Diary Dates

Thursday 14th March  Clarence Valley Rugby League Trials at Frank McGuren Fields.
Tuesday 19th March  P&C meeting 6.00pm Vere Street Library.
Wednesday 27th March  Parent Maths meeting, note sent home with this newsletter.
Thursday 28th March  Easter Hat Parade Infants Campus only.
Friday 29th March  Good Friday Holiday.
Monday 1st April  Easter Monday Holiday.

Asthma Awareness

Lots of students at our school have asthma ranging from those who have a severe condition to those who hardly ever have an issue. Many of these students have a Ventolin Puffer. In the Infants these are kept in the office while in the Primary they are kept with the student. Either way if your child has or brings a puffer to school we should have a form signed in the office alerting us to the fact. If the asthma is severe we should have a copy of a health plan from your doctor.
If you have any questions about asthma the following web site is a great source of information. [http://www.asthmafoundation.org.au/default.aspx](http://www.asthmafoundation.org.au/default.aspx)

From the web site are some great tips including:

“Things to ask your doctor”

1. How can I tell if my asthma is well managed - or if it's not?
2. Can I identify the triggers that make my asthma worse?
3. Can I do anything about my triggers?
4. If exercise sets off my asthma, how can I still keep active?
5. What medication and device do I need, and why?
6. How do I use my medications and devices?
7. When do I need to take my medication - every day/some days?
8. Do I need my medication if I am feeling well?
9. Can I have a written asthma action plan?
10. When should I see you again?
Our fruit baskets on both campuses are still going strong
**Library Cafe**
Our Library Cafe is up and running for this term. Parents and students are welcome to drop in on Thursday afternoon from 3.00pm-5.15pm to borrow, use computers and the internet, print or simply browse. Parents can enjoy a great coffee or tea as well.

**Book Club**
The current issue of the Book Club is due back to school on Thursday March 21st.

**Boys Cricket**
Last Friday our boys cricket team played Grafton in the State PSSA knockout. While they represented SGPS with sportsmanship and effort Grafton’s team were just too strong on the day. The team and Mr Skinner can be congratulated on their efforts.

**Easter hat Parade**
This huge event on the Cambridge Street Campus is starting to take shape. This all dancing and hat “eggstravaganza” is one of the major events on the calendar that I have heard so much about. I am looking forward to seeing the students in their hats. Have you started making your hat yet?

**Pink Stumps Day**
We are supporting this good cause again this year with the Parent v Staff Cricket Game on Saturday
6th April at 10.00am. Any parents who would like to play and haven’t already put their name down please contact Karen Cleaver on 0417 248 134. We are asking all players to try and get a personal sponsor for the day which can be for runs, wickets, catches, sixes etc. Any donations can be made at [http://pinkstumpsday2013.gofundraise.com.au/page/SouthGraftonPublicSchool](http://pinkstumpsday2013.gofundraise.com.au/page/SouthGraftonPublicSchool)

Thanks
Kevin Jones
Deputy Principal
Community News

City Bears Hockey Club
Needs Under 7 and Under 11 Players.

Costs Under 7 $45
Costs Under 11 $115

All new players receive a voucher for a stick/shin pads/ball when fees are paid.

If your child is interested please contact
Ali Oxenbridge 0421833735 or
Di Hayes 0411418608

Grafton High School and the
Clarence Valley Community of Schools presents:

The Great Australian Rock Musical
(Featuring hits such as “Eagle Rock”, “Jessie’s Girl”, “Most people I know” and “Are you gonna be my girl”)

Grafton High will hold an open dress rehearsal performance for the local Primary Schools on 13th June at 11.00am at Grafton High School MPC, with a ticket price of $2.00 per student. This performance is shaping up to be one of our best

South Services Gunners Soccer Club

“Meet the coach/information night” Tuesday 19th March from 5.30pm at Rushforth Park. Any coaches wishing to coach this year please arrive at 5.00pm to collect your teams equipment. All players and parents are encouraged to attend. We will be taking registrations, registration fees and selling club socks and shorts. It’s not too late to sign up, so come on down and sign up for a great way to stay fit, healthy and make new friends. For further information contact 0420 907 629.
FAMILY RELATIONSHIP SKILLS PROGRAM

2 workshops to support parents get strong after difficult times.

Standing Strong

Restoring a sense of self after difficult times.

Thursdays 21st, 28th March & 4th April. 9.30am-12.30pm
Free child care
St George Building, 32 Prince Street, Grafton

Attending to Stress

A day of fun, relaxing and creativity.
Understanding and recognizing the effects of stress
Developing a plan
Monday 8th April 9.30am-2.30pm
Free lunch and child care
Pullen Centre, Grafton

Self Care is a radical act of defiance in the face of past abuse and neglect.

Contact FRSP 6642 7257 Bookings essential.
Library Café

SGPS Library - Thursdays 3.00pm-5.15pm

Students (pre-school, primary or secondary), who are accompanied by a parent, are welcome to research, borrow, use computers and the internet, print or simply browse.

Parents are welcome to enjoy a Nespresso coffee or tea and browse in the Parents’ Zone.