Dear Parents and Carers,
Premier’s Reading Challenge

“Search For A Smile” - Whole School Concert
The whole school is very excited to be involved with the school concert which will be held in Week 10. The matinee will be on Thursday, 15th September at 11.00am and the two evening performances are on Wednesday, 16th and Thursday, 17th September. The concert is at the RSL Auditorium and we thank them for supporting our school and allowing us the use of the auditorium next week for practices and then for the performances. The blue permission note to attend the practise sessions and matinee must be returned to classroom teachers and all students are expected to be involved. Notes about costumes and makeup have been sent out to all classes and if you are unsure what is needed please see the classroom teacher.

Book Fair
Thank you to all those families who supported our fair. Our gross takings was in the vicinity of $2500.00 of which the school retains 20%. This will be used to replace 2 of our oldest computers.
I hope you and your children enjoy a good read and once again I appreciate your support. R.O'Dwyer

Book Week Parade
What a great celebration! The imagination and creativity of children and parents was delightful. The sun almost kept shining to showcase our colourful and joyful students whose behaviour and spirit make me proud to be a teacher at EA Southee. A massive thank you to parents and carers for your great efforts in turning out the vast array of characters and joining us for a chilly but happy picnic.

Stadium Cancellation
Last Friday, due to unforeseen circumstances, the Stadium cancelled our visit for sport. If you would like a refund of $4 please contact the school.

Fathers’ Day Stall
The P&C members have been very busy preparing for our Fathers’ Day Stall. All students will have the chance to buy in the afternoon and there are some lovely gifts available. Please support the stall as all items are reasonably priced. HAPPY FATHERS’ DAY TO ALL DADS!

Jump Rope For Heart
Students have been showing me their skipping skills and I have watched some amazing routines and talented speed skipping. Sport for primary students this Friday will be a tabloid afternoon with skipping activities. Please send any donations/money to the school in a sealed bag (ziplock sandwich bags keep the money safe) with name and amount written on it and give to the classroom teacher.

2/3L have been practising their speed skipping skills

Test Cricketer Visit
Nathan Lyons visiting E A Southee Public School
We are very excited to be hosting Nathan Lyons, the Australian test cricketer, in our school tomorrow. Students will meet with him and he will be able to sign cricket memorabilia. Nathan grew up in the Young area and has recently returned to Australia from The Ashes Test Series in England.

Wattle Time Street Parade
The weather was perfect on Saturday for The Wattle Time Fair and Street Parade. The floats were wonderful and many students participated with the school, football teams, dance and scouts and guides. Thank you to the students and families who supported the school and our maroon and gold uniforms and balloons were a colourful part of the public education group.

Fathers’ Day Stall
Thursday, 3rd September
All classes will be allowed time to make their purchases after lunch.
Gifts range from $2.00 to $5.00
Come and get a Great Dad’s Day gift and support the P&C!
Students and staff ready for marching in the Wattle Parade

Kangaroo March

Students from Years 5 and 6 will receive permission notes for them to join the Kangaroo March as it enters Cootamundra on Friday afternoon, 11th September. We will meet the marchers at Stratton Park at 1.45pm, walk with them to Albert Park and join in a commemorative service, with students being dismissed from Albert Park or catching buses at Cootamundra Public School. The note will be sent out later this week.

2/3H are in the throes of concert practice

Nick James and his classmates are learning the rules of "Hopscotch".

SPEED SKIPPING FINALS

Catch all the action, get caught up in the mayhem and enjoy the excitement.

Join us for the thrilling SPEED SKIPPING FINALS and the "DOPES WITH ROPES".

* Watch some spectacular skipping.
* Who will be the 2015 Champions?
* Who will win the parent/teacher event?

Monday September 7th, 2015

E A Southhee Public School Hall
Approx. 1:50pm start

Three tips for a healthier weight

1. Little by little
You can improve your eating habits one meal at a time. If you do this, you’re more likely to last than if you suddenly overhaul your diet. Start with the most important meal of the day: check out our easy breakfast recipes for ideas.

2. Snack swaps
Peckish between meals? Try these simple swaps for snack time:
- swap chips for nuts or unbuttered popcorn
- swap lollies for fruit
- swap store bought muffins for raisin toast.

3. Up the vegies
Struggling to get enough fruit and vegies? Take it one meal at a time! Start by topping breakfast cereal with fruit. Move on to lunch by adding salad vegies to last night’s leftovers. And for dinner add an extra serve. You can make this easy by adding that extra serve from items you have in your pantry or freezer, e.g. frozen peas zapped in the microwave or canned corn heated in the microwave.
"Jump Off Day"
For Jump Rope for Heart
(Improving Heart Health at Southee)

Friday 4th September
Participants: ALL children
Infants: Between 11:40 – 1:00pm
Primary: 2:00 – 3:25pm (Coordinator – Mrs Glover)

Congratulations to all the children who have gained sponsorship for this wonderful event. I hope that you enjoy the day and thank you for supporting the Heart Foundation and their work into understanding and treating heart disease. 10% of money raised is returned to the school to boost PE and Health budgets.

Sponsorship forms and money raised can be handed to the ladies at the front office this week and preferably by Wednesday 2nd September but no later than Thursday 10th September please. Information about student thank you prizes must be finalised and sent, no later than the 12th September.