Dear Parents

Over the last couple of years we have run a Special Interest programme each Friday (11.15 – 12.05) during Term 2. The purpose is to learn a new skill that is not part of the current curriculum. A variety of choices have been offered from scrapbooking to sewing, squash to golf, video production to woodwork, circus tricks to water colours, robotics to knex – the list goes on.

The programme has worked due to the generosity of parents who have offered their time and skills. The students have thoroughly enjoyed it from Kindergarten to Year 6. The groups are around 10-12 students. Again we ask for any parents who would like to be involved to contact Cathy Watkins and state their interest and their preference for either K-2 or 3-6’s. It is a great opportunity for children to learn something new and for parents to practise their hobby. If you have any queries please don’t hesitate to ask. The more people involved the greater benefit will be enjoyed by our students.

This term the Year 6 students have been implementing the Peer Support programme in this timeslot. They have been doing a great job and we will formally revisit Peer Support in Term 4.

Thank you in anticipation of your support.

Enjoy your week.

Regards

Rob McLean
Head of the Preparatory School

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**Assembly Awards**


**Courtesey Awards:** Ben Chai, Alexandra Strutt, Kate Murray, Sterling Graham, Brooke Barrett, Rosario Catalan, Toby Jeffress, Owen Bloomfield, Molly Knight-Hannan, Mia Taylor, Dempsey Bryant, Harry May, Ward Strutt, Philippa Mannix, Richie King-Christopher, Emma Crossing, Annae Graham, Joshua Chai, Megan Murray, Luca Wynn, Ruby Niven, Brianna Priest, Fletcher Rose, Charlie Greer, Chelsea Shrimpton, Charlie Pittman, Mary Munro, India Kermode, Sam Aylward, Maree-Lauren Vazouras, Imogen Rosborough, Siokapesi Faiva, Toby Condon, Lachlan Gregory, Canada Gavin, Annabelle Tierney, Harry Rees.

KWS Friends of Music, in conjunction with the KWS Music Staff present:

PASSION, PERSISTENCE AND PRACTICE

When: Wednesday 17 March 2010
Time: 7.00pm
Where: KWS Performance Theatre

How do we encourage our children to develop a passion for their instrument and engage in meaningful practice without pulling our hair out?

We all know that there are many benefits to be gained from learning a musical instrument across academic, social and creative areas, but how do we achieve this and get the most out of our music lessons?

KWS Friends of Music together with the Music Dept Staff bring you a seminar and open forum on this very topic, sharing ideas to develop the passion for music so that practice will now be a joy to behold!

Bring along a plate of food and enjoy a chat with our music staff. Tea, coffee and cool drinks will be provided.

Following the forum, there will be a short AGM of the KWS Friends of Music and everyone is very welcome to stay and participate in the meeting.
Some useful recipes that do not contain egg or nuts

**Eggless Chocolate Slice**
*This is a nut free, dairy free and egg free recipe.*

**Ingredients**
- 125g Nuttelex
- 2 teaspoons cocoa
- ½ cup coconut
- 1 cup cornflakes
- 1/3 cup caster sugar
- 1 cup flour
- 1 tablespoon golden syrup

**Method**
Sift dry ingredients into basin, add sugar and coconut. Stir in melted Nuttelex and mix well. Pour into greased slice tin. Bake in moderate oven fro 25 minutes. Ice when cool.

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**Chocolate Fudge Cake**  
*More like a mud cake*

**Ingredients**
- 1½ cups self raising flour - sifted
- 1 cup water
- 1 tablespoon cider vinegar
- 1 teaspoon vanilla
- 3 tablespoons cocoa
- 1 cup caster sugar
- 6 tablespoons oil
- pinch salt

**Method**
Greaseproof a round tin. Paper is essential as cake I quite moist. Preheat oven to 180°C. Mix all ingredients together well. Pour into tin and bake for 35 minutes. Leave to cool for 15 minutes before turning out.

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**Eggless Chocolate Cake**  
*Kids love this*

*This is a dairy free, nut free and egg free recipe.*

**Ingredients**
- ½ cup Nuttelex
- 1 teaspoon vanilla
- 1 teaspoon bicarb soda
- 2 cups self raising flour
- ½ cup caster sugar
- 2 tablespoons golden syrup
- 1½ - 2 cups soy milk
- 3 tablespoon cocoa

**Method**
Cream butter and sugar until light and fluffy. Add vanilla and golden syrup. Add dry ingredients with the milk, making a soft consistency. Beat for 5 minutes with mix master. Cook at 180°C for 35-45 minutes.

Leave cocoa out to make vanilla cake
**Kinder Parents’ Dinner**

**Date:** Wednesday 17 March 2010  
**Venue:** Pro Vista on 129 Summer St  
**Time:** 7.00 pm for 7.30 pm dinner  
**Cost:** $35 per person for a 2 course.  
**RSVP:** No later than Monday 15 March to Michelle Worsley on ph 63658572  

Come along for a great night out and meet with other parents!

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**Don’t miss out on Summer Sport!!**

A reminder that Summer Sport is compulsory and that unexplained absences cause problems with team numbers. If your child can’t attend Saturday Sport they simply need to bring in a note or email early in the week. If they fall ill on Saturday morning then a note needs to be handed in on Monday. We cannot have students simply not turning up as it has an adverse effect on all teams. Thank you for your cooperation.

**PLEASE DON’T BE LATE FOR SUMMER SPORT. SUMMER SPORT STARTS AT 8:30 a.m. SO BE THERE BY 8:20 a.m. SO WE CAN START ON TIME!**

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**Sports News**

**WAS Swimming Report**

What an outstanding day was had by all last Wednesday 4th March at the Annual WAS Swimming Carnival. We headed up to the pool at 11:30a.m where we were joined by competitors from Orange Anglican Grammar, All Saints, Scots School and Blue Mountains Grammar for a day of friendly competition and preparation for our HICES Carnival.

A huge thank-you to parents who assisted with timekeeping on the day. I really appreciate your enthusiasm and willingness to help out. Special thanks to all my Year 6 helpers who were simply superb at greeting our visitors, distributing ribbons, offering sandwiches and fruit to the staff and photocopying results. You all did an outstanding job and helped make the day a success. Thank-you also to the ground staff, canteen, Steve Critoph and Brendan Curran who were also invaluable in helping make this day a success.

All of our students certainly gave of their best throughout the day and achieved some outstanding results. Whilst I’d love to go through all the results I’ll simply say that everyone certainly tried hard and recorded some speedy times. I look forward to reporting back to you from our HICES carnival next week where I’ll give you a detailed report on results.

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**Cricket**

U10 Cricket play Thursdays at 4.00 pm  
U12 & U13 play Saturdays at 8.30 am

<table>
<thead>
<tr>
<th>Team</th>
<th>Time/Date</th>
<th>Ground</th>
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<tbody>
<tr>
<td>U10</td>
<td>Thur 4th March</td>
<td>Ridley Oval</td>
</tr>
<tr>
<td>U12</td>
<td>8.30 am</td>
<td>PLC 2</td>
</tr>
<tr>
<td>U13</td>
<td>8.30 am</td>
<td>Semi Finals</td>
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**Internal Competition**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time/Date</th>
<th>Ground</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>Sat 8.30 – 9.30</td>
<td>Outside Basketball courts KWS</td>
</tr>
<tr>
<td>Years 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Internal Comp Years 4 &amp; 5 Athletics</td>
<td>Sat 8.30 – 9.30</td>
<td>Southern Ex Students Oval</td>
</tr>
<tr>
<td>Athletics Year 3</td>
<td>Sat 8.30 – 9.30</td>
<td>Southern Ex Students Oval</td>
</tr>
</tbody>
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**Team of the week**

It was a close call again in the Team of the Week stakes with a joint entry from the TICTACS and the WANNABEES taking out the coveted prize. With the full time siren sounding off in the background a last-ditch goal drew the scores level at 22-22 all. It was a thrilling finale to a game that was played in good spirits. Well done to both teams.
**WINTER SPORT**

The Winter Sport Season is fast approaching and on Monday our 3-6 students were asked to nominate for a Winter Sport. Girls had to choose between Hockey and Netball whilst the boys had to choose either Soccer by itself or Soccer and Rugby. Our K-2 students were given the option of playing a Winter Sport and a note was sent home in regards to this. Teams will be organised over the next few weeks. Anyone interested in coaching a side should complete the form below and return to me by the end of the week.

My name is ______________ and I’m interested in coaching a side in the Winter Sport competition. My first preference would be __________________. I can be contacted on phone: ___________ or email ____________________.

**OUTSTANDING ACHIEVEMENT IN SPORT**

Last weekend several of our students competed in the Orange Colour City Running Festival. Mitchell Strike competed in and won the 10 years and under 10km run. Wow! What a great effort Mitchell! Jemima McCalman was equally outstanding and finished second in the female 4.5km run whilst Max Summers was brilliant in completing the 4.5km course in a time of 49 minutes.

Congratulations also to our students who competed in the Small Town Swimming Carnival on the weekend. Mary Munro and Lochie Hazelton had successful days and finished in some commendable places.

Charlie Steele Park was selected in the Central West Rugby side on the weekend. Congratulations and we wish him all the best in the team.

**HICES SOCCER TRIALS**

Good luck to Harry Rees, Toby Condon, Lachlan Gregory, Charlie Steel-Park and Louis Lockwood who will travel to All Saints School in Bathurst for the 2010 HICES Football Trials this Friday.

**CIS Cricket Trials**

We also wish Harry Rees the best of luck on Monday 15th March as he travels to the Kings School in Sydney for the CIS Cricket Trials. This will be a great experience for Harry as he competes against some of the finest cricketers from the CIS system. GO HARRY!

**CRICKET REPRESENTATIVE TRIALS**

After another successful representative campaign in 2009/2010, the ODJCA will start preparations for the 2010/2011 season by holding representative trials for U/12s, U/14s and U/16s in March.

The U/12 trials will be held on Sunday 14th and 21st March at the Sally Kennett nets at KWS between 10am – 12 noon. The U/14 trials will be held on the same day at venue between 1pm – 3pm. The U/16 trials will be held at Riawena Oval on Friday 12th and 19th March starting at 4:30pm. For the first time, each player will receive a marking sheet so they can see the areas they might need to work on.

The ODJCA are also looking for selectors, managers and coaches for these teams. Applications must be in writing and can be sent to PO Box 1930 Orange NSW 2800 or emailed to tabs_1982@bigpond.com. All application for coaches must be accompanied by a copy of coaching accreditation certificate (Level 1 minimum standard required). Applications for selectors are due by 5pm Thursday 11th March 2010 and applications for coach and manager are due by 5pm Tuesday 30th March 2010.

If anyone would like any more information, please feel free to contact Matthew Tabbernor on 0438429904 or 63619361.

**THIS WEEK IN PE:**

It’s all about getting ready for our Athletics and Cross Country Carnivals in PE at the moment. All of our classes have been learning about running including body position and crouch starts. We even had some fun learning about how not to run. All of our students have been proving that they’ll be ready for the Cross Country by running without walking for different amounts of time. Our Year 1 and 2 students could do this for a minute quite easily whilst our 3-6 classes proved that they could do it for up to 3-4 minutes. I’ll be increasing this time each week and I’m sure that our students will be up for the challenge. We also learnt about some aspects of relay running including baton position and handing over the baton over. After completing lots of running drills most classes moved onto developing their Long Jump technique. During this time we practised taking off from both feet, run up length, landing in a forward motion and getting extra height to gain extra distance. This week we’ll be moving onto High Jump which will involve using the scissors technique, run up and landing technique.
Trials for our Athletics Carnival will be held in Week 8 and 9 of this term on Monday and Wednesday afternoon.

**CARNIVAL DATES FOR THE DIARY**

Thursday 1st April: KWS Cross Country.
Friday 30th April: KWS Athletic Carnival

**SPORT REPORTS FOR LAST WEEK**

**Cricket**

**U12:** On Saturday the under 12 Kinross cricket team played Millthorpe at PLC. Great bowling by everyone led to a run chase of 66. Great batting by Hughie Britton and Nathaniel Vazouras and especially Charlie Greer for top scoring and taking home the match ball. Kinross won the game, scoring 90 runs. Great game team. Louis Lockwood

**Interhouse competition- cricket**

Team Name -McLachlan
Captain of the week -Rebecca Cunial
The game started with some great bowling from Emma and some great batting from Monique. In the end McLachlan won both their games and McLachlan Dark won the whole competition. Well done McLachlan!

**Interhouse Summer Sport Competition**

**Sport: Cricket**

The high scorers of the week were:
Brown: Myriam Kwa
Douglas: Angus Crossing
Gordon: Sam Aylward
McLachlan: Emma Pryse
Highest wicket taker: (tied) Jesse Swain, McLachlan: Charlie Pittman
Highest wicket taker: Babs King-Christopher

Star Player of the week: Jack Bilton (Douglas House)
Highest scoring team: McLachlan Dark

**Interhouse Summer Sport Competition**

**Sport: Cricket**

The high scorers of the week (Saturday) were:
Brown: Eva Bloomfield, Kiara Taylorwood-Roe
Douglas: Jack Bilton
Gordon: Zac Condon
McLachlan: Charlie Pittman
Highest wicket taker: (tied) Harrisen Bryant, Charlie Pitman, Chelsea Shrimpton.

Star Player of the week: Louisa Gilmore (McLachlan House)
Highest scoring team: Gordon Light
Season Champion Team: McLachlan Dark

**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.**

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**KINROSS WOLAROI SCHOOL – CANTEEN ROSTER**

Month of: March 2010

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8 Jaianne Summers</td>
<td>9 Jane Sylvester Cheryl Hansen</td>
<td>10 Kim Bryant</td>
<td>11 Wendy Reddan</td>
<td>12 Pip Jarrett Louisa Sims</td>
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<td>15 Victoria McCourt Munro</td>
<td>16 Lyn Sellwood</td>
<td>17 Linda Kelly</td>
<td>18 Helen Gray</td>
<td>19 Cindy Williams Jill Peterson</td>
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<td>22 Cathy Bloomfield</td>
<td>23 Kim Rossi</td>
<td>24 Kerry Campbell</td>
<td>25 Fiona Bromage</td>
<td>26 Kate Doyle Melissa Bellamy</td>
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<td>29 Senior Camps</td>
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<td>31 Senior Camps</td>
<td>Canteen Supervisor Rebecca Jorquera - 6392 0387</td>
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