Producing Excellent Students

Student of the Week

This week's student of the week is an enthusiastic, of achievement and in the playground she always plays fair and is very considerate.

Gaby has been a part of the Newspaper in Education program, is an enthusiastic buddy to Kindergarten students and is a conscientious preschool reader. She is also a valued member of the school band and choir.

Gaby has represented the school in swimming, athletics and cross country and was a member of the school soccer and netball teams. She has completed the Premier's Reading Challenge three times.

Gaby has a bubbly personality and is very popular among her peers. She is also a loving little sister.

Congratulations Gaby Phillips.

Australian University Competitions
Spelling - Distinction

Georgia Langfield and Laila Barnes
5 Mental Health Habits To Promote In Kids
By Michael Gross – Parenting Ideas

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psycho-logical Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal.

Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. **Sleep**: Sleep is one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. **Exercise**: When my mum told me all those years ago to turn the television off and go outside and play she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

3. **Help others**: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. **Talk**: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. **Relaxation**: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they’ll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.

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**Thought for the week**
Better to light a candle than to curse the darkness.
- Chinese Proverb.

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**Recognising Student Achievements**

<table>
<thead>
<tr>
<th>Gold Cards</th>
<th>Piper Silvers x 2</th>
<th>Macy Silvers</th>
<th>Bella Boyd x 3</th>
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</thead>
<tbody>
<tr>
<td>Indianha Wittleton</td>
<td>Kai Campbell</td>
<td>Mamah Bikoman</td>
<td>Gus Schirm</td>
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<tr>
<td>Jack Montgomery</td>
<td>Finn Spencer</td>
<td>Felix Fraser</td>
<td>Sofia Rezai-Smyth</td>
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<tr>
<td>Lily Boyd x 1</td>
<td>Jacob Begg x 2</td>
<td>Jack Montgomery</td>
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<tr>
<td>Kayla Farrell</td>
<td>Caelin Zavattaro-Lucey x 3</td>
<td>William Seymour</td>
<td>Arabella Roberts</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.

| Sara Ryden | Jon Downie |
| Amelia Walker | Areama Moore |
| Indianna Wittleton | Indianna Wittleton |
| Amelie Walker | Arabela Roberts |

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: 1CT** **Well done**

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**Value of Week 10**

Responsibility at the Canteen
Order your lunch before 9:30
Stars of the Future
Lennox Head Public has found some singers of the future. 28 members of the junior choir were invited to sing at View Club in Lennox Head on the 1 September.

Some ladies of the View Club invited the students to perform. We also had Coen Acret and Ryan Kernahan present their speeches Ryan’s was about Mums a very funny speech and Coen’s was a bit more informative on Sea Turtles. The View Club was very appreciative. Well done Lennox Head Public School.

By Ella-Jan Cutts, Lauren Miller, Georgina Roddick

Sports

PSSA Cricket

Last Tuesday, September 9 the Lennox Head Public School PSSA Principal’s 11 played their Round 5 game against Wyrallah Road Public School in Lismore. The boys lost the toss and were sent in to bat with a slow outfield. Flynn Bosselmann and Shane Lennon opened the batting for Lennox. Even though the runs were hard to come by both boys saw off the opening bowlers before being dismissed. At first drop Ben Moyle was sent in to bat, he displayed excellent skills and determination in building a strong innings and not losing his wicket until the second last over while other batsmen helped push up the run rate. First innings score was a competitive 93 runs for Lennox after 25 overs.

Wyrallah Road’s innings started strongly but with an early wicket by Russell Asser the pace was slowed to a steady flow of runs due to some excellent bowling by the Lennox boys. Jack Flanagan had an excellent day with the ball holding up his end with some deceptive bowling as did many others. With 4 overs to go the opposition required 12 runs to win which they got with only three balls to spare.

The boys were gallant in defeat and can be truly proud of 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.

School Stream

Our school now has a free app to deliver school information, instantly and directly to your smartphone.

How to get the School Stream app on your mobile device:

1. From your mobile device go to the App Store (iPhone/iPad) or Play Store (Android), search for School Stream and download the app to your phone.
2. Once School Stream has finished installing, open the app, type your school name into the search then select your school.
3. Are your children attending different schools? Tap the school selector, select add a school, type the school name* into the search then add. Jump between your children’s schools by touching the school name/logo in the top blue bar, or switch schools from the slide-in menu.

* Any additional schools will need to be licensed users of School Stream to appear in the app.

Choose what notifications you receive
1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School.

Return at any time to change the notifications you receive.

Library News

Donations
Thank you to Ryder Callahan for donating books to the library.

P & C News

P&C Meeting

Reminder our next P&C Meeting will be Tuesday 16 September - 6.30pm at Club Lennox. Hope to see you there!

Kerren Kernaghan
P&C President

Spring Fair

Thank you very much to following parents for their donations to the Spring Fair:

Angel Bikoumou Choux Choux Patisserie
Beth Heldt Lennox Bookmark
Greg Jordan North Coast Timber

If you are able to assist with a donation for the Spring Fair please forward these to the office or to me at your earliest convenience.

Thank you to everyone who has already returned completed Parent Roster request forms, indicating availability to help at their class stall. If you have not yet done so, could you please return them as soon as possible?

Brett Asser has kindly volunteered to cook satays at the fair. I am looking for more volunteers to assist, cooking rice and heating satay sauce in the canteen, and serving at the stall. Please let me know if you can help.

Thank you,
Gemma Newey - lhpsfete@gmail.com
0418 178 266
Community Announcements

Lennox Head Netball Club
U/10’s Funky Monkeys and U/12’s Mermaids
GOOD LUCK Saturday with your Grand Finals.

Lennox Head Junior Cricket - Sign On
At Club Lennox on the Sundays of 7th and 14th September from 4-6pm.
Fees will remain unchanged from last season:
Under 10’s - $50 / Under 12’s - $120.
Under 14’s and Under 16’s - $140
All players will be given a free LHCC Pirates cap. Playing shirts will be available for $15.
For information on Under 12-16’s contact Scott Bolger (0419 672 215).
For information on Under 10’s contact Jade Hyde (0433 723 125).
Or emailduncanhorticulure@hotmail.com

Ballina Little Athletics 2014 – 2015 Season
- Fun, Family and Fitness
Athletics Fields, Quay’s Drive, West Ballina

- Season commences 8th October
- Register & Pay online now at www.lansw.com.au
- Club nights are every Wednesday from 5:15PM
- Age Groups from 4/5 years old (tots) up to 16 Years (U/17)
- For more information, see our website
  www.ballinalittleathletics.com.au
  Email: ballinallittleathletics@gmail.com

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-Coming Events)

Ballina Shire Council’s Bike Week event will be held on Sunday 21 September 2014 from 9.00am at the southern entrance to the North Ballina. The event is a family friendly event promoting cycling.

Our healthy canteen

<table>
<thead>
<tr>
<th>COMENCE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>15 Sept</td>
<td>Jeanette Schubert</td>
<td>Sandra</td>
<td>Christie</td>
<td>Bob</td>
<td>Michelle, Annie, Gemma</td>
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<td>Term 4 6 Oct</td>
<td>Public Holiday</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam Kaylah</td>
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<tr>
<td>13 Oct</td>
<td>Leigh</td>
<td>Sandra</td>
<td>Christie</td>
<td>Bob</td>
<td>Michelle, Annie, Gemma</td>
</tr>
</tbody>
</table>

Thank you, Sue Tatum Ph: 66877141