Premier’s Spelling Bee

Last Thursday, 13 finalists from Stage Two and 12 finalist from Stage Three competed in this year’s Premier’s Spelling Bee competition. We would like to congratulate all finalist for their excellent efforts during this event, as we recognise that spelling words aloud is difficult particularly in front of an audience and your peers.

The following students were successful and will now represent our school at the Regional Premier’s Spelling Bee final to be held at Tweed Heads South Public School on Tuesday 16th September - Juniors 9:30-10:30am, Seniors 12:30-2:30pm. Parents and family members are welcome to attend.

Laila Barnes – Junior - Winner
Farah Rezai - Smyth - Junior - runner-up

Ethan Brown – Senior - winner
Mia Schirmer – Senior - runner-up

Congratulations to all four students and we wish them the very best of luck in this regional competition.
Thanks Karen

Parental expectations are tricky things.
Michael Gross – Parenting Ideas

If they are too low kids will probably reach them, but if you expect little of your kids then be prepared for them to give up when things get tough.

If they are too high, or at least higher than their capability then many kids just give up. It’s better than trying and failing, which can seem like letting down their parents. Alternatively, they may make excuses for not taking part in an activity, game or sport.

Some children will try to meet abnormally high parent expectations, but their efforts may well come at a cost. They may experience stress, anxiety and in some cases, depression due to excessive pressure to perform. First borns, who are often perfectionists can suffer when parental expectations are excessive, and out of reach. These kids become risk-averse and stick to the straight and narrow.

Expectations are most helpful when they are realistic, which means they are in line with children’s age, abilities and their interests. These types of expectations are the most motivating for kids, as well as the most healthy for kids’ well-being. Are your expectations de-motivating your child…… or worse, damaging their mental health? Ideally, all kids will be self-motivated, not needing adults to lead the way.

But it’s stupid to think that, as many of us need a push to reach a little higher. We just need to make sure that the push is not excessive, and the end result is worth pursuing.
The same logic applies to kids and the expectations we apply to them. Not only should our expectations be within reasonable reach, but they must reflect children’s, rather than our own interests.

**Thought for the week**

"It is the province of knowledge to speak, and it is the privilege of wisdom to listen." Oliver Wendell Holmes

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**Protocols**

A reminder if you need to see your child’s teacher please ensure you make an appointment through the office to do this. We are more than happy to talk to you however we often don’t have time to discuss matters in depth with you, if you stop us at the door – whether that be before or after school.

We would also like to remind students and parents that no-one should be in classrooms without teachers present. If you need to leave something for a teacher and they are not in the room, please take it to the office and it will be delivered to the teacher. We appreciate your support in this matter.

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**Sports Bits**

Congratulations to the following students for making it through to the North Coast Zone PSSA Athletics to be held on Friday 29 August in South Lismore.

- **Brianna Watkins** – 4th in 10 yrs 100m, 1st in Jun 200m, 2nd in High Jump
- **Nyxie Ryan** – 3rd in 11 yrs 800m
- **Keeley Johnson** – 3rd in 11 yrs Long Jump
- **Josh Young** – 3rd in 8 yr 100m
- **Tommy Anderson** – 4th in 9 yrs 100m
- **William Borrach** – 4th in 11 yr 200m
- **Bodhi Minahan** – 4th in Jun 800m
- **Flynn Bosselmann** – 3rd in 11 yr High Jump
- **Tate Spencer** – 1st in Jun Discus

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**Library Events**

**Book Parade**

A huge thank you you must go to the parents for all the effort that you went to for dressing the children up in such creative costumes. It would not be a success without your help!! The children looked fantastic!!

**Winners of lucky Draw**

- Rani Keller 5/6M
- Russell Asser 5/6S
- Kate Reka 3/4K
- Finn Spencer 2/3C
- Jett Beck 1/2M
- Mila hunter K/1N
- Río Jones KH
- Max Edwards 5/6L
- Zac Gilmore 4J
- Grace Jackowski 3A
- Tama Rough 2W
- Eva 1Ct
- Olivia Rose KL

**Peer Group Winners**

1st – Gabi Phillips, Saede Silver, Jack Moyle, Ryan King.


**Premiers Reading Challenge**

All forms need to be handed in to Mrs Blair by Wednesday 27 August!!

**Thank you**

Thank you to Bronwyn Thirkell who came and read her story One Sunny Day in Byron Bay last Friday to K-2 children.

**Book Club**

Closes Monday 25 August. No late orders please!!

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**Art Show**

Thank you to everyone who participated in or came along to our Art Show over the weekend. The Lions Club once again did an outstanding job and I would like to thank them for their ongoing support of our school.

If you still wished to place a bid on one of the framed photographs, please do this before assembly tomorrow – as we plan to announce the winning bidders at this time.

Thanks again

Mrs Langfield
School Canteen – a tool for learning
As part of the school environment the school canteen is an education resource.

The children are learning about the Australian Guide to Healthy eating:

The children are learning in class about having every day foods most of the time and sometimes foods (chips, confectionary, muesli bars, pies etc) only sometimes.

Buying lunch from the canteen is a chance to reinforce this message by choosing salad rolls and wraps, sushi, or other every day foods.

VALUE OF WEEK 7
Responsibility in the Playground
Pick up rubbish laying around

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 Milo “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

When: 6th and 7th of September 8:30 am to 12:30 pm or 1pm - 5pm
Where: Byron Bay Community Centre
What: Collaborative Music and Technology Workshop where children write and record songs and create film clips
Who: 8-12 year olds. No instrumental experience required
Price: $90 for 2 days, includes insurance and equipment.
Contact: jenevieve@garagemusicschool.com

More Info: www.garagemusicschool.com.au or like us on Facebook

Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141
The “Fresh for Kids” campaign is on again. It runs to the 19 September. Children received stickers when they purchased fruit and veg and have a chance to win some great prizes. Get involved in this great promo from Sydney Markets.