of children who lived through difficult times such as economic recessions and world wars taught them skills and attitudes that helped them to become independent and resilient.

This year, as a continuation of our, “Kidsmatter” philosophy, staff and students will be actively involved in learning and practicing how to “Bounce Back”.

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<table>
<thead>
<tr>
<th>LUNCH ORDERS</th>
<th>Roster tomorrow - Steph</th>
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<tbody>
<tr>
<td>Meat pie</td>
<td>$2.50</td>
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<tr>
<td>Cheese/Bacon pie</td>
<td>$2.50</td>
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<tr>
<td>Vege pastie</td>
<td>$2.50</td>
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<tr>
<td>Sausage Roll</td>
<td>$2.00</td>
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<tr>
<td>Mini Pizza</td>
<td>$1.50</td>
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<tr>
<td>Juice</td>
<td>$1.00</td>
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<tr>
<td>Milk</td>
<td>$1.20</td>
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Please write your order on a paper bag with the (correct if possible) money enclosed.

**Notes to come in yet for**

- School Radio permission note
- ICAS tests application

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**Dates for your diary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Mon 24 Mar</td>
<td>International Food &amp; Harmony Day</td>
</tr>
<tr>
<td>Wed 2 April</td>
<td>Marine Debris</td>
</tr>
<tr>
<td>Wed 9 April</td>
<td>School Photos</td>
</tr>
<tr>
<td>Fri 11 April</td>
<td>Easter Hat Parade</td>
</tr>
<tr>
<td>Mon 28 April</td>
<td>Last day of term</td>
</tr>
<tr>
<td>Tues 29 April</td>
<td>Students return</td>
</tr>
<tr>
<td>13-15 May</td>
<td>NAPLAN Yrs 3,5</td>
</tr>
</tbody>
</table>

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**B** Bad times don’t last. Things always get better. Stay optimistic.

**O** Other people can help if you talk to them. Get a reality check.

**U** Unhelpful thinking makes you feel more upset. Think again.

**N** Nobody is perfect – not you and not others.

**C** Concentrate on the positives (no matter how small) and use laughter.

**E** Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life.

**B** Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

**A** Accept what can’t be changed (but try to change what you can first).

**C** Catastrophising exaggerates your worries. Don’t believe the worst possible picture.

**K** Keep things in perspective. It’s only part of your life.

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**Happy Bouncing!**

Kathryn Davis  
Principal

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**Attended to this newsletter:**  
- School Radio permission note  
- ICAS tests application
Family and emergency contact updates
Thank you to those returning the green forms– all updates have been entered. We are still waiting for a few families to return their updates– please find another copy attached.
Please take the time to read through and correct anything– and especially contact details and emergency contacts.

Music lessons
Private music lessons are now available on Fridays at school.
Anna Mesewinkel is offering private lessons in :
- keyboard
- guitar
- guitar and voice
- voice
Lessons are half an hour for $25.
Groups of up to two are welcome for guitar or voice.
Interested families should contact Anna Mesewinkel directly on 6496 7167 for more information.

UNSW Assessments
Once again we are offering students the opportunity to participate in the ICAS International Competitions and Assessments for Schools tests, run through the University of NSW. More information is attached to this newsletter. ICAS is a highly regarded assessment program for schools in various subjects, with students and schools receiving a comprehensive hard copy on the students’ performance in each test.
Families can nominate which test/s they would like their student to participate in. The school will cover the cost of a maximum of 3 tests, and set aside the time for the students to participate in their selection.

Parent Online Payments
We would like to see more families making use of this service, ideal when not planning a trip into town to the bank.
Making school payments online is now easy via the school website. Click on $Make a Payment, and follow the prompts. Credit cards (Visa and Master Card) and debit cards (if has the Visa logo) are all suitable.
Receipt is then emailed to your personal email address.

New family
Starting middle of next month we will have two new students join our school from Sydney.
We look forward to welcoming Ezekiel (Year 3) and Jasmin (Year 2) to our school soon.

Flag Day
On Monday, students delved into the story of our country’s flags. We were privileged to have Mr Keith Hadley come down and spend some time with the students learning about caring for the flag, how to treat the flag, and the correct procedures for raising, lowering and folding the flag.

School Radio
Students in Year 5 and 6 will again be participating and running our School Radio program this year. The school, parents and community can tune into the program on local Towamba Valley Radio on 88FM. The School Program will be on the first Tuesday of the month during term time, and will start on Tuesday 1 April with a familiarisation session in the radio room. The program will be on air for the first time this year on Tuesday 6 May from 1pm. We are very appreciative of radio presenters offering their time to share their skills and supervise the students for the radio program, as well as providing transport to and from the school to the radio room up at the hall. We are so lucky to have this opportunity! A permission note is attached– please return before the end of March.
International Food & Harmony Day  Monday 24 March

The combination celebration of Harmony Day and International Food Day is a special day planned at Towamba later this term.

One of the activities that day will be a morning of cooking in groups, with a feast of international food to follow for lunch.

We are after expressions of interest from parents or community members who would like to come in and work with a small group of kids making an international dish to be shared by all for lunch.

Some of the ideas so far have been home made pasta/ravioli, rice paper rolls, sushi, and I am sure there are many more ideas out there. Some could be desserts too—have a brainstorm! Parents are welcome to join us too for this banquet. Ideally each dish should cater for around 20?

Unique student designed tickets for the banquet will be sold for $5 each—and everybody who wants to eat will need a ticket. Tickets will be available from March 10. The school will cover the remainder of the costs of ingredients.

Cooking leaders would need to purchase ingredients and submit receipts for reimbursement. If you would like to be involved in this fun day please use the EOI form overleaf.

A few of the other questions on the EOI are to enable us to ensure that we will have enough equipment to cope!
Friday Tennis
A reminder that the school provides Mark Edwards with a list of student names who have returned notes with parental permission to walk up unsupervised to tennis, and student commitment to tennis.

*No 2014 note – no tennis.*

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Expression of Interest – International Food & Harmony Day

Parent/community member name: ________________________________ Phone: ________________________________

My suggested menu item: ________________________________

Equipment needed: ________________________________

I will buy required ingredients & submit receipts for reimbursement

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2014 TENNIS PERMISSION NOTE

My child would like to participate in the Friday after school community run tennis lessons with Mark Edwards of the Towamba Tennis Club.

Parent Permission

My child/children______________________________ has/have permission to walk up to Towamba Hall to participate in tennis lessons and I understand that they are not supervised or under the responsibility of Mark Edwards unless they are on the tennis court.

I will discuss the expected appropriate behaviour with my child and understand that any misbehaviour may cause my child to lose the opportunity to attend Friday tennis.

Parent signature: ________________________________ Date: ________________________________

Student Declaration

I make the commitment that when I go to Towamba Hall on Friday afternoons I go there to learn and play tennis. I will behave in a responsible manner, and not in any way that endangers myself, property or others’ safety. I understand that I may lose the privilege to attend Friday tennis if I do not keep this commitment.

Student sign: ________________________________ Date: ________________________________

New note required for each year. No note – no tennis.

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ABSENCE & Partial Absence NOTE

My child______________________________

was absent from school on the date/s______________________________

OR will be arriving late/departing early at (time)______________________________

due to______________________________

Signed ________________________________ Parent/Carer. Date: ________________________________