Red Day For Heart Kids.
Once again the students and community at Lennox Head Public School, have shown that they have compassion for others.

Today the students and staff dressed in Red to support the Heart Kids charity. This charity really helps support families of children that have heart problems.

$350 was raised!! Well done Lennox Head Public School, thanks for having a caring heart!
Ms McGill on behalf of the SRC.

Student Leaders Induction Ceremony

What’s Coming Up!
Term 1
Week 6
3 Mar Young Leaders Conference
5 Mar Interrelate Year 5 - 6
Year 5 – 6 Interest/Deposit due
Major Excursion
7 Mar Year 7 EOI form due
Week 7
10 - 12 Mar Midginbill Hill Excursion
12 Mar Interrelate Year 5 – 6
Year 3
14 Mar PSSA Regional Swimming
Australian Schools
Competition due
Week 8
20 Mar Grandparents Day
Week 9
24 Mar Street Sense K – 2 only

SRC Fundraising

School Captains and Vice Captains

Student Representative Council Members

House Captains and Vice Captains – Ross, Henderson, Gibbon and Ainsworth
From the Principal’s Desk

Last Friday’s Student Leader Induction Ceremony was a most rewarding occasion to promote the value of inspirational and positive role models as examples to others.

It never ceases to amaze me the maturity and quality of young people today and their ability to provide positive contribution to their school. Already our new Student Representative Council (SRC) have organised a number of events and positive ways of contributing towards school life. Well done Student Leaders.

During the past week I have been reviewing the School Student Welfare and Discipline Policy.

As I read through our key values and looked at our school’s welfare policy, it was evident that our school community is one where these core values are not only embraced, but embedded as part of the school’s culture.

Our students demonstrate these core values on a daily basis whether it’s at school, in the classrooms, on excursions, or when representing our school at sporting and cultural events. Our children have a reputation for being thoughtful, caring, well behaved students who represent themselves and the school with great enthusiasm and pride.

Visitors to our school are always extremely impressed by the exciting, innovative things that are happening at Lennox Head PS. Words such as, innovative, exceptional, quality education and learning outcomes, outstanding results, caring learning environment, wonderful students, talented teachers and supportive community were mentioned.

Visitors are constantly impressed at the tone of our school and the culture that exists. They comment on how happily our students interact and engage with each other and at how polite they are.

Well done students and thank you teachers for your wise and considered guidance.

Ron Ritchie
School Leader

Thought for the week

Giving to others is the greatest gift you can give yourself!
Anonymous

Reading with your child at home

When your kids see you reading and writing in everyday life – whether reading for pleasure, sharing a story with them or making a shopping list – it teaches them that they are useful skills. Here are some things you can do at home to help your kids with reading.

Find out more:

School attendance

Did you know that if your child misses as few as eight days in a school term, by the end of primary school they will have missed a whole year of education?

By law, you are required to send your child to school every day. If your child has to be away from school for any reason, please either tell your child’s teacher or send a signed note explaining the reason for the absence, as soon as possible. If your child arrives at school late, or needs to leave early, you will need to go to the office to sign your child in or out.

If you’re having problems getting your child to attend school regularly and on time, please talk to your child’s teacher or principal.

For your obligations under the school attendance guidelines, please go to: www.det.nsw.edu.au/policies/student_admin/attendance/sch_polproc/PD20050259.shtml

Peer Support Groups - Week 5

Next week in the Peer Support session, children will be focusing on the importance of support networks and the role that friends play in each others lives. Children will construct a visual representation of this during the session.

Encourage your child to identify friends they have who can provide support to them if the need arises.

School Uniform Award

Lennox Head Public School supports the wearing of school uniforms by students and the upholding of high standards of dress by students and staff. The wearing of school uniform:
• defines an identity for the school within its community
• develops students’ sense of belonging to the school community
• provides an opportunity to build school spirit.

To recognise students who wear full school uniform, we will be running a Uniform Award every day. Students have the opportunity to earn a green card.

School Uniform Standard
• blue and green school polo
• green bottoms (shorts, track pants, skort, skirt, etc.)
• School dress
• socks in bottle green, white or grey
• black school shoes (sports shoes on Friday)
• wearing broad brim school hat

It is anticipated that this incentive will support and motivate students to continue to make a commitment to the wearing of school uniform. Student Welfare Team
Library Events

The Premier’s Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9.

The Challenge aims to encourage in students a love of reading for leisure and pleasure, and to enable students to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

For K-2 students who are still emerging readers, the K-2 Challenge is recommended. In this Challenge, students experience 30 books by reading independently, sharing the reading or listening to someone else read the books to them. Of the 30 books, at least 25 must come from PRC booklists and a maximum of five choice books can be included.

Please Record The Premier’s Reading Challenge Code On The Form. The code number is written on the green highlighted sticker for K-2 children.

Books with Blue Stickers and code number are the books for years three and four challenge. Year 3 and 4 need to read 20 books.

Books with Red Stickers and code numbers are the books for the years five and six challenge. Years 5 and 6 need to read 20 books.

All students can attempt the Challenge by reading PRC books at or above their stage level. For example, a student in Year 4 can read books from the 3-4, 5-6 or 7-9 lists. Students are not to read down from the booklists below their Challenge level.

If the book is on a Challenge booklist, you can count it as a PRC book on your Reading Record. If the book is not a PRC book, you can include it as a choice book. You are encouraged to also choose books to read that you will enjoy in your own time.

When your child has read the necessary amount please return your form to Mrs Blair to enter the information.

If you have any questions about the challenge please see Mrs Blair. Thank you.

Plastic Bags

If you have any spare plastic shopping bags they would be greatly appreciated in the library for children who forget their library bag.

Donations

Thank you to the Gillott family for their donation of library books

P&C Items

Class Parent notes that went home last week. We are still in need of volunteers. This is not a difficult role. The class parent is the liaison between teacher and parent when extra assistance is required for class activities.

Sports Bits

PSSA Zone Swimming Representatives

Tilly Silvers
Oden Wauchope
Nathan Mackenzie
Hazel Rogers
Nyxie Ryan
Max Clarke
Ryan Kernagahan
Renee Bolger
Bryn Walshaw
Flynn Whitney
Bodhi Minahan
Dembe Ryan
Flynn Bossemann
Sophie Gaskell
Khyan Weir

Well done to our swimmers and good luck next week at Ballina.

Caring for our school community

Help Lennox Head Public School to win 10 iPads

The Northern Star are running a competition where we could win a set of 10 Apple iPads. The competition started on Saturday 22nd February and runs for five weeks.

To support our chances of winning, simply collect the daily tokens in The Northern Star and deposit them in the box in the school foyer.

Keep collecting and good luck!

Mrs McIntyre

Tips on Setting Unplug and Play Rules

Despite what your children might tell you, many families have rules in place to limit children’s screen time (TV, computer, electronic games) for entertainment. Parents play a key role in influencing how physically active or inactive their primary school aged children are. You can play an important role in ensuring that your children don’t exceed the two-hour-a-day electronic media use recommendation set out within the National Physical Activity Guidelines for Children. Family rules are a good strategy to limit screen time in children.

So what are you waiting for? Why not set up your family rules today?

Arrange a family meeting so that everyone can contribute to the rule setting and establish a family agreement. This will make children feel included in the changes you make and ensure they are aware of all the rules. This is also a great opportunity to make your kids aware of the negative effects of too much screen time.
Remember: Children should spend no more than two hours a day using electronic media (TV, computer, games) for entertainment.

Some examples of common rules around electronic media use for entertainment include:

- kids bedrooms are screen-free zones
- no television before school
- all homework must be completed before using electronic media
- electronic media must not be used before the sun goes down
- screen time is between 6:30-8:30pm only
- no electronic media is to be used during meals (including phones and TVs)
- electronic media must be shared and everyone must have equal amounts of time
- if rules are not followed, that person must do the dishes
- kids must have had an hour of activity before using electronic media
- people are only allowed to use electronic media on weekends.

Remember these rules apply to the parents too!

Display the rules you agree to in a central place. To get everyone on board why not plan an active reward? For example, a family tenpin bowling or fishing trip. This will make everyone motivated to follow the rules and create some great family memories. Courtesy Heart Foundation: http://heartfoundation.org.au

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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>
</tr>
</thead>
<tbody>
<tr>
<td>3 Mar</td>
<td>Gillian</td>
<td>Sandra</td>
<td>Christie</td>
<td>Bob</td>
<td>Mam, Kaylah</td>
</tr>
<tr>
<td>10 Mar</td>
<td>Trenna</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam. Kaylah</td>
</tr>
<tr>
<td>17 Mar</td>
<td>?????</td>
<td>Lisa</td>
<td>Christie</td>
<td>Bob</td>
<td>Annie, Michelle, Gemma</td>
</tr>
</tbody>
</table>

Thank you, Sue Tatum Ph: 66877141

Please remember to put your child’s full and correct class on lunch orders eg. 5/6L, 2/3C etc.

This is how the lunch boxes are labelled and makes it easier for helpers to ensure your child’s lunch is placed in the correct box.

All Sushi orders in by Tuesdays. Lunch bags are 10 cents. Sauce is 5 cents per item.

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### Community Announcements

#### Lennox Head Rugby Club

Junior Registration 2014  
Wednesday 5th March 5pm – 6pm  
Williams Reserve Lennox Head  
Under 7s (born in 2007) to under 18s (born in 1996)  

All Welcome. Inquiries – Richard Walkom 0414 881 68

#### H. O. G.s. coming to Lennox Head in 2014.

Support your local JRL  
WILLIAMS RESERVE, LENNOX HEAD.  
LENNOX HEAD JRL INVITE:  
PLAYERS AND INTENDING PLAYERS TO ATTEND  
MONDAY 3RD MARCH - 4.30PM. – 5.30PM  
SKILLS, REGOS,  

#### Scouts – Lennox Head

For 10 years up, Monday nights 6.30 – 8.30  
New members welcome. If Interested come on down.  
For more information – Pam 0422174156

#### Lennox Head Netball

Sign on Day  
March 1st. 10.00am - 2.00pm  
March 8th. 10.00am - 2.00pm  
Ballina Netball Courts  
Kingsford Smith Oval (Owen Street)

#### Sibling Day Brothers and Sisters Only

When: Saturday 22 March 2014  
Where: Lake Ainsworth sport and Recreation Centre Lennox Head  
Time:10am - 3:30pm  
Cost: Free  
All RSVP’s required by Friday 14 March 2014.  
Phone 66283660  
Email: fnc@autismspectrum.org.au