What a fantastic two weeks weather wise we had for our swimming program and what a wonderful way to finish it off with the swimming sports. A huge thank you goes out to Sarah Jude, Olivia, Mr Bruce and James who have been involved in teaching the students new water skills. Thank you to the parent club for making the lunch on Friday and to all the families for providing a small food donation. It was great to see so many parents, grandparents and friends of the school coming to cheer on the students. Congratulations to Clarke for taking home the cup and to joint boy champions Darcy Ewer and Hayden Trowbridge and Brooke Ewer for the girl champion. All the students swam extremely well and should be congratulated for their efforts and positive team spirit.

Mr Bruce is away on holidays, so please note there will be no After Schools Activities until Tuesday 10th March. Mrs Mueller will be working at school for a couple of days while Mr Bruce is away.

This week the students have started “clubs”, which has an art and craft focus. Students will be doing scrapbooking with Riley and making poppies for ANZAC day with Margie and myself. I thank these ladies for donating their time and I am sure the students will have fun completing these projects.

Mr Bruce is organising a Clean Up Australia event on Friday 13th March, which the students will be involved in and he is also calling for other community members to help out. It would be fantastic if we could get some parents involved as well. More details will be sent out closer to the event.

Parent Teacher Interviews will be held on Monday 16th March. A booking sheet will be sent home over the next few weeks.

Tanya Turner

Attachments to this newsletter:
- Lunch Order Pricelist
- Bookclub
**Lunch Orders Return to Apsley Primary School**
The Border Inn have approached the school about providing the students with the option to buy their lunch once a week, which School Council has approved. Students will be asked to write their order on a brown paper bag, with money enclosed by Thursday, and lunches will be delivered on Friday. Attached is the price list, which also indicates foods that should be ordered with caution (yellow) and the healthy option (green). This will start on Thursday 12th March.

**Kowree Swimming Sports**
The Kowree Swimming Sports are going to be held at Goroke on Friday 6th March. Students who are participating will travel by bus to Goroke. Further details of departure times etc will come when I receive them. Please put this date on your calendar to come and cheer the students along. I will also be calling for helpers on the day for team marshalling etc.

**Apsley Primary School Reunion**
Apsley Primary School celebrates 50 years of its official opening on site this year. A small committee has been formed, but we are still seeking more committee members to assist with the planning and organising of this celebration. A meeting will be held on Monday 23rd March. If you are interested in attending please contact the school.

The Apsley Primary School Parents Club are holding a Lorraine Lea Linen Party as a fundraiser on Friday 13th March at school 7pm. Everyone is welcome to attend to view the latest linen range. If you are unable to make it and would like to place an order, catalogues are located at the Apsley Post Office, Border Inn and school. A date to definitely put on the calendar!

**S.A.K.G**
This week we have been busy in the kitchen and garden. On Wednesday we experimented with some preserves and jam. We made pickled zucchinis, plum jam and sweet chilli sauce. Some students soon learnt that chewing on a chilli or chilli seed wasn't a good idea! Thank you to Mr Bruce for donating some plums and to Gill Bradshaw for the lemons. Also a special thank you to “Nanna Mary” who helped out all day and to those community members who donated jars and bottles.
Thank you to head photographer Sally Grigg for these photos. Also a big thank you to all our judges and Julie for doing the very stressful job of scoring.
Hi I am Andrea Lane, a clinical hypnotherapist that has assisted parents to help their children through a program called The ‘Goulding SleepTalk® process’. This three month program is a two minute gift you give your children that lasts a lifetime. The Goulding SleepTalk® process is easy to learn, takes parents only a few minutes daily at bedtime, and it can’t be “done wrong”. It’s absolutely safe, ethical and positive. SleepTalk® is for people who are looking for a simple, non-intrusive self-esteem and behaviour change process for children that can help parents achieve what they want most – happy children and happy families.

The process is about developing a child’s emotional resilience, the mind’s firewall, which protects against negative suggestions; much like a firewall on a computer protects it from outside interference and damage.

It’s a powerful self-help program developed by educator, speaker and hypnotherapy professional Joane Goulding which parents and childcare professionals have been using for more than 30 years, because it WORKS.

The Goulding SleepTalk Process has helped many children with the following:

For further information about ‘The SleepTalk Process or any other issues contact Andrea Lane, Dip Clinical Hypnotherapist on Ph 0400 536553

Apsley Angling Club
Friday 27th February – Sunday 1st March

South End

Fishing commences @ 6pm Friday
Weigh In 12.00 on Sunday (Vic Times)
Caravan Park is located on right hand side as you come into South End.
If you get to the shop you have gone too far.
All Welcome
Further Details – Contact Goog
0427600864