Coming Events for Term 1

February 2016
Fri, 19th  CPSSA Swimming Carnival - Harden
Mon, 22nd  Swimming for Primary Sport
Thurs, 25th  Crazy Hair Day – Cans of soft drink
Fri, 26th  Whole School Assembly
EAS P&C Disco @ RSL Club 6-8pm
Mon, 29th  Swimming for Primary Sport

March, 2016
Thurs, 3rd  Superheros Day – donate small new
toy/item for Fete.
Mon, 7th  Swimming for Sport
Tues, 22nd  School Photos

EA Southee Swimming Carnival
Monday saw another successful Southee Swimming Carnival conducted at the Cootamundra Pool with Kendall finally breaking Lawson’s dominance for the past six years in the water. Many fine performances were achieved by the children in distances from 25m through to the medley over 200m. Boys and girls were also keen to show their skills in the novelty events such as the Sao Munch, Rock Scramble and PJ races. At lunch time the crowd was entertained when about thirty children contested The Big Dive. The day concluded with the gruelling Iron Person Race for boys and girls.

Carnival Results

House Championships

Kendall – 1st,  Lawson – 2nd,  Mackellar – 3rd and Paterson – 4th

Individual Champions
Junior Boys Champion:- 1st Oscar Corby (M), 2nd Kurtis Robinson (K), 3rd Blake Francis (K)
Junior Girls Champion:- 1st Charli Leggett (K), 2nd Macei Nicka (K), 3rd Bayley Hamilton (K)
11 Yr Boys Champion:- 1st Bailey Slater (L), 2nd Tyler Vivian (P), 3rd Caleb Hefren (P)
11 Yr Girls Champion:- 1st Alexandria Oliver (L), 2nd Bella Leggett (K), 3rd Madilyn Robinson (K)
Senior Boys Champion:- 1st Bailey James (P), 2nd Stephen Whicker (L)
Senior Girls Champion:- 1st Samantha Graham (L), 2nd Ainslee Meale (P)
Swim Team – District Carnival
Congratulations to the following swimmers who have qualified for the District Carnival at Harden tomorrow. Charli Leggett, Macei Nicka, Oscar Corby, Bailey Slater, Caleb Elmes, Alexandria Oliver, Ashlee Moss, Bella Leggett, Iliana Holmes, Bailey James, Stephen Whicker, Samantha Graham, Ainslee Meale. Best of luck for tomorrow Southee Swimmers. We are looking forward to hearing some great results.

The Hogs for the Homeless
The Cootamundra Junior Rugby League Club hosted “The Hogs For Homeless” riders to support and publicise the work of Father Chris O’Reilly’s Youth Off The Streets Program. Brad Fittler spoke about the program and then our students had Brad Fittler, Nathan Hindmarsh and Matt Cooper, former Rugby League football players, join them on the field. The students enjoyed a great game of touch football, with an emphasis on teamwork and skills, with these. Our students showed great skills and the training for rugby league and league tag will continue, leading into the 2016 season.

Mrs Wood and her new baby.
EA Southee would like to congratulate Luke and Melissa Wood on the long awaited safe arrival of their beautiful baby boy, Elliott.

P&C News
The P&C always encourages new ideas and suggestions to help improve our school and promote the education and wellbeing of our students. If you would like to be involved in these decisions or contribute something please attend our meetings or alternatively contact our P&C President, Leeanne Craw on 0409328730. If you are unable to attend and you have some good ideas please make an appointment to see our school principal. Upcoming meetings will be held on the following dates, commencing at 6.30pm and held in the school's staffroom.
AGM News
New roles were filled during Monday evening’s Annual General Meeting. Our 2016 P&C representatives are:- President – Leeanne Craw, Vice Presidents – Roy Elmes and Angela Buckley, Secretary – Susan Reddy, Treasurer – Sally Ormond and Canteen Treasurer – Roy Elmes.

Home Reading
To enable us to sort, repair and replace home readers the home reading program will not begin until Week 5.

Textbooks
Notes have gone home regarding the price of text books. Please note that only 2B, 3/4W, 4A and 5/6L are using text books this year. All monies must be returned to the classroom teacher.

Primary Art Classes
Art classes are taking place each Thursday afternoon from 4.30-5.30pm. $12.pp. Don’t miss your spot in this class….confirm your booking now! Phone Katrina 0434498645.

Tiny Tots Art Classes
Get your little ones involved in art. Classes taking place each Thursday and Friday. 10.30-11.30am $12 per student. Phone Katrina 0434498645.

Zita McLeod, Principal  www.easouthee-p.schools.nsw.edu.au  Phone: 02 6942 1166
What’s for Lunch
Every parent of school age children understands the fine balance involved in preparing a lunchbox. There are two key criteria your lunchbox must tick: the contents must be health and tasty. A variety of healthy foods in their lunchbox provides kids with the nutrition to remain energised and focused, and puts them in the best frame of mind for learning.

On the menu include a variety of fruit and vegetables, carbohydrates, protein and dairy. Bottle of water to help your child stay well hydrated through the day; dehydration can cause headaches, fatigue or grumpiness. Include a main food item, a couple of snacks and some seasonal fruit. Mix it up so lunch isn’t always a sandwich; try including pasta or rice salads. Use a variety of bread (rolls, pita, bagels, wholemeal, grain). Use fillings such as lean meat, tinned fish, or egg. Include vegetables including tomato, lettuce, cucumber, grated carrot, spinach, avocado. Include snacks such as cheese sticks, yoghurt, rice crackers, or a healthy homemade treat. Trial new foods on a weekend to ensure they pass the taste test. Try to keep confectionery and processed foods to a minimum and include a cool/cold block to keep lunchbox contents chilled and fresh, particularly in summer.

School Banking
Every Tuesday morning, Scott from South West Slopes Credit Union calls in at our office to process any banking for our students. If you are interested in having your child participate in this banking project please call down to the Credit Union and have them open an account in your child’s name. Then, on every Tuesday, drop the bank book with funds included to the office by 9.30am. Bank books can be collected from the office that same afternoon.

Hatching Chickens
Kindergarten, 1H and 2B have just taken possession of an incubator and have placed 12 eggs into the machine. The children are so excited and have started counting the days till the expected hatching date. Watch this space for updates.

Your family school for quality learning, opportunities, and care
Your family school for quality learning, opportunities, and care
Declaration and Authority

I, Mr / Mrs / Ms __________________________
hereby give permission for __________________________
to receive whatever medical attention is deemed necessary in the case of illness or accident.
I also undertake to pay all associated costs (ie. Ambulance travel), medical fees and / or the cost of drugs which may be incurred while my child / ward is in the care of the Academy. This permission is given to the staff of the Southern Sports Academy.

Consent Declaration

I, Mr / Mrs / Ms __________________________
hereby give permission for __________________________
to participate in the Camp.

Signed: __________________________

Date: __________________________

Please forward form and registration fee as soon as possible to guarantee your position and no later than April 14th.

Payments may be made to:
Name – Riverina Academy of Sport Inc
BSB – 659000
Account – 85841
Reference – Netballer/umpire name

Southern Sports Academy,
P.O Box 8545, Kooringal 2650
Email: cbreese@ssa-nsw.org.au
Fax: 6931 8011

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Please arrive at least 30 minutes prior to the scheduled start in comfortable training gear and with appropriate footwear.

Bring - water bottle
- ball (marked with your name)
- medication (asthma puffers, etc)
- hat and sunscreen
- hand towel
- whistle (umpires only)
- pen & paper (umpires only)

Bacon and Egg rolls will be available for purchase for breakfast.

Lunch orders and Canteen facilities are available on site.

Travel / accommodation arrangements are your responsibility.

Southern Sports Academy
PO Box 8545
Kooringal 2650

Phone: 6931 8111
Fax: 6931 8011
E-mail: cbreese@ssa-nsw.org.au

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Hosted by Jackie Murphy
(former NSW Swifts player)
Netball Athlete Development Camp

The Talent Development Camp is an ideal opportunity for players of all levels to enhance their Netball skills prior to the Netball season. The camp is designed to cater for all players regardless of Netball ability focussing on player development as well as player talent.

Under the guidance of former NSW Swifts player Jackie Murphy and Academy coaches, participants will be exposed to new developments in the game as well as coaching of the highest calibre.

Camp Sessions Involve:

Ball drills, Footwork, Fitness, Specialist skills / drills (Centre Court, Defence, Shooters), fun sessions and games.

Netball Umpire Development Camp

In 2016, the Academy is introducing umpire training for any aspiring umpires who are unbadged and wanting to learn. Ideally you will have completed your Level 1 course and Section 1 exam with a passmark >70%.

If you wish to attend the umpire day, please circle 'Umpire Camp' on the application form.

Jackie's Biography

Jackie was born in Wagga Wagga and grew up in the nearby village of Marrar. Jackie played in local competitions as was part of the Southern Sports Academy during her early years before heading to Canberra.


2003 - Australian Institute of Sport (AIS) scholarship; Canberra Darters (National Netball League); Australian 21 and Under Team in a Tri Series against New Zealand, winning 3-0.

2004 - Australian Institute of Sport (AIS) scholarship; Australian 21 and Under Team.

2005 - Vice Captain of the AIS Canberra Darters; Australian 21 and Under Team (toured the USA and Jamaica in preparation for the World Youth Netball Championship in Miami, USA).

2006, 2007 – Sydney Swifts selection in the National League (undefeated premiers); Emerging Australian Open Talent Squad.

2007 - Sydney Swifts leadership team; Bachelor of Physical Education and Health at the Australian College of Physical Education, Sydney.

2008 – NSW Waratahs (Australian National Netball League); captained NSW State League team, Manly, to 3rd position.

2009 - Jackie continued knee rehabilitation after injuring her knee in a final of the Australian Netball League.

2012 - Elected Chair of the Southern Sports Academy.

Other - Vice President of the Wagga Netball Association; teacher at Kildare College.

Jackie’s favourite quote –
Positive people produce spectacular results

Netball Application Form

Surname:__________________________________________
First Name:_____________________________________
Address:________________________________________
________________________________________________
________________________________________________
________________________________________________
________________________________________________
Postcode:_______________________________________
Date of Birth:___________________________________
Ph: (H)_____________  (B)________________________
Email Address :___________________________________
________________________________________________
________________________________________________
________________________________________________
Emergency Contact No.____________________________
Medicare No.____________________________________
Medications/Medical Conditions:____________________
________________________________________________
________________________________________________
Player Profile (representative achievements etc.):__________________________
________________________________________________
________________________________________________
Preferred Playing Positions eg GA
1st ______________________ 2nd _____________________

Please circle your age group for the camp:
7 years  8 years  9 years  10 years
11 years 12 years 13 years 14 years

Athlete Camp ☐  Umpire Camp ☐

* Complete details over page *