**Principal’s Message**

It is apparent that I need to be a little more careful what I write in the school newsletter. You may remember that last week, I said that the team from A-One Fotomakers was unable to make me look like Brad Pitt. It would seem that Nick Vizintin likes a challenge and as you can see below, he most certainly CAN make me look like Brad Pitt. So Nick, nice work! Please consider this an official ‘retraction’ and next year; I think I’d like to look like Hugh Jackman please.

This Friday we will be celebrating ‘Harmony Day’. You can read more information about our Harmony Day further on, but can I remind families to ensure that all permission notes and money are in no later than Thursday, otherwise your child may miss out on this wonderful experience.

David Holland  
(Principal)
Harmony Day Celebrations
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. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it. In the lead up to our Harmony Day celebrations, the students will be making and decorating their own unique Harmony Hands. You will be able to see these on display in the gardens around the Cola on Friday. On Friday morning, there will be no regular assembly. Instead the students will experience a special performance by the ‘Beatty Clan Crew’. The students will see songs and dances with a distinctly Torres Strait emphasis. The performance will also include explanations about the costumes, instruments and the artefacts on display.

Cross Country
The weather was kind to us last Thursday and we were able to complete our School Cross Country in pleasant conditions. We were extremely pleased with the students’ levels of participation and more importantly the encouragement they showed one another as the races got underway. A team of 32 students will be representing Cardiff South at the Zone Cross Country on Friday the 5th April. Congratulations to the following students for winning their divisions:

<table>
<thead>
<tr>
<th>Division</th>
<th>Girls</th>
<th>Boys</th>
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<tr>
<td>8 &amp; 9 Years</td>
<td>Milli Windred</td>
<td>Tyson Reeve</td>
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<tr>
<td>10 Years</td>
<td>Abbie Johns</td>
<td>Jasper Siemek</td>
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<tr>
<td>11 Years</td>
<td>Danika Spamer</td>
<td>Lachlan Gash</td>
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<tr>
<td>12 &amp; 13 Years</td>
<td>Taylah Scott</td>
<td>Jye Callaghan-Simandl</td>
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Binless Day
Our School is always endeavouring to prepare our students to be active and responsible citizens. One of the areas that we focus on is being environmentally conscious. To this end, we are planning another Binless Day on Thurs 28th March. Students are encouraged to bring their food in re-useable containers and drink bottles so that for one day we as a school produce little or no waste. To do this, families are encouraged to avoid packaged foods and reduce cling wrap and sealable plastic bag use. There will be more tips in next week’s newsletter, but if you are keen to start thinking, the first 2 pages of this document are helpful:
Kiddies Playtime Connect (Playgroup)
It is with regret that I need to inform families - that due to dwindling numbers our school playgroup will soon cease to operate. The group will continue for the remainder of Term 1 with the exception of Wednesday 27th March (because of a whole school Easter Scripture assembly in the hall). As you can imagine, a certain amount of time and energy goes into running a weekly group such as this. The school would like to acknowledge the efforts of Leah Luck and Lisa Jones and thank them for their commitment to our community through the playgroup. It will be missed.

Year 6 High School Transition
A reminder to parents and carers of our Year 6 students - The Year 7 Expression of Interest forms are due back to school no later than this Friday (22nd Mar). If you need more information about filling in the forms, please contact the school office.

Staff Changes
Several of our staff will be taking some long service leave in the coming weeks. Mrs Ison will be away from Mon 25th until the end of term, we welcome back Ms Louise Murray who will be teaching Kinder Purple in Mrs Ison's absence. Also Mr McCready will be taking leave for the same period and 6M will be taught Mr Mark Mileham. We wish Mrs Ison and Mr McCready a restful break and look forward to them returning with recharged batteries in Term 2.

Earth Hour 2013

The countdown to Earth Hour is on!
With just 4 days to go, it's time to plan how your family will celebrate the hour that unites hundreds of millions around the world. There are many ways to get involved at 8.30pm on Saturday, 23 March. By ‘switching off’ for one hour you are making a difference. Perhaps a family picnic or dinner by candlelight, playing a board game instead of watching the television, getting together with neighbours or pitch a tent in the backyard.
How will you celebrate Earth Hour?

Easter Raffle
In less than two weeks we will be breaking for Easter. The P&C's Easter Raffle will be drawn next week. We hope to have 15 prizes available so keep those donations coming in (Easter gift bags are located in each classroom). If you require additional sheets of raffle tickets they can be obtained from the office. Tickets will be drawn on Thursday 28th April at 2:40pm in the hall. Your support is greatly appreciated.
Thank you,
P&C Committee
High School Expo Day

During our trip to Cardiff High we did things such as art, tech, HSIE and science. During science we made a rocket using a film container from a camera, a tablet and water. After we put the tablet in the container and filled it with water we put on the lid and turned it upside down then waited for it to explode. In the art lesson we made masks using different colours of paper. It only took ten minutes to make the mask but it was effective and easy to do. When we were in HSIE we made a map but we only had five minutes to make them. The teacher told us that in Year 7 the first term we’ll be studying are deserts, mountains and other things like oceans.

In tech we were looking at stuff that isn't high tech like paper planes and bridges made out of newspaper, toothpicks, straws and sticky tape.

At the end of the day we went to the hall to listen to the school bands. The three bands were good and the singers were very good at it as well.

When we got back to school we were all happy to know some of the classes we’ll be in next year.

Jackson Toohey 6M

Year 6 Expo Day!

On Wednesday Year 6 met out the front of C.H.S hall, with other year 6’s around our area. After Mr McCready marked all of our names off, we walked inside and sat down as a couple of teachers explained what the day plan was. Year 10 students were taking 6 colour-coded groups to their classes and showing them where to go. Firstly, I had HSIE. The teacher for that class was Mr Sowden. In HSIE we had to draw a map of how we got to school. HSIE was very interesting.

Next class I had music. In music our teacher was Mrs Heggs, she was one of my favourite teachers because she was very fun and energetic. For music we made our own music beats and listened to most of them.

Then all of year 6 sat outside and ate our recess before our next class. My next class was Science and to be honest I wasn't looking much forward to this class but I was wrong. In science we watched our teacher, Mr Ross, light a flame with different salts and ethanol put together. Then it was our turn. Finally, my last class was Tech. In Tech we sat at a table each in our pairs, except my group had three people because there was an odd amount of students. We made paper aeroplanes and had competitions flying them. My group won three times.

Last but not least we had our sausage sizzle for lunch, which was great. After we had finished at high school we walked back to school safely and happily. All of Year 6 is excited and nervous about next year but we had a fantastic time and can’t wait to go back in 2014!

By Taylah Scott 6M
For Sale
New blue polo shirt, School Zone brand with school emblem
Size 8
$10
Please contact Samia 0409 049 486

CANCEN SPECIALS
Frozen Pineapple on a stick -$1
Boost Smoothies $1
- Mango
- Berry

Australia’s First
Coloured Commemorative Coin!
LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for every Australian.
The coin depicts the red Flanders Poppy which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.
All funds raised go to support our vital RSL programs helping thousands of Veterans’ and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT
Please order can also be made through the National Office at 02 6249 7199.
Please note there will be a minimum postal charge of $5 per coin.

www.rc.org.au

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<td>Wednesday</td>
<td>20/3/13</td>
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<td></td>
<td>K. Lambert, A.Murphy</td>
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<tr>
<td>Friday</td>
<td>22/3/13</td>
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<td></td>
<td>C.Strong, L.Williamson, C.White, K.Smith, L.Fletcher</td>
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<td>Monday</td>
<td>25/3/13</td>
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<td>T.Ritchie, N.Johns</td>
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Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

"Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important."

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

"The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey," says Dr Lushington. "And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day."

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<thead>
<tr>
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<th>How much is enough?</th>
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<tbody>
<tr>
<td>Children aged 2-5</td>
<td>11-12 hours per night</td>
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<tr>
<td>Children aged 6-12</td>
<td>9-11 hours per night</td>
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<tr>
<td>Teenagers</td>
<td>8-10 hours per night</td>
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And adhere to these rules, advises Dr Lushington:

- "On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal."
- "Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy."
- "Exercise, big meals and hot baths are not a good idea directly before they go to bed."
- "Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep."