Producing Excellent Students

Student of the Week

Our student of the week is an exceptional peer leader. She always displays our school's three key values of Respect, Responsibility and Integrity.

She is a sensible peer leader and buddy who can be seen wearing a happy smile at all times.

She produces quality work in the classroom and can always be trusted. She has a positive impact in the classroom. She was recently selected in the District PSSA soccer team.

She is a good friend who is empathetic to the needs of others and is a wonderful big sister.

This student is fairly new to our school only arriving last year but has made a positive contribution to our school. She is a member of the school choir and went to Sydney last year to perform at the Opera House.

She was a positive role model at the school swimming carnival entering every event she was eligible for.

Well Done Ella-Jean Cutts.

Weekly Achievement Awards

Ryan King  KL  Xavier Wood  K/1N
Rory Stevens  KH  Ash Cameron  1CT
Tess Wright  1/2M  Dominic Duverge  2W
Jasmin Fry  2/3C  Jack Bauer  3A
Jesse Allen  3/4K  Elodie Crichton  4J
Shane Lennon  5/6M  Jack Reka  5/6S
Arabella Roberts  5/6L

Honour Student
Jackson Priest
From the Principal’s Desk

Wow what a super busy first term, the holidays now feel like a long time ago! We have one more week of school to get through, and then everyone can have a well-deserved Easter holiday.

Firstly we would like to pass on our condolences to Nicole and Lucas Wagland and family, regarding their very sad loss this week. Our thoughts and prayers are with them in this very difficult time.

Next week we have our annual Easter Hat parade. Please ensure that your child makes a hat at home and brings it to school next Wednesday, every child wears a hat. If you have not brought in some Easter eggs for the raffle please bring these into the container in the office as soon as possible. Also please ensure that you sell and return your raffle tickets by Monday. If you require more books these are still available through the office.

I had the privilege of attending all 3 of the public Speaking Finals on Monday. All of the children were outstanding and parents I am sure you are all incredibly proud of them. Well done also to the teachers who assist in preparing the children. Thanks also to Mr Bryant and Mr Bryen our judges who were once again amazed by the talent of all of the children.

Congratulations to the boys and girls that represented Ballina District, in various sports on a very hot Tweed Heads day on Tuesday. You were all great ambassadors for your school. Congratulations to those children that have made the Far North Coast teams in their respective sports. You should all be very proud.

Finally as we move into the holidays, you may have noticed your children are getting tired. It is vitally important that children stick to a routine as much as possible and have a set bedtime. Attached is a guideline from an Insight article by Michael Grose, regarding bedtimes.

- Children aged between 2-5 need 11-12 hours of sleep a night.
- Children aged between 6-12 need 9-11 hours of sleep a night.

“On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”

“Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”

“Exercise, big meals and hot baths are not a good idea directly before they go to bed.”

“Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”

Thanks, enjoy the last week of term,
Deb

Recognising Student Achievements

Gold Cards
Bill Gillott
Maverick Ransom
Maiya Lincoln-Mather
Laura Rae
Dylan Binder
Dominic Duverge
Anais Stone
Brianna Watkins
Sofia Alfonso
Zoe Gaskell
Matisses Anderson
Flynn Duverge
Sophie Ranyard
Dylan Watkins
Zahara Turner
Ella Cameron
Miah Bradley
Jack Moyle
Laila Barnes
Jackson Priest
Tayla Jeffrey
Georgia Langfield
Cameo Zinser

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.

Jacob Neto
Tom Sinanovski
Sophie Ranyard
Kobi Thomas
Joshua Young

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: 8 Class: 1CT Well done

Public Speaking Winners

Stage One
1st Place
Rhett Walshaw
Runner Up
Woody Webster and Alani Adamson

Stage Two
1st Place
Ryan Kernaghan
Runner Up
Finnley Connors
Koby Morris

Stage Three
1st Place
Flynn Whitney
Runner Up
Cameo Zinser
Hazel Rogers
Sports Bits
Well done to the following students who will now head to Grafton in Term 2 for North Coast Area PSSA Winter sports trials.

Jared Lofts – Soccer
Zac Alexander – Hockey
Ben Moyle and Khyan Weir - 11years Rugby League
Cale Spencer – Open Rugby League

Well Done Boys.

P&C Items
A wonderful BBQ to welcome families was held last Wednesday night. A big thank you to Phillip Wright and Tonya Ranyard for their expertise in BBQ skills. Also a thank you to Karen Armstrong, Debbie Cork and Robyn Hoile for attending.

We are still looking for someone to take on the role of Spring Fair Co-ordinator and if this role is not filled we will not be able to hold our Annual Spring Fair.

If you think you think you are up for this role please contact Kerryn Kernaghan - kergra@optusnet.com.au

Kerryn Kernaghan
President

Mathletics
The students at Lennox Head Public School now have access to Mathletics.

You can track your child’s progress by registering at www.mathletics.com.au/parent. Should you have any questions or concerns regarding Mathletics, please speak to your child’s teacher or see Mrs McIntyre.

Stage 1 COGS – Local Places
On Wednesday Year 1 and 2 went on an excursion around Lennox Head. First we crossed the road at the crossing and walked to the Bora Ring. Aboriginal men have special ceremonies here.

After this we walked to Lake Ainsworth. There were lots of trees there. There used to be 2 diving towers and a pontoon. The water is dark brown because of the tea trees. Then we went to the beach. There were lots of shells and cuttlefish. We saw the storm water drains. There was a policeman – it was Neeve and Maddie’s dad.

We walked past Harry’s mum and dad’s café. Then we saw the old Post Office. We crossed the road and walked past the shops and over to William’s Reserve.

Then we came back to school. It was so much fun and an amazing day. Thank you mum’s and Ella Cameron’s dad for coming with us.

Bella Sinanovski 1/2M

VALUE OF WEEK 11
Respect when Lining Up
Stand in 2 lines on the left hand side
Community Announcements

Holiday Workshops: Tues 15th – Thurs 17th April, 10am – 3pm

ROLL UP! ROLL UP! Come and join the circus!
Learn tricks such as trapeze, mini tramp, acrobatics, tumbling, hula hoops, juggling, lyra, tissue, german wheel and much, much more.

Ages – (7 – 14 years, 5-6 years by arrangement).

To enquire about booking a workshop for a child under 7, please call 02 6684 3038 or email: spaghetticircus@gmail.com

Cost - 1 day $50 | 2 days $90 and 3 days $120 (3 day discount – $120 if you PAY and book in advance)

Bookings - YOU MUST BOOK ONLINE at Spaghetti circus .com

Our holiday program does SEE OUT – so please book early to avoid disappointment. Spaghetti Circus Inc, PO Box 295, Mullumbimby NSW 2482, 02 6684 3038

The Ballina event on Sunday 11 May will commence from Missingham Bridge Ampitheatre.

Pre-registration is encouraged and can be done at: www.mothersdayclassic.com.au otherwise, on-the-day registrations will open from 8:00am, with participants starting their walk or run from 9:00am.

The course is approx. 4.5km along the foreshore of Shaws Bay, finishing back at the Ampitheatre for a post-walk breakfast.

Jo Parker Event Organiser Mother’s Day Classic – Ballina
M: 0413 676 136 - mdc.ballina@gmail.com

Being Screen Smart

Tips for parents of teenagers

1. ALL computers (including laptops, i-pads, tablets and netbooks) should be in common areas of the house and no internet-capable devices should be in bedrooms.

2. Learn about how the Internet, search engines and social networking sites work. Learn how to use and set privacy functions. Where your children have set up social networking accounts such as Facebook, check their privacy settings and blocks. Remember, the default settings are rarely private and often quite public.

3. There are alternatives.
   a. Diaspora is a social network site that has good privacy protections
   b. When doing Google searches use TrackMeNot, which protects the searcher from surveillance and data profiling
   c. DuckDuckGo is a search engine that is surveillance and data profiling free.

4. Set up clear house rules about Internet use, what sites can be visited, what sites can be posted to, and what types of information can be posted online. It is recommended these rules include no exchange of personal information and no posting of nude or semi-nude or sexualised images or photos.

5. Enjoy the Internet with your kids. Get them to show you the ropes. Play online games with them. Show them any pitfalls you can point out along the way

6. Check the lists of friends on your kids social networking sites

7. Keep records of online activity, especially bullying or suspicious online communications and posts

8. A recommended amount of recreational screen time for children and teenagers is 1-2 hours per day. If you decide on such a limit, your kids need to be free to send their screen time allowance.

9. Go to www.niira.org.au for help if you are worried about your kid’s screen use. This also lists professionals who specialise in screen use issues in children and teenagers

10. Encourage your kids to have a healthy media diet. Just like food, a healthy recreational screen media diet:
   a. Is moderate in amount (~2 hr a day recommended)
   b. Has regard to the content. Some content is OK to experience regularly but other content may not be healthy in large amounts
   c. Is age-appropriate. For example, Facebook is generally considered inappropriate for children under 13.

11. Be a good media use and social media use role model.