**Exercise and Learning go Hand in Hand**

The importance of regular physical activity cannot be over emphasised. Many studies have shown that exercise during the course of the school week increases on-task work and benefits learning. Increasing oxygen levels in the blood, expending some of that pent up energy, developing and practicing skills and having fun are the direct result of a regular fitness program. Students at Thornton school enjoy regular physical activity through the week. Daily PE, outside play and of course sport, are an important part of the school week.

A healthy breakfast, plenty of fruit and plenty of water combine with regular physical activity to enable every child to do their best in and out of the classroom.

On top of this class activity are our sports carnivals and sports teams. This term is a busy one with the swimming carnival, athletics carnival and cross country trial.

The cricket, soccer and rugby teams are in various stages of selection and a number of trials for regional teams are occurring as well.

Keeping kids active and engaged in their learning doesn’t happen by accident. Deliberate planning and consistent implementation are needed at every step.

*Get Active, Eat Healthy and Learn all You Can.*

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**Photo of the Week**

*Training Our EQUIP Leaders*
Voluntary Contributions and School Levy
Thank you to the families who have paid the voluntary contribution. The money really does make such a difference to the school’s ability to offer resources such as books, paints, pencils and art materials. So far, 97 of our roughly 350 families have paid.

We Love them, but…
Many sports clubs and dance clubs use chocolate drives to raise money. Unfortunately, selling them at school to students has a few problems. Children will spend their money on chocolates rather than on the approved canteen food, some students react badly to high levels of sugar and fat and other students may well end up with a lot of unsupervised money in their bag. We ask that these chocolate boxes don’t come to school.

Tree Safety
Keeping our students safe is always the number one priority. Over the years, we have had our trees regularly surveyed by a tree surgeon. Any works such as trimming and removal have been completed as soon as possible after the inspection. We will be having a tree surgeon again survey our trees shortly. A fully qualified arborist will also complete an assessment in the coming weeks and develop an action plan to manage the safety of our trees.

Sports Success
Congratulations and good luck to the following students who have progressed through to regional trials or carnivals.

Rugby League
- Tyler Crawford
- Ben Crebert
- Lewis Bell
Tennis
- Sophie Sorensen
Basketball
- Tara Hobbs-Ladd
Swimming
- Sophie Sorensen
- Bentley Titmuss
- Tara Hobbs-Ladd
- Jack Cromarty
- Teagan Douglas
- SNR girls relay team(Sophie Sorensen, Tara Hobbs-Ladd, Jade Howard, Teagan Douglas)

And a special congratulations to our Maitland Zone Champions,

Jack Cromarty Junior Boy
Bentley Titmuss 11ys Boy
Teagan Douglas 11ys Girl
Sophie Sorensen Senior Girl

Life Education Van Visit
Every two years, the Life Education Van visits our school. This year the van will be in the school grounds from March 13 to March 25. The focus of the lessons will vary from healthy life style choices through to friendships, coping with
peer pressure, decision making, effects of smoking and consequences of alcohol. Permission notes will be sent out next week.

**Athletics Carnival Update**
The 2014 athletics carnival is fast approaching. This year, all races will be straight finals. Competitors for the field events will be selected during the weekly athletics coaching, with the finals being held concurrently with the running races. In the middle session, all students will compete in a rotation of activities such as shot put, long jump, discuss, high jump and vortex. The afternoon will see relays and other novelties. If any parent has a shade shelter they could allow the school to use, please contact the office. Further information will be sent out soon.

**Equip Leaders**
Our Equip Leaders enjoyed a wonderful training day today and will receive their Equip badges on Monday 10 March.

*Training Exercise 1.2*

**Cleaning Up Australia, One Bit at a Time**
Today, the students of Thornton did their bit to make our world a better place.
- Kindergarten cleaned up the inside perimeter of the school,
- Stage one cleaned up the dry creek bed,
- Stage two cleaned up the outside of the school fence, and
- Stage three cleaned up the skate park.
A huge thank you to everyone who supported the afternoon. We made a big difference.

**STOP PRESS, Rain Delayed the Cleanup.**

**Harmony Day at Thornton**
The 21 March is Harmony Day. This year we will recognise and celebrate Harmony Day in a quiet and meaningful way. Each class will run a restorative circle where the children will reflect on what Harmony Day really means to them and to our school. Each class will then make up a class poster that represents their thoughts. At 1:10pm, everyone will come out to witness a K-6 soccer game with teachers and selected K-6 students playing in harmony. Parents are welcome to come along and cheer as well.
Communication Committee
Once a term, a small group of interested parents and teachers meet to discuss how best to promote the school. Our achievements include the school brochure, the school direction signs, the web page review, the emailed newsletter, the school banners and the many surveys and focus groups that happen throughout the year.
This year we are investigating purchasing a school APP as our primary source of internet interaction. We are looking for new members. If you are interested, please email Mr Millburn.
John.Millburn@det.nsw.edu.au

Library News
Thank you to all the students who applied for the position of library monitor. Over the last week these students have come to the library to trial for the position. As a library monitor students are responsible for duties such as returning books, maintaining equipment, supervising younger students, managing story corner and games and helping on the circulation desk. This position requires students to be dedicated, responsible, reliable and helpful to others.
Students who successfully gained this position are Tabatha B, Jessica C, Alexis F, Avril B, Ella W, Jacob B and Elizabeth S (4/5 R); Nina S, Mia F Jessica P, Claire N, Felicity W (5WS); Caitlyn B and Tara H (5/6S) and Lochlan V (6A). Reserves include Lily G (5/6S), Teliah C (6A) and Isabel A (4/5R). These students will continue with training during Term 1 and receive their badges at the beginning of next term.
Well done and I look forward to working with all these students.

P & C News
NEW P & C EXECUTIVE TEAM REQUIRED!!
As some of you may have heard – after 2 jam packed years – most of the current P & C Executive, will be stepping down. The positions are:
President
Vice President
Secretary
Assistant Secretary
Treasurer
Canteen Treasurer

Most of us will be resigning our positions and not re-running for office therefore, positions will be vacant as of the Annual General Meeting to be held on Monday 24 March.
Everyone is welcome to attend but to vote for the new Executive and any future motions you are required to be a financial member before that meeting. The current fee is $2 and can be left in an envelope with your name on it at the office.

It was great to see some new faces and we hope to see you all there next time!

Have a great weekend
Sharonne 😊

Munch n Eat News
New menu has gone out and if you need a copy just call into the canteen and grab one. There were a few price changes on the menu so could you please check the prices before ordering next.
Due to health regulations THE CANTEEN CANNOT HEAT UP FOOD ITEMS BROUGHT FROM HOME.

Meal Deals
Next week we will be having meal deals for lunch and they are:
SPRINTER MEAL  $4.60
3 x Dino nuggets, a Quench drink, Juicies Ice Block

DISCUS MEAL  $3.70
Cheese & Bacon roll, Focus flavoured water, Frozen Fruit cup

LONG JUMP MEAL  $4.90
Ham, cheese & tomato sandwich, a juice, packet of crackers

These will run from Monday to Friday. The meal deal order forms are attached to the newsletter for you to use or we have copies in the canteen.

The roster for next week is as follows:
Monday    3.3 – Leanne F
Tuesday    4.3 – Tanya H, Janene (am)
Wednesday  5.3 – Elaine, Jillian Jan J
Thursday   6.3 – Kerrie B, Tanya S
Friday     7.3 – Kylie, Ann

Thank you to all our helpers over the past week.
Cheryl and Paula

Class Report – 6A
Community News

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Keyboard and Piano Lessons @ Thornton School

Learn with a friend - Groups of 2 max. or Individual lessons ½ hr duration
For more info.
Ph. Pam I’Anson
0423693849

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THORNTON/BERESFIELD RUGBY LEAGUE CLUB

PO Box 62 BERESFIELD NSW 2332
Email: ml2@bigpond.com
W. www.thbcrleague.com.au
President: Nick Kaspagalis 0400 766 765
Secretary: Jenny Robertson 0411 741989
Treasurer: Chris Reid 4033987
Registrar: Amy Heard 0419 213311

"BEARS WANTED"

Want to become a BEAR in 2014?
Want to make new friends & have fun while getting fit?
Thorton/Beresfield Rugby League Club are taking registrations for players U/6's through to U/16’s.
Time is running out to join our friendly club before the season commences so if you're interested call Amy on 0419-213311 ASAP.
Check out our website for more details @ www.thbcrleague.com.au or our facebook page facebook.com/ThorntonBeresfieldRugbyLeagueClub
SPRINTER MEAL DEAL

3 x dino Nuggets
Quench drink flavor

New Juicies ice block
$4.60 each
Add 30 cents for sauce

DISCUS MEAL DEAL

Cheese & Bacon Roll
Focus flavored water
Frozen Fruit Cup

$3.70 each

LONG JUMP MEAL DEAL

Ham, Cheese, Tomato Sandwich
Juice flavour
Packet crackers

$4.90 each
Add 30 cents for toasted sand