



# FRIDAY NOTICE

7<sup>th</sup> March 2014

[www.cottageschool.tas.edu.au](http://www.cottageschool.tas.edu.au)

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## What's happening in March/April:

March	5 <sup>th</sup>	Wednesday	Biggies Environment Day
	5 <sup>th</sup>	Wednesday	Garden Market 3 – 3.30pm
	12 <sup>th</sup>	Wednesday	Middlies 1/2 and 3/4 Environment Day
	19 <sup>th</sup>	Wednesday	Kinder/Littlies Bike Day
	19 <sup>th</sup>	Wednesday	National Ride 2 School Day
	31 <sup>st</sup>	Monday	Start Grade 5/6 Camp Maria Island
April	1 <sup>st</sup>	Tuesday	Start Grade 3/4 Camp Far South
	3 <sup>rd</sup>	Thursday	End Camps 3/4 and 5/6
	4 <sup>th</sup>	Friday	Littlies & Hana's 1/2 to Mini TSO Concert
	9 <sup>th</sup>	Wednesday	Kinder/Prep/1 Environment Day
	11 <sup>th</sup>	Friday	End Term Concert inc. ANZAC Commemoration
	17 <sup>th</sup>	Thursday	Grades 3/4/5/6 Bike Day & Last Day Term One

**Golden Handshake:** This week our Golden Handshakes go to Callum for being cooperative in choosing and having a big smile when he sees you in the morning; Simon for being a great help in the classroom and always available to support and Will for taking on leadership and other people's ideas.

**Growing Up Program:** Family Planning Tasmania will be visiting your child's class on Tuesday and Wednesday 8<sup>th</sup> and 9<sup>th</sup> April to provide *Growing Up – a relationships, sexuality and protective behaviours program*. The program will run in grades Kinder/Prep to 6. *Growing Up* aims to provide your child with knowledge, skills and attitudes to help them make choices for positive emotional, physical and social health.

### The program is age-appropriate and topics covered may include:

- Our bodies and how they work including private body parts
- How my body has grown and changed – birth to present
- Rules about touch
- Conception, pregnancy and birth
- Feelings and emotions
- Healthy and safe relationships – face to face and online
- Decision making and communication skills
- Puberty changes
- Valuing diversity

You are invited to attend a parent information session to find out more about *Growing Up* so that you can feel confident about discussing the program with your child. The session will also include tips, strategies and resources for talking about relationships and sexuality.

Date: Tuesday 8th April

Time: 9.00 am

Venue: The Biggies kitchen

For further information, please contact Kath Windfeld-Petersen.

**Party Invitations:** A reminder about our policy regarding party invitations – please avoid handing out party invitations at school. There are many ways an invitation can be delivered – email, a phone call, snail mail (it is very exciting to receive a real letter!), facebook etc. If you really are unable to access any of these options, please ensure that you **discreetly** hand the invitations to other parents (NOT to the children) away from classrooms and high traffic areas. It is preferable that they are not handed out at school at all.

**Before School Exercise:** What is the best way to start off a day at school or work? A leisurely jog, run or walk around the foreshore!

As a great way to keep active and start the day well, we are inviting students from grades 3-6 and their families to join us at the Blundstone Arena end of Bellerive Beach (near the fitness equipment) every Tuesday morning starting at 8am.

For the first few sessions we will start with a walk and stretch, set a distance or time goal and finish with a cool down and stretch. Our aim is to either walk or drive back to school and be back by 8:45am in time to start the school day.

As this activity is outside school hours, we are encouraging all family members and a core group of parents to join us as a way to get fit and keep active.

Cheers, Simon and Tom

**Jump Start:** Jump Start will commence at 9am from next Thursday.

**Recorder:** Thanks to parents for help with Tom's Middlies bringing their recorders and folders to school on Fridays. We are well underway and sounding more musical each week! If you still need to purchase a recorder, I have some for \$12.00 (discounted price and no need to go into the city) Thanks, Shona

### **Working Bee dates for 2014**

To help with forward planning we have set the working bee dates for the year. The two remaining working bees will be held on:

Saturday 31 May

Saturday 13 September

Thanks from the Working Bee coordinators

**National Ride2School Day: Only 2 weeks to go**

**WEDNESDAY 19 MARCH** Be part of the fun **RIDE • WALK • SCOOT • SKATE**

Meeting Spots:

1. The start of the bike track on Howrah Road (near Howrah Primary School) – Bike riders & capable scooters. **Meeting time 8.15 am**

2. 38 Alexandra Esplanade (Opposite Anne's House) – bike riders, scooters, skateboards & walkers.

**Meeting time 8.30 am**

### **What's On:**

**Zentangle Workshop, Sunday March 16:** Zentangle is a form of "meditative drawing", drawing simple shapes to form beautiful patterns and spark creativity. It helps to calm the anxious and focus the distracted. Suitable for all ages, the only requirement being that you can hold a pen and write your name.

Last year I taught children in the Littlies and the Biggies and this year I am teaching Zentangle to some very keen Middlies so come and see what the kids are doing!

There is \$10 discount on the cost of the workshop for Cottage School families.

The workshops are held in the Biggies cottage from 10-12 and from 1.30-3.30. Both workshops have different content so come for one or both!

For more details contact Gillian Mee on 0407652341 or in the playground.

**Bike Week - 13-23 March 2014:** There are lots of great activities planned for Bike Week this year, check out the attachment for a full program. You can join bike maintenance courses, treasure hunt rides for the whole family, 100km rides, social rides, learn to ride rides, relaxed rides, womens rides, family rides, a film festival and of course Ride to School day... there is no excuse, get on your bike!

**Polar Science Open Day:** What's it like to be a polar scientist? Come along to meet our polar scientists, listen to their unique experience and play polar science games to understand the science we do and why it's important. Presented by the Antarctic Climate & Ecosystems Cooperative Research Centre and the International Glaciological Society.

Sunday March 9, 10.30am – 2pm

IMAS Waterfront Building

20 Castray Esplanade

Hobart

More information at <http://www.acecrc.org.au> or see flyer on Noticeboard outside the White Cottage

**Attachments:** Tasmanian State Bike Week