Producing Excellent Students

Student of the Week

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

Zac is a wonderful peer support leader and is an enthusiastic reader at the preschool. He is an excellent buddy in the playground and has completed the Premier's Reading Challenge once.

Zac has represented the school in swimming and athletics and has been part of the school rugby league team. He went to the hockey trials and made it through Zone and in to the North Coast team.

In class Zac completes his work to the best of his ability and is always willing to lend a helping hand.

Zac is the best big brother his three sister could have.

Congratulations Zac Alexander.

Honour Students
Jack Moyle and Anais Stone
It's Only Words
By Michael Grose

Words are the most important tool for a parent. Your words can soothe, reassure, excite, inspire and lift. Alternatively, they can provoke, challenge and excite. The words you choose to use to do these things are like gold.

By far, the most important words are the words that kids tell themselves. It's just as easy to talk themselves up as it is to talk themselves down.

Self put-downs can easily become self fulfilling prophecies. "I'm stupid!" either becomes an excuse or a story. Sometimes kids put themselves down (I'm hopeless. I'm stupid. Maths isn't my strong point) to lower the expectations of those around them. If others don't expect too much then I don't have to try and I won't let anyone down is their thinking. It works most of the time. We feel sorry for kids and let them off the hook!

Sometimes a child's self-deprecating remarks become the story that a child tells him or herself and it becomes true. "I'm no good at maths" becomes the story that stays for life. It stops them from trying or attempting new things.

Sometimes kids' conditions become their overarching story............for others. If a child has a disability it becomes a factor in their story, but it's not their entire story. Kids determine their own story.

The words that you repeatedly use when you are around kids can become part of their story too. So watch the labels that you attach to kids as they can become part of the story they tell themselves.

Kids will hear bad things about themselves from their peers and their siblings. These comments need to be counterbalanced by words from adults that elevate, affirm and lift.

We are in a better position to choose the words they hear than their peers or siblings so choose well and wisely.

Here are some approaches:

1. Choose carefully the words that you'd like kids to hear more and start using them. Try two or three to start with.
2. Don't accept the story that many kids routinely tell themselves. Challenge their 'I can't' story and help them replace it with something along the lines of 'If I work hard and apply myself I can do it'.
3. Introduce self-talk to kids so they can learn to write a better story for themselves. This happens over time.

It may only be words.................. but words make up the stories that kids live by. That gives words incredible power.

Thought for the week

"Things do not change, we do."
Henry David Thoreau

Recognising Student Achievements

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<tr>
<th>Gold Cards</th>
<th>Zac Gilmore</th>
<th>Ben Moyle</th>
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<td>Coen Acret</td>
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<td>Kahlila Marshall</td>
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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.

<table>
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<tr>
<th>Ocean Curtis</th>
<th>Jake Kynoch</th>
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<tr>
<td>Lilly Whitby</td>
<td>Eden Hardman</td>
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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: 4          Class: 2/3C       Well done

Library Events

Book Parade
Next Wednesday our annual school book parade is on at 10am. Children come to school dressed up as a character from a book and participate in the parade and later are involved in a “book hunt” around the school in Peer Groups as part of book week activities.

The parade will still go ahead if it is raining. The order for the parade will be 5/6M, 2W, 3/4K, K/1N, 1CT, 5/6S, KL, 4J, KH, 1/2M, 2/3C, 3A, 5/6L.

Some classes will also be visiting our local Lennox Head Library at the Community Centre as part of Book Week celebrations.

This Friday Bronwyn Thirkell (mum of Chloe in KL) will be launching and reading her latest book in her series…. One Sunny Day in BYRON BAY with children in K-2. I am sure we will enjoy this and congratulations to Bronwyn.

Book Club
The latest book club has been handed out to classes and all orders must be in by Monday 25 August. No late orders please. Online payments can be made through Ashton Scholastic website for book club. All you need to do is fill in the receipt and what books you have paid for on the order form and return completed form to Mrs Blair in the library.
**Premiers Reading Challenge**
CLOSING SOON!!!! Please get your forms in to Mrs Blair by MONDAY 25 AUGUST!! Once it's closes online I cannot enter after this date. Thank you

**Sports Bits**

We would like to wish all our students who are competing tomorrow Friday at Byron Bay for the Zone Athletics. Hope they all run fast.

**Spelling Bee**

Our school has registered to participate in this year's Premier's Spelling Bee. The Premier's Spelling Bee was introduced in 2004 and is open to all Stage Two and Three students in NSW government primary, central and community schools. Stage Two and Three students who elected to participate in this competition were provided with a list of words selected by The Arts Unit from the Macquarie Dictionary. The word lists were divided into several categories and Junior and Senior students studied different wordlists. From this competition each class selected a maximum of four students to represent their class at our school Stage Final to be held this Thursday - 14th August in our school hall at 12:00 for Stage Two students and 2:10pm for Stage Three students.

The following students were selected and we wish each of them the very best of luck:

3C - Tommy Anderson, Taylah Ledingham
3A - Ava Redfearn, Chloe Miller, Mikayla Alexander, Chloe Ollier
3/4K - Farah Rezai-Smyth, Kate Reka, Laila Barnes, Jesse Allen
4J - Zac Gilmore, Bryn Walshaw, Gabby Bolger, Mia Hoey
5/6S - Flynn Bosselman, Max Clarke, Jordyn Lacy, Ella-Jean Cutts
5/6L - Mia Schirmer, Arabella Roberts, Ben Moyle, Danny See
5/6M - Samina Rowhani, Ethan Brown, William Seymour, Georgia Langfield.

The winners from our school final will then go on to represent our school in the Regional Final to be held at Tweed Heads South Public School on Tuesday 16th September. The winners of the Regional Final will then represent our region on Wednesday 5th November at the Eugene Goossens Hall, ABC Centre Ultimo.

**P&C Items**

**Spring Fair**

Please keep those posters coming for the Spring Fair. The poster should be one A4 size page containing the following information: LENNOX HEAD PUBLIC SCHOOL, SPRING FAIR, THURSDAY 16TH OCT. Please also include your name and class on the back.

Gemma Newey - Spring Fair Co-ordinator

**Musical Notes**

**Oh, What a Performance at the Sydney Opera House!**

After successfully auditioning for the 2014 Sydney Primary Choral Festival, eighteen members of our Senior Choir got to perform at the Sydney Opera House last Thursday night. Our Choir members were part of a massed choir made up of over 700 hundred students from Public Primary Schools across the state.

Hazel Rogers was given the task of being interviewed by the Choral Festival Director 'LIVE' during the Concert.

As well as taking part in a terrific performance, the Choir got to visit other Sydney icons including Paddys Market, Darling Harbour and Luna Park, as well as ice-skating.

Mr Whitney and Miss Clarke would like to congratulate choir members not only for their performance at the Opera House but also for their excellent behaviour throughout the trip.

**Now from Mr Whitney**

Last Thursday night Lennox Head PS Choir performed at the Sydney Opera House. They joined 700 other students from around the state, to put on one of the best mass choirs that I have heard in 14 years.

As one parent put it, "It was the most heavenly sound, that I have ever heard!"

I would like to thank all the children for being absolutely fabulous for the entire excursion. You are a credit to your parents.

As this was my last Opera House Concert I would like to thank all the children for making my last Opera House excursion the best ever and wish the new choir teacher all the best in the future!

Cheers

Mark Whitney - Retiring choir teacher
**Exercise for All**

Exercise and food go together; both are needed for healthy development. Just as we need good food to build a healthy body we need exercise for our bodies to develop and reach their full potential.

Walking, swimming and cycling are great forms of exercise. Parents can support a healthy attitude by joining in exercise times such as walking the dog, walking to school, walking to do the shopping, cycling or playing in the backyard or park. Combine a bush walk or swim with a family picnic. It’s a lovely family time together as well as a chance to talk about your child’s thoughts and feelings!

**ICAS Competition**

Congratulations to everyone who have participated in the ICAS competition so far.

- Coen Acret
  - Computer Skills – High Distinction
  - Science - Distinction

- Zac Gilmore
  - Computer Skills - Distinction

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**Community Announcements**

**Tintenbar-East Ballina Junior Cricket Club - Sign On**

When: Thurs 4 Sept 4.30pm – 6.00pm
Sat 6 Sept 10.30am – 12.00noon
Tues 9 Sept 4.30pm – 6.00pm
@ Kingsford Smith Nets, Owen Street, Ballina

Fees:  
- U10 Big Bash $50 / U12 $80 / U14 $85 / U16 $90

Fees include baggy hat for all new players. “In2Cricket” (5 - 10yo) $50

More info: Colin Earl 0419 608 775
Brett Crawford 0438 646 094

**FNC NSW FUTSAL – Sign On**

Lennox Head Community Centre
28th Aug & 4th Sept 4pm – 6pm
Online Registration Now Open!
www.lennoxheadfc.com
Phone (02) 6628 3845 / 0407 230 336

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**Our healthy canteen**

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<th>COMMENCE</th>
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<td>Christie</td>
<td>Bob</td>
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<td>Bob</td>
<td>Mam Kaylah</td>
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<td>1 Sept</td>
<td>Sonja</td>
<td>Sue Whalley</td>
<td>Christie</td>
<td>Bob</td>
<td>Michelle, Annie, Gemma</td>
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Thank you, Sue Tatum Ph: 66877141