Dear Parents and Carers,

Riverina Swimming Championships

The local school swimming representative season is drawing to a close with a number of highlights being achieved by Southee students over the past weeks. Topping the list was Charli Leggett who qualified to attend the State titles, which will be held at the Ian Thorpe Pool, Sydney Olympic Park, Homebush on 24th/25th March. Charli will swim in the 8yrs 50m freestyle event after finishing in third place while swimming at the Riverina trials in Albury last week. Charli shows great commitment to her training and is always looking to improve her technique. Other notable performances from Albury included Lachlan Webb’s school record swim in the 50m Butterfly event in the time of 47.75 seconds, to give him a Riverina 8th placing. Lachlan, along with Lachlan Sedgwick, Logan Collins and Ryan Nicka claimed 5th place in the senior boys 4x50m relay event. Penny Khoury finished well 20 out of 26 in the 1yrs 50m breaststroke. Kyle Collins swam well in the 9yrs 50m free. Lachlan Sedgwick continued to lower his times in the 100m and 50m freestyle, 50m backstroke and 50m butterfly events. Also swimming in Albury, representing the Cootamundra District were Bella Leggett, Macei Nicka and Alexandria Oliver. Over the recent championship events six new school records were set. Four records by Lachlan Sedgwick and one each by Charli Leggett and Lachlan Webb.

Southee Medallion Award

Congratulations to Samantha Graham who received a Southee medallion for her 100 Award Cards. Samantha received her awards for many positive behaviour, academic and sporting activities. Samantha is a role model in class and on the sporting field with her focus on achieving through consistent efforts and being fully...
involved in her learning. Samantha received her medallion from her mother and grandmother who proudly placed the medallion around Samantha’s neck.

The Lollipoppers!
The assembly was entertained by 1S who sang, recited and displayed art work based on a lollipop theme. The enjoyment and enthusiasm shown by the students as they performed made it a very happy and entertaining performance. Thank you 1S, Mrs Smart and Mrs Perry.

If you missed attending our assembly please download the QR Code Reader from the App store, scan this code where you will be able to watch the item on Youtube.

3 Ways to Enjoy:
If you missed the wonderful Assembly Item performance, 'The Lollipop' by Year 1S, then scan the QR code with your smart device or log onto our school website, select General Information and the link. You can also key in the link below and enjoy the story and song performed in front of their fellow students, family & friends.

www.youtube.com/watch?v=67xKq6lw4tA

Honour Awards
Students receive honour awards after receiving 10 achievement awards recognising their reaching of personal learning goals and positive choices in the classroom and playground. Our Honour Award recipients for Week 7 are Caleb Elmes and Tristan Hourn. Congratulations to you both!

Come and enjoy the
Southee Fete
Friday, 27th March, 5.30-7.30
fun games, stalls, exhibitions, rides, food, BBQ, drinks & much more

Bring your family and friends for a great evening out
P&C News
Fete preparations are underway with our next P&C Meeting being the Annual General Meeting followed by our regular meeting. Please come along and be involved in this important representative group. Many topics are discussed, with the main one this meeting being the fete. The money raised at the fete will help with excursion costs, paying for the sports outfits for all teams and the tables for the student eating area. We have a very hard working group and anyone who can help will be most welcome. Teachers are asking for parent/carer helpers from their classes for the stalls and events they are organising so please put your name down for a half hour slot on the roster.

HOW2Learn Awards
The HOW2Learn Awards again showed how important our learning habits are. Students received awards for managing their distractions, noticing what is happening, using knowledge for new learning, persevering with learning tasks and being absorbed in their learning. The learning habits are discussed in class and during reflection times in class. Students are helped to develop these habits by knowing what is expected during class and the learning outcome for each lesson. Congratulations go to Preston Harrison, Joseph Hutchinson, Amber Pepper, Bailee Meale, Macei Nicka, Sophie Little, Jacob Hutchinson and Matilda Hartshorn.

Excursion Information Note
Apologies for the misprint in the excursion information note that was sent home last week. Years 5/6 students will be heading to Broken Bay this year - not Ballarat. Broken Bay will be approximately $300.00.

Artist of the Month
The exciting artwork in our classrooms shows the strong art program at Southee. We highlight this with our Artist of the Month Awards, which are displayed in the foyer and at The Cootamundra Medical Centre. You are welcome to come in and see these works of art displayed in the foyer.

Basketball Trials
District basketball trials were held and Southee students who are going on to regional level at Albury are Hayden Penrith, Bailey James, Jaiden Duncan, Jake Tregear, Michael Perry, Lachlan Sedgwick, Samantha Graham, Alex Oliver, Odessa Tregear and Ainslee Meale. Congratulations and best wishes at the regional level. Thank you Mr Reddy for managing the district trials.

Dubbo Excursion
All Year 4 students have received a note regarding the Dubbo Excursion which will take place on Wednesday 1st April and return Thursday, 2nd April. For those students who have not indicated if they are going please do so immediately by calling the office on 69421166.

Zita McLeod, Principal
www.easouthee-p.schools.nsw.edu.au
Phone: 02 6942 1166
Ethan Tasker is learning lots of new literacy strategies during his reading recovery time.

Marking High!
Well done to all our representatives, Jaiden Duncan, Lachlan Sedgwick, Matthew Roberts, Lachlan Webb, Michael Perry and Danielle Mackinnon at the AFL trials in Temora. A special congratulations to Lachlan Webb on making the District AFL squad which will trial for the Eastern Regional squad in Coolamon on Friday, 20th March.

Rugby League Footballs
Thank you to Luke Branigan and the Rugby League Development Team for their activities with Years 3-6 students over three weeks’ skills training. Each student received a football to keep encouraging them to play and have to fun outside.

Assembly Co-ordinators Jessica Gatto and Jaiden Duncan along with Tahlia Morris and Jake Tregear showed great leadership skills when running the assembly on Monday.

AFL stars take the mark

5/6G - Cake Stall @ the Fete
Donations of cakes, biscuits, slices and sweet treats would be greatly appreciated for our class cake stall on Friday, 27th March. Please remember that an ingredients list must be attached to all items. Thank you. Mrs Glover & 5/6 students.

5/6Maths group enjoyed the day measuring squares and rectangles and focusing on perimeter.
SRC Easter Raffle
The SRC are running a fantastic Easter raffle with tickets being available recess and lunch. Tickets are available at school only and are $1.00 each. There are 3 wonderful prizes up for grabs. Thank you to Mrs Glover for making up these wonderful baskets of goodies.

Sleep and learning
Sleep can affect concentration, memory and behaviour. It's no wonder that how well your child sleeps has an impact on how well he or she learns. Good-quality sleep helps your child concentrate, remember things and behave well. These all help her to be a successful learner. Poor sleep, or not enough sleep, affects concentration, memory and behavior, making it harder for your child to learn. Children who don’t sleep well are more likely to feel sleepy and to have difficulties with learning.

Concentration
Children who are sleepy have trouble concentrating during the day. If your child can't keep his or her attention on what they are trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

Memory
Remembering things is part of learning. For example, if your child is tired, it's harder for them to remember basic stuff such as how to spell words, how to do maths calculations, or where to find information in a book or on the internet. It's also harder for them to remember how to do things such as playing a musical instrument.

Our brains create and strengthen different types of memory in different sleep cycles. For example, just before your child wakes in the morning, their brain uses the last stages of REM sleep to sort and store memories and information from the previous day and get ready for the day ahead.

Behaviour
Sleepy children tend to have more problems with behaviour at preschool or school - and at home too! For example, a sleepy child might play up in class or refuse to follow the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing his behaviour. They might also miss out on playing with other children if they don’t like the way he’s behaving. If your child is having problems with his concentration, memory or behaviour, checking his sleep is a good place to start. If you’re worried, or the problems go on for more than 2-4 weeks, talk to your doctor or child and family health nurse.

Working on sleep problems
Lots of children have sleep problems, which you can often manage with simple behaviour strategies. A good place to start with sleep problems is your child’s sleep habits. Sometimes changing both daytime and nighttime habits can make a big difference to your child’s sleep. For example, you might be able to reset your child’s body clock with a regular bedtime routine, morning sunlight, regular exercise and a healthy diet. About 50% of sleep problems that start before a child starts school continue into the early years of school. You can support your child’s learning by dealing with sleep problems as they come up and helping your child develop good sleep habits.

ICAS Competition
This is the last chance to enter the ICAS competitions. Please fill out below and return to front office with money by this Friday, 13th March.

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