Dear Parents and Friends,

Canteen

A reminder to all families that the school canteen continues to be open on Tuesday each week and closed on Wednesday.

Uniforms

At a meeting held last week with students in years 3 to 6, we reinforced the school's expectations that correct uniform be worn. It was becoming apparent that ‘hoodies’ were being obviously worn and it was recommended to students that ‘layers’ of clothing could be worn underneath the school uniform, without being seen, that would ensure students are warm during this colder weather. ‘Hoodies’ are not a part of our school uniform.

Parent cooperation in support of this is sought and appreciated.

Assembly

Due to the Cross Country Carnival on Friday, there will be no assembly this week.

Edward Cross Country

This Friday is our Edward School Cross Country. Students all received notes last week that need to be returned ASAP with $2.00 for the bus. Students turning 8 this year and older will be participating. We will be heading down to Memorial Oval at 11.30am with our first race starting at 12.45pm. We are looking for parent helpers, so if you are free Friday afternoon we would love to see you.

Paul Kelly Cup

Best wishes to our 2 teams competing in this annual event next Monday. Coordinated by Mrs Bermingham, a girls’ team and a boys’ team will represent EPS. A report will be included in next week’s newsletter.

Aspire Me Sports Camp

This is the first time that a sport camp is being held under the 'Aspire Me' program. Congratulations to Arizona Buckley and Sophie East, who are our first representatives. We are confident they will enjoy the experiences offered.

The Importance of Sleep

There has been discussion at school surrounding the recommended hours of sleep required by primary aged children. There are times when some of our students come to school tired and this affects their capacity to engage in learning effectively. Therefore, the following information from the National Sleep Foundation may assist parents as a guide to the amount of sleep recommended.

### Sleep and School-aged Children (6-13 years)

Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products - all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as ADHD and cognitive problems that impact on their ability to learn in school.

### Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child’s bedroom conducive to sleep - dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine
Come Dressed As Your ‘Favourite Sports Person’

This Thursday, we are holding a fund raiser for Todd Marshall. Todd is an ex-student of Edward School and is heading to England as part of the NSW Combined High Schools’ Cricket team. To help him on his way, we are encouraging all students to wear their favourite sports clothes or come as their favourite sports person. Todd will be visiting Edward this Thursday afternoon to talk to our students about his trip and to play a fun game of cricket and soccer. Todd will be joined by some other ex-Educ students who will also join in the sports and games.

We are asking for a gold coin donation that will assist Todd on his trip of a life time. We appreciate you support in this fundraiser.

Year 6 GRIP Leadership Excursion

A reminder that Year 6 students who are attending the GRIP Leadership day next Wednesday 27th May in Albury, need to return their permission notes and finalise any payment due.

Patty Pan Wednesday

Year 6 will be selling patty pans on Wednesday (tomorrow) at recess from outside the Year 6 rooms. All treats will be $1.00

Athletics Coaching

In support of those students who have qualified to compete at the district athletics carnival, Mrs Young will be using her skills and knowledge as an athletics coach to help prepare these students for the next competition. This has been made possible due to funding received through the Sporting Schools initiative and will be conducted at school.

Edward Awards

<table>
<thead>
<tr>
<th>Student</th>
<th>Class</th>
<th>Colour</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savannah Emery</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Declan Leetham</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Tramaine Murray</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Eve Meharry</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Lucy Herberte</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Catherine Michael</td>
<td>Kinder</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Roy Checkley</td>
<td>Year 1</td>
<td>Gold 2</td>
<td></td>
</tr>
<tr>
<td>Sarah Duffey</td>
<td>Year 1</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Riley Ives</td>
<td>Year 2</td>
<td>Bronze 1</td>
<td></td>
</tr>
<tr>
<td>Josh Todd</td>
<td>Year 1</td>
<td>Silver 2</td>
<td></td>
</tr>
<tr>
<td>Makayla Finn</td>
<td>Year 2</td>
<td>Gold 4</td>
<td></td>
</tr>
<tr>
<td>Noah Bradley</td>
<td>Year 3</td>
<td>Bronze 1</td>
<td></td>
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<tr>
<td>Masen Brain</td>
<td>Year 3</td>
<td>Bronze 1</td>
<td></td>
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<tr>
<td>Henry Michael</td>
<td>Year 4</td>
<td>Bronze 4</td>
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<tr>
<td>Jack Michael</td>
<td>Year 6</td>
<td>Gold 4</td>
<td></td>
</tr>
<tr>
<td>Shannon King</td>
<td>Year 6</td>
<td>Gold 2</td>
<td></td>
</tr>
<tr>
<td>Chloe Blenkiron</td>
<td>Year 6</td>
<td>Gold 3</td>
<td></td>
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<tr>
<td>Gabby Clarke</td>
<td>Year 6</td>
<td>Gold 4</td>
<td></td>
</tr>
<tr>
<td>Ella Harvey</td>
<td>Year 6</td>
<td>Gold 2 No 1</td>
<td></td>
</tr>
<tr>
<td>Jaxon Checkley</td>
<td>Year 6</td>
<td>Silver 4</td>
<td></td>
</tr>
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Run to Gallipoli-100 Year Anniversary

Over the past 5 weeks, our students have made huge inroads into improving their fitness. On Tuesday, Wednesday, Thursdays we have been running laps around various courses to try and reach a total of 100 laps. Many students have already reached their goal and others are very close. Whether students reach the 100 laps or not they are sure to feel the benefits during our cross country on Friday.

District Cross Country

The P&C is operating the canteen at the upcoming district cross country event at Memorial Park on Thursday 28th May. We are looking for volunteers to help serve food between 10 and 1pm in the Rovers canteen. Even if it is only for 20 minutes, we would really appreciate your help. Please give your name to the office or contact Felicity on 0488054356.

THANKYOU!! To Sacha Jefferies and Debbie Gazzarra who continue to run the canteen for the P&C.

Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 19th May</td>
<td>Debbie Gazzara</td>
</tr>
<tr>
<td>Wed 20th May</td>
<td>CANTEEN CLOSED</td>
</tr>
<tr>
<td>Thurs 21st May</td>
<td>Sacha Jefferies, Kylie Green</td>
</tr>
<tr>
<td>Fri 22nd May</td>
<td>Sacha Jefferies, Sarah Graham</td>
</tr>
<tr>
<td>Mon 18th May</td>
<td>Sacha Jefferies</td>
</tr>
<tr>
<td>Tues 25th May</td>
<td>Sacha Jefferies</td>
</tr>
<tr>
<td>Wed 26th May</td>
<td>CANTEEN CLOSED</td>
</tr>
</tbody>
</table>

Headlice – Tips for Parents

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children’s hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

Included with this newsletter is a fact sheet about treating and controlling headlice.

P&C News 19.05.15

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Edward Public School

2015 Ride-a-Walk-a-Thon

This year’s Ride-a-Walk-a-Thon will be taking place on **Friday 12th June 2015**
The Ride-a-Walk-a-Thon is a whole school activity for students from Kindergarten to Year 6.
The event will be held in the **Murray Valley Regional Park**. (State Forrest)
A challenging 6km track has been mapped out.
We will be transporting bikes from the school to the forest and back to school on completion of the day.
- The ride will be for all students from Year 3 to Year 6, parents, relatives and friends who would also like to be involved.
- There will be a 6km walking track for non-riders in Years 3 to 6.
- All students in Kindergarten - Year 2 will do a maximum of 6kms - walking.

1. To promote road safety
2. To encourage the wearing of safety attire and helmets
3. To encourage fitness and participation
4. To raise money for the school

**SPONSOR SHEETS**
Each child will be given a sponsor sheet and additional ones are available from the office.
We hope riding and walking parents will also take a sponsorship form. **ALL** sponsorship forms must be returned before the event. Sponsorship form will then be given back after the ride-a-thon to enable participants to collect sponsorship money.

**ASSISTANCE**
1. To encourage sponsorship
2. Perhaps take part as a rider or walker - you may like to get some sponsors yourselves.
3. Be available to assist at checkpoints and/or lunchtime.
4. If you work, you may be able to spend your lunch session with us at Memorial Park.

**AWARDS**
Prizes will be awarded for safe enthusiastic walkers and riders.

**DETAILS**
More detailed information about the Ride-a-Walk-a-Thon will go home closer to the event.

**BIKE CHECK**
Please ensure that your child’s bike is roadworthy. Check tyres, chain, gears and breaks, tighten the seats and handlebars and ensure a suitable correctly fitted helmet is available to use on the day.

† **All sponsored participants go into the draw for the prize of $100 voucher from Bennet’s Sports**
Community News

The Big Bowl is coming to Deniliquin
Learn more about cancer screening
Walk through the Big Bowl
(children must be supervised at all times)

The journey through the Big Bowl (7m long, 5m wide x 2.6m high) provides a way of learning about the prevention of bowel cancer

When: Thursday 28th May 2015
Where: RSL Club, Deniliquin
Time: 10am to 3pm

Education sessions on cancer screening 11am & 2pm

Healthy food platters provided
Lucky door prizes

Parenting Program

The Parenting Program aims to support and strengthen families and contribute to the overall wellbeing of children and families.

The Parenting program is a FREE service and offers a range of parenting groups as well as one to one parenting assistance, either centre based or within the family home.

The Parenting program covers communities within the Deniliquin, Conargo, Murray, Berrigan, Jerilderie and Wakool Shires.

To speak to a Parenting Worker call 03 5890 5200

Miller’s Fashion Club in Echuca will be showing their range of clothing here in Deniliquin

WHEN: Wednesday 3rd June 2015
WHERE: Orana Apartment, 59 Napier Street Deniliquin
TIME: 10am
COST: Gold coin donation

Morning tea will be provided. So bring along your mums, grandmother, sisters, aunty and children are even welcome.

JUNIOR GIANTS
2015 AGM
WEDNESDAY 20 MAY
5.30pm
at the stadium.
All welcome to attend.
In maths, students have been extending their knowledge of fractions and decimals with games.

In literacy, students are beginning to research and compose information reports on their choice from our science topic of ‘fins or feathers’.

In visual art, student demonstrated their artistic abilities in their ‘cityscape’ paintings.

History is looking at ‘changes over time’ and focusing on Deniliquin and surrounds. The two 3/4 classes are planning a visit to Deniliquin Historical Society in the old police station one afternoon in June, to be advised.

Parents and carers are welcome to come into the classroom to assist us. This helps develop an understanding of the learning that is taking place.