SCHOOL CAPTAINS REPORT
Abigail Nolan

We have had another wonderful few weeks here at Premer.

On Friday, 20th February we had the Family & Friends BBQ. There were lot of fun & games like our three-legged race, the egg & spoon race & the sack race. There was a big blaze of excitement when the BBQ tray caught alight. The children attending the BBQ brought sand to the site & put out the fire.

I would like to thank the P&C who organised the BBQ & all of the fun & games. I would also like to thank all of the supportive families & community friends who took the time to come.
NOTICES & REMINDERS

REMIN DERS

- P&C AGM followed by the usual Meeting 10th March 7.30pm at the School BER
- Relevant parents, please remember to send in the Steps Visual Screening form.
- Please contact the school if you have a ukulele for sale. Mrs Goodman is currently letting the children borrow hers & they need their own instrument to practise at home.
- Don’t forget that Music Lessons are on every Wednesday.
- Year 3 –6 reports on the derailed train at Willow Tree are due this Friday.
- Volunteers needed to transport & install our new signpost in the coming week. 2 x 4 metres long from Metaland in Gunnedah. Please contact the school if you are able to help.
- Parents, we are looking for a name for this newsletter. Students have been asked to suggest names & may require a little assistance from you.

FROM THE PRINCIPAL

Premer School was the site for Clean-Up Schools Day on Friday, 27th February. All of the students came prepared with their work wear, gloves and tools.

A few stations were attended with the dreaded yellow vine being pulled up and replaced with large sods of grass. The large pile of manure and mulch was ferried to each of the new trees that were planted by way of wheelbarrows and a fleet of giant Tonka trucks.

Mr Easey’s class wrote an account of their morning and read this at Assembly. The theme that ran through was a sense of purpose and excitement in contributing and pride in their school.

Thank you to all of the students who worked hard to improve our environment. It doesn’t end there.

Thanks to the Harrison and Irons families for providing the lush turf and lending a helping hand.
**ZONE SWIMMING**

Our zone swimming team of Jimmy Irons, Lydia Aulton, Charlie Harrison and Charlie Traill went to represent the school for the pp6 relay and swim in their 50 metre age race. Jimmy Irons swam a blistering pace to come 1st in his age race.

Jimmy will represent the school at regional level in Armidale.

The relay team swam a competitive time to represent the area at regional. Jimmy will also swim in a junior relay team. The beauty of small schools is that these students have opportunities to swim in a larger arena to compete against swimmers from the North West Region.

Go team Premer!

---

### THE CRITICAL ROLE OF SLEEP

<table>
<thead>
<tr>
<th>TIPS TO GET A BETTER SLEEP</th>
<th>TWELVE WAYS THAT POOR SLEEP CAN RELLY HURT YOU</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have a regular bed time each night</td>
<td>1. Tiredness during class</td>
</tr>
<tr>
<td>2. Catch up on missed sleep another night.</td>
<td>2. Aggressive behaviour</td>
</tr>
<tr>
<td>3. Reduce Sleep Thieves, especially light &amp; noise.</td>
<td>3. Learning problems</td>
</tr>
<tr>
<td>4. Avoid exercising before bed.</td>
<td>4. Sports problems</td>
</tr>
<tr>
<td>5. Avoid food, caffeine &amp; sugar close to bed time.</td>
<td>5. Risk of skin problems</td>
</tr>
<tr>
<td>6. Get off the computer or TV one hour before bed time.</td>
<td>6. Risk of stunted growth</td>
</tr>
<tr>
<td>7. Use the bathroom before bed.</td>
<td>7. Risk of depression</td>
</tr>
<tr>
<td>8. Have a relaxing, quiet bedtime routine.</td>
<td>8. Risk of being overweight</td>
</tr>
<tr>
<td></td>
<td>9. Clumsy behaviour</td>
</tr>
<tr>
<td></td>
<td>10. Social withdrawal</td>
</tr>
<tr>
<td></td>
<td>11. Motor vehicle accidents</td>
</tr>
<tr>
<td></td>
<td>12. Weakened immune system</td>
</tr>
<tr>
<td>CLEAN UP AUSTRALIA DAY</td>
<td>CLEAN UP AUSTRALIA DAY</td>
</tr>
<tr>
<td>------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td><strong>By Jimmy Irons</strong></td>
<td><strong>By Parker Collins</strong></td>
</tr>
<tr>
<td>It is Clean Up Day at Premer School and there are lots of cat heads in the grass. We are planting grass where there is no grass. George and Blake were the drivers of the trucks. I helped pull out the cat heads. I helped Lydia by pulling out the grass. I was happy and proud.</td>
<td>Today I was on the big mountain. I dug a hole. I picked up 100 burrs. I helped Charlie, Harriet, Jack, George, Jimmy, Lincoln, Kyirin and Ella.</td>
</tr>
</tbody>
</table>

**LIMERICK**

There once was an old lady called Pat  
Who was always having a good chat  
When Pat’s in town  
She’s passed with a frown  
So she decided to get a cat!  

*By Abigail Nolan*

**LIMERICK**

One day I saw a boy called Mike  
Riding his big, black motorbike  
He blew his front tyre  
Was tangled in wire  
And went for a very long hike!  

*By George Irons*
2014-2015 Family Energy Rebate

Apply before Midnight
16 June 2015

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
- PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
Assembly Awards—Week 3

**Courtesy Award**—Blake Wortley

**Achievement Award**—Alishea Rankin

*For great results in tests.*

**Bookwork Award**—Abigail Nolan

---

**Week 3—Assembly Awards**

**Merit Awards:**
- Hanna Collins for being a quiet & polite worker.
- Jimmy Irons for being a conscientious worker.
- Penny Morley for using strategies to count on in maths.
- Ella-Rose Rankin for being a quiet & conscientious worker.
- Jack Gould for being a positive role model & helping younger students.

**Sports Awards:**
- Lucy Traill, Aiden Brown, Harriet Nolan

**Caring Award:** Blake Wortley

---

Assembly Awards—Week 4

**Courtesy Award**—Jimmy Irons

**Achievement Award**—Lucy Traill

*For being a positive role model & following school rules.*

**Bookwork Award**—Jack Gould

---

**Week 4—Assembly Awards**

**Merit Awards:**
- George Irons for being caring & full of compliments
- Harriet Nolan for being kind & showing support.
- Lydia Aulton for being helpful & considerate.
- Aiden Brown for neat colouring & counting objects to 10.

**Sports Awards:**
- Claire Cohen, Lincoln Brown, Charlie Harrison

**Uniform Award:** George Irons

---

Assembly Awards—Week 2

**Courtesy Award**—Harriet Nolan

**Achievement Award**—Charlie Harrison

*For being responsible for his own learning & consistent spelling results.*

**Bookwork Award**—Lydia Aulton

---

**Week 5—Assembly Awards**

**Merit Awards:**
- Lucy Traill for deep thinking in Science.
- George Irons for a great limerick & excellent work on angles.
- Blake Wortley for contributing to poetry.
- Penny Morley for writing a thoughtful journal.
- Aiden Brown for committing to Clean Up Australia & caring for the environment.
- Abigail Nolan for providing help & kindness to others.
- George Irons for commitment to Clean Up Australia.
- Ella-Rose Rankin for being a good sport at cleaning up.
- Lucy Traill for working hard during Clean Up Australia.

**Parker Collins** for writing a great recount.

---

**Upcoming**

⇒ **2nd March**
    - Comprehension Workshop
    - Mrs Cameron/Mr Easey

⇒ **3rd March**
    - Regional Swimming Carnival

⇒ **10th March**
    - P & C Meeting

⇒ **21st March**
    - Tambar Tug-off & Bush Dance

⇒ **25th March**
    - Tuckshop

⇒ **27th March**
    - Cooking with Casey

⇒ **28th & 29th March**
    - Relay for Life; Quirindi

⇒ **2nd April**
    - End of Term 1