Principal’s message......

The children have been busy practicing for the **Gunnedah Eisteddfod** being held later this week. The Infants are required to meet at St. Xavier’s Hall in Bloomfield St, Gunnedah at 10.30am on Friday, while the Primary students will meet on Thursday at 9.30am. Please ensure each child has the necessary costume on. If you have any questions, please do not hesitate to contact the school.

Kane Radford from **Jump Rope for Heart** will visit us on Tuesday 26th May (next week). I have observed Kane and his program in action at Curlewis Public School and I’m sure the Carroll students will enjoy their time with Kane just as much as the Curlewis students did. Thank you to Mrs Seymour for organising Kane’s visit for our students.

I am excited to say that we now have two **Smartboards** installed, one in the K-2 classroom and one in the hall. Once the required furniture arrives for our hall, the library books will be relocated and our hall will become a multi-purpose room that can be used for Library lessons and borrowing, music lessons, dance, drama and assemblies. I am hopeful that we can have it up and ready for a parent assembly before the end of term.

Please keep those **Home Reading folders and homework** coming in every Monday morning.

The **Currabubula Art Show** takes place this weekend and each of our students have entered in the photography section. I was amazed by the outstanding work that the students produced, I hope you can make it to the show to view their efforts. Thank you to Mrs Seymour for her hard work with assisting the students K-6 to produce such high quality ...

I was able to secure a tentative booking for a **K-6 camp** in Term 3 for Point Wolstoncroft Sport and Recreation Centre. I cannot recommend this camp highly enough. More information on the activities provided, the deposit required and the total cost of the excursion next week.

Have a fantastic week,
Rebecca Hopkins

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**Upcoming events....**

**MAY**
21st-22nd **Gunnedah Eisteddfod**
23rd-24th **Currabubula Art Show**
26th **Jump Rope for Heart**
28th May - 3rd June **Reconciliation Week**
Milkshake Winners!!

Well done to Maddie Mulherin and Breeana Ward for winning the weekly milkshake. The milkshakes are awarded for good behaviour.

Happy Birthday Frankee

Thank you to Tara for sending in the beautiful cupcakes to celebrate Frankee’s birthday yesterday. They were absolutely yummy!!
The Gunnedah Eisteddfod 2015

Carroll Public School students will be going into Gunnedah for the Eisteddfod this week. The students have been practicing all term and I’m sure they will shine on the day. Please have students at St Xavier’s Hall in Bloomfield St, Gunnedah by the times below.

Primary: Thursday 9:30am
Infants- Friday 10:30am

Music

is the voice of the soul

The Small Schools Cross Country at Moonbi last Friday was a success! The students had a great day and they should all be commended for their efforts. A few of our infant students took home a place in the 1km run.

2nd - Isiah Wheeler (6 years boys)
2nd - Maddie Mulherin (7 years girls)
3rd - Taleigha Elphick (7 years girls)
Exciting News!!!

Finally the wait is over and we have our smartboards installed!!

REMINDER

Please remember to pack your childs hat as the policy is

‘NO HAT, NO PLAY’
Dear Parents/Guardians,

Carroll Public School is participating in the Heart Foundation Jump Rope for Heart Outreach program. Kane from the Heart Foundation will be visiting the school next week to teach us a few tricks.

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia’s leading heart health charity, the Heart Foundation. The Jump Rope team provides us with lots of resources and support to implement the program.

At the end of the program we will be holding a Jump Off, an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. The Jump Off day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

Kind Regards

Danielle Seymour-Sports Coordinator
Dear Parents,

The School Sport Challenge provides an opportunity for Carroll Public School to focus on the importance of long term, healthy lifestyle choices.

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles. Sport plays an important role in developing regular physical activity, provides positive health outcomes and is a fun and healthy way to connect with your local community. We invite students to take up the Challenge - and take the path to a healthier life.

Challenge rules
Schools have a nineteen week time frame to complete the 10 weeks of physical activity each week to the class effort.

The Challenge timeframe is during terms 2 and 3.

Classes are challenged to set goals to accrue time spent each week in moderate to vigorous physical activity. Moderate activities require some effort but students will still be able to talk while participating in the activity. Vigorous activities will make students ‘huff and puff’.

To achieve a Premier’s Bronze, Silver, Gold or Diamond award, classes and individual members must accrue the following time spent in sport and physical activity

Bronze – 30 minutes per day
Silver – 45 minutes per day
Gold – 60 minutes per day
Diamond – 80 minutes per day

Class members record their physical activity time in the Premier’s Primary School Sport Challenge log book, class wall chart and the teacher will record onto an electronic wall chart online.

Kind Regards,
Danielle Seymour- Sports Coordinator