Have a wonderful school holiday break with family and friends. It has been such a busy term and it will be a great time to recharge the batteries.

Teachers return to school on Monday 20th April and students return on Tuesday 21st April 2015. Have a great break.

Mr Richard Batty, Principal

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**DIARY DATES**

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**PRINCIPAL’S MESSAGE**

Have a wonderful school holiday break with family and friends. It has been such a busy term and it will be a great time to recharge the batteries.

Teachers return to school on Monday 20th April and students return on Tuesday 21st April 2015.

Have a great break.

Mr Richard Batty, Principal

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**CANTEEN NEWS**

The Canteen will close its roller shutters at 9:00am and re-open after the morning assembly. During this time all lunch orders are to be made at the rear counter. Entry is via the hall.

Grandparent’s and Mother’s Day gifts are on sale now. Prices start from $2.00. Limited stock.

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**A Reminder to K-2 students to get busy Easter Hat making!**

The Easter Hat Parade is on this Thursday, 2nd April. Children in grades K-2 will need to come to school dressed in their sport uniform and wearing an Easter hat which they have created at home. The parade begins at 9:40am on the primary oval. When the parade finishes students return to their rooms to collect their participation award. Lunch for infants starts earlier at 10:50am and all parents are welcome to stay and join us on the front grass near the kindergarten rooms. Parents who wish to take their child home need to see their classroom teacher to sign them out.

Thank you from the K-2 staff.

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**COFFEE CHAT**

All parents welcome! Every Friday morning 8.45 – 9.20am

Held in front of the school near the silver seats.

- Be involved
- Meet the staff
- Have a chat
- Make new friends
- Share your ideas
- Drop off the kids & relax
**Ultimate Frisbee Term 1**

What a terrific start to Ultimate Frisbee for St Andrews in 2015! It’s been a tough season with rainy, windy weather and muddy fields but St Andrews has played consistently and given it their best shot at all times. On Gala Day 1, our Senior B team was undefeated and our Senior A team won all but one game. Our Juniors were all newcomers but displayed a great effort to learn the game. On Gala Day 2, our Junior A team won all but one game, as did our Senior A team. Both Mrs Fioramonte and I have enjoyed this term a great deal and really look forward to more Ultimate Frisbee in Term 4. Congratulations St Andrews! Your teachers are proud!

Miss Filippis and Mrs Fioramonte

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**Sydney South West Primary Swimming Carnival**

St Andrews Public School students once again showed their sporting talents in the pool at the Sydney South West Primary Swimming Carnival. This is a highly competitive carnival with students throughout the South West competing. Eight students swam their hardest and achieved great results. Congratulations to the following boys and girls. We are all extremely proud of you!

**100m Freestyle**
- Melissa Neufeldt - 12th
- Joanna Lill - 14th
- Cameron Baker - 21st

**200m IM**
- Melissa Neufeldt - 4th
- Joanna Lill - 9th
- Jordan Gray - 17th

**50m Breaststroke**
- Jackson Ropata - 19th
- Melissa Neufeldt - 3rd
- Joanna Lill - 16th
- Jordan Gray - 21st
- Cameron Baker - 11th

**50m Backstroke**
- Jessica Rocchetto - 7th
- Cameron Baker - 22nd
- Jackson Ropata - 25th
- Melissa Neufeldt - 5th

**50m Butterfly**
- Jessica Rocchetto - 9th
- Cameron Baker - 19th
- Melissa Neufeldt - 4th
- Jordan Gray - equal 20th

**200m Freestyle Relay**
- Melissa Neufeldt, Joanna Lill, Jessica Rocchetto, Savannah Coen - 2nd

Our 200m Relay team will be competing at the State carnival during Week 9.

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**SPORT NEWS**

**The Fields at the Sydney South West Carnival**

Congratulations to Payten Chu, Aqeelah Osmany and Jenaya Sivell who represented The Fields at the Sydney South West Carnival held on 24/3/2015. The girls played four games: winning two, drawing one and having one loss. They were competitive and demonstrated great defence throughout the day. Aqeelah scored 2 goals for her team, Payten played incredibly well and Jenaya stepped in to be goalie. As goalie, Jenaya saved many goals, even some penalties, and as a result was chosen by her coach as an ‘outstanding player of the carnival’. Congratulations girls. You have done St Andrews proud.

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**Primary Cross Carnival**

The Cross Country will be held on Wednesday 2nd April.

8, 9, 10 years - 10am – 11.20am

11, 12+ years - 12.10pm – 1.50pm

Please find copies of notes & further information on the school’s website

http://www.standrews-p.schools.nsw.edu.au
It can be very easy to be tempted by all the colourful packaged snack foods in the supermarket. Try these healthy snack options for recess without the added sugar and fat found in many packaged snacks:

- Wholegrain crackers, rice cakes or corn thins with cheese, yeast extract spread or just plain
- Home made wholemeal scones, pikelets or muffins
- Fresh fruit and vegetables (cut up or whole)
- Yoghurt
- Plain popcorn or rice crackers (a great alternative to chips)

**TIME TO GET ACTIVE**

Children aged 5-12 years require at least 60 minutes of physical activity every day. It doesn’t have to be all at once, it can be accumulated throughout the day.

In addition, it is recommended that use of electronic media like computers, TVs, tablets and gaming devices is limited to 2 hours per day.

For more information:
http://www.health.gov/paguidelines/