Congratulations to our swimmers
Our swimmers have continued to achieve success at the recent North Coast Swimming Championships. Amber Pfeffer finished 3rd in the 50m freestyle, 4th in the individual medley and 7th in the 50m backstroke. Amber has now qualified for the New South Wales titles in Sydney next month. Byron Newell finished a credible 7th in the 50m butterfly. Congratulations to both students and best of luck to Amber at her next meet.

Kingscliff High School Visit
Last week our senior students had a visit from Kingscliff High School staff and students as part of their orientation program. They were provided with information about the school including special programs and opportunities on offer. Part of this information was an application for students for the 7KAS class. This class is for students who have displayed high levels of academic and personal achievement in primary school. Students are required to sit a reference test at the high school on 28/5/14 as part of the procedure. Applications are available at the school and need to be returned by Tuesday 20th May.

High School Expression of Interest Forms
All students in year 6 recently received an Expression of Interest for high school in 2015. Each of these documents listed the zoned high school for the student according to their current address. Parents need to complete the form and return to school by Friday 21st March.

School Cooking
Students across the school have been involved in cooking lessons with Mrs McEwan over the past couple of weeks as part of the Live-LifeWell@School program. Some of us were lucky enough to taste their creative delicacies including fried rice. All stage 2 and 3 classes have participated with stage 1 cooking today and early stage 1 next week. Thank you to Mrs McEwan for her efforts in coordinating the program, I know the students thoroughly enjoy it. Hopefully some of them have cooked for their parents at home!

Relay For Life
I would like to congratulate all the students who participated in the Relay for Life fundraiser last week. I would like to acknowledge the efforts of Ms Stanley and the SRC for organising such a worthwhile event. All funds raised will now go towards cancer research.

P & C AGM
Our school P&C AGM will be held tomorrow night at 5.30pm. The time has been brought forward from the traditional 7pm start as there is both a general meeting and an annual general meeting. We hope to see many new parents come along to the meeting.

Eat It To Beat It!
There will be an Eat It To Beat It! parent workshop at the school tomorrow starting at 9.15am. The workshop provides healthy, money-saving ideas for children’s lunchboxes. All those attending receive a free recipe book. Please see the included information about the workshop.

District Winter Trials
A large group of our primary students will attend the District Winter Trials this Friday. These trials include the sports of rugby league, soccer, netball and hockey. Successful students will attend for the Zone Trials held on 1st April. Best of luck to all our athletes attending.

Harmony Day
Students in K-2 will participate in Harmony Day activities this Friday 21st March. Students in classes 3-6 will take part in class activities. Thank you to Ms Stanley for organising this initiative. Please see the clipping included for further information.
**Descriptions of Max the Alien**

Max has six googly eyes and slimy hair. He is orange with red spots. Max is very lazy. He is as slow as a snail. Max has naughty habits. He flies around in a space shuttle. Max has sharp teeth. He is a caring monster. Max has a silky body, a round head and pretty hair.

Olivia M.

Max is an alien from a planet called Costa Luna. His parents are the king and queen, he is the prince and his little sister is the princess. Max is 18, his mother is 21, his father is 22 and his little sister is 16. Max has sticky skin and two ears that poke up. He is very nice and has his own flying vehicle.

Lilyanna M.

There is an alien called Max. Max is very naughty. He has one hundred thousand eyes. He is a snot monster. He plays footy and he kicks and pushes people. He is super-fast, he is the fastest alien on Pluto. He has a big green head and really short arms. He has a really small space shuttle and he has a big nose so he can smell.

Callum P.

Max has four eyes, three legs and four heads. He is as scary as a three headed dog. Max is super-fast, evil and naughty. He has a fast space ship, it is as fast as a sports car. He does not have a family.

Lincoln V.

Max has a very big head and he has two eyes. He is 1 year old and he comes from New Zealand. He is very sleep and cute, He is happy and playful every day. He has 1 mum, 1 dad, 33 brothers and 33 sisters. Every day at school her goes crazy and on the weekends he gets smelly. He is very smart and can answer every question I ask him. He loves to give people hugs.

Isabella W.

**Awards**

**Student of the Week**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KJ</td>
<td>Luke S</td>
</tr>
<tr>
<td>1S</td>
<td>Anarlia H</td>
</tr>
<tr>
<td>1/2P</td>
<td>Cody M</td>
</tr>
<tr>
<td>2T</td>
<td>Nina W</td>
</tr>
<tr>
<td>3PH</td>
<td>Chelsea O</td>
</tr>
<tr>
<td>3/4T</td>
<td>Max S</td>
</tr>
<tr>
<td>5/6C</td>
<td>Trinity H</td>
</tr>
<tr>
<td>5/6M</td>
<td>Mia l</td>
</tr>
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</table>

**Merit**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eli T</td>
<td>Miles B</td>
</tr>
<tr>
<td>Cullen G</td>
<td>Jack P</td>
</tr>
<tr>
<td>Cooper M</td>
<td>Shavarni H</td>
</tr>
<tr>
<td>Wil C</td>
<td>Kelsi S</td>
</tr>
<tr>
<td>Lilyanna M</td>
<td>Callum M</td>
</tr>
<tr>
<td>Jack L</td>
<td>Sophie M</td>
</tr>
<tr>
<td>Ben D</td>
<td>Baily D</td>
</tr>
<tr>
<td>Layla R</td>
<td>Ryan J</td>
</tr>
</tbody>
</table>

**Values Award—Tolerance**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Owen B</td>
<td>Amity L</td>
</tr>
<tr>
<td>Amy L</td>
<td>Ella S</td>
</tr>
<tr>
<td>Morgan S</td>
<td>Joanna s</td>
</tr>
<tr>
<td>Harris B</td>
<td>Dustin M</td>
</tr>
<tr>
<td>Will D</td>
<td></td>
</tr>
</tbody>
</table>

**Harmony Day 21st March 2014**

Harmony Day 21 March is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. By participating in Harmony Day activities, we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and enrich it.

For Harmony Day this year the students in Infants (Kindy/Year1/Year2) will be taking part in a celebration of cultures. From 9am-11am students will rotate between 4 activities, which offer a range of cultural experiences. Due to the number of children taking part in the District Winter Trials, years 3-6 will not take part in the rotations however they will have an opportunity during class time to take part in Harmony Day activities.

Parents and the community are welcome to come along and watch or even join in on the Infants rotations.

**Come to our FREE Fruit & Veg Sense Workshop**

Date: Wednesday 19th March
Time: 9:15am until 10:45am
Venue: Cudgen Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

1. Save time and money making healthy meals
2. Learn clever ways to entice fussy eaters
3. Get a free recipe book simply by attending

Eat It To Beat It

Don’t miss out – we appreciate registrations. To book your place please:
email almej@nswcnc.org.au
visit www.cancer.org.au/eatitbeatit/register
phone (02) 6639 1306
or return this registration slip to the school front office

Your name:
Your contact number or email:
**Annual General Meeting**

Don’t forget the Cudgen P & C Committee, Annual General Meeting (AGM) is on this Wednesday night, 19th March. The AGM will start at 5.30pm, as we will then follow with the General Meeting for March. We really need some new members to continue! All positions are up for election and it would be great if you could take on a role.

Membership only costs $2 for the year! If you can’t make it but would like to be a part of the P & C or take on a role, just let us know. You can contact us on our Facebook page, it is a closed group but we would love everyone at CPS to be a part of it, so let us know if you would like to be included. We can also be emailed at cudgenpandc@hotmail.com

**Easter Raffle**

The P & C are starting to plan the Easter Raffle. We would really appreciate donations to make up hampers for prizes. We would love any Easter items for the hampers, but don’t just think Easter eggs; Easter books, colouring-in, textas, toys etc would all be great, especially with the school holidays not far away. Please start sending these items into the office, tickets will be sent out soon!

Congratulations to Amber P for making it through to the State level for swimming. The P & C Committee was very happy to support Amber with a contribution of $100 towards her expenses. Good Luck Amber!

Thank you for your support.

Cudgen Primary School P & C Committee

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**Canteen Roster**

- **Friday 21/3**  
  Mark Lever, Trish MacFarlane
- **Monday 24/3**  
  Lisa Cavan, Josie Browne
- **Friday 28/3**  
  Sharyn Logan, Liz McKnight/Jacqui McCoy
- **Monday 31/3**  
  Juan Erezuma, Mark Lever
- **Friday 4/4**  
  Linda Moy/Jan Prichard

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**International Competitions and Assessments for Schools (ICAS)**

If your child is interested in sitting for any of the following assessments, please collect a form from the Administration Office.

*Please note—entry form and payment must be returned by 9th April 2014.*

<table>
<thead>
<tr>
<th>Subject</th>
<th>Years</th>
<th>Sitting Date</th>
<th>Entry Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer skills</td>
<td>3-6</td>
<td>20 May 2014</td>
<td>$8.00</td>
</tr>
<tr>
<td>Science</td>
<td>2-6</td>
<td>4 June 2014</td>
<td>$8.00</td>
</tr>
<tr>
<td>Writing</td>
<td>3-6</td>
<td>16-20 June 2014</td>
<td>$17.00</td>
</tr>
<tr>
<td>Spelling</td>
<td>3-6</td>
<td>17 June 2014</td>
<td>$11.00</td>
</tr>
<tr>
<td>English</td>
<td>2-6</td>
<td>29 July 2014</td>
<td>$8.00</td>
</tr>
<tr>
<td>Mathematics</td>
<td>2-6</td>
<td>12 August 2014</td>
<td>$8.00</td>
</tr>
</tbody>
</table>

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**Choosing the right lunch box is important**

- Make sure children can open all containers and lunch boxes easily. Practise this at home first
- Check that containers can fit inside the insulated lunch box bag
- Ensure children can easily take off any food wrappings
- Make markings on the food wrapping to show children where to start
- Check that all bottles of water can be opened
- Small, easy to open containers are excellent for cut up or canned fruit, cut up vegie sticks or salad, homemade muffins

**TRAC Swim Schools**

Term Bookings $13.50 per lesson all levels. Mid Term bookings available.

*April Holiday Intensive Program*  
14th – 17th April 2014  
All levels, 4 days $48.00  
(Murwillumbah & Kingscliff Only)

*Term 2 : Monday 28th April – 28th June*  
9 weeks $121.50 all levels.

Present this ad to receive first Mums’n’Bubs class FREE!
Come and visit Kallaroo Alpacas
Sat 5 & Sun 6 April—10am-3pm
At Kingscliff Nursery, 438 Cudgen Road, Cudgen
See mums and baby alpacas, spinning demonstrations, feel fleece, learn facts, purchase fleece or yarns, knitted and woven garments for sale, guinea fowls for sale, sausage sandwiches, tea and coffee.
Phone 02 66741022 for more information

Come and try our
INDOOR JUNIOR CRICKET FREE TRIAL DAY
Wednesday 16th April 5.00pm-6.30pm
BOYS AND GIRLS Ages 7 – 13
Call Brian on 02 6674 4733 / 0415 436023
TWEED SUPER SPORTS
14 – 18 Chinderah Bay Drive, Chinderah
Evening competitions also available for youth and adults in Soccer, Mixed Soccer, Softball, Netball, Beach Volleyball and Cricket

Stratheden Public School
Celebrating 100 years 1914-2014
Saturday 12th April 2014 Starting at 10am
All welcome to attend
RSVP Stratheden Public School
710 Stratheden Road, Stratheden
Ph: (02) 6667 3266 or Fax: (02) 6667 3241
Email: stratheden-p.school@det.nsw.edu.au