Cyber Safety is always Important!

Children of the 21st century will be using technology and the internet for the rest of their lives. Parents are in a great position to teach them to be safe and responsible. Following are some simple steps to keep your kids safe.

- Supervise your children’s internet use. Keep the home computer in an accessible place where you can keep an eye on what they are doing.
- Set a technology curfew. Turn off the wireless as many hand held devices are quite capable of surfing the net.
- Be a friend to them on facebook so you can keep an eye on their activities. Monitor closely the chat programs associated with ipods.
- Remind your child that not everyone tells the truth on line. Be careful.
- If they receive a message or email that is rude or threatening they should Stop, Block, Tell!
- Encourage your child to talk openly about their use of the internet. Encourage them to tell you if there are problems and encourage them to use the internet responsibly.

When used well the internet and social media are wonderful tools. When not used well, they can be very upsetting and damaging. Teaching children to use this form of communication properly is an important part of parenting in the 21st century.

Photo of the Week

Boys being Boys!

COMING EVENTS
Monday April 8
EQUIP Leaders Induction

Tuesday April 9
Planetarium Visit Stage 2

Friday April 12
Last Day Term 1
School ANZAC service

Wednesday May 1
Students return

Week 2 Term 2
Choral Fest

Week 3 Term 2
NAPLAN

Term 3
Zone Athletics Carnival
**More Wonderful Leaders**
A reminder that our EQUIP leaders will be officially inducted and presented with their badges at the Monday April 8 Assembly.
All parents are invited to attend and assist with the induction process.

**Kinder Zumba**
Just a reminder to parents that Kinder Zumba needs to paid for by the end of Term.

**ANZAC Day**
*All students are warmly invited to attend the 2013 ANZAC service at Beresfield War Memorial corner of Anderson Drive an Allandale Street Beresfield.*

*Students are to wear full school uniform, but please dress warmly if needed, and meet at the War Memorial at 5:20 am on Thursday April 25.*

*The dawn service is very special.*
*It would be great to have a large contingent of Thornton students attend.*

**Well Done Cross Country!**
On Thursday our Zone Cross Country runners braved the rain and ran a fantastic race. Congratulations to Sophie Sorensen and Austin Howard for coming 1st in their age groups.

A big thank you to all the parents who helped on the day.

**Our State Swimmers did us Proud**
Our junior relay team of Bentley Titmuss, Jack Cromarty, Wil Cromarty and Lee Smith, … and our individual swimmers, Jack Cromarty and Sophie Sorensen, competed at the State Swimming Championship this week.
They all performed very well and did Thornton school proud.
Great job kids!

**Choral Fest Details**
Our four school choirs are entered in the 2013 Choral Fest.
The festival will be held at Lake Macquarie Performing Arts Centre.
Stage 1, 2 and 3 choirs will perform on Monday 6 May between 9:30 am and 11:45 am.
Stage 1 9:30 am, Stage 2 10:00 am and stage 3 at 11:15 am.
The GATS Harmony Choir will be performing on Tuesday 7 May at 1:30 pm.
Permission slips with more details will be sent home shortly.
Munch n Eat News

Limited Menu – Friday 12 April

The canteen will be having a limited menu on the last day of Term 1. Pies, sausage rolls, roundas, cheese and bacon rolls, lasagna, mac cheese and spaghetti only for lunch.

On Tuesday we will have the pizza slabs available for lunch. There are strictly limited numbers. Just order on the day until we run out. There are Meatlovers or Ham & Pineapple at $3.00 each.

The roster for next week is as follows:-
Monday 8.4 – Leanne F, Alissa Z (am)
Tuesday 9.4 – Felicity, Lynne H (am), Amanda (am)
Wednesday 10.4 – Joanne L, Melissa I
Thursday 11.4 – Janene L (am), Lisa K
Friday 12.4 – Linda G, Kellie S, Jill H

Thanks to all our helpers over the past week
Cheryl and Paula

Community News

The simplest way to spend less on snacks with Fruit & Veg

Did you know that pre-packaged snacks almost always cost more than making your own healthy snacks? Also if you buy the fruit and veg that’s in season it will cost less and taste even better.

Have a look at this comparison chart to see how you could slash 20% off your spending on snacks:

<table>
<thead>
<tr>
<th></th>
<th>Less healthy choice</th>
<th>Cost per 100g</th>
<th>Healthier choice</th>
<th>Cost per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>$3.97</td>
<td>choc bar (60g)</td>
<td>$1.92</td>
<td>2 slices melon, ½ orange, 1 kwi, fruit &amp; sml bunch grapes</td>
<td></td>
</tr>
<tr>
<td>$2.50</td>
<td>1 slice cheese-cake</td>
<td>$2.04</td>
<td>6 baby corn &amp; snow peas + ½ avocado for guacamole dip</td>
<td></td>
</tr>
<tr>
<td>$0.70</td>
<td>Hawaiian pizza</td>
<td>$0.33</td>
<td>1 med tin baked beans + 2 toast</td>
<td></td>
</tr>
<tr>
<td>$1.93</td>
<td>1 pkt crisps (150g)</td>
<td>$1.19</td>
<td>1 carrot, ½ cucumber + sml bowl salsa</td>
<td></td>
</tr>
<tr>
<td>$2.31</td>
<td>muesli bar</td>
<td>$0.18</td>
<td>1 pear</td>
<td></td>
</tr>
<tr>
<td>$1.72</td>
<td>1 pkt biscuits</td>
<td>$1.12</td>
<td>1 sandwich bag air popped popcorn</td>
<td></td>
</tr>
</tbody>
</table>

* Prices as March 2013

For more information please visit
www.cancercouncil.org.au/eatittobeatit

Community News