We can find magic wherever you look. Sit back and relax, all you need is a book. ~ Dr Seuss

**Principal’s Report**

Dear Parents,

Later this week, and early next week, the Life Education Van, along with Healthy Harrold, will return. Its program is focused on health and wellbeing, supporting our Personal Development, Health & PE Syllabus. Please make sure permission notes are returned by Wednesday 2nd March.

School Photos will now be next Wednesday 9th March, instead of on Thursday 10th as previously stated. Order forms will be sent home as soon as they arrive.

Last Friday was our Wear Red for REDFEB Day when the children were all encouraged to wear red. The fund raising effort raised $152.00. Well done to the children for supporting the cause and to the SRC for organising it.

This Thursday the SRC is holding its Hawaiian themed Disco at the Sporties from 5.30pm until 7.00pm. We are expecting a really colourful turnout.

Congratulations to all of the students who represented the school at the Finley PSSA Zone Carnival held in Cobram last Friday. Mrs Bird was extremely proud of the student’s attitude and performance, with each and every one improving their times. Well done to every student and thank you also to the parents who helped out.

Congratulations to Caleb Jezewski, Seth Rich, Jai Nolan and Louis Crestani who have qualified to represent at the Riverina Swimming Carnival on Monday 7th March in Albury.

Today will be the last day every family will receive a Newsletter. From now on you will only receive a hard copy if you have requested one, otherwise you will receive the newsletter by Email or access it on the school’s website. Bright yellow request forms were sent home with previous Newsletters or are available at the office if you need another one.

Please remember to return the following notes:
- Local Area Permission
- Emergency Card
- Publicity Consent
- Special Religious Education (Scripture)

Thank you to those families who have already returned theirs.

John Francis, Principal

E-mail: barooga-p.school@det.nsw.edu.au (Staff/General) e-mail: john.francis@det.nsw.edu.au (Principal/Confidential)
Ph: 03-58734242 & 58734920 Fax: 03-58734700

‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
P&C News
We are assisting at the Barooga Night Footy Series and are required to do gate duty. We will need 4 people (2 gates) on Wednesday 9th March and Wednesday 16th March. If you are able to help at all on one of these nights, can you please let me know on 5876 3202 or 0427 800 516.

Congratulations to everyone who competed in the Zone Swimming Carnival on Friday, you all did a great job.

Marcia Nolan, P&C Secretary Ph: 58763202 or 0427800516.

Students of the Week
K/1: Riley Severyn, Paige Riedell, Chloe Grech
Year 1/2: Hayley Evans, Porsha Fisher, Jake Chadwick
Year 2/3: Lachlan Laffan, Ruby Noonan, Dana Nolan
Year 3/4: Taiten Rudd, Serina Houzaife, Jae Bowden
Year 4/5: Taleea Long, Sarah MacDonald, Daniel Campbell
Year 6: Claudia Leighton-Daly, Choozle Maddy, Eliza Bayliss
*Student chosen by his/her peers

SRC Hawaiian Disco
5.30pm-7pm
Thursday 3rd March
$2.00 entry
$5.00 per family
Chips, Drinks & Lollies
for sale
Barooga Public School Students ONLY

K/1 News
This Wednesday 3rd March will be the last rest day for Kinder.

Wanted!
Old magazines ie: New Idea, Better Homes and Gardens etc. for class activities.

Visit our website: www.barooga-p.schools.nsw.edu.au
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Your child is eligible for FREE dental treatment. All children in NSW up to 18 years old can have free dental care at a Public Dental Clinic. Staff will ask for your Medicare number. Dental clinics are located at the Berrigan Community Health Centre and at the Deniliquin Hospital. Appointments are available now no waiting - phone 1800 45 00 46.

SRC Easter Raffle

Drawn Thursday 24th March

The SRC will be holding an Easter Egg Raffle again this year.

We are asking each family to please donate Easter items for the raffle.

Please bring donations to the school office.

Visit our website: www.barooga-p.schools.nsw.edu.au
E-mail: barooga-p.school@det.nsw.edu.au (Staff/General) e-mail: john.francis@det.nsw.edu.au (Principal/Confidential)
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A Quick Bite …

7 reasons to grow your own vegies.

You may need very little convincing but here are our top reasons:
1. **Tastes Better.**
   Home grown are fresher and tastier.
2. **Better for health.**
   Nutritional value is better when fresh and not stored for long periods.
3. **Food Safety.**
   The more a food is handled the greater the risk.
4. **Save Money.**
   You no longer have to worry about prices going up.
5. **Environment.**
   No packaging, no greenhouse emissions and doesn’t travel thousands of kilometres.
6. **Children.**
   They are much more likely to eat vegetables if they have been involved in the growing.
7. **Exercise.**
   Growing your own is great exercise and reduces stress.

For more information visit in

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A Quick Bite Recipe…

**Roasted Eggplant, Zucchini and Capsicum Salad**

Great recipe for all those zucchinis and eggplants at this time of year.
- 2 eggplant, quartered and sliced
- 2 zucchini, sliced
- 1 red capsicum, finely sliced
- 1 red chilli, finely sliced (as tolerated)
- spray oil
- 1 tspn baby capers, rinsed and drained
- handful of basil leaves
- drizzle of olive oil
- drizzle of balsamic vinegar

Preheat the oven to 200C. Combine eggplant, zucchini, chilli and capsicum. Spread over two baking trays. Spray with oil and roast for 30-40 minutes or until golden, shaking the trays once or twice. Allow to cool slightly. Arrange the roasted vegetables on a serving platter. Scatter over capers and basil. Season with salt. Drizzle olive oil and balsamic vinegar and serve.

For more information visit

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A Quick Bite …

**Why are fundamental movement skills so important?**

These skills are so important in developing children. They allow children to:
- maintain a healthy weight
- improve posture
- develop parts of the brain
- develop problem solving skills
- socialise and interact with their environment

For babies, things like tummy time strengthen neck and back muscles. It allows times to track moving objects and develop spatial awareness. These activities stimulate and develop the brain further.

In toddlers, actions like running and side stepping progress to sprint running and side gallops in later childhood.

Fun activities and games including these movements lead to children mastering these, so they can enjoy and lead active healthy lifestyles.

For more information visit

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A Quick Bite …

**Autumn Planting**

Just as herbs and vegetables are best eaten when in season, they also grow better when planted at a time that will produce best growth.

As the weather starts to cool it is time to clear out the summer vegies and start planting your winter crop.

Your autumn planting could include broccoli, cabbage, carrot, cauliflower, coriander, fennel, garlic, kale, leek, mint, onion, oregano, rosemary, sage, shallot, spinach and silverbeet.

For more information visit

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