Please be advised that the NSW Electoral Office is not using Jesmond Public School grounds for the state election on Saturday 28th March 2015.

Congratulations to the following student who received an award at last Friday's assembly

Gold
Ashleigh

Parent Teacher Interviews
Starting Monday 23rd March
Parents of students in Years 1 to 6 will soon be invited to attend an after school interview with their child's teacher. Each teacher has sent home a note which will indicate when they are available. Please return your preferred interview time to ensure an interview.
Mr Bannister is taking leave for the last two weeks of this term so the 4/5B class will have their interviews early next term. Mr Izaac Hillery will be taking the 4/5B class for this period of time.

Year 6 2016 EOI Forms for High School
Year 6 EOI forms for High School in 2016 must be returned by Friday 20th March to ensure processing is completed for a smooth High School Transition.

Myuna Bay Yrs 3 - 6
Student from Years 3 - 6 have been invited to attend a three day/two night excursion to Myuna Bay Sport and Recreation camp on the shores of Lake Macquarie.
If your child is attending please ensure you have signed and returned the note that went home this week, with the $30 deposit before Wednesday 1st April.
Mr Bannister will be holding a parent information meeting on Tuesday 28th April at 5pm to share more detailed information about this excursion and to give out the permission form pack.

<table>
<thead>
<tr>
<th>Stage 2 &amp; 3 Camp Payments Schedule</th>
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<tbody>
<tr>
<td>Myuna Bay</td>
</tr>
<tr>
<td>$30 1st April</td>
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<tr>
<td>$100 1st May</td>
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<tr>
<td>$100 15th May</td>
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National Day of Action Against Bullying & Violence
Friday 20th March
Working towards Friday’s day of action, in class this week teachers have been focusing on talking about what bullying can be and strategies to deal with it. 
Bullying involves the inappropriate use of power by one or more persons over another less powerful person or group. It can be verbal e.g. name calling, put downs, threats. It can be physical e.g. hitting, punching, kicking, scratching, tripping, spitting. It can be psychological e.g. ignoring, excluding, alienating. It can be social e.g. spreading rumours, hiding or damaging possessions.

Remembrance Poppies
Tribute of Respect & Remembrance
From its association with poppies flowering in the spring of 1915 on the battlefields of Belgium, France and Gallipoli, the poppy has become a symbol of both great loss in war and hope for those left behind.
This April 25th will be the hundred year anniversary of the ANZAC landing at Gallipoli for World War 1. We have taken an idea from some women in Victoria https://5000poppies.wordpress.com/about/ and are making our own poppy wall at Jesmond Public School. Younger students will be making red and black felt flowers in class while the older students will be loom banding, knitting and crocheting poppies.
We invite you to contribute your own poppies and send them in so we can add them to our commemoration wall. We are intending to create this wall early the first week back next term as our school ANZAC service will be held at 10.45am on Friday 24th April. We intend to keep this display.
Please see the attached brochure for anyone or extended family member who is interested in knitting or crocheting a poppy for us.

Combined ANZAC Service Civic Theatre
Wednesday 22nd April
Years 5 & 6 will be attending this Combined Schools ANZAC Service. We will be travelling by bus and a permission note will be coming home soon. Cost for transport will be $5.00 as Callaghan College is no longer subsidising this event.

Swimming Champions
Congratulations to our Swimming Champions, who received their medals and ribbons at a special assembly on Friday.

Our 2015 Swimming Champions were:
Senior Girls - Zoie
Senior Boys - Zac
11 Years Girls - Monica
11 Years Boys - Tayler
Junior Girls - Brianna
Junior Boys - Kieren
The winning house for the 2015 Swimming Carnival was Paterson.
Well done to our champions and to all who received their ribbons for winning heats on the day.

ICAS Competitions
We are offering to organise and supervise a selection of ICAS competition exams for interested students from Years 3-6.
For 2015 we will be participating in Science, Mathematics and English. Each competition is $8.00 per student entry fee.
Permission notes and payment must be returned before Friday 20th March.

Ice Cream Day
Next Wednesday Year 6 will hold an ice cream day as our first fundraiser of the year.
We will be selling ice cream cones during the second half of lunch for $1.50. Please bring your money in if you would like to take part.
Year 6

Gates
During school hours from 9.30am - 2.45pm all school gates will be locked except for the middle gate on the William Street side of the school. William Street is the school car park side of the school. Signs numbering each gate and redirecting people to the open gate have been installed.
**Book Club**
Thank you to everyone who has placed a Book Club order. We will be placing the order on Friday and will notify the students when the books arrive.

**Live! Life! Well!**
Dairy foods are important for strong bones and teeth.
The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:
- milk on cereal or a tub of yoghurt at breakfast
- cheese on crackers after preschool
- fruit smoothie as a drink
- custard and fruit or as dessert

**P&C News**
The P&C committee is still in need of a Secretary. This position is not overly time consuming and gives you the opportunity to have a positive effect on the school. All of the information about this position can be obtained from Mrs Howard in the office. **Please help us to fill this vital position.** Without this person, raising funds to aid your children is all the more difficult.

**Easter Raffle**
Easter raffle tickets have gone out earlier this week. Tickets are $1 each or 3 for $2.00. Prizes are bundles of Easter chocolate. Please return all tickets (either sold or unsold) and any money raised by the 30th March. The Easter Raffle is to be drawn on the 2nd April – last day of term. If you would like any extra books please see the ladies in the office. Out of uniform day will be on Thursday 26th March. This is where you bring along a donation which goes towards the Easter Raffle.

**Next meeting 6pm Tuesday 28th April**

**Uniform Shop PRE WINTER SALE**
Because winter is just around the corner we are having a sale on old logo stock! Get in quick!! These prices are only until the end of term.
- Bomber Jackets - Usually $45 NOW $35
- Sloppy Joes - Usually $25 NOW $15
- Short and Long Sleeve Polo shirts (old logo) - NOW $10

The Uniform Shop opens Monday mornings before school from 8.45am.

**Community News**

<table>
<thead>
<tr>
<th>Easter Fun Day</th>
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<tbody>
<tr>
<td><strong>Saturday 4th April</strong></td>
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<tr>
<td>9.30am - 1.00pm</td>
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<tr>
<td><strong>Join the Easter Bunny:</strong></td>
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</table>
| *Wildlands Adventures*, *Craft & Face Painting*, *Fun Games*, *BBQ*
| **$5 Adults, $2 children under 12 (under 3 free)** |

**School Holiday Activities**
- **There's lots to do, so come along and join in the fun**
  - Dipnetting, Canoeing, Bike Riding (bring your own bike or hire one),
  - Playground, Walking Trails, Become a Wildlands Explorer (go in the draw for a weekly prize pack),
  - Bring a picnic or eat at Spoonbill Cafe.
- **Wildlands will be closed on Good Friday, Easter Sunday & Easter Monday**
- **Book in for these activities on Wednesday 15th April**
- **Bush Skills Adventure 8 to 12 yrs ($30 per child)**
- **Wriggly Waders 5 to 8 yrs ($25 per child)**
- Have fun making a bush survival shelter, a bush damper & learn about useful bush skills too!
- **Explore the wetlands, get creative and crafty with our fun wetland activities.**

**MYUNA BAY SPORT & RECREATION CENTRE**
April Holiday Programs 2015
PHONE enquiries / bookings : 131302

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Ages</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Adventurer Camp</td>
<td>13 – 17th April 2015</td>
<td>7 – 12 years</td>
<td>$336.00 / person</td>
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The program includes: all meals, accommodation and activities. Activities could include any or all of the following: low & high ropes challenge course, rock climbing, abseiling, archery, giant swing, canoeing, kayaking, flying fox and much more.

**IRLEN DIAGNOSTIC CLINIC NEWCASTLE**

<table>
<thead>
<tr>
<th>Regional Clinics</th>
<th>Taree: 6551 3332</th>
<th>Coffs Harbour: 0437698559</th>
<th>Singleton: 49556904</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Walbund 2287</td>
<td>Ph 49 556904</td>
<td>Ph: 02 49572605 Fax: 02 49562451</td>
</tr>
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</table>
Dear parents

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

**If your child talks to you about bullying:**

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Don’t forget, our school is taking part in the 2015 National Day of Action against Bullying and Violence on Friday 20 March.

Thanks for your support to make our school a great school for everyone.
Between 2014 and 2018 Australia will commemorate the Anzac Centenary, marking 100 years since Australia’s involvement in the First World War. And in 2015, there will be a large number of activities commemorating 100 years since the Anzac Gallipoli landing.

As part of the 2015 Anzac Commemoration, the 5000 Poppies project will be “planting” a field of more than 100,000 poppies in Fed Square Melbourne as a stunning visual tribute to Australian servicemen and women for more than a century of service in all wars, conflicts and peacekeeping operations.

We are inviting all crafters to participate in this meaningful and heartfelt project. You are asked to hand make one or more poppies. They can be crocheted, knitted, felted or sewn from any materials. Any shade of red can be used and poppies should be no more than 15 cm in diameter.

There are two crochet and two knitted patterns included in this leaflet. More patterns are available at 5000poppies.wordpress.com. These patterns are meant a guide only. Please feel free to experiment with different materials and embellishments to make your poppies unique.

If you wish to include a dedication with your poppies download the submission from http://5000poppies.files.wordpress.com/2013/06/5000-poppies-submission-form.pdf or attach a small dedication to the back of your poppies.

Send your completed poppies to:
Lynn Berry, P.O. Box 115, Ashburton Vic 3147 Australia

To find more patterns and read more about 5000 Poppies at http://5000poppies.wordpress.com

Email: 5000poppies@gmail.com
Facebook: 5000 Poppies

Lynn’s Easy Ribbed Knit Pattern

This pattern gives a full ribbed knitted poppy and is an easy pattern for beginners.

The ply of your yarn does not matter providing you adjust your needle size to suit. Use a smaller needle size than you may otherwise use. For instance if you are using 8 ply yarn and usually knit with 4mm needles, try a 3.75. The size of the poppy will change depending on your yarn and needles.

Col A 1 ball red yarn (one ball will make a number of poppies)
Col B Small amount of green for centre or a button.
Col C Scrap of black yarn.

BODY OF POPPY
Using Col A Cast on 60 st
Row 1 —10 K2 P2
Row 11 K2 tog across the row.
Row 12 Sl 1 K2 tog psso across the row
Break off yarn with long tail and thread back through remaining stitches and pull tight. Join edges with matress stitch

CENTRE OF POPPY
Using Col B Cast on 8 stitches and knit a square (approx 8–10 rows) of stocking stitch. Cut yarn leaving a tail and thread through live stitches as previously. The purl side is the right side. Run a line of running stitch around the outside of the knitted square and ease enough to pull the edges of the square into a round and tuck under.

FINISHING
Stitch the centre tucked side down to body of poppy and overstitch with black yarn as shown, or alternatively use a black or green button as the centre.

Start again

© COPYRIGHT 5000 POPPIES 2014.
THESE PATTERNS MAY NOT BE COPIED OR DISSEMINATED FOR ANY PURPOSE OTHER THAN THE 5000 POPPIES PROJECT WITHOUT CONSENT IN WRITING FROM THE AUTHORS.
Lynn’s Easy Crochet Pattern

This pattern gives a full crochet poppy using only one size stitch, and is an easy pattern for beginners.

Size 3.5 crochet hook (we want the finished flower to be quite tight).
Col A 1 ball red 8 ply yarn (one ball will make a number of poppies)
Col B Scrap of green 8 ply yarn
Col C Scrap of black 8 ply yarn (eyelash yarn looks great)

BODY OF POPPY

Using Col A make a slip ring
1st round Ch 3, 9 treble crochet into ring. Pull the slip ring tight to close centre of ring and slip stitch in top ch to join
2nd round Ch 3, 1 treble crochet into first stitch 2 treble crochet into each stitch to last stitch, slip stitch in top ch to join
3rd round Ch 3, 2 treble crochet into first stitch, 3 treble crochet into each stitch to last stitch, slip stitch in top ch to join
4th round Ch 3, 1 treble into first stitch, 2 treble into each stitch to last stitch, slip stitch in top ch to join. Fasten off and sew in ends.

CENTRE OF POPPY

Using Col B Make slip ring Ch 3, 9 treble crochet into ring and slip stitch in top ch to join. Pull tail end to close centre of ring. Fasten off leaving a long tail to attach centre to body of poppy.

FINISHING

Sew in ends for body of poppy. The ends for the centre can be sewn in if you wish or hide them behind when you sew on the centre. Using a yarn needle thread black tail and invisibly attach the centre to the body of the poppy.

Start again

Lorraine’s Easier Crochet Pattern

This design is only two rounds using treble and triple treble (yoh 3 times before inserting).

Size 3.5 crochet hook
Col A 1 ball red 8 ply yarn (one ball will make many poppies)
Col B Scrap of green 8 ply yarn
Col C Scrap of black 8 ply yarn

BODY OF POPPY

Using Col A make a slip ring
1st round Ch 3, 9 treble crochet into ring. Pull the slip ring tight to close centre of ring and slip stitch in top ch to join
2nd round 3ch, 4trtr in same stitch. In next stitch 5trtr, *in next stitch 1tr and 4trtr, in next stitch 5trtr. REPEAT from * to end of round, ending with slip st in top to join. Fasten off. Sew in ends.

CENTRE OF POPPY

Using Col B Make slip ring Ch 3, 9 treble crochet into ring and slip stitch in top ch to join. Pull tail end to close centre of ring. Fasten off leaving long tail to attach centre to body of poppy.

FINISHING

Using Col C Cut 6 x 7cm lengths of yarn and using a small hook attach them like a fringe to the post of each stitch on Round 1. Stitch centre to body of poppy.

NOTES

The petals are made up of 5 groups of 10 stitches worked over 2 trebles of the first round.

Start again

Lynn’s Easy Knitted Poppy

This easy knit pattern gives a lovely frilly finish to your poppy.

Size 3.5 mm knitting needles (we want the finished flower to be quite tight).
Col A 1 ball red 8 ply yarn (one ball will make many poppies)
Col B Scrap of green 8 ply yarn
Col C Scrap of black 8 ply yarn

BODY OF POPPY

Using Col A cast on 120 stitches.
Rows 1–4 Knit
Row 5 Slip 1 Knit 2 together PSSO across the row (40 stitches)
Rows 6–9 Knit
Row 10 Knit 2 tog across the row (20 stitches)
Rows 11–14 Knit
Row 15 Knit 2 together across the row (10 stitches)
Cut yarn leaving a tail of about 15cm
Thread tail through yarn needle and slip all the remaining live stitches onto the yarn tail and pull tight. Pull around into a circle and then mattress stitch seam for an invisible seam.

CENTRE OF POPPY

Using Col B Cast on 8 stitches and knit a square (approx 8–10 rows) of stocking stitch. Cut yarn leaving a tail and thread through live stitches as previously. The purl side is the right side. Run a line of running stitch around the outside of the knitted square and ease enough to pull the edges of the square into a round and tuck under.

FINISHING

Stitch the centre tucked side down to body of poppy and overstitch with black yarn as shown, or alternatively use a black or green button. Sew in ends.

Start again