From the Principal’s Desk

School Assembly

Last Friday, Year 4 led our school assembly. Congratulations to the following students who received a Bronze Award at the assembly.

Voluntary Contributions

Due to the rising cost of resources for the education of our students we have decided to request voluntary payments from each family. This will assist us in buying textbooks and more of the xo laptops. Every student in the school has textbooks for maths, spelling and handwriting and we would like to purchase a laptop for every child. Current DEC guidelines for voluntary payments are around $40 per child. Boggabri Public School is requesting $40 for the first child and $10 for any subsequent children. Payments can be made at the front office. Your assistance in this matter would be greatly appreciated.

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 will start at 3:15pm in the staffroom.

Stewart House 2014 Donation Drive

Attached to the newsletter, is this year’s Stewart House Donation Drive envelopes. Each year 1,800 public school children in need come to Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle. Children in the care of Stewart House attend a specific purpose school onsite for 8 days of their 12-day stay. The NSW Department of Education and Communities provides infrastructure and staffing support for this school. All others costs associated with the childrens’ stay are met from charitable donations. Stewart House needs your support to ensure we can continue to provide important services to children.

Have a wonderful week!
Charna Wood
Head Lice
We are still having trouble with headlice infestation. Could all parents please check their children’s hair and treat where necessary.
If you do confirm head lice infestation, there are three main types of treatments available:
* insecticide products approved for use in Australia by the Therapeutic Goods Administration.
* wet combing, also known as the comb and conditioner method (as outlined below).
* Hit Nitz 4 6 provides an easy, effective, ongoing system to control head lice. It's as simple as two products that work together to give defence in the war against nits. To control a head lice infestation, use both the Once Off Lotion and the Daily Control Spray. This product contains natural ingredients. They are free from artificial fragrance, silicon oils and animal ingredients.
Check out the website: http://www.headlcehq.com.au/ To find out where to purchase this product.

Wet combing or the comb and conditioner method
This is a method of removing lice with the regular use of a fine-toothed comb (teeth must be 0.2 to 0.3mm apart). You need to spend approximately 20 to 30 minutes combing through the entire head of hair every two or three days for at least two weeks. It's important you keep doing this until there have been three consecutive sessions without seeing any lice.

Wet combing doesn't involve strong chemicals, and lice can't become resistant to it. It can also be used for routinely checking the hair for infestation.

Another way of treating is to coat the hair in conditioner and then place a shower cap over the head for half an hour then comb through the hair with a fine toothed comb. This method suffocates the lice.

Up Coming Events

<table>
<thead>
<tr>
<th>Term 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>P&amp;C AGM</td>
</tr>
<tr>
<td>Captains Cup Yr 3/4</td>
</tr>
<tr>
<td>School Photograph’s</td>
</tr>
<tr>
<td>Netball Skills &amp; Drills Yr 5/6</td>
</tr>
</tbody>
</table>

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

Boggabri Junior Rugby League
The footy season will be starting soon and the committee for the Boggabri Junior Rugby League Club is looking for players who would like to sign up for the club. If there isn’t enough interested players to register this year the club will have to foreclose for this year. All children who would like to play Junior Rugby league this year please contact Craig Devine on 0427101167 by Friday 21st March.

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 1st April & 6th & 20th May at 9.45am – 11.45am in the Smart Start room. For further enquires please phone 67923299.

Painting Workshops
On Saturday 19th and Sunday 20th 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 7th April. Contact Jacqui McInerney, 6743 4146 or Donna Turner, 6743 4370 to book. Places are limited.

Narrabri Library Sleepover
Your favourite toy is invited to a sleepover at Narrabri Library. Ever wonder what your toys get up to at night. Come for a pyjama party storytime at the library on Friday 21st March at 6pm. Leave your favourite toy for a sleepover and then come back on Saturday morning to pick them up and see what they do late at night when you are asleep. To book call 6792 3336.

Swimming Club Presentation
The Swimming Club Presentation will be held on Monday 24th March at 5pm at the pool. Presentation will be followed by a BBQ dinner, those attending are asked to bring a plate of food to share.

Narrabri Netball Association
Are inviting junior players to register for netball.
Net Set Go Program: 5-6 yrs $50
7-10yrs $60
Juniors 11-17yrs $75
Registrations being taken at the Community Caravan on Saturday morning until the end of March. 9am to midday. Enquiries: Anne Bennett 0457 901895.
### Good for kids!

#### Fruits and vegetables

- **Recommended**
  - Fresh, canned and dried
  - Veggie sticks with dip e.g. hummus
  - Vegetable slices/pie/pielettes
  - Frozen fruit pieces
  - Salad in a container
  - Fruit muffins/scones/pielettes

- **Not recommended**
  - Mini fruit salad
  - Colelaw
  - Melon balls
  - Salad sandwich
  - Fruit kebabs
  - Cherry tomatoes

#### Bread, cereals, rice, pasta, noodles

- **Recommended**
  - Breads: loaf, pita, Lebanese, fruit loaf, wholegrain,
  - Turkish, wholemeal
  - Breakfast cereals
  - Rice
  - Pasta
  - Pikelets/pancakes
  - Air-popped popcorn
  - Pasta or rice salad
  - Low fat savoury biscuits

- **Not recommended**
  - Low fibre, high sugar or salt breakfast cereals
  - e.g. Nutrigrain, Cornflakes, Special K, Cocoa Pop, Fruit Loops, Frosted Flakes
  - Pastries e.g. croissants
  - 2 minute noodles
  - Muesli or cereal bars
  - Processed or high fat/sugar cakes or biscuits
  - Coloured, butted or salted popcorn
  - Mini packets of sweet biscuits (not just those with chocolate!)

#### Lean meat, fish, chicken, eggs, nuts, legumes

- **Recommended**
  - Lean cuts of beef or lamb
  - Lean cuts of chicken, fish, pork, veal
  - Sandwich filling (ham, roast beef, tuna, chopped chicken, salmon)
  - Hard boiled egg
  - Baked beans
  - Leftover stir fry
  - Mini quiche

- **Not recommended**
  - Processed meats such as: sausage, devon, cabanossi, chicken roll, pastrami, salami, bacon, frankfurters
  - Crumbed or battered beef or lamb
  - Sausage rolls or pies
  - Hamburger patties
  - Fish fingers, fish cakes or fish burgers
  - Crumbed or battered chicken, fish, pork or veal
  - Chicken nuggets, chicken patty, chicken fillet

#### Milk, yoghurt, cheese

- **Recommended**
  - Plain milk
  - Yoghurt
  - Cheese sticks

- **Not recommended**
  - Flavoured milk
  - Flavoured custard
  - Flavoured yoghurt
  - Dairy desserts or puddings
  - Ice cream
  - Sour cream or cream

#### Drinks

- **Recommended**
  - Water
  - Plain milk

- **Not recommended**
  - Cordial
  - Flavoured mineral waters
  - Energy drinks
  - Soft drinks
  - Sports drinks
  - Flavoured milk