**DENILIQUIN NORTH PUBLIC SCHOOL**  
PO Box 449, Deniliquin, 2710  
Phone: 0358811042    Email: deniliquin-p.school@det.nsw.edu.au  
Fax: 03 5881 5086    Web Site: www.deniliquin-p.schools.nsw.edu.au

**Newsletter: Term 1 Week 8 (24/3/15)**  
**FROM THE SCHOOL ON A HILL**

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**Principal’s Awards**

Last week’s champions are:

- Riley Reynolds—being a happy class member
- Chloe Manzin—great efforts in Reading and Writing
- Sean Richards—trying hard in class
- Luke Moodie—excellent effort and attitude in Maths
- Harry Dudley—excellent application to all school tasks
- Storm Duggan—excellent application and a mature approach to school work
- Matilda Dickie—using some excellent grammar and punctuation skills

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**GOLD AWARDS**

Grace Clark, Adrian Mulham and Isaac Behsman are at the top of the North tree, after taking home GOLD awards last week. Good one!

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**Reminders**

- Easter raffle tickets due to office by April 2
- The following items to the office, if you will be, or are likely to be, transporting students other than your own, during 2015:
  - Vehicle registration
  - Driver’s license
  - Prohibited Employment declaration (available at school)—passport or birth certificate required

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**P&C Meeting (AGM)—Tonight**

The next meeting of the P&C will be held in the staffroom tonight, commencing 6:30pm. The meeting will double as an AGM. All welcome!

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**UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>24/3</td>
<td>P&amp;C Meeting—6:30pm</td>
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<tr>
<td>27/3</td>
<td>Wear RED for Red Cross day—SRC fund-raiser</td>
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<tr>
<td>1/4</td>
<td>GOLD awards morning tea</td>
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<tr>
<td>1/4</td>
<td>Infants’ Easter Concert—10:30am</td>
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<tr>
<td>2/4</td>
<td>Easter Hat Parade—1:50pm</td>
</tr>
<tr>
<td>2/4</td>
<td>Last day of Term 1</td>
</tr>
<tr>
<td>21/4</td>
<td>Students Resume for Term 2—Tuesday</td>
</tr>
<tr>
<td>21/4</td>
<td>Dinosaur VCs for Grades 3 and 5</td>
</tr>
<tr>
<td>23/4</td>
<td>Aspire Me Drama Camp</td>
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<tr>
<td>24/4</td>
<td>North ANZAC ceremony—TBC</td>
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</tbody>
</table>
This Sporting Life
Boys and Girls Knockout Soccer Teams Selected
Miss Smith has pencilled in the following boys and girls for the Northeroo girls teams in upcoming knockout matches:

NORTHEROO BOYS
- Tom McCallum
- Adrian Mulham
- Angus Emery
- Myles Amor
- Ryan Penney
- Luke Learmonth
- Lachlan Hillier
- Charlie Dudley
- Duncan Hughes
- Tom Cochrane
- Dan James
- Charlie Slattery

NORTHEROO GIRLS
- Sophie Hay
- Jessica Smith
- Lizzie Lostroh
- Ellie Fishlock
- Storm Duggan
- Emily Manzin
- Zoe Metcalfe
- Eloise Ritchie
- Sophie Willis
- Georgia Fisher
- Eimear Gogarty
- Sophie Bashford
- Charlotte Strong
- Chloe Paton

DPSSA Soccer Representatives
Congratulations to Adrian Mulham, Charlie Dudley, Duncan Hughes, Charlie Slattery, Emily Manzin, Eloise Ritchie, Eimear Gogarty and Chloe Paton on their selection as North representatives to participate at the Deni PSSA soccer trials. The girls’ trial was held today.

Wear RED for Red Cross Day
Friday will be wear RED for the Red Cross, day. Students are encouraged to come dressed in something red on the day, and to bring along a GOLD coin donation for this great charity organisation.

We Value Values
Well done to the following students who last week received awards for being top value at:

"Caring"
- Pippa Wilson—caring for others
- Gemma Macdonald—caring about others
- Eliza Johnstone—being a beautifully caring student
- Shaniah Smith—caring for others
- Charlotte Strong—for being caring and considerate
- Ellie Fishlock—caring for others
- Marion Blease—for being a very caring class member

This week’s value will be:

‘Good Manners’
Coming Up - Easter Hat Parade

Repeat Article from Miss Wing

On Thursday the 2nd of April, we will be holding our annual “Easter Hat Parade”. This will be held at 2.00pm on the top playground. Children in Kinder to year 4 can make an Easter hat at home, and bring it along on the day. Parents and other family members are invited along to the hat parade.

The categories for Easter hats are:
- Best “own creation” (made by the child).
- Most colourful hat
- Most creative hat
- Smallest hat
- Tallest hat

Children in years 5 and 6 may have crazy colourful hair on the day. If children bring spray cans to school on the day, they are to give these to their teacher to mind. Once children are at school, they can only decorate their hair with coloured spray, under adult supervision. Only children in years 5 and 6 may colour their hair on the day.

The categories for hair decorations are:
- Biggest hair.
- Most colourful hair.
- Most creative hair.

The day is about fun and participation, so we hope to see lots of great hats and hair on the day! There will be a special lunch available at the canteen. The day will be a “casual” day. Rather than paying a gold coin for wearing casual, we will be selling raffle tickets for our Easter raffle, with the proceeds going to Royal Children’s Hospital. The raffle will be drawn at the end of the Easter Hat Parade.

Deniliquin High School Vacation Program

The Home Economics Faculty are running a vacation activity day for children aged 7 – 12 years in the second week of the Term 2 holidays. The date is Tuesday 14th April and will run from 9.00am – 4.00pm.

Your child will make their morning tea, lunch and afternoon tea for the day in the Home Economics kitchen. All your child will need to bring is a drink bottle and a food container. Please ensure your child wears enclosed sports shoes.

There will also be a Textiles activity run throughout the day.

The number is capped to 14 children and the cost is $40.00.

To book ring Nicole Jenkins at the High School on 0358811211 or email at ni-cole.jenkins15@det.nsw.edu.au by Tuesday 31st March (this is the deadline as we need to complete food orders and most of the food purchases by the end of the school term)

Please advise Nicole of any food allergies or other dietary considerations at the time of booking.

Enrichment, Education, Excitement
- Become a Volunteer Host Family!

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2015. Our students from Canada, Denmark, Ecuador, Italy, Belgium, the USA, and France are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

"Wonderful - joyous - heartfelt. An absolutely wonderful idea and so beneficial for all involved, from family to school friends. We truly feel Enrico is another member of our family."
- Marie - host mother of Enrico (Italy)

Hosting Is Fun! Find Out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today to receive a full information pack for your family.

Sylvia Kelly
Manager – Inbound Exchange Programs
Phone: 1300 884 733
Email: info@wep.org.au
Online: http://www.wep.org.au

AUSKICK REGO - can still be done online or at Bennett Sports
Can You Spot the Giraffe???-A clan of North’s Senior Citizens enjoyed spending some time last week with Healthy Harold, their favourite giraffe, during the Life Education van visit. They also had a ball, showing off their AFL skills at the Jack Bradley clinic.
Above: Tabitha Napier hugging an Easter egg and having a bit of a lay down, at the AFL clinic last week.

Term Pointscore

<table>
<thead>
<tr>
<th>Team</th>
<th>Pts</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARROTS</td>
<td>17</td>
<td>Canaries flew high to take the points last week.</td>
</tr>
<tr>
<td>WRENS</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>CANARIES</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>BUDGIES</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

Expect the Unexpected!!

72 End Street, DENILIQUIN NSW 2710
Phone 5881 1455 Fax 5881 4147
Email denirl@deniliquinrsl.com
www.deniliquinrsl.com

We’re proud to support school banking at your School.

Call in and see us at 303 Cressy Street, Deniliquin or phone 5881 3081.

The parent or guardian will need to satisfy the criteria for the 100 point Identification check. The Piggy Bank Passbook Account is issued by Bendigo and Adelaide Bank Limited, The Bendigo Centre, Bendigo, Vic 3550. This material contains general advice only. Please consider your situation and read the Terms and Conditions available from any Bendigo Bank branch, or visit www.bendigo_bank.com.au before making any decision. ABN 11 068 049 178, AFSL 237289 (02/09)
North's Second Spellathon Winner Crowned
It was a very close contest last week with a struck match between each class' improvement.
Once again, 5/6S looked sharp in the spelling stakes, but when it came down to the last lunge for the finish line, 4/5HB had their heads in front.
Congratulations to all students for trying to improve their spelling over the last week, and to 4/5HB on their narrow win.
Which class will nose in front as the big improvers in Spellathon 3, this week?

Draft School Plan
Following a meeting of the School Plan committee last week, the Draft School Plan, is available for comment/suggestions this week. A copy can be obtained from the DNPS website (home page), or via hard copy from the front office. Suggestions/Comments are required by this Friday, March 27.

Kind Donation
Many thanks to Ryan Penney for his kind donation of tissues. Much appreciated.

2 Northies in DPSSA Netball Team
Congratulations to Chloe Paton, and, you guessed it...Eloise Ritchie on their selection in the DPSSA Netball team which will contest the Riverina trials on Friday, April 24 in Griffith. We wish them well!

Riverina AFL Trials
Great comments below from Darren Devereux about our boys, Tom Cochrane and Duncan Hughes, and other DPSSA players at the recent Riverina trials.........
........The boys were an absolute pleasure to work with on the day, their team work and support of each other as a unit was amazing, especially given that they only progressed through our selection trials a week earlier.
A big thanks to the parents who travelled so far to allow the boys to be involved in the day, and provided fantastic support for the whole team over the course of a very warm day of footy action.

DENILQUIN JUNIOR SOCCER
Great family fun - get your kids involved in soccer
One hour games commencing from 9.30 or 10.30 Saturday depending on grading level.
Welcome packs available to new Kanga registrations for 2015 season.
Registration is open to pre-schoolers/4 year old children through to all secondary school students
Registration fee includes optional training session on Wednesdays from 4pm to 5 pm with Martin Blake and Josh.

SOCCER REGISTRATION DAY
Location - out the front of Intersport Bennetts
9.30 to Noon Saturday 18th April and Friday 24th April, 2015 from 3.30 to 5.30
Registration forms can be obtained from Intersport Bennetts.
Registration forms may be lodged in the registration box provided at Intersport Bennetts or returned by mail to Deniliquen District Soccer Club, PO Box 646, Deniliquen NSW 2710. Forms being returned to the registration box should not include cash.
All players registering and paying by 24th April 2015 will receive a pair of black socks.
Please call Leanne on 0447 357 437 or Bill on 0477 294 240 if you have any questions.
What are tree nuts?
The term *tree nut* is commonly used to mean nuts (Almond, Brazil, Cashew, Chestnut, Hazelnut, Hickory, Macadamia, Mixed nuts, Pecan, Pine, Pistachio and Walnut). This is to distinguish them from peanuts (sometimes also known as *groundnuts*) because tree nuts come from a different plant family. People who are allergic to peanuts are not necessarily allergic to tree nuts, but people who are allergic to one tree nut have a tendency to be allergic to other tree nuts.

What is tree nut allergy?
Tree nut allergy is a reaction which occurs after ingestion of tree nuts. The symptoms usually occur within minutes but occasionally up to 2 hours following the ingestion. These symptoms are due to IgE (allergy) antibodies against nut proteins. In a recent study of Australian nut allergic children, allergy to peanut was the most common (83%), followed by cashew (13%) and other nuts (4%) (almond and pecan, hazelnut and walnut). Nut allergy commonly presents around 2-4 years of age. Allergic reactions to tree nuts often occur the first time the child is known to be exposed to the nut.

What about foods with a label that says "may contain traces of nuts"?
Many foods carry a warning on the label "may contain traces of nuts". This usually indicates that the food is made in a facility that also makes a food containing tree nuts or peanuts. However unless there is a mistake the food does not usually contain any nut. Some foods are more likely to be contaminated with nuts than others, especially if they are made on the same machinery as foods containing nuts eg chocolate, icecream and muesli bars. Discuss what to do about foods labelled "may contain traces of nuts" with your doctor.

What are the symptoms of tree nut allergy?
Reactions can range from mild to severe. Mild reactions consist of hives around the mouth where the nuts have touched the skin or more generalised hives on other parts of the body. Another common symptom is abdominal pain and vomiting which occurs soon after eating the tree nut. More severe reactions have coughing, wheezing, difficulty breathing or hoarseness of the voice due to an allergic reaction occurring in the airway. It is rare (but possible) for these symptoms to occur alone without hives and/or vomiting. It appears that reactions to cashew nut are more likely to be severe than reactions to peanut. When symptoms of an allergic reaction in the airway occur the reaction is called anaphylaxis. Approximately one quarter to one half of tree nut allergic children who develop symptoms on tree nut exposure have respiratory signs which indicate a more severe allergic reaction. In the most severe cases collapse and loss of consciousness and can occur. Very rarely very sensitive individuals have died from the severe allergic reaction (anaphylaxis).

Should Nut-Allergic Children carry an Epipen?
All allergists agree that children who have had a serious reaction to nuts with involvement of the breathing passages should have an Epipen.
How do I avoid exposing my child to tree nuts?
The most important step in managing tree nut allergy is avoidance of exposure to the nuts which cause allergic reactions. One study showed that a quarter of nut-allergic children were unable to correctly identify the type of nut to which they were allergic. Avoidance of nuts can be difficult as they can be hidden in many foods. For example cashew nuts may be hidden in a wide variety of commonly ingested foods, such as Asian meals, sweets, ice cream, cakes, chocolates and commercially prepared pesto sauce. It is important to use common sense and read food labels carefully. Note that beans, legumes (pulses), nutmeg and coconuts are not closely related to nuts and are usually allowed in the diet unless the child has reacted to one of these before.

Where possible check labels particularly with the following foods that could contain tree nut.
Check the ingredient list of these foods:
- Baked goods Croissants Ice creams
- Biscuits, baklava Dried fruit mixes Pastries
- Pesto
- Pasta sauces
- Breads and buns Flavourings (natural) Salads/ salad dressings
- Breakfast cereals eg muesli
- Fried food (peanut oil) Sauces
- Cakes Gravy Snack foods
- Chocolates Health bars, eg muesli bars, energy bars, nut bars
- Soups
- Chocolate spreads Home made food Takeaway/ restaurant foods
- Confectionery ie lollies, fudge
- Hydrolysed/textured vegetable protein (HVP & TVP)
- Turkish delight
- Crackers Vegetarian foods

Breakfast Program to Start in Term 2
Can You Help?
The school’s Breakfast Program will begin in Term 2. The program provides an ideal top-up for students that start the day in a mad rush or, are up early to catch the bus. Donations of vegemite, long-life milk and milo would be gratefully accepted.
Thanks to the Pitt family (milk and vegemite) and the Gray family (cereal & milo) for their kind donations.

Early learning means a good start.
Your local Goodstart Early Learning centre offers a safe, stimulating, and nurturing environment with friendly professionals who are qualified in early learning practices.

For vacancy enquiries: 1800 222 543 visit goodstart.org.au

TYPE 1 DIABETES INFORMATION SESSION
Interested parties please note that there will be an information session about Type 1 diabetes, conducted by Diabetes Educator from Wagga Wagga, Mark Taylor, on Thursday, 26th March, from 4:30pm-6pm at the OOSH Building. Please contact Angela, 0408929055 for seating purposes.
Are you looking for quality childcare?

Intereach Family Day Care has childcare vacancies available in

Deniliquin

Family Day Care offers your family:
- Quality childcare by qualified educators
- A warm, safe & stimulating home-based environment
- Care with flexible hours to suit your needs
- Small child to educator ratios
- Care for children aged 0 - 12
- Affordable fees and government subsidies (CCB & CCR)

Contact the Intereach Family Day Care team for more information. We would love to hear from you!

Contact

Intereach Family Day Care
P: 03 5890 5210  fdc@intereach.com.au
www.intereach.com.au
KINDIES VISIT HAROLD
Sammy loves to spell. In each of these, the spelling is either right or wrong. CIRCLE the words that are right. There are 3 WRONG in each box.

### FOR KINDERGARTEN
What letter does the animal start with?

<p>| | |</p>
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<tr>
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<tbody>
<tr>
<td>s</td>
<td>m</td>
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### FOR GRADES: 1 and 2

<table>
<thead>
<tr>
<th>kid</th>
<th>skid</th>
<th>spid</th>
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<tbody>
<tr>
<td>fin</td>
<td>win</td>
<td>binn</td>
</tr>
<tr>
<td>thing</td>
<td>shing</td>
<td>string</td>
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### FOR GRADES: 3 and 4

<table>
<thead>
<tr>
<th>neck</th>
<th>nick</th>
<th>wreck</th>
<th>nokk</th>
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<tr>
<td>knock</td>
<td>shock</td>
<td>rokket</td>
<td>chin</td>
</tr>
<tr>
<td>leak</td>
<td>sea</td>
<td>sead</td>
<td>creepy</td>
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### FOR GRADES: 5 and 6

<table>
<thead>
<tr>
<th>sinker</th>
<th>stinker</th>
<th>drinker</th>
<th>shinker</th>
</tr>
</thead>
<tbody>
<tr>
<td>drizzle</td>
<td>drizzling</td>
<td>drizzleing</td>
<td>snuggle</td>
</tr>
<tr>
<td>light</td>
<td>flight</td>
<td>flightless</td>
<td>fliteless</td>
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To have a chance of winning a prize, pop this sheet into Croc’s Box.

<table>
<thead>
<tr>
<th>NAME</th>
<th>Class</th>
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