Dear Friends

Our Small Schools Relay Team will be heading off to Homebush this Friday for the Polding Swimming Carnival. The Polding Region draws on students from the Dioceses of Armidale, Bathurst, Broken Bay, Lismore, Maitland/Newcastle and Wilcannia/Forbes. This is a very exciting time for the four girls and we wish them the very best of luck!

**Lent—a season of fasting and feasting. This holy season, let us think about our call to:**

- Fast from judging others; feast on the Christ dwelling in them
- Fast from emphasis on our differences; feast on our oneness
- Fast from the darkness around us; feast on the light of Christ
- Fast on thoughts of illness; feast on the healing power of God
- Fast on words that pollute; feast on words that purify
- Fast from discontent; feast on gratitude
- Fast from withholding anger; feast on sharing our feelings
- Fast from pessimism; feast on optimism
- Fast from worry; feast on trust
- Fast from guilt; feast on freedom
- Fast from complaining; feast on appreciation
- Fast from stress; feast on self-care
- Fast from hostility; feast on letting go
- Fast from bitterness; feast on forgiveness
- Fast from selfishness; feast on compassion for others
- Fast from discouragement; feast on seeing the good
- Fast from apathy; feast on enthusiasm
- Fast from suspicion; feast on seeing the good
- Fast from idle gossip; feast on spreading good news
- Fast from being so busy; feast on quiet silence
- Fast from problems that overwhelm us; feast on prayerful trust
- Fast from talking; feast on listening
- Fast from trying to be in control; feast on letting go
Our Year 6 Students will travel to Sydney this Sunday for the Young Leaders Convention which will be held at the Sydney Entertainment Centre on Monday. Guest Speakers on the day will be Ita Buttrose, Bob Carr & Andy Griffiths (children’s author). The students will be accompanied by Mrs Brown, Mrs Englert and Mrs Kiel.

**NSW Rural Woman of the Year Award** - Congratulations to Pip Job who was awarded this illustrious prize in Sydney on Tuesday evening.

**It’s a Boy** – Congratulations to Shannon, Jaymie & Izak Richardson on the safe arrival of Reece, born Tuesday 25th March weighing 6lb 8oz.

**Student of the Week**

**Dakota Bunning**

For her persistence with all school work.

**Merit Awards**

Congratulations to the following students who have been awarded Merit Certificates this week.

**Primary:** Milo Hunter, Amelia Vaughan

**Infants:** Beau, Nick

**Mathletics:** Tyrone Antaw, Tom Kerin, Patrick Vaughan

Molly Arthur, Laura Kiel

**School Photos**

Please remember that School Photos will be taken on Tuesday 8th April (last week of term). Order forms will need to be in by Monday 7th April.

**CWA Public Speaking Contest**

Each year the Primary Students participate in the CWA Public Speaking Contest. Each student presents their speech to the school and then we select one student from each year level to compete at the CWA Public Speaking Contest in Bathurst on Wednesday 28th May. Below is the list of topics for each year group. Each student has also been given some information regarding suggested criterion for judging. Each student will present their speech at school on Thursday 1st May (Week 1, Term 2). The Primary Students will prepare their speeches at home but Mrs Brown and I will be available at all times to assist along the way. Please encourage your child to see us if they require any assistance.

Kind regards

Glen Brown
Principal

**Joke of the week..**

Q: Why are cooks mean?

A: Because they beat the eggs and whip the cream!!
Country Women’s Association of N.S.W.

Incorporated in 1931 by an Act of NSW Parliament
ABN 82 318 909 926

The Contest is being sponsored by Newcrest’s Mining Cadia Valley Operations; Bathurst Regional Council; Orange City Council; Bathurst RSL Club; Bathurst RSL Sub-Branch; Cabonne Council; Oberon Council and conducted by Central Western Group of the Country Women’s Association of NSW

In order that students can begin preparing for the Contest, the topics are listed below. Contestants are asked to prepare a speech on ONE of the 3 topics provided for each Section.

Year 3...... The Magic Coin
If I was a butterfuly....
Nine lives of a cat

Time: 2 minutes

Year 4...... The Hidden Cave
I didn’t mean to do that ..... My favourite place

Time: 2 minutes

Year 5 ...... Is anybody there?
How could I ..........
Parents always know

Time: 2 minutes

Year 6 ...... Our most important sense
The pressures to conform
Respect

Time: 2 minutes
**SUGGESTED CRITERIA FOR JUDGING**

Contestants are judged on the content of their speech, the manner in which it is presented and the way the speech has been organised. The crucial test is how effective the speech is in communicating its message. There is NO one style of speech or presentation that is BETTER. The approach depends largely on the personality and experience of the speaker. However the PRESENTATION and CONTENT must always be appropriate and consistent. Teachers and parents are asked to check the content of speeches - jokes and/or comments on bodily functions are rarely creative and witty and should be avoided. Judges and Chairs maintain the right to ask a speaker to desist if material is deemed inappropriate.

A "good" speech will always be delivered NATURALLY; the speaker will have prepared the basic substance, but not the exact words in which the speech is delivered. An effective speech is NOT a memory test. Begin by referring to "Madam Chair ..."

While an effective speech does not have to be profound or serious, it does have to say something. A speech with no point and no conclusion flowing from what has gone before is NOT an effective exercise. The CONCLUSION should be memorable and flow directly from what has gone before. A contrived conclusion is not acceptable.

Many successful speeches use humour, but that is not a requirement. In fact, a series of one-liners or jokes is NOT a speech. There has to be a POINT to the exercise - to entertain is NOT enough. Speakers should not be discouraged from using cards, but these should be UNOBTRUSIVE and referred to only sparingly. On the other hand, an effective speech is NOT one that has been learnt by heart. Speakers above all, should appear natural and authentic. The audience should feel the speaker is sincere and his/her own - not Mum's or Dad's or the Teacher's.

Speakers should speak TO the audience, not AT them.

Speakers should make no gestures or wear styles that come between the speaker and the audience – though neither physical appearance nor dress is part of the adjudication, the regular flicking hair out of eyes for example IS a distraction.

**In Summary**

- Have a purpose - don't waffle
- Establish interest in your audience
- Make subject relevant and interesting - don't be too specialised or clichéd
- Make sure your structure matches your purpose and ideas
- Capture audience's attention with a powerful, credible or imaginative introduction
- Use humour, pauses, variety of syntax (questions, exclamations) to vary your approach and pitch
- Make sure your conclusion creates the right impact - don't finish with, "Thank you!"
- Pause briefly and smile before you move off