Around the school this week

ANZAC Day School Service

All parents and carers are invited to attend our ANZAC Day service tomorrow Friday 12 April at 9.30am. This is an amended date. Our previous note had the incorrect month: sorry! All students are asked to bring their own floral tributes.

ANZAC Day Community March

Our school will once again be represented in the ANZAC Day march scheduled for Thursday 25 April. All students and their family are welcome to join us and march under the school banner. Details have been forwarded home separately. The main arrangements are to meet teachers at 10:00am in Chalk Street, Coolangatta (adjacent to Goodwin Park). We will need to be in position by 10:00am as the march from Chalk St Coolangatta leaves at 10:15am sharp to join the main service near the Twin Towns Services Club. Full school uniform to be worn.

School Vacation Security

Keeping our community’s school safe, is everyone’s business and this continues through the school vacation. During the break in addition to our OOSH service, teachers will from time to time be onsite as occasionally will workers involved in maintenance programs.

If during the vacation, you see any other activity on school grounds that appears suspicious, please report it to School Security on 1300 880 021 or Tweed Heads Police Station 07 5536 0999 or in an emergency call 000.

Your support in keeping the children’s place of learning safe is greatly appreciated.

Congratulations and Vacation Wishes

Congratulations to all boys and girls on their hard work in class and excellent behaviour throughout the term. By far and away the vast majority of students have behaved exceptionally well and families and teachers can be justifiably proud of the children.

Those children, who have represented our school in a range of sports, have done a fantastic job of maintaining the pride and positive reputation of Tweed Heads South Public School.

From all the staff we wish all the boys and girls a safe and restful vacation. We look forward to their safe return to school on Wednesday, 1 May 2013.
SRC for 2013

The 2013 Tweed Heads South Student Representative Council is rearing to go! These students have been voted in by their classmates because they have strong leadership skills. They are good listeners, good speakers, trustworthy and excellent role models for fellow classmates.

If you have any suggestions for future fund raising events or possible changes to improve our school, please tell one of the class representatives so they can present your suggestions at our weekly meetings.

Look out for future upcoming, exciting events run by the SRC. Congratulations to the SRC for 2013!

Miss Toop
SRC Coordinator

Canteen News.

Thank you to all our wonderful families for their donations to the canteen. It really does help! We would love sprinkles, jelly crystals, self-raising flour, icing sugar and fruit! We would also love to see you in our canteen! Yes we still need volunteers for Wednesdays, Thursdays and Fridays. Please talk to Jenny in the canteen. Whether you can spare an hour, 2 hours or a day all help is MOST welcome!!

Please remember the canteen will be closed this Friday for cleaning, and will reopen Wednesday 1 May You will receive a new menu. Please read it as we have had to increase a few prices. Have a fantastic holiday!

Touch Football

Last Tuesday, 12 of our finest touch footballers trialled for the Tweed District Representative Side. Four of our boys, Zack, Mitchell, Neil and Caleb, grabbed the selectors attention with some excellent team and individual skills and were selected in the team. None of our girls were as lucky however we are excited at the depth of talent coming into the boys and girls knockout competition next term. A big thankyou to Chris and John who provided our champions with transport and also the ever-reliable Dale who continues to provide our students with transport and support at so many sporting events.

GARDEN CLUB

The garden club would like to send a very special THANKYOU to Melinda Carson, mother of Ella-Rose and Sharlett for advertising on Gumtree for donations for our school’s garden. A lovely lady from Pacific Pines rang with a donation of 7 bags of potting mix. Thanks Melinda for organising and picking these up for our school garden and thank you to the lovely lady for the donation.

AFL Star

Dainten, one of our star AFL players, received some excellent news yesterday. While he was quietly working away on some of Mr Foran’s challenging maths problems, our front office received a call from the selectors of the North Coast AFL Team. The call was to alert Dainten that he had made the North Coast Team and will be playing in the State Carnival in May next term. Congratulations on a tremendous feat Dainten, you are Tweed South’s first student of 2013 to represent the North Coast. The whole school and community would like to wish you all the best!

2013 Woolworths Earn & Learn program.

Woolworths Earn & Learn program has now begun. Please ask family, friends and neighbours for their stickers from Woolies. They can be dropped in at the front office or at our box at Woolworths Tweed City. Thank you for you’re your support.
Preschool News

Both our preschool classes investigated ANZAC day this week with Mrs Williams. We read the story “My Granddad Marches on ANZAC day” which explained why we have ANZAC day with special ceremonies. We looked at some Army dog tags, uniforms and medals and created a special ANZAC day wreath. We also cooked some yummy ANZAC biscuits!

The preschool red class attended the schools special ANZAC day assembly in the hall today. We wish all our families a safe school holidays with a reminder that the Preschool Blue class returns to school on Wednesday 1 May and Preschool Red class on Thursday 2 May.

P&C News.

Our Easter raffle was a fantastic success! Thank you all for your donations and selling the raffle tickets. We raised $300 which is awesome!

We would welcome donations of gifts to sell at our Mothers Day Stall. The stall will be open Wednesday 8 May, Thursday 9 May and Friday 10 May selling gifts from $1, $3 & $5.

We now have second hand winter uniforms available from a uniform store in the canteen. At $2 a piece there are bargains to be had!!

Beginning next term we will be introducing SCHOOL BANKING with the Commonwealth Bank. The program includes an exciting rewards program designed to encourage children to get into the habit of making regular savings. Every time students make a deposit at school they receive a Dollarmites token which can be redeemed for a range of exciting reward items in recognition of their regular savings. Such as hand balls, character money boxes and wallets. Plus, it also gives back to the school through a commission structure. So the more the children save the more we raise! To get your child started on their savings adventure, you’ll need to set them up with a Commonwealth Bank Youthsaver account. You can do this in one of 3 ways:

1. **Online.** If you are an existing Commonwealth Bank customer, log onto Netbank, go to the “Offers and Apply” tab, then click “Accounts” and “Youthsaver and School Banking”. From there you’ll just need to select our school, and have your child’s birth certificate on hand for ID.

2. **In branch.** Pop into any branch with identification for you and your child.

3. **Over the phone.** Simply call us on 13 2221 to open an account over the phone.

It would be great if you could open your child’s account over the holidays and then we will be ready to go when we get back.

Have a wonderful, fun and safe holiday!

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### Shining Star Awards

**Term 1 Week 9**

| Shining Star Award: Reaching for the Stars: Citizenship: Sportmanship: The Arts: English: Maths: Science and Environment: HSIE MUSIC | Lachlan | 5-6F | Sophie | KC | Vanessa | 5-6F | Zac | 5-6F | Jade | 5-6C | Imojen | K-1W | Maddison | 4-5T | Traelon | 2-3N | Jaida | KC | Kimberley | 5-6C |

**Term 1 Week 10**

Vitamin D and sun protection

The sun’s UV radiation is both a major cause of skin cancer and the best source of vitamin D, which we all need for strong and healthy bones. Vitamin D has other health benefits. Current research indicates that vitamin D may also protect against some important diseases.

We now know that, despite our sunny climate, some Australians who spend little time in the sun may have low levels of vitamin D.

Where do you get Vitamin D?

In Australia almost all vitamin D comes from the sun's UV radiation. We can get a small amount of vitamin D from some foods such as milk, margarines, oily fish and eggs, but usually this is not enough to keep us healthy.

Do you need more sun to get enough vitamin D?

Most people usually get enough vitamin D just by going about their daily outdoor activities. But to be sure you’re getting enough vitamin D while still protecting your skin from the sun, follow these guidelines:

Vitamin D and sun protection

- Always protect yourself from the sun when the UV Index is 3 or above, which means it’s strong enough to damage skin. The SunSmart UV Alert is a great tool you can use to help plan your time outdoors so you stay safe from the sun and still get enough vitamin D. You can check the SunSmart UV Alert daily on www.cancercouncil.com.au/sunsmart, in most local newspapers or by googling the free SunSmart App for smartphones. You can also add the UV Alert to your widget to your website.

- Exposing your face, arms and hands to the sun for 10 minutes in summer, 15-20 minutes in spring and autumn and 30 minutes in winter (outside peak UV times) should give you enough vitamin D.

- During these short times, there’s usually no need to worry about sun protection such as wearing sunscreen and a hat unless the UV Index is 3 or above or you are going to be in the sun for a longer period of time.

Community Notices

After School Care and Vacation Care—provided in the grounds of Tweed South Primary School. We provide a healthy afternoon tea, lots of games and fun things to do. For more information phone Tweed Shire Vacation Care on 5523 3708.

Banora Point Netball Club is looking for players for our 11 years group. Contact Heidi on 0414 910 448 if interested

Yvette’s Family Day Care — Registered Carer with Newtrain— provides a small group care for children from birth to 5 years. Hours start from 6.30am. For more information contact Yvette Mackenzie on 0755130187 or 0434106250.

Girl Guides meet in your area! Laughter, learning, friendship and fun. Come along to find out what Guiding is all about! When: 4.30 to 6.30pm Mondays during school term. Where: Kingscliff Uniting Church Hall, 24 Kingscliff St. Contact: Helen Hargreaves ph. 02 6689 5294

PCYC activities – basketball comps, dance classes, after school care, martial arts, boxing & more. For more information contact 5599 1714.

Local Indoor 5-a-side Netball and 5-a-side Soccer – Men, Women, Boys and Girls. Winter and summer comps. Loads of fun. For more information please call Dawn on 0448 176 191 or Ian on 0417 070 148.

School Sports Shirt

Our wonderful new sports shirts are now available from the canteen at a cost of $20. Children are to wear the sports shirt on Fridays.