Dear Parents

With the winter season upon us the levels of sickness generally rise. The NSW Department of Health have delivered a range of practices for student to follow to reduce the spread of the ‘bugs and lurgies’. We will continually remind the children at school of these measures and we would appreciate any ‘extra’ reminders from home.

First of all is hand-washing. The Department of Health has the following advice:

Good hand-washing habits help to stop the spread of infection and reduce the amount of time teachers and students are absent from school due to infectious illness.

Children should wash their hands:
- Before they eat or handle food
- After playing
- After blowing their nose
- After going to the toilet
- After touching their pets.

Steps in washing hands are:
- Wash with soap and running water
- Wash front and back of hands as well as between fingers and nails
- Rinse well with running water
- Dry well all over.

From the government agency CDC (Centre for Disease Control and Prevention) they advise some healthy habits which can help stop germs.

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
   You will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Washing your hands often will help protect you from germs.
5. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Practise other good health habits.
   Get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious food.

Any student with influenza symptoms should remain at home until they are well. Hopefully by following these guidelines we may all remain healthier over the winter period.

Enjoy your week.

Regards

Rob McLean
Head of the Preparatory School
**ASSEMBLY AWARDS**

**Merit Awards:** Annabel Pengilly, Charli Mae Hobbs, Daniel Shepherd, Ruby Meehan, Elliot Hannelly, Kate Murray, Maddi Cunial-Stone, Alexandra Strutt, Ryan Furness, Ella Worsley, Max Bylsma, Campbell Gilmore, Will Hannelly x 2, Jack Pengilly, Ziggy Jackson-Le Couteur, Molly Knight-Hannan, Lachlan Brown, Joel Furness, Owen Bloomfield x 2, Alanah Seedsman, Phoebe Litchfield, Catie Crisp, Lizzie Kwa, William Rawson, Catriona Denholm, Taylah Caro, Max Jorquera, Harry Houghton, Maddy Szich, Megan McClare, Bailie-Rose Miller, Grace McBeath, Ward Strutt, Lachlan Smith, Adelaite Gavin, Niamh McPhee, Fiona Hill, Ethan Buesnel, Jack Saran, Ethan Rutherford, Bella Hoyle-Davies, William Smith, Florence Conway, Ruby Greer, Hannah Solari, Jemima McPhee, Joshua Chai, Ailish Seedsman, Bailey Mannix x 2, Ruby Niven, Saskia Smith, Emma Hazelton x 2, Mitchell Strike, Ollie Steele-Park, Monique Worsley x 3, Saul Sullivan, Fletcher Rose, Jemma Barrett x 3, Mitch Harris, Sosaia Faiva, Maggie Smith x 3, Angus Cumming, Amelia Rawson x 4, Parham Raoof, Emma Pryse Jones x 2, Sam Aylward, Kelsea Bellamy, Alice Litchfield, Eva Bloomfield, Jemima McCalman, Trent Russell, Mary Munro, Amanda Gee, Emily Saran, Angus Crossing.


**Citizenship Points:** Annabel Pengilly, Kate Murray, Sterling Graham, Oscar Savage, Ella Worsley, Grace Szich, Catriona Denholm, Alanah Seedsman, Molly Knight-Hannan, Grace McBeath, Brooke Barrett, Sally Crossing, Rosario Catalian, Hunter Rose, Sophie Brunner, Jack Saran, Alana Dihel, James Murray, Anneka Graham, Billie Brownlow, Maddie Smith, Bradman Gavin, Harrisen Bryant, Maggie Smith, Mitchell Strike, Chris McClare, Ethan Rutherford, Will Smith, Logan Buckley, James Murray, Scott Sullivan, Chelsea Shrimpton, Sam Harbison, Emerson Miller, Isabelle Rees, Emily Saran, Laura Sharp, Amanda Gee.

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**KWS YEAR 6 DINNER**

Come along for a relaxed evening to catch up with year 6 parents.

**Where:** Hotel Canobolas

**When:** Friday 18 June 2010

**Time:** 7.00 pm for 7.30 pm

**RSVP:** Jean Condon 63611605 or Hilary Britton 63618820 by Monday 14 June

Drinks and Dinner to be paid for on the night

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**Important Dates to remember for term 2, 2010**

- **1 June** – Bach to the Future (musical presentation)
- **9 June** – Science competition
- **14 June** – Queen’s birthday public holiday
- **18 June** – Prep School Information morning for 2011
- **22 June** – Writing Competition
- **24 June** – Parent/Teacher Interviews
- **25 June** – Special Interest Show Case Assembly
LOST
Brooke Barrett in 1W has lost her blazer. Her blazer is well named. As a result, Brooke has someone else's un-named blazer size 8. Brooke's blazer is a size 8 or 10.

KINROSS WOLAROI SCHOOL – CANTEEN ROSTER - Month of: May 2010

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
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<tr>
<td></td>
<td>Lyn</td>
<td>Cathy</td>
<td>Theresa</td>
<td>Cindy</td>
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<tr>
<td></td>
<td>Sellwood</td>
<td>Bloomfield</td>
<td>Cassimatis</td>
<td>Williams</td>
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Urgent request from the Canteen

Can you please help?

The KWS Canteen is in need of volunteers to work on
- Wednesdays
- Thursdays
- Fridays

2 or 3 new volunteers are required on each day.
perhaps you and a couple of friends would like to volunteer once a month?

If you can help, we would appreciate it.
Please contact Rebecca Jorquera on the canteen number (63920387) for more information and to register your interest in helping out.
Thank you for considering this
Richard Cheney
KWS P&F president

SPORTS NEWS

HICES CROSS COUNTRY
What a successful day was had by KWS lastThursday at the HICES Cross Country at ASC in Bathurst. After being promoted to Division 1, we knew we were going to be up against some tough competition however we showed many of the larger Sydney schools how competitive we were by finishing 3rd overall on aggregate and 1st on percentages in Division 1. What an outstanding achievement!

All of our students certainly completed the course with great focus and determination and should be very proud of their result.

Eleven of our students finished inside the top 10 and will now compete at the CIS Carnival to be held on Thursday 17th June at Eastern Creek in Sydney. These students are: 12 Years Girls: Annabelle Tierney 10th, 12 Years Boys: Dylan Swain 4th. 11 Years Girls: Lomima McCalman: 1st, Kelsey Gray: 3rd and Alice Litchfield 5th. 11 Years Boys: Nathanael Vazouras 4th. 10 Years Girls: Laura Sharp: 2nd, Emma Holman 10th. 8/9 Years Girls: Emma Crossing 2nd. 8/9 Years Boys: Ollie Steele-Park 1st and Ben Bellamy 9th.

CANCELLATION OF SPORT TRAINING
The decision to cancel sport training is not made until 2:30 pm. A message will be placed on the sport line. PLEASE call this number on 63920450 for cancellation details, NOT THE OFFICE. (If there is no message it is either too early or training is on)
Can you also ensure you have made wet weather plans with your child so they are aware of alternative arrangements when sport is called off.
**Football Draw**

**Saturday 29 May**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Ground</th>
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</thead>
<tbody>
<tr>
<td>U/6 Cobras</td>
<td>10am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/6 Tigers</td>
<td>10am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/6 Bears</td>
<td>10am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/7 Pumas</td>
<td>11am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/7 Cheetahs</td>
<td>11am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/8 Lions</td>
<td>10am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/9 Glory</td>
<td>11am</td>
<td>PLC</td>
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<tr>
<td>U/9 Fury</td>
<td>11am</td>
<td>PLC</td>
</tr>
<tr>
<td>U/10 Roar</td>
<td>9:40am</td>
<td>Waratahs SG 3</td>
</tr>
<tr>
<td>U/11 Victory</td>
<td>9:40am</td>
<td>Waratahs SG 2</td>
</tr>
<tr>
<td>U/12 United</td>
<td>10:55am</td>
<td>KWS North</td>
</tr>
<tr>
<td>U/12 Jets</td>
<td>10:55am</td>
<td>JB 2</td>
</tr>
</tbody>
</table>

**Netball Draw**

**Saturday 29 May**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>U/10 Pulse</td>
<td>9.00 am</td>
<td>B</td>
</tr>
<tr>
<td>U/10 Magic</td>
<td>9.00 am</td>
<td>4</td>
</tr>
<tr>
<td>U/11 Swift</td>
<td>10.00 am</td>
<td>4</td>
</tr>
<tr>
<td>U/11 Thunderbirds</td>
<td>10.00 am</td>
<td>6</td>
</tr>
<tr>
<td>U/12 Firebirds</td>
<td>11.00 am</td>
<td>2</td>
</tr>
</tbody>
</table>

**Hockey Draw**

**Saturday 29 May**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Ground</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minkey</td>
<td>12.00 pm</td>
<td>Davis</td>
</tr>
<tr>
<td>U/9 Hurricanes</td>
<td>Bye</td>
<td></td>
</tr>
<tr>
<td>U/11 Tornadoes</td>
<td>Bye</td>
<td></td>
</tr>
<tr>
<td>U/13 Cyclones</td>
<td>9.00 am</td>
<td>Davis</td>
</tr>
</tbody>
</table>

**TEAM OF THE WEEK**

U/11 Thunderbirds
U/13 Cyclones

**Outstanding Achievement in Sport**

Don't forget that if your child is excelling on the sporting field outside of school we'd love to know about it. Simply let me know on a Monday morning so we can inform the rest of the School community about your child's success.

**ATHLETICS CARNIVAL TRAINING**

Ms Lepelaar has kindly given up some of her lunch times to assist in preparing our students for WAS and HICES Athletic Carnivals which are coming up in Term 3. WAS Athletics will be held on 18th August whilst HICES follows on the week after on Tuesday 24th August. Last week Ms Lepelaar began with Long Jump and Throwing. This Friday she will be doing High Jump in the Gym and on Monday she'll be doing Throwing on the Lower Front Oval. I encourage all students in these events to attend these sessions however they are not compulsory. Those students interested simply need to bring their PE uniform on those days and get changed at lunch time. Beginning next term we will also look at additional training as preparation for these Carnivals.

**RUGBY GAMES - 2010**

28 May – only 12 yrs v All Saints
6 June – Emus
9 June – 11/12 yrs & 9/10 yrs V BMGS
1 August – Trangie
8 August – Bathurst
22 August – Orange City

**Sports Reports for Saturday 22 May**

Please email Cathy Watkins your sport reports on cwatkins@kws.nsw.edu.au

**Football**

U/6 Bears: The Waratah Vikings were the team the Under 6 Bears played on Saturday. We all played really well. Sterling scored the first goal with a great team effort to set up the next goal for Sam to score. I scored the third goal. There was great defence and attack from everyone. Thanks Annabel Pengilly for coming to help us out as we were a player down. Thanks Mrs K. Peter Saran

U/6 Tigers: The Under 6 Tigers played Orange Anglican and the score was 4 to 7. Everyone played well as a team. Annabel kicked two sensational goals and Remy did 3 super kicks. Great game guys. Ryan Furness

U/7 Pumas: On Saturday 22 May the U7 Pumas played a rough and tumble game against the Waratahs. Despite being targeted, Phoebe scored an impressive two goals and Campbell one. Unfortunately the Pumas lost. Ziggy was named player of the week.

U/9 Glory: On Saturday U9 Glory set out to play Blayney at PLC. Everyone had great passing, the score was 1-8 KWS way. Thank you Mr Pritchard for coaching. Keep it up Glory. Chris McClare

U/9 Fury: The U9 Fury ran on the field to play Blayney last Saturday. Great defence by everyone and we worked well as a team. The score was 8-0 our way. Thank you Mr Hordynsky for teaching us some good skills. Mitchell Strike
**U/10 Roar:** On a sunny Saturday morning, under 10s KWS Roar jogged on to the field ready to play a great game of soccer. In the first half we started off with some good passing and defending and the same in the second half. Luckily the end score was 4 all. Special mention to Harrison Bryant who scored all of the goals. Thank you Mrs Houston for coaching us. We’ll get ‘em next time boys! Jock Pryse Jones

**U/11 Victory:** We started out our game against Ex-Services with some really awesome team work. We finally scored. We did our best with the time that we had. Unfortunately they scored a teeth-grinding two goals. We held on and stopped all the other goals they tried to get. Then we heard the awful sound of the whistle at the end, the score was 2/1 their way. Better luck next time guys. Thanks to our coach on the day, Darren Marjoram. Henry Welsh under 11s (Victory).

**Netball**

**U/10 Magic:** We ran onto the court determined to score victory. We lost the toss but that’s all right. The whistle blew and we ran. Great attacking by Alanah, Louisa and Monique and wonderful defending by Ailish, Katrina and Jemima. Finally Monique scored two magnificent goals. The end score was 2-11 but hey who’s counting? Thank you Mrs Seedsman for coaching us.

**U/10 Pulse:** On a day that was warmer on the outside than the inside of the Netball Centre, the under 10 Pulse played CYMS Emeralds. Jess played very well against an opponent much taller, Myriam was a fantastic centre and our two Emma’s scored some great goals. We all had a great time. Charlotte May

**U/11 Thunderbirds:** It was a windy Saturday morning as KWS Thunderbirds set out to play CYMS rockets. In a blink of an eye Kelsea got the ball and scored the first goal. The score was 15/4 our way. Thank you Mrs Bellamy for being a great coach and thank you for all of the Mums and Dads who came to watch. Hannah Engelhardt.

**U/11 Swifts:** On a frosty Saturday morning the Under 11 Swifts ran onto the court to play CYMS. Jemima whipped around in centre. Millie and Emily were great in defence, Grace was strong in GK. India and Emerson did fantastic shooting. The end score, 18 -4 their way. Thanks to Mrs Whiteley. Amanda Gee

**Hockey**

**U/13 Cyclones:** 3-0, 2-0, 9-0, most of us were bored with losing, so we made the decision before the game started, we were going to WIN. The game started off really well, with Jojo scoring our first goal of the season, the crowd went wild, or maybe that was just us again. Anyway the rest of the game was fantabulous no goals were scored and we had a few great runs. Thanks Miss Dwyer for leading us to our first, half, victory. Annabelle Tierney

**U11 Tornadoes:** On a beautiful Saturday morning the U11 Tornadoes played an awesome game of Hockey. We won 5 - 0. We played against Molong White. Our goals were scored by Zali, Emma, Maggie and Mary x 2. Thank you to Miss Holmes for coaching us. Keep up the good work Tornadoes! Jemma Barrett

**U/9 Hurricanes:** The Hurricanes ran onto the field. In the first half CYMS almost got a goal but Ruby saved heaps of goals. In the second half Alana scored a goal. There was lots of team work and we won the game 1-0 our way. Haidee Watson

**Minkey:** On a beautiful winter morning the KWS Minkey Hockey team were ready to take on the world. Grace Srzich scored her first goal and Maddy Srzich scored as well. A great game girls with great team work, well done. Thank you also to Mrs Key for her wonderful support and enthusiasm. Sally Crossing

**Rugby**

**U/11 Two Blues:** It was another warm sunny day for the gala day held at Molong yesterday morning. The U/11 Two Blues started the day with a big win against an under strength Molong. Next we came up against a Cowra side that were all over us. We lost our structure heads down, or maybe that was just us again. The Diamonds started creeping closer and closer to our goal. Until, NO they scored a goal, the crowd was stamping their feet and had their heads down, or maybe that was just us again. Anyway the rest of the game was fantabulous no goals were scored and we had a few great runs. Thanks Miss Dwyer for leading us to our first, half, victory. Annabelle Tierney

Quality Sporting Services camps for the July School Holidays include:

- Rugby League, Soccer, Rugby and Netball Call 63629244 or 63629234 for more information