THURSDAY 29 MAY 2014

What’s Coming Up!

<table>
<thead>
<tr>
<th>Week 6</th>
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<tbody>
<tr>
<td>2 June</td>
<td>Choir Rehearsal – Goonellabah</td>
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<tr>
<td>3 June</td>
<td>Sorry Day Assembly – 12.10pm</td>
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<td></td>
<td>Kinder Information Night 2015</td>
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<tr>
<td>4 June</td>
<td>ICAS Science Competition</td>
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<tr>
<td>6 June</td>
<td>Geo Link Tree Planting Year 3</td>
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<table>
<thead>
<tr>
<th>Week 7</th>
<th>Public Holiday</th>
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<tbody>
<tr>
<td>9 June</td>
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<tr>
<td>10-13 June</td>
<td>Tallebudgera Excursion Yr5</td>
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<table>
<thead>
<tr>
<th>Week 8</th>
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<tbody>
<tr>
<td>16-18 June</td>
<td>Brisbane /Sunshine Coast Yr4</td>
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<tr>
<td>16 June</td>
<td>ICAS Writing Competition</td>
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<td>17 June</td>
<td>ICAS Spelling Competition</td>
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Producing Excellent Students

Student of the Week

Our student of the week is someone who has represented our school with pride and displays or schools three key values of Respect, Responsibility and Integrity.

She is a studious and diligent student who always makes a positive contribution to the class and is a wonderful role model.

She can be trusted to carry out any task asked of her and she is an excellent buddy and helper with preschool reading.

She has completed the Premier’s Reading Challenge once and participated in the Premier’s Sporting Challenge. She is a wonderful member of the Junior and Senior Band and is a member of the SRC.

This week’s student is an honour student and is a future photographer and artist in the making.

Well done Mia Schirmer.

Honour Students

Gus Schirmer and Ash Daniel-Williams

Weekly Achievement Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
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<tbody>
<tr>
<td>Max Bauer</td>
<td>KL</td>
<td>Clem Harrison</td>
<td>K/1N</td>
</tr>
<tr>
<td>Isabelle Miller</td>
<td>KH</td>
<td>Ash Cameron</td>
<td>1CT</td>
</tr>
<tr>
<td>Tess Wright</td>
<td>1/2M</td>
<td>Luca Barriskill</td>
<td>2W</td>
</tr>
<tr>
<td>Taylah Ledingham</td>
<td>2/3C</td>
<td>Kit Roberton</td>
<td>3A</td>
</tr>
<tr>
<td>Jack Atkins</td>
<td>3/4K</td>
<td>Zeb de Plater</td>
<td>4J</td>
</tr>
<tr>
<td>Ethan Tebbutt</td>
<td>5/6M</td>
<td>Timothy Unsworth</td>
<td>5/6S</td>
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<tr>
<td>Tayla Jeffrey</td>
<td>Library</td>
<td>Claudia Brosig</td>
<td>5/6L</td>
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From the Principal's Desk

Wow half way through the term already and just so busy with lots of fun stuff happening for Kids at Lennox Head Public School!

This week 3A students have been on a local excursion to do some sketching which will be displayed at the tree planting at the point next Friday. Thank you to Melisa Wright who has kindly given her time to help with the artwork.

Next week we will be holding our Sorry Day Assembly on Tuesday at 12 noon so please come along and join in. Students will be making a ‘bringing them home’ track at the front of the school which is a symbolic representation of the thousands of silent and unseen tracks of the Aboriginal and Torres Strait Islander children who were taken away under the forced removal policies. The ceremony is part of the reconciliation week celebrations being held around Australia.

During Week 7 and 8 our Years 4 and 5 major excursions will be held. Year 5 students are off to Tallabudgera Camp and Year 4 will be going to Brisbane and the Sunshine Coast. Thank you to those staff and parents who have offered to go with the students on these camps without your commitment these camps would not happen.

So as you see the pace doesn’t slow down with lots more to come before the end of term.

Ron Ritchie
School Leader

Thought for the week
Clouds come floating into my life, no longer to carry rain or usher storm, but to add colour to my sunset sky.
Rabindranath Tagore (Indian Poet, Philosopher)

Recognising Student Achievements

Gold Cards
Ryan King
Sunny Lines
Rueben Baker
Macy Silvers
Xavier Wood
Isabelle Miller
Charlotte Cole
Kaelle Berle
Miah Bradley
Alani Adamson
Chloe Miller
India Ledingham
Angus Kynoch
Ben Moyle
Keeley Johnson
Jayden Burgess
Riley Evans
Joe Anderson
Chloe Harvey
Angus Birnie
Sophie Ranyard
Kahlila Marshall
Sara Ryden
Jake Bradley
Savannah King
Jack Atkins
Mia Shearer
Matisse Anderson
Eden Hardman

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.

Avah Orphanos
Tayla Jeffrey
Emma Flanagan

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: 5 Class: 5/6S Well done

Library Events

CWA Competition
All entries need to be landed to Mrs Blair in the library by Tuesday 16 June. If you require any information on the rules of the competition on the Republic of Botswana, please see Mrs Blair.

Donations
Thank you to the Kelly Family for donating books to the library.

Sports Bits

Cross Country
We would like to congratulation Bodhi Minahan on reaching the regional Cross Country to be held in Kendall. Well done.

Touch Football
Congratulations to Mia Schirmer, Ben Moyle and Flynn Whitney on their selection in the Zone touch football tomorrow. Good luck.
Soccer
The first round of the girls and boys soccer knockout will be played next Thursday at East Ballina.

PSSA Rugby League
Last Monday, May 26 the Lennox Head Public School Rugby League side were successful in going through to their Round 4 game. On the day the boys played three games against Wyralla Road, Alstonville and Ballina Public Schools, winning every game.

This was a great result when they had lost both prop forwards to injury over the weekend. New students Cale and Tate Spencer played a significant role on the day. Thanks to coaches Mr Lennon and Mr Asser the boys were well drilled and kept to their game plan.

All the boys can be congratulated on their sportsmanship and commitment on the day. Thanks also to those parents who transported the boys on the day and cheered on the boys.

Basketball
The boys basketball knockout team will be played next Friday at Byron Bay Stadium.

Netballers
Centre passes it to wing. Wing passes it to defence. Defence passes it to shooter. BAM! We have a goal. Yes, this is about a game of netball. A very important game of netball of course.

On the 27 May the Lennox Head Public School Netball team played a very tough game of netball against Alstonville Public School, a very worthy opponent.

The girls managed to get up with a win, with a score of 7-11; it was a very close game. The girls played at school, on the basketball court. Most of the school came out and cheered the girls on. That definitely gave them a confidence boost. The game was all part of the PSSA netball knockout competition.

The girls were excited because when their coach Miss Cupitt told them they could wear their Lennox Head netball dresses from their weekend competition they all take part in with pride.

Overall the girls had great fun and can’t wait until their next game.
Arabella Roberts & Georgia Langfield

Musical Notes
Over the next few weeks there will be some disruptions to Monday lessons due to excursions and Choir/Band activities.

Students who have lessons with Fiona on a Monday were given a note this week regarding the change in lesson days for the next 3-4 weeks.

Please check bags and instrument cases for these notes. Thank you,

Senior Choir
This coming Monday, June 2nd, all senior choir members will be taking part in a combined rehearsal at Goonellabah P.S.

It is important that all students attending the Sydney Opera House performance in August attend this rehearsal. Those choir members who are not coming to the Opera House are still encouraged to attend. This rehearsal is run by a leading choir director from Sydney and it is a wonderful opportunity that not many local school choirs get to experience.

Thank you,

Coastal Kids Concert
On Monday June 23rd and Tuesday June 24th (week 9 of this term) the Annual Coastal Kids Concert will be held at Ballina RSL Club. This Concert showcases local Choirs, Bands and Dance Groups from our local Public Schools.

Lennox Head Senior Choir as well as both L.S.T.T. Junior and Senior Bands will be performing at this Concert. Notes about this event will be coming home shortly.

PLEASE NOTE: that beginner band members (i.e. those who have not started attending rehearsals) are not needed for this Concert.

Thank you,
Fiona Clarke and Mark Whitney

Caring for our school community
Forty years ago about 75 per cent of children walked or rode to school, and only 25 per cent were driven or used other means of transport.

Today, more than 70 per cent of primary school children are driven to and from school every day. This is not good for our kids as they get less exercise and it increases traffic around the school.

Families are encouraged to actively travel to and from school where possible, can you try:

- Walking – an option for families living close to school.
- ‘Park & Stride’ – an option for families living further away. Parents park away from the school and walk or ride with their children the rest of the way.
- Cycling or scootering
- Car-pooling with other families.
- Using public transport.
Healthy Kids Lunchbox Tips

Why is packing a nutritious lunchbox so important for your child?

Whilst a child is at school they will consume around a third of their daily nutritional requirements through eating recess and lunch. Therefore it is important that the lunchbox is well planned and contains a variety of healthy yummy choices to ensure your child consumes enough energy and nutrients to help them concentrate, learn and play.

Preparation and Time Saving Tips for Packing a Lunchbox

Try to involve your children in the selection of the foods they will have in their lunchbox and even help out with the shopping if possible. This will mean there is more of a chance of them eating everything.

Quick tips:

- For small children keep serves small and cut up wherever possible.
- Sandwiches can be prepared and pre-cut the night before or on the weekend, frozen then taken for each day’s lunchbox. Suitable fillings that can be frozen include cooked lean meat, reduced-fat cheese, baked beans or vegemite. Defrost in the fridge overnight and add salad in the morning.
- Cut up veggie sticks the night before when cutting up the vegetables for dinner and put in a tub ready for the lunchbox.
- Stop the sandwiches from going soggy by placing tomato between the lean meat, reduced-fat cheese or lettuce.
- Cut sandwiches into different shapes such as triangles or fingers.
- Ask your child to list their top 10 sandwich fillings or put the list on the fridge, this will help if you are stuck one morning and need to make something in a hurry.
- To introduce your child to wholemeal or wholegrain bread why not try zebra pattern - ½ white ½ wholemeal sandwiches.
- Ensure you vary the items to keep your child interested in food and to prevent boredom.

Food Safety:

- Because the food in your child’s lunchbox will be out of the fridge for up to 6hrs you need to make sure that it is as safe and cold as possible.

- Ensure basic food safety and hygiene procedures in the kitchen before making your child’s lunch i.e. wash hands, clean working surface.
- Make sure reduced-fat dairy and lean meat products are either frozen the night before or kept next to a frozen ice brick, water bottle or UHT milk carton in the lunchbox.
- For a lunchbox choose an insulated bag with an ice brick or frozen water bottle to keep their lunch cold and safe from any harmful bacteria and spoilage.
- Wash the lunchbox every day, this way you can discard any uneaten food as well.

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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<tbody>
<tr>
<td>2 Jun</td>
<td>Allison</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam, Kaylah</td>
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<tr>
<td>9 Jun</td>
<td>Public Holiday</td>
<td>Sue Whalley</td>
<td>Christie</td>
<td>Bob</td>
<td>Michelle, Annie, Gemma</td>
</tr>
<tr>
<td>16 Jun</td>
<td>Sonja</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam, Kaylah</td>
</tr>
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Thank you, Sue Tatum Ph: 66877141

There will be NO sushi available next Wednesday. Normal sushi orders will restart the following Wednesday 11.06.14.