EASTER PARADE: Thursday 2nd April

Our Easter Celebrations were held on the last day of Term 1. It was wonderful to see so many parents and grandparents attend our celebration and share the joy with the students. Many thanks to ALL community members who supported our raffles, it is greatly appreciated.

THANK YOU HOLIDAY CHOOK CARERS

Thank you to our families for caring for our school chooks over the school holidays, and, during our week of disrupted school, last week. Your support of the school is very much appreciated.

PSSA BOYS & GIRLS AFL: Thursday 7th May

THE PSSA Boys & Girls AFL match will be held at Teralba next Thursday (7th May). More particulars will be provided to students on Permission Notes, later this week.

LUNCH RUN PARENT HELPERS: Wednesdays

Our new lunch runs are up and running, but, we REALLY NEED SOME HELP FROM PARENTS ON WEDNESDAY MORNINGS!! If you can help, please see Ms Wilson or Mrs Lewis in the office. We will help you with the process. Thank you to the parents who have helped last term, it is REALLY appreciated.

MOTHERS’ DAY MORNING TEA & MOTHERS’ DAY GIFT STALL: Friday 8th May

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Once again, a Mothers’ Day Gift Stall, run by Year 6, will be held in the SPR from 9.30am—10.30am next Friday (8th May). We would appreciate small gift items as donations for the stall, which can be left at the school office. Gifts will be sold to students on the Friday before Mothers’ Day, ranging in price from $1 to $5.

ANZAC DAY SERVICES

We wish to pass on our thanks to the many students and parents who attended the Cessnock ANZAC Day March on Saturday especially under the circumstances and situations from the previous week’s weather conditions. It was a proud moment to see so many familiar faces, to mark this very special occasion, the 100 Year Commemoration of the ANZACS & Gallipoli Campaign.

ZONE CROSS COUNTRY: Postponed until THIS Thursday 30th April

The Cessnock Zone Cross Country has been postponed from last week until THIS THURSDAY ~ 30th APRIL. Updated Permission Notes will be given to each qualified student today. Please complete and return these forms by Wednesday, to enable our school to co-ordinate.

REGIONAL CROSS COUNTRY: Fri 8th May

Students who qualify at the Cessnock Zone Cross Country this Thursday will be eligible to participate in the Regional Cross Country NEXT Friday (8th May). Details will be provided early next week.

Mr Osland’s Oracle

Welcome back to school for Term 2. It has been a challenging start, due to the adverse weather and environmental conditions from last Tuesday’s (21st April) storms.

If you, your children or any family and friends are suffering as a result of the storms, please seek help and assistance.

A special page has been inserted into this (delayed) newsletter by our Student Welfare Officer, Ms Cherie Gibson ~ Natural Disasters: How to Help, which we hope you will find to be helpful for you, your children and family.

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### Merit Awards ~ Tuesday 31st March 2015

<table>
<thead>
<tr>
<th>Grade</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1</td>
<td>Riley, Chloe</td>
</tr>
<tr>
<td>Yr 1/2</td>
<td>Mavrick, Evie</td>
</tr>
<tr>
<td>Yr 3/4</td>
<td>Jace, Laura</td>
</tr>
<tr>
<td>Yr 5/6</td>
<td>Monique, Leila</td>
</tr>
<tr>
<td>PBL Awards</td>
<td>Sean, Patrick, Charlotte, Breanna, Kaiden, Shakiya, Jessica G, Liam</td>
</tr>
<tr>
<td>Sports Awards</td>
<td>Abby, Evelyn, Kilarny, Connor, Rory, Max, Maddison, Matthew G</td>
</tr>
<tr>
<td>Principal’s Awards</td>
<td>Eleanor, Haylee, Braiden, Evie, Riley Ham, Maddison, Jennifer</td>
</tr>
</tbody>
</table>

### CALENDAR OF EVENTS

#### Term 2 2015

**Week 2**

- Thursday 30th April: Cessnock Zone Cross Country ~ Cessnock Racecourse
- Year 5/6 CAREERS through Reading *(postponed until Term 3)*

**Week 3**

- Wednesday 6th May: Whole School Photos (Photoworx)
- Thursday 7th May: PSSA Boys & Girls Paul Kelly Cup ~ AFL @ Teralba *(Note ~ Change of Location)*
- Cessnock High School Celebration of NAIDOC ~ Spirit of NAIDOC through Art
- Friday 8th May: Regional Cross Country
  - Mothers’ Day Morning Tea ~ 10.30am SPR
  - Mothers’ Day Stall ~ 9.30am—10.30am SPR

**Week 4**

- Tuesday 12th May: NAPLAN Assessment Program ~ Yrs 3 & 5
- Wednesday 13th May: NAPLAN Assessment Program ~ Yrs 3 & 5
- Thursday 14th May: NAPLAN Assessment Program ~ Yrs 3 & 5

**Week 5**

**Week 6**

- Friday 29th May: Year 6 and Parents University Visit

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**STAFF MEMBER and STUDENT IN THIS PRODUCTION**

One of our staff members, Ms Munday, and, one of our students, Riley (Year 3/4) are both performing in the “Into the Woods” play. Details for tickets and location are on the flyer.
FRIENDS OF KITCHENER GARDENING CLUB

The Friends of Kitchener Gardening Club held each Wednesday from 1pm. Bring along your hat, a drink bottle, gardening gloves, and any other gardening tools (digging fork, spade etc). Should be lots of fun, working away in the garden, catching up with other mums and dads.

The staff room has hot and cold water and kitchen facilities for those who would like to enjoy a cool drink or a hot cuppa at the end of the gardening session.

SCHOOL ASSEMBLY: SPECIAL ANZAC DAY SCHOOL COMMEMORATION SERVICE: Tuesday 28th April

Our first school assembly for this term will be held tomorrow (Tuesday 28th April) in the SPR from 2.30pm and will include a special ANZAC Day School Commemorative Service. We invite all parents, grandparents and community members to attend this very special acknowledgement of the 100 Years of ANZACS.

WHOLE SCHOOL PHOTO DAY: Wednesday 6th May

Our school photos, which will be conducted by Gavin, of Photoworx, will be taken next Wednesday (6th May). Envelopes, complete with price lists, available packages and details have been given to each student with today’s newsletter. Family envelopes (orange) have been given to the eldest child of each family.

Please complete, and return envelopes, containing correct money, by next Monday (4th May).

SPECIAL REQUEST TO PARENTS REGARDING PERMISSION NOTES AND STUDENT FORMS

All student permission notes and forms are official documents, which must be retained at schools for a required period of time. We ask that parents put their child’s full name (Christian & Surname) on any permission notes, forms (excursion notes), absence notes as they are official, legal documents so require child’s full name. We appreciate that the classroom teacher and office staff know which child notes and forms are for, but, years down the track, this would not be the case. Thanking you, in advance, Ms Wilson (office)
Everyone needs support after being in or witnessing a traumatic event but everyone is different so the level or type of support they need is different. Natural Disasters can be hard to understand as we often think of nature as something beautiful and part of our every day. Natural disasters are inevitable but uncommon and many people who have

**Common Reactions to a Natural Disaster**

**Fear and Anxiety** – it is common to worry that the disaster could happen again, or that you are not safe.

**Grief and Loss** - There is no “right way” to grieve after a loss. It is very individual and very normal to grieve.

**Anger and Confusion** - It can be hard to understand a natural disaster because damage seems so unfair and there’s usually no one to blame. This can make you feel frustrated, angry and confused.

**Sadness and Emptiness** - You may feel sad about loosing family possessions. Sadness can turn to feelings of emptiness.

**Denial** - When bad things have happened, some people prefer not to think about them at all. This might be a help to start with, but our feelings can catch us by surprise later on. Its ok to distract yourself but also find time to think about what has happened and how you are going.

**Thinking about the event all the time and having trouble sleeping are common after a traumatic experience. Your appetite can change as well - some people want to eat more**

**Looking After Yourself**

- Eat well and get enough rest
- Reduce drug and alcohol intake
- Have a routine
- Set some realistic goals
- Allow yourself some ‘worry time’
- Use your strengths and surround yourself with support

If you would like to talk with someone outside of your support network of family and friends, I am more than happy to chat with you on any Monday during school terms.

If you feel you need assistance or just need to talk to someone, make an appointment with your GP or call Lifeline on 13 1114 or Kids Help Line on 1800 55 1800

Cherie Gibson - School Welfare Officer