Happy Easter

Student of the Week
Mrs Corke’s class
Week 8 – Eli B – a positive attitude in all areas
Week 9 – Russell W – making great choices in class

Mrs Faulkner’s class
Week 8 – Isabella B – working well in all areas
Week 9 – Sam S – hard working student

Mr Faulkner’s class
Week 8 – Jay-T G – demonstrates patience and understanding
Week 9 – Emily T – enthusiastic learner

Reading Awards

Upcoming Dates for your Diary
2 Apr   Easter Hat parade / Last Day term 1
20 Apr  Staff Development Day term 2
21 Apr  Students resume term 2
22 Apr  Small Schools Soccer trials
25 Apr  ANZAC Parade – Forbes
27 Apr  P&C meeting 2.30pm
1 May   B’bong Cross Country
6 May   Netball gala Day
8 May   Small Schools Sports – Forbes PS
HAPPY EASTER AND A SAFE BREAK

On behalf of all of the staff at Bedgerabong School I would like to wish you all a wonderful Easter break and hopefully a chance to catch up and enjoy time with family and friends.

I would also like to take this chance to acknowledge all of the tremendous support that we are afforded by our extremely supportive parent and friend community- your support and contributions to our school are most valuable and certainly contribute to the children’s experiences and success here at Bedgerabong Public School. Mr Faulkner

Small Schools Soccer Trials

News from Ms Meier of Caragabal School is that the selection trials for the combined small schools soccer team will be held on Tuesday 21st of April at 4.15-5.15pm at the Forbes Soccer fields (Botanic Gardens). I have already received notification from interested students, and have confirmed that interest with the kids. The trials will be for students 3-6 but priority for years 5-6. Mr Faulkner

Sporting News

Over the last couple of weeks we have had several students try out for regional teams. Campbell R was successful in making the Western U11 Rugby League team. Chloe K and Clementine S were successful in making the Lachlan girls soccer team and Austen B was successful in making the Lachlan boys soccer team. Congratulations to those students, who not only played their best but behaved their best.

Forbes Small Schools Sports Day

Our annual Small Schools Sports Day is set down for May 8th at Forbes Primary School. As with our swimming carnival ALL students Kindergarten to Year 6 will participate. There are events for all of the children. Parents are required to provide transport for their children to and from the event and are more than welcome to stay for the day and catch up. More information to follow early next term. Mr Faulkner

Bedgerabong Cross Country

Each year students from 8-12 years are able to participate in the Bedgerabong School Cross Country event. It is a selection trial for a squad of runners to attend the Lachlan District event.

The 8-10 years compete over 2000m and 11-12/13 yrs compete over 3000m. Our school cross country will be held on Friday 1st May 2015. It is advisable for any interested students to train prior to the event. Mr Faulkner

Hot Food Term 2

As with previous years our P&C have offered to support the kids by providing hot lunches each Monday. This will be in the form of large and small pies and sausage rolls. Student that wish to order a pie or sausage roll will need to place their order, written clearly on a paper bag including their name order and amount of money enclosed. Orders need to be placed in the hot food tray prior to 9am on Monday. It is advised so as not to miss out students place their orders before the weekend prior to the hot food Monday. Prices are as follows- Pies $4, Sausage Roll $3, Party Pies $2

Easter Hat Parade

We will be celebrating on Thursday 2nd April with an Easter Celebration. There will be an Easter hat parade starting at 10.30am, morning tea and some fun activities. Preschoolers are also invited to make a hat. Each class will be involved in the event. Please make a hat at home and bring to school. Contact the school if you have any further questions. Mrs Corke.

Morning reading helpers
Thank you to all of the morning reading helpers this term. We look forward to seeing you all on your usual day starting week 2 term 2 2015. Mrs C.

**Home reading**
Home reading concludes this week. Please return all school home readers. The yellow and green home reader record books will be kept at school. Although you won’t be writing it down make sure you continue reading in the holidays.

**News from K-1**
Thank you to all of the children, parents, friends and extended family members who attended the presentation of the ‘family trees’ last Tuesday. There were so many wonderful posters that were filled with interesting information. All of the children have developed confidence when speaking in front of an audience. Great work!

K-1 are very excited about celebrating Easter. We have been working on some Easter craft in class. This week we will be making some baskets.

Mrs Corke.

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**News from ‘the middle’**
Wow! Hasn’t the term just flown by. It only seems like yesterday we were welcoming back our old students and introducing our new classmates. Since then we’ve swum, danced, sang, played, cooked, entered competitions, won races, represented Bedgerabong and so much more. In the classroom the kids have continued to work hard in all areas. Our extensive study of Roald Dahl’s ‘The Twits’ has proven to be very popular. Our look back at World War I has also been inspirational for the children. They have been keen to learn about some of many characters and stories that invoke the ANZAC spirit. The hard life, those early soldiers endured inspired the children greatly.

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**Being fair shows you care – FISH for life**
News from ‘the top’

Our class has been humming along lately working on developing scripts to turn our discussions into movies. We’ve also finished reading Morris Gleitzman’s “Belly Flop” and completed some exciting activities related to Mitch Webber’s attempts to save his family.

Over the past 15 years our school has driven a focus on music both utilising Mrs Hammonds expertise and promoting our marimba ensemble- often people ask why- Although I did not have any musical training at school or any musical ability I have studied the positive benefits of music. It has been a wonderful aspect of our schools culture and the following excerpt from an article by Tom Barnes shows how positive music can be.

If your memory of music as a child is of your parents forcing you to go to that dreaded piano lesson every week, now you know why they did it. A variety of scientific studies over recent years have demonstrated the positive effect music has on the brain and learning in general. They have been collected in this article by Tom Barnes, who identifies thirteen areas where improvements can be seen among people who played an instrument as a child.

Evidence shows that the core abilities that are key for children to perform well in education and life in general are improved by taking music lessons. The reading and verbal skills of young people were noticeably better if they took music lessons, and their capabilities in mathematical reasoning were also stronger. The structure of music itself, where rhythm and the length of notes are determined by intervals that can be applied to maths has been found to be a critical factor in this. In relation to reading, the process of playing music developed several core skills required in both reading and speaking. Taken together, the result is significantly higher grades.

Children who took music lessons exhibited higher IQs, and research has also indicated that their linguistic capabilities are more advanced. This goes not just for the mother tongue, but also second and third languages picked up during education or in later life.

Language proficiency is assisted greatly by a good memory, and this is something else that comes from music. Taking up a musical instrument, and practicing it regularly, does wonders for your working memory. Researchers believe that the improvements to memory are not limited to recalling pieces of music or scales, but should be felt in other areas like remembering information communicated in speeches or lectures. Longer term memory also benefits with regard to visual stimuli.

It’s not just immediate advantages that are worth paying attention to. An active youthful musician will not only find that their listening skills are heightened and therefore less likely to deteriorate rapidly in old age, but also that the other signs of ageing will be delayed. Some research is suggesting that a history of playing music can help reverse the cognitive decline associated with dementia.

Most people when asked about the influence of music will speak about its emotional effects rather than more logical and academic areas. Research shows that this tendency is justified given the impact music lessons can have on our emotional well-being and creative expression. One study mentioned by Barnes deals with musicians between the ages of six and eighteen. The results showed that they developed a greater than average capacity to cope with anxiety, depression and aggression. Linked to this, researchers have revealed that self-confidence and self-esteem levels were higher among children with a musical background.
Parenting Ideas – Parenting Ideas with Michael Grose: 12 essential coping strategies

Strategy 3 Get away from it all

Help your child take a break from his or her bad thoughts

My mum was an expert at taking my mind off bad things. When I was young I was upset when a neighbour’s dog killed my guinea pig. My mum took me to a movie that afternoon as a special treat. She knew the best way to help me deal with this big shock was to get me out of the house for a while. The technical term for what my mum did is ‘adaptive distancing’. My mum was getting my mind off things for a while. When kids are troubled by events, or spend too much time brooding do something to get their minds off things for a time.

Play a game, spend time together, have a treat, watch some TV, go out – do something different to distract kids. Teach your kids that self-distraction is a healthy thing and usually gives them some perspective. It also prevents them from replaying awful experiences in their head and blowing them out of proportion.

This strategy requires kids to ‘blink’ away their bad thoughts and distract themselves with something pleasurable rather than dwell too long on difficult situations.

What to say: “Build a wall around the bad thoughts.” “Blink away the bad thoughts.”

P&C News

Reminder - P&C will be running a cake stall and donut stand at the Bedgerabong markets and chook sale on Sunday 12th April (middle weekend of the school holidays). If you can support this stall in any way please do so. For more information about how you can support it or offer of an hour to man the donuts please call Murray Brown. For more information about the cake stall contact Katy Brown 68571165.

Tootie Fruity

Tootie Fruity continued with the rice theme. The kids really seem to be enjoying eating rice. Mexican chicken was a real hit with the chooks going a little hungry that day – not too many leftovers.

Chilli Rice

3 tablespoons canola oil, 1 red onion, minced, 1 jalapeno, seeded, minced, 1 green bell pepper, minced, 1 red bell pepper, minced, 2 tablespoons garlic, minced, 1 cup Roma tomatoes, diced, 1 kg ground beef, 3 cups long-grain rice, 2 cans kidney beans, 3 cups chicken stock, 1 1/2 cups water, 1 teaspoon paprika, 1 tablespoon chili sauce, 1 tablespoon salt, 1 teaspoon freshly ground black pepper

Directions - In medium stock pot over medium heat, add oil, onions and peppers and saute until translucent. Add the garlic, tomatoes and ground beef. Cook until meat is browned. Add rice to mixture and cook over low heat for 3 minutes, coating rice with the oils from the pan. Add beans, chicken stock, water and seasonings, bring to a simmer, then cover and cook on low for 20 minutes.

Honey Mustard Chicken Risoni

500g chicken breast, 2 tbs olive oil, 1 red capsicum, 1 carrot, finely chopped, 1 onion finely chopped, 1 clove garlic, 2 tbs honey, 1 tbs grain mustard, 300ml thickened cream, 100g green vegetables, snow peas, beans etc, 1 ½ cups cooked risoni, 2 tbs chopped parsley, Salt & pepper

Heat half the oil in a frying pan on high. Brown chicken for 3-4 mins until cooked through. Remove. Cook the risoni according to the directions on the packet. Cook the finely chopped carrot with the risoni. Heat remaining oil in same pan on high. Saute capsicum, onion and garlic for 5 mins, until tender. Stir in mustard, then the cream. Simmer for 4-5 mins stirring until sauce thickens. Return the chicken to pan with greens and parsley. Heat gently for 2-3 mins. Add the risoni and carrot and toss until coated.

Mrs Horan
**Bedgerabong Community Notice Board**

**Bedgerabong Memorial Church.**
There will be a Good Friday Service held at the church on Good Friday April 3rd at 8.00am. All denominations welcome.

**Bedgerabong Picnic Race Club Meeting**
Hi everyone, sorry for the short notice, but General Meeting has been postponed. It will now be held on Thursday 9th April at 7.30 at Bedgerabong Hall. Ange Darcy

**Bedgerabong Chook Auction and Market Day**
Claiming the date - Sunday 12th April, in support of the Bedgerabong Show.

**Bedgerabong Show Meeting**
Bedgerabong PA&H Assoc will hold their general meeting on Thursday 16th April at 7.30pm at the Bedgerabong Hall. All welcome.

**Miles 4 Amanda**
Amanda Acheson was diagnosed just over 12 months ago with Leukaemia and has been battling away from her family and friends for that long. A 24hr treadmill challenge to raise money to help Amanda and her family will be held on May 1st and 2nd. See flyer for more details.

**Disclaimer**
As a service to the community, we will advertise events that may be of interest. Bedgerabong Public School does not endorse or sponsor the events and accepts no responsibility for the management or organisation of these events. Any items of community news can be forwarded to Bedgerabong School and will be included in the fortnightly newsletter distributed community wide.
FREAKY FACTS
Venus is the only planet that rotates clockwise.
It is impossible to sneeze with your eyes open.
A jiffy is an actual unit of time. It is one hundredth of a second.
There are more than 14,000 varieties of rice.

Giggle Spot
Q: What goes through towns, up & over hills, but doesn’t move?  A: The road!
Q: Why was there thunder and lightning in the lab?  A: The scientists were brainstorming!
Q: What has four wheels and flies?  A: A garbage truck!

QUOTE OF THE WEEK
“Happiness is not the absence of problems, it’s the ability to deal with them.” ~Anon

Happy Birthday to these recent and up coming party goers.
7 Apr  Lizzy S
16 Apr  Katie C
9 Apr  Samantha N
17 Apr  Julia C

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2015 school term dates
Term 1  28-1-15 - 2-4-15  Term 2  21-4-15 - 26-6-15
Term 3  14-7-15 - 18-9-15  Term 4  6-10-15 - 18-12-15

Mr Faulkner
1 April 2015