From the Principal

Our School Athletic Carnival held on Wednesday 25 February was a wonderful school community event. It was fantastic to see all students from Kinder to Year 6 participating and trying their personal best. We promote effort and persistence as part of our school beliefs and these ideas were certainly evident in the wonderful sportsmanship seen at our Athletic Carnival. Congratulations also to our Year 6 Athletic Leaders whose help was invaluable. Thank you also to the many parents who came to support their children.

Today many students will be representing our school at the Inter-School Athletics Carnival at the Domain and we wish them all the very best and know they will display wonderful sportsmanship of which we can be proud.

Thank you to all parents who are supporting their children with our Move Well Eat Well ideas. Our Move Well Eat Well sign is proudly displayed on our school gate and all class teachers have a ‘This is a water only zone’ sign on their doors. It is important that we promote healthy living ideas to our students as it is a critical part of their education.

Recently, our 5/6 class have begun running fitness classes for our Preps to Year 6 students three times a week on Monday, Thursday and Fridays. The 5/6 students have planned and organised these classes with the guidance of Mr Lakos. The school goes out together to have some fitness fun and we all benefit!

Sue Bullen
For Bonnie Jeffrey
## CALENDAR 2015

### TERM DATES 2015

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>4 February - 1 April</td>
</tr>
<tr>
<td>Easter Break</td>
<td>3 April - 7 April</td>
</tr>
<tr>
<td>Term 2</td>
<td>20 April - 3 July</td>
</tr>
<tr>
<td>Term 3</td>
<td>20 July - 25 September</td>
</tr>
<tr>
<td>Term 4</td>
<td>12 October - 17 December</td>
</tr>
</tbody>
</table>

### MARCH
- **Tuesday 17** Kinder/Prep-1 Excursion Mt Nelson Sustainability Centre
- **Monday 23** School Photos
- **Thursday 26** LIL excursion - Princes Park, Battery Point

### APRIL
- **Wednesday 1** Student final day for Term 1
- **Thursday 2** Staff moderation day
- **Friday 3 - Tuesday 7** Easter Break
- **Monday 20** First Day Term 2

### Birthday’s

Happy Birthday to…

- **Alison** 5/6
- **Jesse** 1/2
- **Patrick** 5/6

...who will be celebrating a birthday in the coming days!

### Launching into Learning

**When:** Thursday & Friday  
**Time:** 9:00 - 10:45am  
**Where:** Kindergarten Room

Please contact Mrs Stewart or the school office for more information.

ALL WELCOME!

### Lady Gowrie Child Care

Lady Gowrie Glenorchy After School Care will be available every day after school at the new facilities at Glenorchy Primary School. The Wellington Alliance will be providing transport from Goodwood Primary up to Glenorchy Primary to access this service.

A mini bus or maxi-taxi will collect students from Goodwood Primary and Moonah Primary and transport directly to the Centre after school.

Enrolment forms and fee information is available from our office for families. Child Care benefits and Child Care Rebate are available for this service and fees are dependent on individual circumstances.
**From The Office….**

**Procedure for students departing school early for an appointment**
Parents/carers are advised that if your child/children must leave class for an appointment you are required to come to the school office and notify office staff. Office staff will then proceed to collect your child from class and amend the students attendance. Parents/carers are also advised that if lunch needs to be given to students or other contact needs to be made with students during school times all communication must be made via the office first.

**School Gates**
All visitors to the school during school hours are reminded that all school gates must be closed upon entering.

**Lost Uniform items**
There have been a large number of misplaced and lost uniform items with names that have been clearly labelled. Could all parents/carers please check that their child has their own uniform item and not another students. It is quite easy for children to place their hats or jumpers in the wrong school bag.

**Head lice**
Head lice will be a problem from time to time at Goodwood Primary School. It is important to work together as a school community to minimise the frustration caused by this problem. Would parents please check and treat regularly as the need arises as this helps containment. Information pamphlets about treatment and controlling head lice are available from the school office.

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**SCHOOL PHOTOS**

Our school photo day will be held on

**Monday March 23**

Each child will receive a Prepaid Personalised Photo Envelope.

Families wishing to order a Family Photo are asked to collect a Family Photo envelope from the school office.

Orders may now be placed online and each envelope is now personalised with the student’s name and Unique Ordering Code. If a student loses their envelope, their opportunity to order online will be lost. Students will need to place their order by handing in the envelope on the photo day.

*Could all photo envelopes be returned to the school office by Friday 20 March 2015*
Recently all students from Year 4, 5 & 6 were lucky enough to go on an excursion to Bunnings Warehouse in Derwent Park. We had a wonderful chance to make our own wooden tool box and through the generosity of Bunnings we were given paint and a plant for the toolbox. We enjoyed also a lovely morning tea provided by the store.

Many thanks to Ann-Marie Ezzy, the Moonah Activities Organiser and Bunnings
Move Well Eat Well promotes a healthier Tasmania in which children can enjoy healthy eating and physical activity every day. It contributes to a healthy lifestyle and to the prevention of a range of chronic conditions such as obesity, diabetes, heart disease, some cancers and dental decay.

**Drink Water NOT sugar!**

Compare the sugar in these drinks. Water and milk are the best drinks for kids!

<table>
<thead>
<tr>
<th>Sugar content per glass (250mL) of drink</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>no sugar</td>
</tr>
<tr>
<td>Plain milk</td>
<td>no added sugar</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>3 tsp added sugar</td>
</tr>
<tr>
<td>Sports drink</td>
<td>4 tsp added sugar</td>
</tr>
<tr>
<td>Water cordial</td>
<td>4.5 tsp added sugar</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>5 teaspoons sugar</td>
</tr>
<tr>
<td>Fruit drink</td>
<td>6.5 tsp added sugar</td>
</tr>
<tr>
<td>Soft drink</td>
<td>7 tsp added sugar</td>
</tr>
<tr>
<td>Energy drink</td>
<td>7 tsp added sugar</td>
</tr>
</tbody>
</table>

1 teaspoon = 4 grams of sugar

For more information and for family ideas on healthy eating and physical activity visit [www.movewelleatwell.tas.gov.au](http://www.movewelleatwell.tas.gov.au)

Department of Health and Human Services

Last reviewed 2013

The Tasmanian Move Well Eat Well Award Program is a joint Australian and Tasmanian Government initiative under the National Partnership Agreement on Preventive Health.

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