THURSDAY 15 MAY 2014

What’s Coming Up!

<table>
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<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
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<tr>
<td>20 May</td>
<td>26 May</td>
<td>2 June</td>
<td>9 June</td>
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<tr>
<td>ICAS Computer Competition</td>
<td>Sorry Day Assembly – 12.10pm</td>
<td>Choir Rehearsal - Goonellabah PS</td>
<td>Public Holiday</td>
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<td>22 May</td>
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<td>ICAS Science Competition</td>
<td>10-13 June</td>
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<td>Biggest Morning Tea</td>
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<td>Questacon Science Circus K-6</td>
<td>Tallebudgera Excursion Yr5</td>
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<td>23 May</td>
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<td>Geo Link Tree Planting Year 3</td>
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<tr>
<td>Walk Safely to School Day</td>
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Weekly Achievement Awards

- Sunny Lines: KL, Oliver Priest, KH
- Indiana Cook: K/1N, Clay Atkins, 1CT
- Shay Buflery: 1/2M, Havana Weir, 2W
- Brayden Kernaghan: 2/3C, Campbell Ross, 3A
- Laila Barnes: 3/4K, Ryan Kernaghan, 4J
- Georgia Langfield: 5/6M, Lasharn Te Pou, 5/6S
- Lillian Purcell: 5/6L, Mark Scopesi, Library

Producing Excellent Students

Student of the Week

Our student of the week is a polite and helpful member of the class who consistently displays our three key values of Respect, Responsibility and Integrity.

She is a member of the school choir and went to Sydney last year to sing at the Sydney Opera House.

She is a fantastic artist. She is very creative and takes great pride in her work. Her work is always at a very high level.

She is also a member of the Newspapers in Education Team and has produced some fantastic articles.

She has represented our school at Zone level for Cross Country and enjoys playing Touch Football.

She can be trusted to carry out requests with a smile. She is a co-operative and happy team member who displays good team skills. She is an outstanding student.

She is a wonderful buddy to the Kindergarten students, a wonderful big sister to her brother and sister at this school.

Well Done Lauren Miller.

Walk Safely to School Day – 23 May

On Friday 23 of May, Lennox Head Public School will be participating in the annual Walk Safely to School Day (WSTSD). This is a national event where all primary school children are encouraged to commute safely to school.

It is a community event seeking to promote road safety, health, public transport and the environment. All participants will receive stickers for participation.
From the Principal’s Desk

It has come to the attention of many parents and staff that a number of students are not wearing appropriate School Uniforms.

As the school community supports the wearing of school uniform it is expected that all students will comply with this requirement. Hats are available from the canteen as part of the uniform (refer to Sun Protection Policy). A limited clothing pool is available from the canteen. For safety reasons children are not permitted to wear thongs.

Summer Uniform

GIRLS: Princess line tunic, green & white check, action back, shirt collar, short sleeve self-trim. BUTTERICK PATTERN NO. 993

UNISEX: Bottle green long legged loose shorts. Blue & Green polo shirt printed with green school logo to left, short sleeve and long sleeve. GIRLS: Bottle green skort and A-line skirt.

Winter Uniform

UNISEX: Bottle green tracksuit printed with school logo to left. Bottle green polo fleece jacket with logo and bottle green vest.

Footwear

Shoes – Black closed in shoes, any material and style - to be worn Monday to Thursday. On Friday (sports day) children may wear running shoes of any colour (including black if their normal shoe is a runner).

Socks – bottle green, white or grey socks may be worn. Socks may be ankle length, or anklets (just above the shoe line).

ROAD SAFETY

A kindly reminder to parents and caregivers in relation to students travelling to and from school;

Did you know?

- Children aged five to nine have the highest hospitalisation rate for falls, and as they get older the falls are more likely to be from bikes, skateboards and rollerblades.
- Older children are still developing skills, and they take greater risks – climbing higher, balancing more precariously and riding faster.

Bicycles

Parents need to be confident that children know the rules of the road before allowing them to ride their bicycles to school.

K – 2 students should not ride bikes to school without parent supervision. Approved helmets must be worn at all times.

Road and Bus Safety

A set of rules has been compiled to assist parents, bus drivers, and teachers with the education of bus travellers. Parents can play an important part in having these rules observed:

- Safe children stand well back from the roadside while waiting for the bus. Smaller children enter last.
- Safe children do not bounce a ball or play chasings near the bus stop.
- Safe children sit down whilst the bus is moving and keep their bags under the seat.
- Safe children keep their heads and arms inside the bus.
- Safe children stay in their seats until the driver calls them forward. Hold onto seats as you move up. Small children disembark last.
- Care for your clean bus by looking after the seats and keeping litter off the floors DO THE RIGHT THING.
- Safe children leave the bus and wait well back until the bus departs and all approaching cars can be seen.
- Safe children look to THE RIGHT (cars come closer from the right) THE LEFT and THE RIGHT before walking across the road.

Thought for the week

It is what we make of what we have, not what we are given, that separates one person from another.

Nelson Mandela

Ron Ritchie
School Leader

Recognising Student Achievements

Gold Cards

Lila Paff
Maverick Gordon
Oskah Edwards
Millie Ledgard
Indiana Cook
Eva
Jayden Backshall
Jett Beck
Coen Star
Farah Rezai-Smyth
Kayla Farrell

Jesse Gibson
Olivia Rose
Matthew Acret
Ruby Falzon
Arameia Moore
Tess Wright
Shay Buffery
Callum Summerfield
Ava Redfearn
Tyler Adamson
Jon Downie

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: 3 Class: 5/6M Well done
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.

Milly Titjen  Lily Rose
Bella Schlegl  Isabella Miller

Congratulations on being great role models.

Library Events

Biggest Morning Tea
Don’t forget our Biggest Morning tea is on 22 May for the children. For $2 they will receive a drink and baked goodie that will have been donated by Years One and Two. Thank you for your support.

Donations
Thank you to Vic and Pam Yeates for a donation of $100 in memory of Ruth Longworth. She was a Kindergarten teacher her whole life and was a strong believer in Public Education. We thank them for supporting our school.

CWA
The topic is the Republic of Botswana. If you have lost the information please just call in and see Mrs Blair for the necessary information. All entries need to be in by the end of June.

Byron Bay Writer’s Festival
The presenters for this year are Andy Griffiths and Sally Rippon. Andy is a well-known author and Sally is the author of the Billie B Brown series.

The school is booking 55 tickets and further information is to come. The tickets will be made available to Years 3-6 and it will fill quickly with these authors. To secure a ticket children will need to return MONEY and PERMISSION NOTE quickly when they receive it. The date is Wednesday 30 July at 12:45pm. Children will arrive back at school by 3pm in time for transport home.

Sports Bits

District PSSA Cross Country
Congratulations to the following students who have qualified for the Zone Cross Country at Bangalow, Friday 23 May 2014.

Girls
Farah Rezai-Smyth  Ameika Minahan
Brianna Watkins  Finnley Connors
Ny whole
Ella-Jean Cutts  Renee Bolger

Boys
Jack Atkins  Flynn Whitney
Dembe Ryan  Cale Spencer
Thomas Anderson  Will Cass
Bodhi Minahan  Campbell Taylor
Ryan Kernaghan  Angus Baker
Beau Jordan

Caring for our school community

Put the ‘SNAZZ’ back into the SIMPLE SANDWICH
The following ideas may help to make sandwiches a little more EXCITING!

TRY:

• Triple Deckers – make a sandwich with 3 slices of bread and 2 layers of filling. Remove the crusts and cut into 3 strips.
• Pita Pockets – half a pocket of Pita bread filled with filling.
• Use cookie cutters pressed into your sandwiches to make some fun sandwich shapes. Imagine how much fun your child would have eating an animal-shaped sandwich!
• Whole wheat sandwich size crackers (eg. Sandwich-size crackers) with your child’s favourite toppings.
• Vary meats – include lean ham, chicken, turkey, tuna or salmon (in springwater).
• Add reduced fat cheeses.
• Use a variety of vegies – like grated carrots, zucchini, lettuce, cucumber and sliced tomatoes (pat dry to prevent sandwiches from going soggy and put them between dry fillings).

Here are a few tasty sandwich filling options:

• Grated carrot, lettuce and sultanas with reduced fat cheese.
• Tuna, diced celery and cucumber.
• Chicken and chopped celery.
• Egg and lettuce.
• Apple and cream cheese.
• Reduced fat cheese and tomato or Vegemite™.
• Chicken, avocado and lettuce.
• Ham, crushed pineapple and grated reduced fat cheese with salsa or tomato paste.

Try different spreads like chutney, poly or monounsaturated mayonnaise, avocado, tomato paste, or cream cheese.
When friendships cause pain
Posted by: Michael Grose – Parenting ideas.

Friendships are really important for kids, but they can also be a source of dismay.

They can cause as much unhappiness as happiness. Kids can be purposefully mean to each other. They can also be thoughtlessly mean as well. As a parent it helps if your kids, who maybe experiencing friendship pain, to work out the difference between the two.

Girls seem to experience more friendship pain than boys. It seems that early to mid-adolescent years are the worst.

Teen girls can become very hierarchical when they get together. The leaders who are often bright, attractive and charismatic can be mightily influential on the behaviour of the peer group. They often set the moral code for the group. Break it and you’re out.

Sometimes kids will behave in anti-social ways (be mean to other kids) because that is what the dominant group wants. Social exclusion is just about the worst thing that can happen to a girl or boy. In fact, Professor Harlene Harban from University of Otago in New Zealand recently found that social exclusion is the worst thing that can happen to kids. Many will do anything to prevent ostracism.

As kids get older they do develop the skills to recognise and keep away from dominant and difficult groups. Maturity gives them the ability to assess what’s happening in groups.

You can help girls by revealing the pull of the group, and help them to connect with friends outside the dominant or cool groups.

Talk to kids about setting their own moral compasses, and why it’s important to stick to their own moral code. But this does take some courage and maturity.....and at least one other friend to connect with.

Teaching them how to negotiate friendships is an ongoing, yet important life skill.

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Our healthy canteen

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<tr>
<th>COMMENCE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>19 May</td>
<td>Sonja</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam, Kaylah</td>
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<tr>
<td>26 May</td>
<td>?????</td>
<td>Lisa</td>
<td>Christie</td>
<td>Bob</td>
<td>Michelle, Annie, Gemma</td>
</tr>
<tr>
<td>2 Jun</td>
<td>?????</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam, Kaylah</td>
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Thank you, Sue Tatum Ph: 66877141

Thank you to our wonderful helpers at District Cross Country. Allison, Mez, Ang and Sandra Busby your help was invaluable and to Renee and Hazel who also did a great job serving.

We also have a new item. A small low fat gluten free ice cream bucket for $1.00 each. Available 1st and 2nd break.

Thanks, Sue.