It promises to be another busy week for students and staff this week with several excursions scheduled, a St Patrick’s Day themed school social, school photo day, SRC Induction assembly and a focus throughout the week on the anti-bullying message culminating with acknowledgement of the National Day of Action Against Bullying and Violence on Friday.

Congratulations to our Girls and Boys Basketball teams who travelled to Orange last Monday. Although we had mixed results the teams continually showed outstanding sportsmanship and determination to give their best. Thank you to Ms Daniel and Mr Phelan for supporting the students on this excursion.

I would like to extend a big thank you to Kelly Price, Meg Austin and Madison Spencer on their representation of our school at the International Women’s Day luncheon last Thursday. It was a pleasure for Mrs Gruessing and I to attend the event with these young ladies and to listen to Kelly’s presentation which outlined their view on the true value and importance of education for girls of today irrespective of the country in which they live.

Thank you to our P&C who are working hard to provide our students with quality, healthy options for recess and lunch with their Canteen menu revamp. We often take the service our canteen provides for granted but it is an invaluable source of fundraising for our school allowing us to provide students with many additional resources.

Congratulations to Donald Boyd for being last week’s winner of the Canteen voucher.

Neryle Smurthwaite
Principal
**OPEN S BASKETBALL KNOCKOUT**

WSSA Round One knockout was held in Orange on March 7. The boys team played exceptionally well against much larger schools, never giving up even when they were being beaten. The boys finished 3rd in their pool.

The girls team also fought hard every match, finishing 2nd in their pool.

Congratulations to all students and the parent drivers, Mrs Austin, Mrs Stanley and Mrs Besedic for a fantastic day.

**Results:**

**Boys**
- Vs Bathurst Loss 65-7
- Vs Kandos win 31 to 21
- Vs Canobolas Loss

**Girls**
- Vs Bathurst loss 58-2
- Vs Kandos win 37-10
- Vs Canobolas win 37-6

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**Iron + Clay**

Iron + Clay will be performing at Canowindra High on April 1.

Iron + Clay visited our school in 2015 and gave a fantastic performance to our students. They are a motivational band that travels 10 months of the year impacting young lives all over Australia. They perform at schools and address issues such as bullying, drug and alcohol abuse, drink driving and self esteem.

They entertain but give a message of living radically and responsibly. "We are determined to inspire and motivate the youth of this generation to make the right choices, because ‘Destiny is not a matter of chance, it’s a matter of choice’.”

Should any more information be needed please contact the school.

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**Study skills #6 – Self-regulation**

Self-regulation is the **emotional aspect** of learning where learners are ready, willing and able to **CONNECT WITH THE LEARNING AND WORK THROUGH DIFFICULTIES**.

**Resilience** – developing a ‘learning tough’ attitude; sticking with it when learning is hard.

**Managing distractions** – recognising and reducing interruptions.

**Absorption** – flow; the pleasure of being rapt in the learning.

**Mindfulness** – focussing attention on the emotions, thoughts and sensations of learning.
Canowindra Junior Rugby League

Canowindra Junior Rugby League are holding a registration and light training day this Thursday at the Sports Trust Oval. Under 8’s will be at 4.30. Under 10’s, 12’s, 14’s and League tag at 5.30 and under 16’s 5pm. Training times will be negotiated with the teams and regular times will be established for the remainder of the season. The club is still seeking any persons interested in training, coaching or volunteering for the 2016 season with anyone requiring information to try to come on Thursday afternoon. All new interested players and their families are encouraged to come along to register and meet the players, coaches and committee.

The Ag Farm has guinea fowl for sale

$10 each

Contact the school on 63441305.

Virginia Cullane Books Presents:

HUGE CHARITY BOOK SALE

All proceeds to ‘Central West Clinical Trials for Breast & Prostate Cancer’ – Orange, NSW

Venue: Building previously ‘Canowindra Hardware’

Address: 94 – 96 Gaskill St, Canowindra (opposite Virginia Cullane Books)

Date: Fri 25th March to Mon 28th March inc.

Time: 9am – 4pm

Most books $5 or less

Enquiries: Jenny Cullane
0263 441 437
**Cowra Soccer Registrations**

Just a reminder that registrations are open on-line for junior soccer this winter in Cowra.

On-line registrations will remain open until Sunday 3 April. Costs this year are unchanged:

- Ages 5-8: $60
- Ages 9 and above: $90

If there are more than 3 players from the one family, you only pay for the oldest three. There will be one registration day on Saturday, 2 April at the Edgell Park canteen. This day is for people not able to pay on-line and new registrations. The competition is scheduled to start on 30 April - the first Saturday of second term. Late registrations before the competition starts will cost an extra $10.

Registrations for players 9 and above after the competition starts will cost an extra $40.


From here you can find your FFA number and login, then follow the prompts.

**If you have any problems, please send an email to cowra.junior.soccer@gmail.com**

For anyone wishing to play for a Canowindra team they can put their name down on Thursday 24 or 31 March at Canowindra High School between 3.30-4.30pm. Any 5 and 6 year olds do not need to put their names down as they do skills based activities and games each week. **Players should only put their name down once they are registered to play.**

**Library**

The answer from last week is *Frankenstein.*

**This week’s question is**—How well do you know Roald Dahl’s characters?

“You’re plotting something. Whenever you go all quiet like that I know very well you’re plotting something. You’d better be careful, because when I see you starting to plot, I watch you like a wombat.” The Gizzardgulper Mrs Twit Mr Twit The Grand High Witch

See Miss Ryan if you know the answer!