THURSDAY 19 JUNE 2014

What’s Coming Up!

Week 9
23 June Coastal Kids Concert
24 June Coastal Kids Concert
27 June SRC Fundraiser- Crazy Glasses Day
Last day of Term

Term 3
Week 1
14 July Pupil Free Day
15 July All students return
18 July School Athletics Carnival

Week 3
28 July-1 Aug Creative Arts Camp

Week 4
4&5 Aug Art Smart Workshop – Stage 3
6&7 Aug Art Smart Workshop – Stage 2

Producing Excellent Students

Student of the Week

Our student of the week is a conscientious student.

She always strives to produce quality work and consistently displays our school’s three key values of Respect, Responsibility and Integrity.

She is an excellent role model in the classroom and can be trusted to complete all activities neatly and accurately.

She takes responsibility for learning and always has a positive attitude in the classroom. She has completed the Premier’s Reading Challenge three times.

She is an empathetic and caring friend.

Well Done Georgina Roddick.

Year 5 Excursion Tullebudgera

Weekly Achievement Awards

Ocea Curtis KL Lily Moore KH
Nate Haley-Cross K/1N Rob de Wit 1CT
Neeve Alexander 1/2M Felix Fraser 2W
Brayden Kmarshan 2/3C Grace Jackowski 3A
Ziah Star 3/4K Koby Morris 4J
Chance Lester 5/6M Gabbi Phillips 5/6S
Lauren Miller 5/6L Dylan Binder Library
From the Principal’s Desk
Technology Guide for Parents
CLICK Core News Facts
• Click is a free, online guide to help parents understand what new technologies can do and how they are used.
• New issues published bimonthly at www.schools.nsw.edu.au/click
• Provides parents with ways to protect their children from dangers online.
• Promotes a positive attitude towards technology.
• Encourages parents to try new technologies for themselves. The department has created areas in YouTube, Flickr, Facebook and YouTube as starting points for parents.
• Looks at everything from cyberbullying, gaming, virtual worlds, mobile phones, buying a computer to homework help.
• Combines safety tips with information on what the technology is and how it works

Healthy sleep habits
When children sleep well, they'll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:
• set bedtimes and wake times - try and keep these regular
• no TV/computer games one hour before bed
• no TVs in bedrooms
• no caffeine, high sugar or high spicy food 3-4 hours before bed
• comfortable temperature, light and noise levels in the bedroom
• warm milk or camomile tea can help induce sleep.
• convincing children that it is important to sleep well - reward them for complying with bedtime rules
• visiting your doctor and asking to be referred to a sleep specialist if your child’s sleep problems persist or worsen.

CONFIDENCE - PARENTING IDEAS FROM MICHAEL GROSE
Is your child achieving their full potential?
Self-doubt and lack of confidence hold more kids back than any other factor. You can send kids to the best school available but they won't be happy and achieve unless they feel confident in their abilities.

Real confidence-building is the most important skill you can develop as a parent. Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence.

But building a child’s confidence is complex. It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless.

CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents.

But knowing this stuff is one thing. Getting inside kids’ heads and shifting their thinking is another thing entirely. Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts. You have do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do.

• foster positive mindsets in kids and a real sense of optimism.
• help your child overcome their fears and anxieties, so they can take more risks socially and academically.
• develop a lasting sense of independence and self-sufficiency so they can really start achieving

Ron Ritchie
School Leader

Thought for the week
You will never do anything in this world without courage. It is the greatest quality of the mind next to honour.
Aristotle

Recognising Student Achievements

Gold Cards
Indianna Cook
Heidi Stone
Dylan Binder
Zoe Marr
Sofia Rezai Smyth
Amali Linton
Elijah Loveday
Tim De Wit

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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.

Maiya Lincoln-Mather
Havana Weir

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: 5/6S Well done
Library Events

Overdue Books
Please check with your child as we have a lot of overdue books at present.

Premier’s Reading Challenge
Please encourage your child to continue reading over the holidays. All completed forms need to be handed in to Mrs Blair by 27 August.

Book Fair
Our annual Book Fair will commence next term on 31 July. This is where children can purchase books, posters etc and the school receives 30% of all sales.

Book Parade
Mark this date on your Calendar! The parade will be on Wednesday Week 6, 20 August commencing at 10am. Children come to school dressed as their favourite book character.

Participation in previous years has been fantastic by the children. Harry Potter, Bushrangers, Star Wars, Fairies, Rapunzel, Sports People, Rock Stars, Santa Claus, Ghosts, etc are just a few ideas.

Book Worms
They have been selling like hot cakes. A special thank you to Trenna Gillott and Sandra Bolger for supplying the worms for a fundraiser for the library.

Sports Bits

Athletics Carnival
Date change for School Athletics Carnival - Athletics Carnival will be held Friday 18 July. Please make sure you have your house colours ready for this event.

PSSA Touch Football
Congratulations to Flynn Whitney who has made the North Coast Team for Touch Football. This event takes place in Ulladulla in Term 3. Good luck Flynn.

PSSA Rugby League
Today, June 19 the Lennox Head Public School Rugby League side were successful in going through to their Round 5 game. Today the boys played a big and mobile Tweed Heads South Public School side. This side beat us last year and went on to play in the Regional Final.

This was a great result with all the boys playing as a team, defending strongly and precise in attack. Russell Asser had a blinder on the day running the ball hard and solid in defence. In fact all the boys can be really proud of themselves for the way they played on the day. Thanks to coaches Mr Lennon and Mr Asser the boys were well drilled and kept to their game plan.

Congratulations boys on a well deserved win!

Girls PSSA Netball
At Lennox Head Public School we love our Netball. We hosted and interesting match against Mullumbimby Public School on 12 June 2014.

The game was a PSSA Netball Knockout Competition. Boths teams were confident going into the match as they had both won 2 games already.

The Lennox girls started off strong getting the first 3 goals. Mullumbimby weren’t about to give up though, with the half time score at 6 all.

It was a close game with Lennox coming out on top. Winning the match 14 to 8.

Overall the girls enjoyed the game and would like to especially thank Miss Cupitt their coach for supporting them and getting them this far. We look forward to our next match.

By Georgia and Kayla.

PSSA Basketball
On Friday 6 June Lennox Head Boys Basketball team played Byron Bay at Byron in Round 2 of the State knockout.

Byron had many experienced players. The Lennox team played very well considering it was their first real game of Basketball for most of the team.

We ended up losing 36 -18, but did outscore Byron Bay in the third quarter.

The boys showed excellent sportsmanship and it was great to see the growth in their Basketball skills over the year.
**Music**

**Coastal Kids Concert**  
*Don’t Forget*  
All SENIOR Choir and Band members (excluding beginners) will be participating in the Coastal Kids Concert at Ballina R.S.L. Club next week, Monday June 23rd and Tuesday June 24th.

These two days will proceed as follows:
- **Monday June 23rd**, Rehearsal day at Ballina R.S.L. Club. Students will travel to and from the venue via Bus, leaving school at 11.30am.
- **Tuesday June 24th**, Matinee Performance at Ballina R.S.L. Club. Students will travel to and from the venue via bus, leaving school at 9.30am (sharp).

*NOTES regarding the above have been sent home, copies can be obtained at the school office. Mrs Armstrong and Mrs McIntyre will be the staff members travelling with the children on these two days.

Students need to find their own transport to this performance. Parents are invited to watch this performance which starts at 7pm, tickets available at Ballina R.S.L. Club.

(Please do not buy tickets for any students who are involved in the Concert as they must stay in the holding room when not performing. All performers get to watch the matinee Performance).

Thank you,
Fiona Clarke and Mark Whitney

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**Crazy Glasses Day**  
Our next fundraiser is for the Fred Hollows Foundation, a fantastic worthwhile charity.

On the last day of term Friday 27 June we will be having a “Crazy Glasses” day. Come dressed in mufi with a pair of decorated glasses. We are asking for a $2 donation.

Thank you The SRC.

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**P&C News**  
**The Date Has Been Set. The Spring Fair will be held on Thursday 16th October 2014, Term 4 week 2.**

A big thank you to Gemma Newey/Walker for taking on the Co-ordinator role this year, but for this event to run smoothly we NEED YOUR HELP.

Please email Gemma at lhpsfete@gmail.com and offer your help TODAY. The more help we get the less there is for everybody to do.

In other news, coming up in Term 3 we will be holding a Walkathon, a Raffle, a Disco and we are also looking into a Movie Night.

Our next meeting will be held on Tuesday August 12th @ 6.30pm @ Club Lennox. Come along, have a drink and find out what is happening around the school. New faces are always welcome.

Kerren Kernaghan - President

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**Community Announcements**

In a nutshell, Ability Links NSW (ALNSW) is a new way to support people with disability, their families and carers, as a part of the ongoing reforms of the disability services system in NSW.  
The program will provide people with disability, their families and carers with a locally based first point of contact to access resources and opportunities in their local communities.

**Information Sessions:**  
- Lismore – Thursday 19 June 5-6pm.
- Ballina – Monday 14 July 4.30-5.30pm. RSVP Shae Brown - Ph: 02 6620 1818 M: 0438 005 798. E: shae.brown@hrsdc.org.au

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**Books For Cambodia**

The SRC will be selling second hand books for 50 cents each day starting on Tuesday 17 June.  
Please support.

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**Our healthy canteen**

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Thank you, Sue Tatum Ph: 66877141

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Term 3 - Athletics Carnival - date Friday 18 July. Sausage Sizzle Note went home this week. If you can please return your order to the canteen before the end of term 2 please, so I can be organized for this event.

I have been asked if it is possible to sell Byron Bay Gourmet Pies in our Canteen. Please see me if you are interested, so that I can see whether there is enough interest for this to happen.