District Swimming

Marulan students did a wonderful job at the District Swimming Carnival last Tuesday. Many of our swimmers competed in multiple events during the day with great dedication and sportsmanship. They made us all very proud. Jasmin Hukins placed third in the 8 Years Girls Freestyle event and Riley Cox-Barlow was second in the 12 Years Boys Freestyle. Riley will now represent the district at the regional carnival in Dapto next Tuesday 8 March, 2016. Best of luck, Riley!

GCOPS Rehearsal

This Wednesday 2 March, 2016 the students in the Goulburn Community of Public Schools (GCOPS) choir will attend their first rehearsal for the year at Bradfordville Public School. All students in Years 3-6 will learn the repertoire for the GCOPS concert in August. Any students who are interested in performing in the concert must attend the rehearsal this Wednesday.

Kids Matter

On Thursday, Miss Jago and Miss Tickner will attend the second training day for the Kids Matter student wellbeing framework. When they return we will organise an action team meeting and start planning an official launch event for this very important initiative in our school. We will need lots of parent and community involvement as we continue to build our positive and supportive school culture.

Athletics Carnival

Our annual school Athletics Carnival will be held next Friday 11 March, 2016 at the Marulan soccer fields. All students from K-6 will walk down from school at 9.15am and compete in their age races. If a pink walking permission note is attached to this newsletter, please complete it and return it to school before next week’s carnival. Parents are warmly invited to join us for the day to cheer on the students. The P&C will need some help preparing the sausage sizzle lunch which will be available on the day.

Lunch Boxes

Thank you all for supporting the Crunch ‘n’ Sip program by sending cut up fresh fruit and vegetables and water which the students enjoy eating in the middle of our morning session. We do have a big problem at the moment with lost property, however. Many of the lunchboxes and containers the students bring to school are very similar and many are left unclaimed on a daily basis. Please make sure that every container your child brings to school is clearly labelled with their name (even containers that are inside their lunchbox – they often do not stay inside the lunchbox during the day). Of course, it is equally important to label all items of school uniform as well.

Marianne Powles.
Principal
Important Dates
for your 2016 calendar or diary

**March**
- Wed 2 ~ GCOPS massed choir rehearsal
- Wed 9 — Scholastic Bookclub orders due
- Fri 11 ~ Athletics carnival
- Tues 15 ~ P&C meeting 6.00pm Library
- Mon 21 ~ Harmony day
- Thurs 24 ~ Grandparents’ Day & Easter hat parade
- Fri 25 ~ Good Friday Public Holiday
- Mon 28 ~ Easter Monday Public Holiday

**April**
- Fri 1 ~ GRIP Leadership conference Year 6

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Mulwaree High School

**Year 6 Parent Information Evening**
Thursday 17th March
6pm-7pm

Mulwaree High School would like to invite students and parents/carers of Year 6 to an information evening. Guests will be able to meet staff and current students, discuss the transition from Year 6 into Year 7, and tour key facilities of the school.

Available to speak to on the night will be:
- Principal
- Deputy Principals
- Head Teachers of each faculty
- Careers Adviser
- Year Adviser 2017
- current Year 7 students

For further information, please contact the school on 4821 4499.

No RSVP required.

Mrs Meegan Menzies
Year 7 Adviser 2017

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**PBL FOCUS**

**Be Responsible**

**Breakfast Club Roster**

**March**
- Tues 1 — Alison & Alana
- Wed 2 - Kelly & Gay
- Thurs 3 — Maureen & John
- Fri 4 - Brian & Katie
- Mon 7 — Col & Leanne

If you are available to assist with breakfast club, even one day per month, please contact Katie on 0418 411087. Thank you.

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**Breakfast Club Rules**

- Remember to always bring our manners to Breakfast Club
- Cereal first before toast
- Cheese toasties are a ‘sometimes breakfast’ so if you are lucky enough to have a cheese toastie – please only have one
- Please wash, wipe and put away your OWN plate & cup
- NO computers
- Be grateful and respectful to our volunteers – they give up their time for us

Have a fabulous day at school

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**P&C - Athletics Carnival Lunch Order**

Friday 11th March 2016

Lunch includes: *Sausage sandwich *Popper Drink
*Fruit = $5.50
Extra sausage Sandwich or drink or fruit + $1.00 per item.

We require parent helpers on the day to distribute lunches to children. Please send an email to P&C or call the school if you are able to assist.

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**Marulan P&C**

**New email address:** marulanpandc@outlook.com

**Next meeting:** Tuesday March 15, 6pm Library

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**SAFE** **RESPECTFUL** **RESPONSIBLE**
Mulwaree On Show will showcase our students’ diverse talents

Games On The Green

Face Painting & Kids Activities

Dance

Music

Art

Wetlands & Remembrance Museum Tours

Ag Stall & School Grown Products

More Displays

Great Food On Sale

Friday 11th March 6pm—9pm
Entry by ticket at the School Gates $2.00
Raising Fabulous Children
Presented by: Early Childhood Intervention – Goulburn

with Maggie Dent

During this one-day event, author, educator, and parenting and resilience specialist Maggie Dent will present three sessions to inspire and inform parents and people who work with children and adolescents. Maggie is the author of seven books and a passionate advocate for the healthy, common-sense raising of children in order to strengthen families and communities. A former teacher and counsellor, Maggie is a passionate, positive voice for children of all ages.

9am-10.30am: The Importance of Calmness, Silence and Stillness

In this seminar, you will learn about the main causes of childhood stress, anxiety and disruptive behaviour and what you can do to prevent it. Maggie will explore how to calm hyperactive children, how to change emotional states and what are the best ways to maximise the brain’s capacity to learn in a safe environment.

11.30am-1pm: Boys, Boys, Boys: Understanding, Nurturing and Connecting to Today’s Boys.

In this seminar, Maggie will share her insights, practical suggestions and passion from parenting her own four sons, teaching in high schools for over 17 years, counselling troubled lads and working with men in her men’s-only seminars. She is a champion of boys and wants you to be one too.

2pm-3.30pm: Saving our Adolescents

From Maggie’s extensive experience of working with adolescents for more than 30 years she has created an innovative, dynamic seminar for families, schools and communities to build resilience and connectedness in 12-25-year-olds. Adolescents need adult allies to help them navigate the tricky waters of the teenage years – the art of guiding, and encouraging empowerment while strengthening self-esteem and personal autonomy is one that can be learned.

Date: Saturday 2nd April 2016
Time: 8.45am for 9.00am start
Venue: Goulburn Workers Club, 236 Auburn St, Goulburn, NSW.
Tickets: $30 per session OR $80 for all day.
RSVP: Please RSVP by Thursday 24th March to Kathryn Young
on 02 4822 1307

www.maggiedent.com