Producing Excellent Students

Student of the Week

Our student of the week is a great team player who always displays our three key values of Respect, Responsibility and Integrity.

He is a high academic achiever who always produces quality work. Ben’s positive attitude makes him a great peer leader, SRC representative and big brother.

He is a talented sportsman who has been part of a number of school sporting teams and has represented our school in District Basketball, Zone Rugby Union as well as being selected in the North Coast State Cricket team and the NSW National Rugby League team.

Congratulations Ben Moyle

Honour and Merit students having fun at morning tea at the Point Cafe. Thanks to the friendly staff for looking after us
We received some wonderful news last week. Our Year 6 pupils were recently involved in submitting designs for the B-SPACE Challenge. This involved submitting original ideas for the construction of the new youth centre in Ballina, which will open in January 2016. Many children entered the competition throughout the Ballina shire.

These children were shortlisted for their designs, Destani Lawless, Jacob Lester, Zeb de Plater, Indiya Ledingham, Lana Godward and Dusty Gillott. Zeb de Plater became a finalist and was placed 5th in the activities category.

Two of our pupils were declared winners with their Outdoor Yard Design, well done to Gabby Bolger and Finley Connors. These girls will be now invited to the official opening in January and will then receive their prizes. Their design is now with the architects and builders. So it will be very exciting to see how it looks when it is actually all done. Well done to everyone who entered the competition.

Year 6 will leave on Saturday night for their excursion to Canberra and Sydney. Miss Atkins, Miss Rollison and Mr Lennon will be accompanying the students. I am sure you will all have a fantastic time and will return with plenty of stories to share. We look forward to seeing you all back at school the following week.

I spoke to all of the students last week regarding bike, scooter and skateboard safety. Over recent weeks many staff members have observed children riding to and from school without helmets. Or they may have helmets, but either hanging from their bags or on their head but not done up. It is vitally important that children wear helmets on their way to and from school. As adults we also have a very important job of being good role models and wearing them also.

You only have one brain and if something happens to that it can be life altering. Of course accidents happen that we cannot prevent. However when any of us are riding, helmets must be worn as they certainly assist in the case of accidents.

This is from the Department of transport website;

**Helmets**

The helmet laws for cyclists of all ages in NSW help prevent head injuries and brain damage from falls and crashes. The Road Rules state that a bicycle rider on roads and road-related areas must wear an approved bicycle helmet securely fitted and fastened. This applies to all cyclists, regardless of age, including children on bicycles with training wheels and any child being carried as a passenger on a bike or in a bicycle trailer.

When riding a bicycle you are required by law to wear an approved helmet securely fitted and fastened. In NSW there are no exemptions from wearing an approved bicycle helmet. Research into crashes shows that helmets reduce head injuries by 60 per cent and brain injuries by 58 per cent. A bicycle helmet that is not correctly fitted and fastened does not provide enough protection in a crash.

**Helmet standard**

Approved bicycle helmets have stickers or labels certifying that they meet the Australian and New Zealand standard (AS/NZS 2063) and have passed stringent safety tests. Helmets manufactured after 31 March 2011 must have an identifying mark from a body accredited or approved by the Joint Accreditation System of Australia and New Zealand (JAS-ANZ) certifying compliance with the above standard.

Please ensure that you check this when purchasing a helmet, as some that you may purchase on-line do not meet the Australian standards. For further information please go to the Transport For NSW website.

**Social Media**

It has come to my attention this morning that some children are using social media sites such as Instagram to say inappropriate things to other children. Remember everything that you post on a social media site is there forever. Even if you delete it from your phone or device it is still kept in other mediums. It is particularly important that we as parents are very mindful regarding what our children are looking at and doing on-line.

Some good rules to remember are;

1. No devices in bedrooms.

2. Something will only hurt you if you read it. If you are receiving offensive material, block that person and let an adult know.

3. Ask your children who they are talking to or what they are looking at. If they are reluctant to show you, it could mean they have something to hide or they are worried about something.

4. When we grew up we survived without a lot of screen time. It is ok to limit your child’s time on devices and if necessary restrict their time.

5. Keep talking to your children so they know they can come and talk to you if they are unsure about something they have seen or has been posted on-line. Good communication is vital.

The website www.schoolatoz.nsw.edu.au has a tab at the top titled ‘technology’ which has some excellent links to things such as cyber bullying. This site has great information for parents and children.

Have a great weekend
Deb Langfield

**Thought for the week**

"Today you are you! That is truer than true! There is no-one alive who is you-er than you" Dr Seuss
Recognising Student Achievements

Gold Cards – Week 2

Spencer Connors          Bryce Roberts
Sayla Meredith           Noah Eugarde
Banjo Newton-Meehan      Ohtis Edwards
Brady Alcorn             Beau Raiton
Myles Jensen             Piper Silvers
Chloe Thirkell           Matilda McCombie
Macy Silvers x 2         Dylan Watkins
Jimmy McCombie           Jake Kynoch x 2
Jamilah Bikoumou x 2     Alani Adamson
Rhett Walshaw            Georgia Kotsireas
Layla Harper             Amalia Cook
Dembe Ryan x 5           Gus Clarke x 2
Jessie Allen             Oliver Schirmer x 2
Kobi McCombie x 3        Finnley Connors
Angus Kynoch             Nxyie Ryan
Felix Fraser             Maiya Burrey-Mather

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.

Kate Reka                Zeb de Plater
Tukoro Parmenter         Jai Rowan

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: 2                    Class: 3A                    Well done

P&C Items

Lennox Head Public School P & C is holding a Walkathon on Friday 20 November 2015. Ten stations will mark out the course. Children will “check in” as they pass each station. The walkathon will be for one hour.

Sponsorship forms will be coming home tomorrow.

Thank you
Kerren Kerenghan - President

Rethink Sweet Drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

- Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.
- Only carry water. When out and about, carry water to quench your thirst.
- Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.
- Stop buying sweetened drinks.
- Make water easily accessible. Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.
- Infused water. Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you’ll have a delicious batch of infused water.
- Unsweetened milk. Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D. Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.

Musical Notes

L.S.T.T. Term 4 Performances

Notes confirming performance times will be sent home before each event.

Saturday 7 November - Teven Tintenbar Country Fair. Both Junior and Senior Bands performing separately.

Friday 4 December - Southern Cross K-6 Summer Fair. Junior and Senior Bands will combine to perform.

Sunday 6 December - Lennox Head Carols by Candlelight. Junior and Senior Bands will combine to perform.

Monday 14 December - Southern Cross K-6 Presentation Assembly, 10-11am. Junior Band only (although Seniors are welcome to join in).

Miss Clarke and Mr Whitney.
Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141

LENNOX HEAD PUBLIC SCHOOL
A dynamic and caring learning community

KINDERGARTEN ORIENTATION FOR 2016 - TERM 4 2015 PROGRAM

Children are invited to attend three sessions and Parents are invited to attend two sessions

**Session 1** – Tuesday 3 November – 10.00 – 11.00am
Children with parents – activities in Kindergarten rooms / Morning tea – ice block provided

**Session 2** – Tuesday 10 November – 10.00 – 11.30am
Children in Kindergarten rooms / Activities with Year 6 2016 buddies / Morning tea with buddies – buddies provide

Parent Session in the library – morning tea provided
Information about the school presented by staff, details re lunch orders for Session 3 and Uniform orders

**Session 3** – Tuesday 17 November – 10.00 – 12.00noon
Children in Kindergarten rooms / Complete a workbook with Buddies / 11.30am: Lunch (ordered from canteen or brought from home)