THURSDAY 24 JULY 2014

What’s Coming Up!
Term 3

Week 3
28 July-1 Aug  Creative Arts Camp
29 July  ICAS English
30 July  Byron Bay Writers Festival
31 July  Book Fair
         SRC Fundraiser – Chopper Day
         Red & Yellow Madness
1 Aug  District Athletics

Week 4
4&5 Aug  Art Smart Workshop – Stage 3
         Book Fair
6&7 Aug  Art Smart Workshop – Stage 2
7&8 Aug  Sydney Opera House

Week 5
12 Aug  P & C Meeting 6.30pm
13 Aug  ICAS Maths
14 Aug  Premier’s Spelling Bee 12pm Hall
From the Principal’s desk

Isn’t it great when we receive good news! In an interview this week a school parent voiced their delight at the impressive way our students have performed at the athletics carnivals this year. Not only did each and every student compete to their best ability but the sportsmanship they displayed to their fellow team mates and other competitors has been wonderful to see.

The team spirit with which students cheered on each other and congratulated competitors from other houses was inspirational. Parents, caregivers and community should feel truly proud of the way our young people represent them with integrity, respect and responsibility.

Congratulations must go to Mrs Nicole Wagland and team for organising and running such a great carnival. There is an awful lot of hard work and time behind the scenes to organise and run a full day carnival like Fridays. So well done team, congratulations!

Ron Ritchie
School Leader

Thought for the week
They succeed, because they think they can.
Virgil

Building scaffolds to Independence
Posted by: Michael Grose
Ever had the situation where your child wants to do something that you consider risky or not within their capability?

Here are some recent examples of potentially risky situations that were child initiated:
• A seven year old boy wanted to go into a public toilet on his own.
• A six year old girl asked her mother if she could make herself a cup of tea.
• A twelve year old wanted to catch a train into the city to watch a movie with friends.

These are tricky parent dilemmas.

On one hand, you want to develop a sense of independence in kids. You should welcome their willingness to have a go.

On the other hand, your duty of care means you must match the potential risk attached to a situation with your assessment of our child’s abilities to manage.

Many parents underestimate their children’s abilities, while children will often overestimate their abilities. This is a common problem with parents of teenagers where fourteen years old think they are three older than they are, and their parents think they are three years younger so finding some middle ground is imperative.

There is little doubt that modern parents are an anxious bunch. Caring we maybe, but daring we are not. Letting go and granting kids sufficient space is perhaps the greatest challenge for the current generation of parents.

So how do you grant kids greater independence when there is an element of risk involved, while keeping them safe from harm?

The solution is to build scaffolds to independence. That is, look for opportunities to move your children closer to independence while keeping them safe.

Here are three ways you can build scaffolds to independence for your child:

1. Look for simple, safe options to start: E.g Allowing a child to go to a public toilet on their own at the local swimming pool is easier and safer than in a large shopping centre.
2. Do activities together: E.g Making a cup of tea with your child is great way to teach her about safety.
3. Break complex activities in to simpler activities: E.g Catching trains with friends on short trips is great practice for kids who are itching to do some activities with mates without parental supervision.

If you cringe when kids ask for greater freedom or you typically respond with ‘No!! Wait until you are older’ then think about looking for opportunities to move your child further down the road to independence.

Building scaffolds to independence is one way parents can move towards redundancy while ensuring that kids stay safe.

Sometimes kids will mess up, or experience some outcomes that are less than pleasant. How do you react as a parent when your kids experience hardships, frustrations and difficulties?

Library Events

Donations
Thank you to Malia Colpus and the Kelly family for donating books to the library.

Book Fair
The library will be open on the following day and times to purchase from the book fair.

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 31 July</td>
<td>1.40 – 2.10pm, 3.00 – 4.00pm</td>
</tr>
<tr>
<td>Friday 1 August</td>
<td>8.30 – 9.15am, 1.40 – 2.10pm, 3.00 – 4.00pm</td>
</tr>
<tr>
<td>Monday 4 August</td>
<td>8.30 – 9.20am, 1.40 – 2.10pm, 3.15 – 4.00pm</td>
</tr>
<tr>
<td>Tuesday 5 August</td>
<td>1.40 – 2.10pm, 3.25 – 4.00pm</td>
</tr>
</tbody>
</table>

Book Parade
Our annual school book parade will be in week 6 on Wednesday 20 August. The parade will commence at 10am. Children come to school dressed as a character from a book (fiction or non-fiction).

Byron Bay Writers Festival
If your child is attending the Writers Festival next Wednesday 31 July at the Ballina RSL. Please ensure they are in full school uniform.
SPORT

School Athletics Carnival
The annual Lennox Head Public School athletics carnival was a windy affair and although tents tried to blow away it turned out to be another great day.

All students from Kindergarten through to year 6 were enthusiastic and demonstrated their ability to participate fairly in all events. It was a tough job picking the loudest war cry with Ainsworth, Gibbon, Henderson and Ross giving 100%.

A big thank you to all of our wonderful helpers and bakers for their delicious treats. All age champions will be announced on Friday (tomorrow) assembly.

State Cross Country
Bodhi Minahan competed at the NSW Cross Country Championships in Sydney last Friday. Bodhi finished 24th.

Golf
Congratulations to Nathan Mackenzie on being selected to play for the North Coast Team at the NSW PSSA State Golf trials. Nathan will travel to Port Macquarie on the 8 and 9 September 2014 to compete in this event.

Netball
The Lennox Head Public School Netball team came home with their heads held high with the victorious day. With a score of 16 – 9 they had a well-deserved win.

Clunes Public School were very worthy competitors. All the girls had great fun and used fantastic teamwork.

Clunes won first centre but the girls redeemed themselves shortly after the first quarter. We spoke with one of the members of the team Hayley who said “I had a great time the other team was very good and I can’t wait until our next game”.

Music

Band News
A reminder to all students that there will be no lessons or band rehearsals in Week three of this term.

Opera House Excursion
Just a reminder to all Senior Choir and Parents that the Sydney Opera House Trip is in Week 4 of this term (August 6 -9, 2014). The final payment for this excursion is due on Friday August 1st.

A note with information about the final costing and itinerary for the excursion was given out last term. Any students who have missed this note need to collect one from the school office, Mr Whitney or Miss Clarke.

P & C News

Spring Fair
This year the Spring Fair will be held on Thursday 16 October. We are running a competition to find a great poster for this year’s Spring Fair.

The poster should be one A4 size page containing the following information:

LENNOX HEAD PUBLIC SCHOOL
SPRING FAIR
THU 16TH OCT

One poster will be chosen to be distributed around town advertising the fair. The creator of this poster will also receive a $20 In The Pink voucher. All other posters will be displayed at the fair.

Please submit your poster to the office with a $2 entry fee by Friday 8th August. Money raised will be used to buy supplies for the fair. Please also include your name and class on the back.

I look forward to seeing all your artwork!
Gemma Newey
Spring Fair Co-ordinator

SRC Fundraising

Please note – There has been a date change for the following fundraiser.

This term the school is going to be involved in CHOPPER DAY to raise money for the Westpac Life Saver Rescue Helicopter. So on Thursday 31 July get ready for a RED and YELLOW MADNESS mufti day.
Thank you.
Angela McGill SRC Co-Coordinator.

How to S-t-r-e-t-ch the Food Dollar
AND Eat Healthy

Vegetables: Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it’s good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies: minimise the chopping and cutting, clean skins rather than peeling, don’t soak your vegies and try not to overcook.

Meat, chicken, fish: When you’re buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be
more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.

Milk: Powdered (dried) milk contains all the nutrients of fresh milk and it’s very convenient. If you make it up the night before it’s very like fresh in the morning. It’s also very good for using in cooking.

Community Announcements

Primary School Basketball Term 3 2014
Aussie Hoops, ages 4-8yrs, 3.30pm-4.15pm; Tuesdays, Bangalow Public, Thursdays, Byron Bay Public, Fridays; St.FinnBarrs.

Miniball, ages 8-12yrs, 4-5pm- BRSCC, Ewingsdale Rd, Just turn up & Register or for more info; ph66872246a/h info@byronbasketball.com, Or www.byronbasketball.com

Congratulation Line Dances

On the 19 and 20 July, Lennox Beach Line Dancers, a team of seven (Susan, Kimberly, Sharni, Susie, Georgie, Jessie & Emily), travelled to Victoria to compete at this year’s Southern State Line Dancing Competition.

The team competed in most of the sections including solos, duos, trios and teams in a variety of ages and open sections. They worked very hard and their extra training paid off after a very busy school holidays.

The team did very well in Victoria coming back with 76 medals in total (26 gold, 24 Silver, 26 Bronze), with Kimberly and Susan winning gold in their duo and coming home with some prize money!

We congratulate Lennox Beach for their winnings! A big thank you to Kimberly, Sharni and Susie, our instructors, for all their patients and choreography of so many new dances.

If you would like to come and learn this fun style of dancing we hold classes after school on Tuesdays for beginners and Thursdays for intermediate dances from 3:45pm. Hope to see you there!

Thank you, Sue Tatum Ph: 66877141
A big thank you to all the wonderful helpers at our School Athletics Carnival last Friday. Your help with the barbecue and canteen along with the donations of Home Baking was most appreciated. Thanks, Sue.