We've just completed our first full week of 2012 and it is pleasing to see that all of our new students have settled in well. We started our buddy program earlier this week and it’s great to see our older students working so well with the juniors.

On Tuesday afternoon some of our students competed in the Mitchell Cluster swimming trials. It was great to see them putting in such a great effort in the pool and they now have the chance to swim in the District Swimming Carnival.

Our students began working on our veggie garden this week and they have managed to fill all the beds ready for planting. Thank you to Lindy and Geoff Ostler for delivering some screenings and top soil.

On Wednesday February 22nd we will hold an information evening and I would strongly encourage all parents to attend as it’s a great opportunity to learn about our programs and receive tips on how you can support your child’s learning.

Last week we sent out a number of forms that need to be signed and returned to school. If you haven’t done this yet can you please return them as soon as possible.

Peter Kerr
Grad 1/2/3 Footy Clinic

On Monday February 13th our grade 1/2/3 students have the opportunity to attend an AFL footy clinic at the Bairnsdale City Oval. The clinic this year will feature players from the St.Kilda Football Club. We will travel to Bairnsdale by bus, leaving school at 12.30pm and returning at 3.20pm.

School Council Meeting

The first School Council Meeting for 2012 is on Wednesday February 15th at 5pm.

Swimming

On Tuesday we had a number of boys attend the Bairnsdale pool for the Mitchell Cluster swim trials. All the boys competed very well and deserve to be congratulated. Well done to Layne Siekman, Shaun Jeffrey, Luke McFadgean, Trent McFadgean, Adam Fox and Kody Fox. The next round of swimming is the District Swimming Carnival on Thursday February 23rd.

Book Club

Students have just been given their first book club catalogue for the year. If you would like to purchase a book you need to return the completed order form and money to school by Tuesday February 21st. If you wish to pay by cheque can you please make it payable to Nicholson Primary School. Last year our school received over $300 worth of free books and teaching materials from the orders we made.

Active After School & Sarsfield Rd/Bairnsdale Bus Run

The Active After School Program commences next Tuesday February 14th and will be on each Tuesday & Wednesday until Wednesday March 21st. This means that our bus run to Sarsfield Road and Bairnsdale will not operate on these nights.
**Head Lice**

As it is the beginning of the year it is important that we remind all our families of the importance of regularly checking their children for head lice. If you do detect head lice in your child’s hair then you need to notify the school and begin treatment immediately. To help you with this we have attached some information to this newsletter. It is important that we work together to avoid infestations in our school.

**Healthy Lunches**

It is important to establish healthy eating habits in children as this helps them learn and grow and gives them the best chance of having good health later in life. We need to talk to our children about healthy eating and the importance of having good food in your lunchbox.

- Limit food high in fat, salt & sugar (a “treat” isn’t something to have every day, it should be once a week)
- Eat vegetables and fruit every day (include fruit and vegetables in their lunches)
- Drink water, not sugar (drinks like fruit juice, soft drinks, cordials, sports drinks and flavoured milk contain enormous amounts of sugar. You should limit the amount of these that your child consumes)

**Vegetable Garden**

Yesterday our senior grade began filling our vegetable boxes with screenings and top soil. The garden beds should be ready to plant next week.
Buddies 2012