### What’s Coming Up!

**Term 3**

- **Week 10**
  - 19 Sept: Last Day of Term

**Term 4**

- **Week 1**
  - 6 Oct: Public Holiday
  - 7 Oct: Students Return
  - 10 Oct: Final Payment due – Year 6 Sydney/Canberra Exc

- **Week 2**
  - 16 Oct: Spring Fair
  - Oct 18-24: Yr 6 Sydney/Canberra Excursion

### Stage 2 Campout for Kids

Schools ground transformed into a camping area
From the Principal’s Desk

As we finish this term I’d like to express my appreciation to everyone for their support and contribution to our school. Looking back over the term there has been many events and activities for students to engage in extended quality curricula activities. Art Smart, Life Education Van, Book Parade, Opera House Choir, Writing Festivals, School Camp Out and our Kids in the Kitchen just to name a few.

Thank you to all the dedicated hard working staff and teachers at Lennox Head Public School who care about our school and children, we really appreciate your contributions.

I hope you enjoy some quality time with your children during the school break.

Ron Ritchie
School Leader

Thought for the week

“Everyone has inside of him a piece of good news. The good news is that you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is!”
Anne Frank

Road Safety Tips

Kids can be easily distracted on busy roads. Here are some tips to help you show your child how to make safety a priority when they’re near traffic.
Go to: http://www.kidsafensw.org/road-safety/

School Holiday Activities

Looking for ways to get your kids off the computer these holidays? Happily, there’s an app for that – and a website. Go Play has loads of holiday activities across NSW to get kids out and about.
Go to: www.goplay.nsw.gov.au

Help kids face their fears

By Michael Grose Parenting Educator

All kids experience fear at some stage. Many fears are normal and developmental, such as fear of separation, fear of the dark and fear of new situations. Other fears – such as fear of the dentist, fear of new social situations and fear of dogs – are more individual. They are often learned, or occur due to a bad experience. Author Gisela Preuschoff, in her book Raising Girls, describes a recent longitudinal study that showed how girls are more fearful than boys. The physical signs of fear, including increased heart rate and enlarged pupils, are greater in girls than boys. As androgens (male hormones) have a calming effect, boys show less fear. Jerome Kagan, Professor of Psychology at Harvard University, believes that excessive fear in girls is related to overprotective but well-intentioned caring they receive from parents and carers.

It’s been noted that many parents allow boys to take more physical risks than girls, and have different views of danger for each gender.

Fear is okay

Navigating fear is part of growing up. Fear plays an important role. It makes us cautious and causes us to prepare for a new or risky situation. The preparation may be physical (“I’ll walk on the other side of the street to avoid that mean dog.”) or psychological (“I’ll be brave when I visit the dentist!”)

Sometimes normal, healthy fears are confused with anxiety. Fear is unhealthy if it overwhelms kids, dominating their thinking and behaviour, or if it paralyses and prevents them from participating in everyday life. Fear is normal if it makes them wary but is not overwhelming.

Fears need to be faced

It’s important to remember that fear decreases (and sometimes disappears) with positive experiences. Walk past a scary dog without being bitten often enough and you’ll learn that it’s not so scary after all! Give enough talks at school and kids will wonder what all the fuss was about.

Scaffolding is one way to help kids beat their fears. That is, if they are fearful of going into a new situation on their own, go with them for a short time, then find an excuse to leave once they have settled. Alternatively, leave them to spend just a short time in an unknown situation at first. Increase the time as kids get used to the situation. Scaffolding beats avoidance and helps overcome fear. Validate your child’s fears but let them know you have faith that they will be able to face them. Point out that past a scary dog without being bitten often enough and you’ll learn that it’s not so scary after all! Give enough talks at school and kids will wonder what all the fuss was about.

Other ways to help kids be brave and reduce their fears:

1. Increase their physical skills. Increased physical confidence comes when children explore and learn to control their bodies. Gymnastics and martial arts are two activities that give boys and girls greater physical confidence.

2. Teach them how… Parents protect kids best by teaching them how navigate new situations rather than by preventing participation. Teach kids how to hold a knife, how to walk home from the park safely on their own, and how to climb a tree and get down again.

3. Teach kids simple relaxation techniques. Babies learn to self-soothe by sucking their fingers. Older children use other relaxation methods ranging from deep breathing, singing and self-distraction by, say, reading a book or listening to a story.

4. Show confidence and hope. Kids often take their cues from their parents, so if you want your child to be brave then you need to be brave too. I’m not suggesting you be dismissive of real fears, but your confidence and reassurance can really help when kids have to face their fears.
Premier's Regional Spelling Bee

Ethan Brown, Farah Rezai-Smyth and Laila Barnes represented our school in the Premier’s Regional Spelling Bee held last Wednesday in Tweed Heads.

We are very proud of all three students and wish to congratulate them for their commendable effort.

A special mention needs to be made of Laila Barnes, who was placed runner up in the Stage Two division of the competition. Well done Laila!

Mrs Karen Armstrong

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Kindergarten – Term 4

Please note that school will be finishing for all Kindergarten student at 3.25 for term 4 2014. You will no longer be required to pick them up by 3.00pm. Thank you.

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P&C Items

Spring Fair - Save the Date - Thursday 16 October 2014 2:30-3:30pm

There is a roster for the satay stall on the table outside the canteen. If you can help at the satay stall, please add your name to the roster.

Please keep those Tombola donations coming in. Tombola is a selection of small toys or gadgets sealed in plastic zip lock bags with a designated number ticket attached to them. The children draw a ticket and collect the matching prize. We need a lot more donations! Please purchase donations of prizes to the value of $2 and hand them in at the office by Friday 10 October.

Also, if your class has been asked for a specific donation for their stall such as hairspray, chocolate, soft drinks or prizes, please hand these in to your teacher.

All day prepaid ride passes will be on sale for $30 in Week 2 of Term 4, the week of the fair.

Everyone’s favourite rides will be at the fair again this year:

- Roundup
- Bat Tower
- Super Slide
- Jumping Castle
- Alien Laser Game
- Cup & Saucer

The school choir, band and line dancers will be performing at the fair this year. If you are in one of these groups please don’t forget to invite your family and friends to watch you perform at the fair.

Please come and chat to me about the fair any day this week at 3pm at the tables outside the canteen.

Thanks for all your help!
Gemma Newey - lhpsfete@gmail.com

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Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141
Community Announcements

Alstonville Showgirl Entries Now Open
The Showgirl competition forms part of the annual Alstonville Show and aims to find female ambassadors for rural NSW. Entrants will be judged on their personality, general knowledge and public speaking skills. It's a great way to be involved in your community. Entrants must reside, study or work in the Ballina Shire. The Miss Showgirl competition is open to girls aged between 12-17 and 11 months while the Showgirl competition is open to girls aged 18-24. Contact Jessica Lock on 0421513816 for an entry form or more info. Entries close on 05/10/14.

School Holiday Basketball
Holiday fun for the kids! 3-on-3 Tournament- Register your team or as an individual Wed/Thurs (1st & 2nd of Oct), morning skills/shooting clinics followed by an afternoon of games, 3 on 3 Tournament. Ages 10-18yrs, enquiries; info@byronbasketball.com, or Ph; 66872246 a/h Info + Registration forms; www.byronbasketball.com (under-Comming Events)

Rotary Club of Ballina On Richmond Travelling Trivia and Observation Show
Sunday September 28th 2014
Have a fun day out travelling scenic roads with family and friends using Clues and Trivia to find your way to a mystery destination supporting two wonderful local Community Organisations – Heartfelt House & 101.9 Paradise FM. Be at Harvey Norman Car Park Ballina at 8.30 am to register.
Cost: $15.00 Per Head Or $50.00 Family/Car of Four
To nominate call Col Lee On 0417862602 Or 66879112 Colinlee6@Gmail.Com or Julie Lee On 0414396520 Or 66879112
Bring your own picnic BBQ lunch or purchase at takeaway near by. Win Great Prizes. Compulsory 20 minute stop at half way point for a coffee break.

Spaghetti Circus - Holiday Workshops: Mon 29th Sept, Tues 30th Sept and Wed 1st Oct, 10am – 3pm ROLL UP! ROLL UP! Come and join the circus! Have fun! Learn trapeze, mini tramp, acrobatics, tumbling, hula hoops, juggling, lyra, tissue, german wheel and much, much more.
Ages - 7 – 14 years, 5-6 years by arrangement.
To enquire about booking a workshop for a child under 7, please call 02 66843038 or email: spaghetticircus@gmail.com
Cost 1 day $50 | 2 days $90 and 3 days $120 (3 day discount – $120 if you PAY and book in advance)
Bookings YOU MUST BOOK ONLINE at spaghetticircus.com
Our holiday program does SELL OUT – so please book early to avoid disappointment - Spaghetti Circus Inc, PO Box 295, Mullumbimby NSW 2482