Assembly
This week’s assembly will be at 2:20pm in the hall.
Class 2J will present an item.

ANZAC Service
Further along in the newsletter is an invitation to attend the ANZAC Dawn Service at Gregson Park on 25th April.

All our families are invited to attend the service and march along with their children this year. Hayley Blackburn and Liam Phung will be reading biographies of 2 WW1 soldiers that came from the Hamilton area and our leaders will be laying a wreath.

Anzac ribbons will be on sale on Tuesday, 31st March, when we hold our Easter Hat Parade and can be worn at the dawn service.

EASTER HAT PARADE
Our Easter Hat Parade will be held on Tuesday, 31st March at approximately 2.00pm. All students wear their decorated Easter Hat and parade in front of their parents/grandparents etc.

EASTER EGG DONATIONS
The P & C draw the Easter Egg raffle at the end of the Easter Hat parade.

To continue our tradition of having many wonderful prizes, it would be appreciated if you could donate an Easter egg, rabbit, chocolate etc. These items may be left in your child’s classroom.

The P & C appreciate all donations.

EASTER EGG HUNT & COLOURING COMPETITION
Our annual Easter Egg hunt and colouring competition will be held on Tuesday, 31st March.

Students will colour their picture at school between lunch and recess, then come out into the playground at about 1.00pm to hunt for “hidden eggs”.

Students need to bring in $2 in an envelope with their name on it by Friday, 27th March and put it in the Easter Basket in the office for Mrs Bradley.

2014 International Competitions and Assessments for Schools (ICAS)
The University of NSW is offering your child an opportunity to participate in ICAS.

ICAS is an annual skills development assessment program in key areas of learning for students in Years 2-12; assessments are available in Computer Skills, English, Mathematics, Science, Spelling and Writing.

If you are interested in your child enrolling in any of these assessments, please complete the registration form attached and return it, with your entry fees, to school by Friday the 19th March 2015.

Entries will not be accepted after this date.
Mrs Lyle.
Library News
It is wonderful to see the permission notes for the Premiers Reading Challenge coming in. Please encourage your child to take part. There are wonderful/exciting books in our library which are part of the challenge.

A big thank you to Mrs Moyle (Lainey’s grandmother) and Mrs Farrell (grandmother to Hayley, Owen and Christopher) for the fabulous hand made library bags they have made for our students. Also thank you to the other thoughtful parents who have brought in bags to use for library books. No one has an excuse not to borrow. How lucky are the students of Hamilton North to be part of such a caring community.

Scholastic Bookclub
Issue 2 of Scholastic has been handed out to the students today. Please have all money and orders back at school by next Wednesday, 18th March.

School Photos
School photos are to be taken on Thursday, 26th March. Photo envelopes will be handed out to the students next Wednesday. Family Group Photo envelopes can be collected from the office from next Wednesday.

This year parents will have the option of paying online for their photo orders. A specialised code features on the front of the order envelope.

No money or change is given by the office in relation to the photo shoot. All envelopes with the correct money inside are handed to the photographers on the day.

Impetigo
We have had a case of impetigo (school sores) reported at the school. NSW Health advises the following:

Time from exposure to illness
1 to 3 days

Symptoms
Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home?
Yes, until treatment starts. Sores should be covered with watertight dressings.

How can I prevent spread?
Careful hand washing.

Zone Sports
Congratulations to the following students who have been selected in zone sporting teams:

Jay Leota Rugby League
Kobi Lyle Basketball
Jake Sweetnam AFL
Mitchell Sweetnam AFL

(Change of date to 24/3/15)

Levi Murray 5/6 donated books to our school on behalf of the Leukaemia Foundation.

CLASSROOM REMINDERS

Class 2J
2J are presenting the assembly item this Friday. Please remember your superhero costumes for our dress rehearsal tomorrow, Thursday.

We are looking forward to seeing parents/carers in the audience at the Friday assembly.

Check out Spelling City for our spelling list and some extra activities each week.
http://www.spellingcity.com/beccjj/

Class 4B
Thanks to all of the people who made appointments to see us on Wednesday and Thursday this week. A green time confirmation slip was sent home last Thursday, please contact the office if you have any queries about your time or day.

The recording of our fabulous assembly item only caught a small part, if you have a recording please e-mail it to us.
Thank you, Mrs Bell and Mrs Evans.
P&C ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

Due to circumstances beyond our control, the AGM which was to be on next Monday, 16th March has been postponed until next term.

The new date will be advertised when it is known.

“WALKING WITH DINOSAURS”
Is heading back to Sydney!

Don’t miss out on seeing this amazing show!
Hamilton North Public School has received an incredible school special discount of $39.90!!

THIS IS THE PERFECT FAMILY SHOW!
BOOK YOUR TICKETS NOW AT

www.smarttix.com.au

Hamilton Anzac Day Dawn Service
100th ANZAC Day Anniversary Invitation
Gregson Park

Merewether-Hamilton RSL Sub Branch would like to invite students, parents and staff to attend the 100th Anniversary of Anzac Day at the Hamilton Dawn Service at Gregson Park on 25th April, 2015. Anzac Dawn Services have been held in Gregson Park, Hamilton since 1922.

Everyone is welcome to participate in the march from Beaumont St to Gregson Park. Those wishing to march, will need to form up on the corner of Tudor and Beaumont St at 5.00am. Marshalls will be in attendance to assist.

If you just wish to attend the service please make your way to Gregson Park prior to 5.15am.

The service begins at 5.30am and is completed just on sunrise.

A sausage sizzle along with tea and coffee will be served, for a gold donation, at Hamilton PS which is just across the road from Gregson Park at the completion of the service.

If you have any questions please call David Jack on 0447902352.
**CALENDAR OF EVENTS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>13th March</td>
<td>Paul Harragon Cup</td>
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<tr>
<td>Tuesday</td>
<td>24th March</td>
<td>K-6 Funky Hair Day Fundraising for Leukaemia Foundation</td>
</tr>
<tr>
<td>Friday</td>
<td>27th March</td>
<td>Zone Cross Country</td>
</tr>
<tr>
<td>Thursday</td>
<td>26th March</td>
<td>Whole School Photos</td>
</tr>
<tr>
<td>Tuesday</td>
<td>31st March</td>
<td>Easter Hat Parade/Easter Egg hunt/Raffle</td>
</tr>
<tr>
<td>Friday</td>
<td>3rd April</td>
<td>Good Friday – School Holidays commence</td>
</tr>
<tr>
<td>Tuesday</td>
<td>21st April</td>
<td>Students return for Term 2</td>
</tr>
<tr>
<td>Saturday</td>
<td>25th April</td>
<td>Anzac Day Dawn Service – Gregson Park</td>
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<td></td>
<td>12th – 14th May</td>
<td>NAPLAN testing for Years 3 and 5</td>
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<tr>
<td>Monday</td>
<td>27th July</td>
<td>K-6 Excursion to Civic Theatre</td>
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**LIVE LIFE WELL**

**Healthy party drink idea**

Fruit spritzers are a fun alternative to soft drink for parties and social events, and so easy to make! Just mix ½ fruit juice and ½ soda water!

Or why not freeze juice in ice cube trays to add to mineral or still water for a nice fruity taste!

**Cordials, soft drinks and sports drinks**

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
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</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.