THURSDAY 6 NOVEMBER 2014

What’s Coming Up!

Term 4

Week 5
7 Nov
Intensive & Learn to Swim notes and money due
Group Photo’s - last day for orders

Week 6
11 Nov
Kinder Orientation – 10 - 11.30am
Parent Meeting
11 Nov
P & C Meeting – 6.30pm @ Club Lennox

Week 7
18 Nov
Kinder Orientation – 10 – 12noon
Lunch with Buddies

Week 8/9
24-5 Dec
Intensive Swimming & Learn to Swim
4 Dec
P & C Gingerbread House Evening

Weekly Achievement Awards

Milly Titjen
KL
Jacob Neto
K/1N

Taj Thompson
KH
Jamilah Bikoumou
1CT

Chloe Johnson
1/2M
Rahn Frick
2W

Asher Morris
2/3C
Savannah King
3A

Kate Reka
3/4K
Finnley Connors
4J

Zoey Cutts
5/6M
Will Kneipp
5/6S

Rhett Walshaw
Library

Producing Excellent Students

Student of the Week

Our student of the week is a caring and empathetic class member who produces quality work.

He has participated in the Premier’s Reading challenge four times.

He plays fairly in the playground, is an excellent athlete and has represented the school in Athletics, Cross Country, at the Zone Winter Sports Trials and was a member of the school rugby league team.

He has many friends and is often seen riding his bike with his board under his arm heading for a surf.

He displays the three key values of Respect, Responsibility and Integrity.

Congratulations Cale Spencer

 Honour Students
Callum Summerfield and Ella Jean Cutts

Member of “From the Plateau to the Sea” Learning Community – A group of remarkable schools
From the Principal’s Desk

It has been another busy week at Lennox Head Public School.

I had the pleasure of meeting all of our new Kinder students and their parents on Tuesday morning. They all had a fantastic time and thoroughly enjoyed their first day at big school.

The Year 5 students are looking forward to meeting them all next week when they officially become buddies. I am confident all of our Year 5 students will be excellent role models and will display our school’s 3 key values of Respect, Responsibility and Integrity.

You may have noticed that our new school sign was installed yesterday and it looks fantastic. A big thanks to Steve Lennon and to the dads that came along to help. A special mention to Brian Garrett from Lennox Head Motors for his assistance.

Thanks also to the whole school community for their support as I take on the role of Relieving Principal. I am looking forward to the challenge, although I will miss my lovely little class.

Regards
Deb Langfield

Thought for the week

Leading by example creates a degree of loyalty and overall success that cannot be achieved through issuing orders from a lofty office.

Jonathan Lockwood Huie

Recognising Student Achievements

Gold Cards
Olivia Rose
Milly Swalling
Quinn Edwards
Sara Ryden
Tess Wright
India Ledingham
Bryn Walshaw x 2
Gabby Bolger x 3
Khyan Weir x 4

Jesse Gibson
Riley Evans
Maiya Lincoln-Mather
Malia Colpus
Essie Lees x 2
Zac Gilmore
Koby Morris
Arabella Roberts

Three Respects in Action – Dolphin Slips
Dolphin slips are given to children for demonstrating the three Key Values of Respect, Responsibility and Integrity in the playground. Draws are made each week from the Dolphin Slip box. Each child receives a canteen voucher.

Asha Whitfield
Bella Schlegl
Sophie Gaskell

Alex Miller
Clem Harrison

Congratulations on being great role models.

Teaching Respect and Responsibility

The Bear Award is given to the class that demonstrates the best listening and participation skills during the weekly assembly.

Week: 4 Class: 4J Well done

SRC Fundraising

How wonderful to have such a generous and supportive community at Lennox Head Public School.

Our last fundraiser for the year went to support the education of Dy Moeurn, the eleven year old boy from Cambodia who we sponsor through World Vision.

Lennox Head Public School raised $480!! Thank you to all the students and parents who supported our Colour Clash Mufti day.

Angela McGill
SRC Co-Ordinator

Sport

Congratulations to Josh Young and Tate Spencer who made it all the way to Sydney for State Athletics. Josh finished 8th in his 100 metres and Tate was 13th in the Junior boys discus.

Great effort.

Music

Thank you to all Junior and Senior Band students who performed at Teven Tinterbar Country Fair last Saturday. We have performances in the last few weeks of this term. Lessons and rehearsals will continue until the end of this term.

Mark Whitney and Fiona Clarke
**Integrity in the classroom**

Allow others to learn without disrupting them.

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**Library**

**Overdue Notes**

Please check with your child if they have an outstanding book as all books need to be back by Friday week 6. If the book is lost please replace or pay the outstanding amount at the office.

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**Stocktake**

All children must have books returned by FRIDAY 28 November.

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**Inadequate sleep may be linked to a sluggish metabolism!**

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

- Preschool (3 – 5 years) 11-13 hours/night
- School (5 – 12 years) 9 – 11 hours/night
- Teens (12 – 18 years) 8.5 – 9.5 hours/night

Some hints for a healthy sleep:

- Consistency: going to bed and rising at a regular time (be firm)
- Having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, phones or game consoles) in the bedroom

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**Our healthy canteen**

**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>COMMENCE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>10 Nov</td>
<td>Allison</td>
<td>Sandra</td>
<td>Christie</td>
<td>Bob</td>
<td>Mam, Allison</td>
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<tr>
<td>17 Nov</td>
<td>Leigh</td>
<td>Kylie</td>
<td>Julie</td>
<td>Allison</td>
<td>Gemma, Allison</td>
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<tr>
<td>24 Nov</td>
<td>Sonja</td>
<td>Sue Whalley</td>
<td>Christie</td>
<td>Allison</td>
<td>Michelle, Allison, Gemma</td>
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Thank you, Sue Tatum  Ph: 66877141

Rezels Brekky Bar is still available from 9am-9.25am.
Looking for a stocking filler, why not buy one of our lunch bags. Lunch order bag $10. Insulated lunch bag $12 (Used for everyday use or when ordering lunch)
Wellbeing Expo 2014
Southern Cross School K12 School
Wednesday 26th November

Outside the Library
8.30 Free Pancake Breakfast generously provided by Ballina C3 Church.

In the Gym
9-9.45 Acknowledgement of Country George Johnson
Event opened by Denese Duroux, 2014 NSW Grandparent Carer of the Year.
Parents, community, staff and senior students. Police presentation: Cyberbullying (Senior Constable Laleynya Ryan) + expo stalls.

9.45-10.45 Yr 7 & 8 students
Police presentation: Cyberbullying (Senior Constable Laleynya Ryan) + expo stalls

10.45-11.15 Morning Tea. Expo open to Yr 7 & 8 students - dance, music & drama presentations + expo stalls.

Outside the Library
SRC Cake stall at Morning Tea time

In the Gym
11.15-12.15 Yr 5 & 6 students (Lennox and Southern Cross Schools).
Police presentation: The Law and You (Senior Constable Laleynya Ryan) + expo stalls

In the Performing Arts Space
12.15-1.15 Yr 9 & 10 students.
Byron Youth Theatre presentation: Mind Made Me followed by expo stalls in Gym

Lunch 1.15-1.45 Expo open to Yr 9 & 10 - dance, music & drama presentations + expo stalls

Outside the Library
LEOs BBQ at Lunch time