Dear Parents,

Welcome back to all our school community members for a great term of learning and progress.

We had a wonderful “unofficial” start to the term with the wonderful turnout of students and their families for the centenary of ANZAC in our village of Bemboka. I was so proud to march with our school again as the students were exemplary in every way. Their respect and their understanding of the solemnity of the occasion was noticed by everybody and many community members commented to me afterwards. I think we all experienced a special sense of belonging to the Bemboka community that day.

I am also very pleased to announce that Kathy Tyson, who teaches piano to some students here, has volunteered to form a school band with the Green Learning Group. This is voluntary for the students who wish to be involved and those who choose not to join will remain with their teacher for class as usual. We may include students from the Blue group later but we are starting small.

Students in Years Three and Five will be completing the NAPLAN testing in the week beginning 11th May. They will have

◊ 12th May Language conventions and Writing
◊ 13th May Reading Test
◊ 14th May Numeracy test
◊ 15th May Catch up day

At the end of this term you will receive your child’s school report and parent teacher interviews will be held at the beginning of Term Three. Remember that you may talk to us at any time about your child but please make a time with the teacher to ensure they are available. You will soon receive a PLAN report on where your child is with their Literacy and Numeracy which includes some strategies for you to support your child towards achieving the next stage of their learning journey.

Finally, I need to let you know that my mum is having surgery in Sydney in May and I will be away for three weeks to look after her. I regret the timing of this but unfortunately we don't always have control over when these things happen! Mum is eighty-five and still very active, so hopefully all will go well, but she lives a long way away in Cobar NSW. It is the tyranny of an aging parent and distance for me. I will be absent from 18th May-5th June. In my absence, Mrs Julie Collins will be relieving principal.

Take care of each other and remember we only have one life so make it your best.

Yours in education

Jan

ANZAC DAY 2015

‘Lest We Forget’
Many thanks to the Bemboka Garden Club for supplying our school wreath and flowers on the day.

MERIT ASSEMBLY

The next merit assembly is next Thursday 7th May at 2.30pm.
SCHOOL CROSS COUNTRY
The school cross country will be held tomorrow at 2pm. Students to wear sports uniform (if able) and running shoes. Parents are welcome to come and watch their child/ren run.

PSSA SCHOOL TENNIS KNOCKOUT
Good luck to our school tennis team of Michael, Tristan, Millie & Abbey who will be playing Merimbula Public School at Candelo on Tuesday 5th May in round 2 of the Primary Schools Knockout Competition. Bemboka advanced to round 2 after Bega Valley Public School forfeited their game in round 1.

WATER BUG SURVEY
The Yellow & Green Learning Groups will be participating in the Water Bug Survey with Bournda Environmental Education Centre at Colombo Creek next Thursday 7th May 2015. Students will walk to and from Colombo Creek from the school after the morning bell. It would be a great idea if the Green Learning Group could bring their gumboots please.

NAPLAN
NAPLAN will be held for Year 3 & 5 on Monday 12th, Wednesday 13th & Thursday 14th May. There will be a catch up day on Friday 15th May.

ENVIRONMENTAL SCIENCE PROGRAM AT BOURNDA
Three students from the Blue Learning Group will be attending Bournda on Tuesday 5th May to join in on an Environmental Science Program. Students are to be transported by parents to and from Bournda. Please contact the school if this is an issue.

SMALL SCHOOLS ATHLETICS CARNIVAL
This years small schools athletics carnival is being held at Wyndham on Friday 5th June 2015. All students from Kinder to Year 6 are to attend. To help with booking a bus, can you please advise if you WOULD be taking your child/ren on the day. If we do not hear from you we assume that your child/ren will require transportation by bus so that we can book an appropriate size. There will be a cost to travel on the bus for each student. Thank you.

SCHOOL MUSIC CAMP
Congratulations to Millie & Tristan who have been accepted into the 2015 SCLC Music Camp to be held in Tathra from Sunday 17th May to Wednesday 20th May 2015. A reminder that permission note and full payment needs to be received at school by Friday 8th May 2015.

Bega High School Information Night
Bega High School is running a parent information session on Tuesday 5th May 2015 between 6 and 7.30 pm at Candelo PS. This is open to all parents K-6 with an interest in learning more about Bega High School. Another session will run on the Wednesday night at Bega HS.
Thank you.
Mark Freedman
Bega High School
P & C News

P & C Meeting
Next P & C Meeting Tuesday 5th May 2015 at 7pm. All welcome.

COMMUNITY NOTICES....

School Banking
Every Wednesday at the school. For more information please contact Service One Members Banking on 64930422.

Bemboka Public School P & C

MOTHERS DAY STALL

A Mother’s Day Stall will be held at the school on Friday afternoon 8th May 2015.

Students are asked to donate a gift each to the stall by Friday morning (value $5 and under). Please try to avoid breakable items.

Gifts will be wrapped and available for students to purchase a gift for their mother in the afternoon. Prices will range from $1 to $5.

Volunteers for gift wrapping and manning of stall would be appreciated from 1pm onwards.

Thankyou.

Tai Chi for Health Classes 2015 – Term 2
Wednesdays 9.30 (Beginner)
10 am – 11 am
6 pm – 7 pm

Venue Bemboka Community Hall
Contact 0406 440313 (Claudia)

FLING
TERM II classes resume at fLiNG Physical Theatre
Classes in Hip Hop, Contemporary Dance, Ballet and Gymnastics, all ages and levels.
Special boys only and Adult classes.
Get moving this winter, stay strong, healthy and warm!
www.flingphysicaltheatre.com.au / 64920222 / admin@flingphysicaltheatre.com.au

NEW fLiNG Company Performance - RULE OF THREE
A triple bill of choreographic work that will entertain, amaze and delight!
MAY 15-24 @ Bega Indoor Stadium
Tickets: www.trybooking.com/HLTH
Contact: www.flingphysicaltheatre.com.au

Is your family missing out on free dental care?

Did you know:
All children under 18 years old can have free dental checks with the public dental service
If you have a Government concession card and all those on your card are also eligible for free dental care with the public dental service
Waiting times are reducing due to the extra funding so it’s a good time to register your family
Call 1800 450 046

TENNIS LESSONS AT CANDELO
Would you like your child/children to learn to play tennis? Here is a fun way to get them started.
Term 2 – 2015, Lessons will commence on Tuesday’s starting on the 28th April and run for the school term.

Time slots are as follows
Group 1 3.30pm to 4.00pm (beginner)
Group 2 4.00pm to 4.30pm (beginner)
Group 3 4.30pm to 5.15pm (intermediate)
Group 4 5.15pm to 6.00pm (advanced)

To make a booking or for more information please call Sandra,
Mobile: 0422426663 Home: 64932260 or
Email: sandralbunce@gmail.com
### At a glance
- One in four kids over the age of 12 have significant depressive symptoms.
- For girls, depression generally appears between the ages of 11 through to about 14.
- For boys, depression generally appears between 12 through to 16.
- Don't be afraid of it, ask your child how they are feeling, are they OK? Keep communicating with them.
- Seek professional help, ask your family doctor or school counselor if you aren't sure where to go.

### Signs your child may be suffering from depression
If you see a number of these problems starting to develop, it's time to ask the question, could this be a more significant emotional disturbance than general teenage moodiness or attitude?

- A persistently bad, often irritable mood
- Withdrawal
- Not experiencing pleasure
- Not reacting to the environment the same way
- Sleep disturbance
- Changes in behaviour, changes in sleep and appetite, and the persistence of that state for more than a few days in a row, typically for some weeks
- Doing badly at school
- Not joining in with other social activities with other kids and withdrawing from peers
- Abusing drugs and alcohol
- Self-harm

### Snip Its For Parents...
**Managing depression**
One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.


### Coming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>School X –Country</td>
<td>1 May</td>
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<td>Tennis Knockout</td>
<td>5 May</td>
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<td>BHS Transition Visit for Yr 6</td>
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<td>Bournda (Blue LG—3 students)</td>
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<tr>
<td>BHS Info Night at Candelo</td>
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<td>Zone X-Country</td>
<td>6 May</td>
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<td>Water Bug Survey</td>
<td>7 May</td>
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<td>Merit Assembly</td>
<td>8 May</td>
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<td>Stewart House Day</td>
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<td>Mothers Day Stall</td>
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<td>NAPLAN—Yrs 3 &amp; 5</td>
<td>12-14 May</td>
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<td>SCLC Music Camp</td>
<td>17-20 May</td>
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<td>Merit Assembly</td>
<td>21 May</td>
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<td>Bournda—Green LG (4 students)—‘Marine Science’</td>
<td>29 May</td>
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<td>Regional Cross Country</td>
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<td>Bournda—Green LG (4 students)—‘Upcycle– Recycle’</td>
<td>1 June</td>
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<td>Merit Assembly</td>
<td>4 June</td>
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<td>Small Schools Athletics Carnival Wyndham</td>
<td>5 June</td>
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<td>Queen’s Birthday Public Holiday</td>
<td>8 Jun</td>
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<td>Movie Making Camp</td>
<td>9</td>
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<td>Movie Making Camp</td>
<td>10</td>
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<td>Sm Schools Athletics Wyndham</td>
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<tr>
<td>Sm Schools Athletics backup date</td>
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### School Canteen Roster Term 2, 2015

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<tr>
<th>Date</th>
<th>Volunteering Name</th>
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<tbody>
<tr>
<td>4 May</td>
<td>Sarah Henry</td>
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<td>11 May</td>
<td>Gaye Alexander</td>
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<tr>
<td>18 May</td>
<td>Sarah Henry</td>
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<tr>
<td>25 May</td>
<td>Gaye Alexander</td>
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<tr>
<td>1 Jun</td>
<td>Sarah Henry</td>
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<td>8 Jun</td>
<td>Public Holiday</td>
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