**Western PSSA Swimming Carnival**

Friday 7th March, was a fantastic day for achievement of personal goals for two Corinella students.

Both Aaron Mickan and Jeordy Carty travelled to Dubbo to compete in the Western Region PSSA Swimming Carnival; Jeordy achieved personal best times in the 10 Years Boys 50m Freestyle, 50m Backstroke and 50m Butterfly and Aaron achieved third place in the 13 Years Boys 50m Freestyle - qualifying for the **STATE** Championships!!! Aaron will compete at the NSW PSSA State Swimming Championships on Wednesday 9 April.

Well done Aaron, we are all so proud of your development from your initial learn to swim lessons with the School Swimming Scheme to this fantastic achievement!  **"Our Best Always"!**

**CWA (Oxley) Cookery Competition**

Madison, Aaron and Jeordy have been perfecting their busy baking their entries for the CWA 'The Land' (Oxley Group) Cookery Competition. Miss Constable transported their entries, along with our Handicraft entries, to Tullamore for judging on Tuesday 11 March. Students achieved the following wonderful results; 3rd Madison Burbage (12 Years & Under Lemon & Poppy Seed Muffins, 2nd Aaron Mickan (18 Years & Under Cherry & Walnut Cake), 3rd Jeordy Carty (18 Years & Under Cherry & Walnut Cake), 2nd Aaron Mickan (9 - 13 Years Handicraft) AND 1st Melody Osborne (8 Years & Under Handicraft) - another student who will be representing this region at state level competition; congratulations Melody!

**HSIE**

This Term in HSIE we are making a time line of our history; looking at major events throughout our history.

**Austin:** I found out that 70,000 years ago Aboriginals sailed from South Asia but it wasn’t a long trip because the water was 50 metres lower than it is now. The Aboriginals called ‘Robusts’ were big and muscular men and 50,000 years ago skinny Aboriginals canoed across and landed on the continent of Australia. These two groups came together and that is how our Aboriginal people came to be.

**Jeordy:** In History I have been studying the earth’s formation. Did you know the earth is thought to have been formed about 4.6 billion years ago by collisions in the giant disc-shaped cloud of material that also formed the sun?

**Aaron:** We are watching a program called ‘My Place’ on the ABC channel. This program is about Australian history and how it has been shaped by immigration and the gold rush. We saw the English and Scotsman on the goldfields, we saw a little aboriginal boy and his friend and he raced pigs as entertainment. They had no power.

**Weekly Assembly**

**STUDENTS OF THE WEEK**

Jeordy Carty - Swimming
Aaron Mickan - Swimming
Come and Try

ESS English Soccer School Holiday Program

Forbes

To be Held at:

Forbes Indoor Sports Centre, Sam St, Forbes
Monday, Tuesday, Wednesday, Thursday 14 – 17 April.

Aimed at kids from 3 to 13, there are 3 Age Group Session to register for, ESS brings International Football Certified Coaching to kids as a brilliant way to kick off the school holidays and to lead into the winter soccer season. This program is consistent with the Australian Football Federation and Football NSW’s vision ‘To make Australia a world leader in the World Game’ and the AFF Football Coaching Process and National Curriculum.

Program 1 - 3 to 5 years (Discovery Phase): 45 minute session involving parents, focusing on kids having fun and discovering the ball, running with the ball, striking the ball. 9am - 9.45am.

Program 2 – 6 to 8 years (Discovery Phase): 2.5 hour session (x 2 days) focusing on positioning, first touch, running with the ball, 1v1, striking the ball, communicating. 10am – 12.30pm.

Program 3 – 9 to 13 years (Skill Acquisition Phase): 2.5 hours session (x 2 days) focusing on positioning, first touch, running with the ball, 1v1, striking the ball, communicating (Day 1), Effective Possession, Combination Play, Individual Skill, Basic Team Tasks, Positioning, Pressing, Marking, Intercepting, Tackling, communication (Day 2): 1pm – 3.30pm

Registration and Costs !!!

For enquiries and to register please contact the program co-ordinator on email: englishssaustralia@yahoo.com.au, Mob: 0412287810, 0434120226.

Program One 3-5 years $10, Program Two 6-8 years $40, Program Three 9-13 years $40. All drinks and refreshments provided for participants.

“Coaching staff certified with Advanced Euro-Asian Certificate of Football Coaching (Singapore) and current Football NSW Advanced Coaching Course ‘C’ Licence participant.”
Cost:
$40 per day
Child care benefit available.
Your children must be
registered with the Forbes Youth and Community
Centre Vacation Care Program
To find out if you are registered call:
68502300.
A copy of your child’s immunisation records is required
when registering.
If you are not registered please call the Family
Assistance office
136150
Open 8am-8pm
www.centrelink.gov.au
Registration and payment to be made at:
Forbes Shire Council Offices, Court St Forbes

Places are limited so book early to avoid
disappointment.

What to bring:
♦ Recess and lunch  ♦ Sunscreen
♦ Water Drink        ♦ Healthy Snacks
   bottle             ♦ Children must wear enclosed shoes.
♦ Hat                ♦ Appropriate clothing

Come along to our Holiday Fun program and enjoy the
huge range of exciting activities! Enjoy games, sport,
craft, tasty treats and exciting excursions!
Everyday is jam packed with loads to do!
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<th>Week 1</th>
<th>Week 2</th>
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<tr>
<td><strong>Fri 18th April</strong></td>
<td><strong>Fri 25th April</strong></td>
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<td><strong>PUBLIC HOLIDAY GOOD FRIDAY</strong></td>
<td><strong>PUBLIC HOLIDAY ANZAC DAY</strong></td>
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<td>No Vacation Care provided</td>
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<td><strong>Thurs 17th April</strong></td>
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<td><strong>Easter Egg Hunt</strong></td>
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<td><strong>Wed 16th April</strong></td>
<td><strong>Thurs 24th April</strong></td>
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<td><strong>Cooking Creations with an Easter twist!</strong></td>
<td><strong>EASTER ART ACTIVITIES</strong></td>
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<td>No Vacation Care provided</td>
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<tr>
<td><strong>Wed 15th April</strong></td>
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<td><strong>Waste 2 Art Project</strong></td>
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<td><strong>Mon 14th April</strong></td>
<td><strong>Mon 21st April</strong></td>
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<td><strong>MAKE YOUR OWN CURIOUS HOUSE POOL COMPETITION</strong></td>
<td><strong>PUBLIC HOLIDAY EASTER MONDAY</strong></td>
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Term 1, 2014
Seniors Week - Celebrrating Forces' Share active, healthy and independent seniors.

15 - 22 March 2014
Friday 21st
Thursday 20th
Wednesday 19th
Tuesday 18th
Monday 17th

Morning Tea & Open House
Old Time Dance, Afternoon Tea & Thai Chi
Seniors' Lunch, Information Expo & Malaise Movie
Croupet - an Introduction
Mater Aged Care Morning Tea

How will you enjoy Seniors Week?

NSW Seniors Week - Celebrating Forces' Share active, healthy and independent seniors.

For a full program of events, information, contact Forces' Share Council's Community Liaison Officer.

Tel. 02 6350 2300, Phone 02 6350 2300 or visit Forces' Share Council at 2 Cana Street Forbes.
FORBES HARMONY DAY 21 MARCH 2014
COMMUNITY & YOUTH CENTRE 5.30PM

Everyone is invited to join Forbes to celebrate Harmony Day

“Everyone Belongs”

Enjoy a shared dinner, experience a Filipino cooking demonstration and community mosaic.

For more information contact Anita Morrison (details below) or Anni Gallagher - Migrant Support Service p:02 6393 8625

RSVP: Tuesday 18 March 2014 by contacting Anita Morrison - Community Liaison Officer at Forbes Shire Council
p: 02 6850 2300 e: anitamo@forbes.nsw.gov.au

21 MARCH HARMONY DAY
www.harmony.gov.au
Sports Taping Courses in Forbes

Sports taping is an important skill for coaches, trainers, administrators, teachers, parents and players involved in sport.

This sports taping workshop will develop your skills and knowledge to ensure you stay safe in the sporting area. Correct sports taping can help prevent injury and also help with injury rehabilitation.

**Level One**
Covering the beginner technical and practical advice about strapping athletes. You will learn to tape wrists, ankles, fingers and thumbs.

**Level Two**
Level One is a prerequisite for this course. This course provides participant with advanced techniques for the shoulder, elbow, wrist, Achilles tendon, knee, shin and soft tissue injuries – hamstrings and quadriceps.

Participants receive a certificate of attainment upon successful completion of each course.

**WHEN:** 6pm - 9pm

**DATE:**

<table>
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<tr>
<th>LEVEL 1</th>
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<td>Mon 24th March 2014</td>
<td>Tues 25th March 2014</td>
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*You only need to attend one night for each level*

**WHERE:** Forbes Town Hall Concourse, 2 Court St

**COST:** $60/ level

**HOW TO ENROL:**
- Phone: 6362 6623
- Fax: 6362 3264
- Complete enrolment form, then post to PO Box 381, Orange