Dear Parents,

**SMALL SCHOOLS CHOIR**

Information is attached for students in Years 4, 5 and 6 who are interested in auditioning for the Tweed Small Schools Choir to perform at the Sydney Opera House later this year.

To apply children and their families must be committed to rehearsal times and to attending local performances as well as the Opera House excursion.

**Key dates** for interested students and their parents are as follows:

- **Audition notes** to be signed by parents and returned to school by this Friday 27 February.
- Principals to endorse audition applications by 3pm Monday 2 March.
- **Auditions** to be held at Murwillumbah PS 6.30pm - 8.00pm on Tuesday 3 March.
- **Deposit** of $236 ($36 entry fee and $200 excursion deposit) for each successful participant to be paid to your school office by Friday 27 March.
- **First rehearsal** for choir commencing 6.00pm - 8.00pm at Murwillumbah PS on Tuesday 10 March.
- **Concert night** at the Sydney Opera House Wednesday 28 October.

**ZONE SWIMMING**

The Far North Coast Zone carnival was postponed last Friday due to the extreme weather conditions. The new date for this carnival is Wednesday 25 February. Good luck Sam Stovin, Shiloh Jacobsen and Broden See who are competing.

**GREEN DISCO**

We will be having a GREEN disco on Thursday 19 March, 5.30pm-7.30pm. Green can be for St Patricks day or green for the environment. More information to come.

Have a great week.

**Marg Burgess**

Principal
Vegie Prices dropped 10% since last year, according to the CPI

There’s never been a better time to increase your family’s vegetable consumption.

Send carrot sticks, cauliflower or sugar snaps for Crunch & Sip

Add grated carrot and mixed lettuce to lunch sandwiches or wraps

Aim for at least one yellow AND a green vegetable on your dinner plate

Half the plate should be yellow and green vegetables, a quarter meat/fish/chicken/ lentils/beans and a quarter starchy potato/rice/pasta.

Add grated or chopped vegetables to pasta sauces, stews and casseroles

### Student Awards

<table>
<thead>
<tr>
<th>Term 1 Week 4</th>
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<tbody>
<tr>
<td>K/1/2R</td>
<td>Lilly for knowing M, A and T sounds.</td>
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<tr>
<td></td>
<td>Zavier Wuthrich for correct writing of sounds.</td>
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<tr>
<td>2/3/4S</td>
<td>Luke Carroll for good work effort.</td>
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<td></td>
<td>Ellie Hepburn for some good, consistent work.</td>
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<tr>
<td>4/5/6B</td>
<td>Kahli St George for outstanding spelling.</td>
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<tr>
<td></td>
<td>Marla St George for outstanding spelling.</td>
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<tr>
<td>Writers of the Week</td>
<td>K/1/2R Kai Murray</td>
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<td></td>
<td>2/3/4S Jack Rogers</td>
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<tr>
<td></td>
<td>4/5/6B Wilson Bradfield</td>
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<tr>
<td>Principal’s Awards</td>
<td>Broden See</td>
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<td>Jaxen Murphy</td>
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### Writers of the Week

- K/1/2R: Kai Murray
- 2/3/4S: Jack Rogers
- 4/5/6B: Wilson Bradfield

### Tips

- As a quick check, put all the ingredients on the bench before you start cooking and make sure about half are vegetables.
- Canned and frozen vegetables are just as good for you as fresh.
- Try to serve a mixture of colourful vegetables every day.
- Look out for low-cost specials.

### Wollumbin High School

**20th Anniversary Celebration**

**On**

**Saturday 14th March 2015**

**Open House 11am to 3pm**

**Ceremony 1pm**

Come and visit the school, view displays and catch up with friends.
Low cost cat & dog de-sexing

Friends of the Pound and their sponsors are offering Low Cost Dog and Cat de-sexing in the Tweed Shire throughout March.

Conditions will apply, POA. Bookings and payment will be at our Re-homing Booth, Petbarn, Harvey Norman Centre 29-41 Greenway Drive, Tweed Heads South NSW.

Dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

NORTHERN NSW CLINICS Phone: 1300 651 625
Tweed Heads, Pottsville, Murwillumbah, Mullumbimby, Ballina, Goonellabah, Casino, Nimbin, Maclean, Grafton, Yamba

Mumzbuzz Park Date
9.30am, Thursday March 5th
Tumbulgum Park,
Government Road,
Tumbulgum

A morning for mums to catch up and kids to explore. Bring along morning tea, hat, sunscreen and any outdoor toys for all to share. Mumzbuzz will provide a pop up shelter.

Register your attendance at www.mumzbuzz.com.au