From the Principal’s Desk

Assembly
Congratulations to the following students who received a Bronze Award at last Friday’s assembly.

Late Arrival at School
All students are to report to the office if they arrive late to school and receive an “I am Late” note. Office staff will then record the partial absence following DEC Guidelines.

Regional Swimming Carnival
We wish the following students all the best for their participation in the North West PSSA Swimming Carnival on Monday 10th March in Armidale.

P & C Annual General Meeting
The Annual General Meeting for the P & C will be held on Tuesday 18th March. Everyone is welcome to attend. The meeting start at 3:15pm in the staffroom.
Swimming
All students are invited to participate in Swimming for Sport and those that bring swimmers and entry fee will be able to attend. Other non-swimming children will participate in sport at school.

School Photographs
The photographers from Advance Life will be visiting the school on Monday 24\textsuperscript{th} March to take this year’s school photo’s. Each child will receive an order envelope later this week. Please return the order envelope and payment to the front office before photo day.

Up Coming Events

Term 1

<table>
<thead>
<tr>
<th>Zone Swimming Carnival Armidale - Mon 10\textsuperscript{th} March</th>
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<td>P&amp;C AGM Tuesday 18\textsuperscript{th} March 3.15pm</td>
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<td>School Assembly Friday 14\textsuperscript{th} March, Yr 4 presenting</td>
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<td>School Photograph’s Monday 24\textsuperscript{th} March</td>
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Canteen News

There will be NO strawberry milk available in the canteen until further notice.

First Aid Course
Sheree Gibbs from Bago Safety Solutions will be running a CPR and First Aid Course’s at Boggabri Public School on Saturday March 22. If you are interested in completing one of these courses and would like more information on time and costs, please give the school office a call.

Community News

St Barnabas Kids Church
Every Sunday at 9am during school terms for children K – Yr 6. All children are welcome to come and sing, play and learn about God. For further information please contact John Cooper, 6743 4337.

Busy Little Hands at Play
Busy Little Hands at Play will be held on Tuesday 18\textsuperscript{th} March, 1\textsuperscript{st} April & 6\textsuperscript{th} & 20\textsuperscript{th} May at 9.45am – 11.45am in the Smart Start room. For further enquires please phone 67923299.

Painting Workshops
On Saturday 19\textsuperscript{th} and Sunday 20\textsuperscript{th} April, painting workshops will be held at Jubilee Oval for both children and adults. Costs per workshop are: $10 per child and $15 per adult, this cost includes all material, paint, brushes, morning or afternoon tea.

Workshop times are as follows:
- Children 5-8 years  Sat 19 Apr 9am – 12noon
- 9-12 years Sun 20 Apr 9am – 12 noon
- Adults  Sat 19 Apr 1pm – 5pm
- Sun 20 Apr 1pm – 5pm
Beginners and experienced painters are welcome. Bookings are essential and must be received by Mon 7\textsuperscript{th} April. Contact Jacqui McInereney, 6743 4146 or Donna Turner, 6743 4370 to book. Places are limited.

Live Life Well

How much activity do children need?

Children should participate in at least 60 minutes (and up to several hours) of physical activity, including activity that makes them ‘huff and puff’, each day. To help your children achieve this, they need opportunities to be active at school, after school and on weekends.

This activity doesn’t all have to be done at once. It can be built up throughout the day by walking or riding to and from school, participating in more activities at school, active play at home or organised sport after school and on weekends.

As well as being active, it is important to remember to limit the amount of time that children spend watching ‘small screens’ such as televisions, playing on the internet or computer games to no more than two hours a day.