Monday 16th February

Principal’s Report

Swimming Carnival
Last Wednesday I had the wonderful task of attending our school swimming carnival. It was great to see students not only swimming in races but also cheering loudly for their houses and team mates. Thank you to our teachers and parents who attended to make it a successful day and a special thank you to Mrs McLaren and Mrs Harris. Students should be proud of the way they represented Blue Haven Public School at the carnival with excellent participation and good sportsmanship. Great work everyone.

Dates to Remember

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Assembly</td>
<td>K – 6 Tuesday 17th 1.40pm</td>
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<tr>
<td></td>
<td>2G &amp; 2B Class Item</td>
</tr>
<tr>
<td>P &amp; C Meeting</td>
<td>Wednesday Feb 18th, 6.30pm</td>
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<tr>
<td>BBQ Meal Deal</td>
<td>Money due by Friday 20th Feb</td>
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<tr>
<td>Green and Blue Mufti Day</td>
<td>Afternoon Teal - Wednesday Feb 25th</td>
</tr>
<tr>
<td>School Photos</td>
<td>March 12th and 13th</td>
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<td>Please send photo money in on photo day</td>
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Carpet Cleaning
The carpet cleaners will be at the school on Saturday to clean the classroom carpets.

School Uniforms
Unfortunately there has been a significant delay in the delivery of our cooldry shirts and shorts. The delivery was due in January and the uniform shop had notification late last week that the shipment will not arrive until mid-March. We are very disappointed that there has been a delay and understand that this will cause some upset for families who are waiting for uniforms or need new uniforms and we apologise for this inconvenience. We will keep you informed as information on the arrival date of the uniforms is known. Our school photos will be taken on 12th & 13th March so if you need uniforms for your child’s photo please contact the school as soon as possible. If you require any further information about the uniforms please do not hesitate to contact the school.

P & C Meeting
Our first P & C meeting for the year will be held this Wednesday 18th February at 6.30pm in the school staff room. Everyone is welcome to attend.

Have a great week of learning
Blue Haven,
Ruth Goodwin
Principal (Relieving)
Afternoon Teal
Next Wednesday, 25th February, our school will be participating in Ovarian Cancer fundraising activities. The children will be able to wear teal, blue or green clothes and will be making teal friendship bracelets. To help raise much needed funds for continued support, awareness, advocacy and research it would be appreciated if students could donate a gold coin to support this event.

Our afternoon teal will be held in the library commencing at 3pm. Afternoon Teal and child minding will be provided by BHPS staff. There will be a display from Phoenix Traders, teal candles for sale along with Ovarian Cancer merchandise. There will also be a lucky door prize and several raffles throughout the afternoon as well as a presentation on the latest information.

The raffle will be drawn on Monday 9th March at recess assembly so please keep them coming in.

Why are we supporting Ovarian Cancer Australia?
Ovarian Cancer Australia is the peak national body for ovarian cancer. It is a not-for-profit organisation founded in 2001 by people who had been affected by ovarian cancer, either themselves or through someone they loved.

Each year 1400 Australian women are diagnosed with ovarian cancer, and more than 1000 will die from the disease – that's one woman every 8 hours. Each day in Australia four women are diagnosed with ovarian cancer and three will die from the disease. The majority of women are diagnosed when the cancer is at an advanced stage and difficult to treat.

Ovarian cancer has the lowest five year survival rate of any women’s cancer - 43%; for breast cancer it is 89%. Being aware of the symptoms is important so the cause can be investigated and women can be appropriately referred. There is NO early detection test for ovarian cancer. The Pap smear does not test for ovarian cancer.

Our vision is to save lives and ensure that no woman with ovarian cancer walks alone. If you would like to know more about the signs and symptoms of ovarian cancer PLEASE come to our Afternoon Teal. Men are more than welcome as often they are the carers for their mothers, wives and daughters.

Teal ribbons are available from the office for $2.00.

Thank you for your support
Rae Corbett
Ovarian Cancer Community Awareness Ambassador

Green & Blue Mufti Day
(Gold coin donation)
Wednesday 25th February
Afternoon Teal
3pm in the Library
Free child-minding available
Raffle draw will be held
Supporting Ovarian Cancer Australia

Special Religious Education
Special Religious Education (what we used to call scripture) will begin this week on a fortnightly basis. Our students in Year 3-6 will be participating in even weeks and our students in K-2 will be in odd weeks. If you wish for your child not to participate in Special Religious Education, please send a note to the class teacher.

Bike Licences
Students at Blue Haven Public School can apply for a bike licence when they turn 10 and the form for this can be found at the front office. It is important that students act in a responsible manner when riding bikes to and from school and the bike must be in good condition. Students who act in an unsafe or irresponsible manner may have their bike licence revoked. Bike licences must be carried by the student when they are riding their bikes to and from school.

Duane Hutchinson
Deputy Principal (Relieving)
Blue Haven Public School
Stage 3 students will be doing a new health activity in class this term called How RU travelling?

This is a one week activity to support your child to make the following healthy lifestyle choices:

• Active travel to school by walking/ catching the bus/ riding a bike
• Eating fruit/ vegetables/ drinking water for Crunch & Sip® fruit break at school each day
• Eating vegetables (aim for 5 serves each day)
• Being physically active (aim for at least 60 minutes each day)
• Limiting screen time (time spent on computers/ smartphones/ tablets/ watching TV) – aim for no more than 2 hours each day.

Each student will receive a card to record their progress. We encourage you to support your child by helping them with these healthy choices, and signing their card at the end of the week.

Thank you for your support.

Newsletter snippet provided by
Central Coast Health Promotion Service.

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**Q4: H₂O**

**Water for Thirst!**

• Water is best to quench thirst
• Water has no sugar or energy (kilojoules)

• **Tap water contains fluoride which helps children develop strong teeth**
• **Tap water is much cheaper than many other drinks**

• Serve water with meals – place a jug of cold water on the table
• Use a refillable water bottle
• Keep small bottles filled with water in the fridge so they are ready to go

Nutrition News Snippet 2010 provided by Central Coast Health Promotion Unit

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NSW Government
Health Central Coast Local Health District

NSW Health Northern Sydney Central Coast Area Health Service

Education & Communities
HAZE Social Support Group
Lake Munmorah Family Centre
Colongra Bay Road,
Lake Munmorah

Fridays 9 - 11am
Term 1
Starting 6th Feb 2015

Relaxed environment,
meet new friends,
you choose the activities
for the group...

FREE tea & coffee & child minding
available, must book in!

For more information or to book in,
please call Louisa:
0418 453 955
or the office 4351 5008

Included in group activities this term:
123 Magic Behaviour Management and Emotion Coaching Program

GOATS Family Festival

Brought to you by San Remo Neighbourhood Centre Inc.
(trading as The Epicentre)

GOATS in it’s 17th year will kick off National Youth Week on the Central Coast

Join us on Sunday 12th April
Koala Park
Scenic Drive, San Remo

Amazing performances by local and interstate talents, delicious food, rides, community stalls and market stalls all in the charming gardens of Koala Park (Delta Electricity site)

For more information phone 43 90 7888

Blue Haven OOSH Service

After School Care & Vacation Care

Our After School Care and Vacation Care Service operates from Blue Haven Community Centre.

We provide a range of fun activities to enhance your child's wellbeing and development.

Please phone Tracy for any enquiries on 43 993342 or email at oosh@sanremo.org.au

Please checkout our new Website on www.sanremo.org.au

CCB (Child Care Benefit) is available. Your CCB is used to calculate and reduce your fees.

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<tr>
<th>AFTERSCHOOL CARE</th>
<th>VACATION CARE</th>
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<tbody>
<tr>
<td>ENROLLMENT $5.00 per family</td>
<td>FEES $50.00 per child per day</td>
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<tr>
<td>FEES $18.00 per child per day</td>
<td>INSURANCE $5.00 per child per year</td>
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<tr>
<td>INSURANCE $5.00 per child per year</td>
<td>EXCURSIONS Extra cost depending on excursion</td>
</tr>
<tr>
<td>OPENING HOURS 2.00pm to 6pm Mon-Fri School Term</td>
<td>OPENING HOURS 8.00am to 6pm Mon-Fri School Holiday Period</td>
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Where to find us.

Website: www.sanremo.org.au
Phone: 43 993342
Fax: 43 991250
Email: oosh@sanremo.org.au

Address Blue Haven Community Centre, Apsley Court, Blue Haven 2262

Proudly Sponsored by:
- Delta
- Coles
- Express Advocate
- Raines & Horn
- CDAT
- Allcott Hire

NSW Education & Communities
BBQ MEAL DEAL
TUESDAY 24TH FEBRUARY $5
* SAUSAGE SANDWICH
* POPPER
* VANILLA ICE CREAM TUB

NAME:
CLASS:
TOMATO OR BBQ SAUCE (PLEASE CIRCLE)

ALL ORDERS TO BE RETURNED TO THE CANTEEN NO LATER THEN FRIDAY 20TH.