

Peppercorn Press

Carrathool Public School

Glover St, Carrathool NSW 2711

Tel: 02) 6993 5143 Fax: 02) 6993 5002 Email: carrathool-p.school@det.nsw.edu.au

www.carrathool-p.school.nsw.edu.au

Term 1 – Week 4

Thursday 16th February 2017

Tuesday	-School Library
Wednesday	-Mobile Library (Monthly)
Thursday	-Student Banking (Bank books)
Friday	-Sport (Sports Uniform)

make the time to sit with your children and read. Please ensure home reading folders are returned regularly so new readers or library books may be selected.

CALENDAR:

Playgroup Days – Every Wednesdays 9am-11am
Starting Wed 15th February

Mobile Library – Wed 8th March & Wed 5th April

Week 4

Fri 17th Feb – Swimming Carnival @ Hay.

Week 7

Wed 8th Mar – Mobile Library.

Fri 10th Mar – David Williams – Mr Stink @
Griffith Regional Theatre.

Week 8

Wed 15th Mar – T20 Milo Cricket @ Hay

Week 11

Wed 5th April – Mobile Library

Our Writer's Workshop with Phil Kettle, author of the Too Cool and Marcy series, will be held at **Booligal** on 8th March. If any parents are able to transport students please let me know. More details about the workshop will be shared closer to the event.

Good luck to our senior students at the Swimming Carnival in Hay tomorrow. I am sure you will do your very best.

P&C meeting

The first P&C meeting for 2017 will be held on Wednesday 22nd February at 2pm in the Library. Please come along and contribute to our wonderful school.

Have a great week!

Mary-Ann Headon

Relieving Principal

Principal's Report

The first 3 weeks of the school term has been very busy and the students are settling in to new routines and expectations. The staff at CPS expect all students to arrive at school ready and willing to work to the very best of their ability. Parents can support their children by ensuring a good night's rest, a healthy breakfast and lots of cuddles. Reading with your child is also enormously beneficial, particularly in the first few years of school. I understand life can become very busy as I also have a large family, but please try to



Swimming Carnival

We would like to wish the best of luck to the children competing in the Small Schools Swimming Carnival on Friday.



Captain's Report

This week we have had fitness in the morning and sport on Monday afternoon. For sport we played cricket. We tested our fielding, battling and bowling skills. I hit a six and it bounced off the sports shed! Tomorrow is the swimming carnival. We will all try our best and we'll see if anyone qualifies for the district carnival.

By Sam.



Literacy news.

Possum Magic

"Possum Magic" is a book by Mem Fox. Grandma Poss made Hush invisible so she couldn't be seen by snakes. Hush wanted to become visible again so Grandma Poss and Hush travelled around Australia looking for people food to make Hush visible. When Hush ate a vegemite sandwich, a piece of pavlova and half a lamington, she became visible. They were so happy that they danced around the lamington plate.

We made lamingtons at school on Wednesday. First we made a vanilla cake. When the cake was cold we cut it into pieces and dipped the pieces in chocolate icing. Lastly we rolled the pieces in coconut. Our lamingtons were perfect!

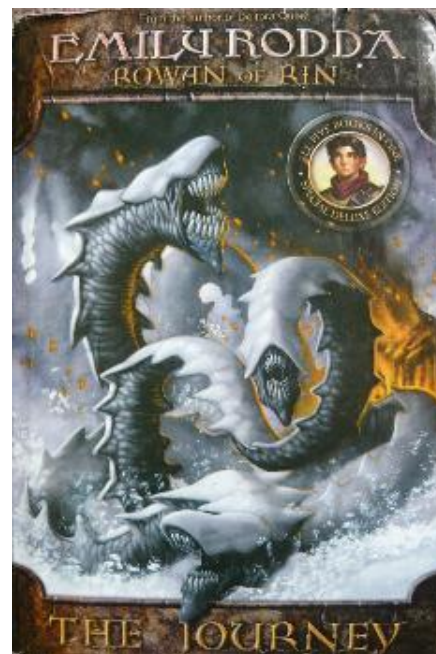
By Eliza and Lincoln



Rowan of Rin

For the past four weeks we have been reading a book called "Rowan of Rin" by Emily Rodda and have read up to Chapter 5. The stream in Rin has run out so seven characters in the story go up the mountain to the source of the water to try and stop the problem. The main character is Rowan. Rowan is a young boy who is scared of everything but he finds courage as he journeys up the huge mountain.

By Cassidy.



Community News

If you need community notices advertised in our newsletter please contact the school either by phone, fax or email.

Phone: 02) 69 935 143 Fax: 02) 69 935 002

Email: carrathool-p.school@det.nsw.edu.au

Playgroup

Playgroup meets each Wednesday starting from Wednesday 15th February in the library at the school. All are welcome to attend.

Sports Club

The Sports Club would like to advise that they will meet on the last Sunday of every month at 10am at the Community Hall.

Local Phone Book

The Hillston Lions Club has kindly donated Carrathool Shire Phone Books to the school. Copies are available for purchase from the school for \$10 each with all money raised going to the school.



Cleaner Wanted

Cleaner wanted for 1 day a week at a large family homestead. Duties include general cleaning, washing and maintenance. Please call Liz on 0438 312 185 for more information.

Department of Industry
Resources & Energy

Support to Pay Electricity and Gas Bills*

FAMILY ENERGY REBATE

LOW INCOME HOUSEHOLD REBATE

NEW GAS REBATE

Help is available to pay your energy bills.

For information on rebates and emergency assistance go to:

www.resourcesandenergy.nsw.gov.au/rebates

or phone Service NSW on 137 788

* eligibility criteria apply

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

Family Energy Rebate* – \$150 or \$15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part a or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

NSW Gas Rebate* – \$90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

Medical Energy Rebate* – \$235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson's disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

Low Income Household Rebate* – \$235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

Life Support Rebate* – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

EAPPA* – Energy Accounts Payment Assistance Scheme – Helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPPA is not means tested and you do not need to hold any DHS or DVA concession cards to access this scheme.

HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebate or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post you application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

If you have a DHS (Centrelink) Health Care Card you could qualify for the Low Income Household Rebate and/or NSW Gas Rebate.

A Quick Bite ...

Crunch & Sip doesn't have to be boring!

Are your kids bored of always having the same thing for their Crunch & Sip break?

Yes, then why not try packing a variety pack?

Some ideas could include:

- Sugar snap peas and tomatoes
- Grapes and mango
- Kiwi fruit (don't forget the spoon...)
- Corn, carrot, and cucumber
- Green beans and red capsicum.
- A tub of frozen peas, cherry tomatoes and mushrooms
- Melon balls – using various type of melons
- Add a little spice with radish, rocket and cucumber



http://healthykids.com.au/our-help/healthy-snack-ideas

To continue adding a bit of variety why not change the packing too. Instead of whole fruit, why not pack a combination of fruit and vegetables in little boxes, or sealable bags.

For more information visit

www.mlhd.health.nsw.gov.au/services/health-promotion-1

