Parent Teacher Night
Next Tuesday night, the 26th February we will be hosting our Parent/Teacher night. Teachers will be presenting information to parents regarding class routines, homework, excursions, subject topics and other various elements of school life. All sessions will begin their information sessions at 6:00pm and will go for approximately 30 minutes. This information session will then be repeated at 6:45 for those parents who wish to go to more than one.
If you are unable to attend all sessions for your children, handouts will be available on the night or the following day from your child’s teacher. We hope to see you there. Please see the table below for details.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class and location</th>
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<tbody>
<tr>
<td>6:00pm</td>
<td>Kindergarten in Sunrise room</td>
<td>Years 3 &amp; 4 in Miss Langford’s room</td>
<td>Years 5 &amp; 6 in Mr Scarborough’s room</td>
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<td>6:45pm</td>
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<tr>
<td>6:00pm</td>
<td>Year 1 in Mrs Elliott’s room</td>
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<tr>
<td>6:45pm</td>
<td>Year 2 in Mrs Porter’s room</td>
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Cross Country Training
All primary students are currently training for our Cross Country carnival coming up towards the end of this term. If your child is not able to participate for any reason (allergies, asthma, injury) please send a note in to your class teacher so that they can arrange alternate sporting activities for your child.

P&C
The first Parents and Citizens meeting for 2013 will be held next Wednesday the 27th February in the staffroom beginning at 6:30pm. All parents and community members are welcome to attend and we encourage our new parents to come along and get involved. It promises to be an active year for the P&C and the more support from parents the better for our students.

Primary Excursions– Years 3 – 6
Last week notes were sent home to parents seeking expressions of interest for our excursions for Stage 2 (Years 3 and 4) and Stage 3 Years 5 and 6). Years 3 and 4 are looking at going to Dubbo and Years 5 and 6 will be travelling to Canberra.
We are asking families to commit to these excursions now so that we may book accommodation and entry to venues. Notes are due in this Thursday and following the collation of these notes we will be able to get a final permission note and costing sheet out to all families.

Cup Cake Day
On Wednesday the 6th March the SRC will be holding a cup cake day to raise money in support of Charlie Jean-Moore’s family who tragically lost their house a few weeks ago. 50c will buy your child an item for morning tea that will delight their taste buds. We look forward to raising lots of money in support of one of our families. Thanks for supporting.
**Parent & Student Satisfaction Survey**

Every year we ask our parent community to take part in a survey to gauge how well our school serves our students. This helps the school to plan for future directions and gives parents a real say in how the school functions.

We welcome your input and ask that you take the time to complete a short online survey that can be found on our school website. If you google “Oxley Vale” you will quickly discover our website. It has a calendar that is regularly updated and is worth viewing for that alone. When you reach the site you will see some links at the very top of the screen. Please click on the “Survey” link and then select the parent survey.

We very much appreciate your feedback and this is a great way to provide it. Thank you for your comments and continued support.

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**You Can Do It**

This is just a reminder to parents about how our school is focusing on “being Organised” at present. You may hear your children talk about being organised in class and they may even surprise you and discuss how they can be organised in their home lives as well.

We encourage parents to talk to their children about ways to get organised (making beds, putting dishes in the sink, putting toys away so they can find them later etc). It is so important that students maximise their learning time by being prepared for learning through having their lesson materials ready and follow daily routines.

**Touch Football**

The Touch Football season is upon us once again. Unfortunately we have missed the start of the season but we are intending on having any Oxley Vale team begin their games next Monday, the 25th February. If your child is interested please come to the front office to get a registration form. Your child’s teacher may also have a spare.

Luke Norman

Relieving Principal

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**CANTEEN NEWS**

Hi kids,

Thank you to all the parents that have volunteered to help in the canteen, it has been great to see some new faces.

The canteen is open Monday through to Friday and this also includes afternoon tea break, you can also order hot food in the mornings for your afternoon tea break if you like.

Please remember to put your name and class on your lunch bag as this makes it easier when packing lunch orders. Bags from the canteen are 20 cents.

This week’s Specials

**Wednesday**

Fruit kebab $1.00  
Big bottle of water $1.00

**Thursday**

Pizza and Milk $3.50

Easter Meal Deal coming up. Lunch wallets are back if you would like to purchase one they are available at the canteen for $9.00, they are great for the kids lunch orders instead of the paper bags.

All items that are sold in the canteen fall into the green and amber category which makes healthier eating choices for our kids.

Have a great week kids,

Mandy Hardcastle Canteen Supervisor

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**EASTER RAFFLE**

Our Easter raffle is just around the corner kids. If you would like to donate Easter eggs that would be much appreciated. All donations of eggs can be left at the canteen. The Easter Raffle tickets have gone home if they could please be bought back by the 25th of March. Please take all sold tickets back to your teacher or you can leave them with Mrs Hardcastle at the canteen. The raffle will be drawn on the 28th of March. Thank you to all families that have returned tickets.

Fundraising Committee.
Bed Times
Thank you for all of the positive feedback on our ‘Bedtimes’ insert last week. It has been encouraging to hear children getting into bed a little earlier. I’m sure that we could print a 200 page article on the benefits of sleep. Research now links mental health and Alzheimer’s for example to deprived sleep on our brains. Changing our body clocks is hard work. Just ask a dairy farmer that usually wakes at 4am each day when they go on a holiday. It takes commitment but the results are truly worth it. Some of our children are hooked on popular television show ‘MKR’. Maybe they could shower, brush teeth and do their normal bed routine jobs when the ads are on, so that when the show finishes they are ready for bed. Stay tuned for more useful tips over the next few weeks.

Oxley Vale Learning Support Team.

Good Luck

Good luck to all our students who will be participating at the Zone Swimming Carnival this Friday 22nd February here in Tamworth. We wish you well and for you to do your best.

COMING EVENTS FOR TERM 1

FEBRUARY
Friday 22nd Zone Swimming
Friday 22nd Combined Assembly 12:50pm
Wednesday 27th P&C Meeting 6:30pm

MARCH
Friday 22nd Harmony Day Assembly
Wednesday 27th P&C Meeting AGM
Thursday 28th Easter Hat Parade
Friday 29th Good Friday

APRIL
Monday 1st Easter Monday
Friday 5th Cross Country
Friday 12th ANZAC Assembly

FREE Parenting Now

Being a successful parent is hard work.
- Are you tired of repeating everything to get your children to listen?
- Do you give in to stop the whining?
- Do you ever feel bad because your kids won’t behave?

If you answered YES to any of these questions then Parenting Now is the workshop for you.

Mondays
15th & 22nd April 2013
5.30pm to 8.30pm

FREE Exploring Challenging Children

Does your child:
- Show extreme behaviour
- Have intense temper tantrums
- Use physical & verbal aggression
- Refuse to do what they are asked

Find the triggers, understand and manage the ‘meltdowns’ with Exploring Challenging Children

Mondays
11th & 18th March 2013
5.30pm to 8:30pm

FREE Surviving Your Adolescents

You will learn:
- What is normal behavior for a teenager
- How to manage teenage risk-taking
- The Four Cardinal Sins (what not to do)
- Ways to maintain and improve your relationship with your teenager.

Mondays
11th & 18th Feb 2013
5.30pm to 8.30pm

Tamworth V Guy Kable Building
201 Marius Street (02) 6762 9200