From the Principal’s Desk

Welcome back to school for Term 2. I hope you all had a wonderful Easter break with your family and friends. We were certainly lucky to have some lovely weather. I hope you are all refreshed ready for another busy term.

I would like to thank all of the families that donated eggs and prizes for our Easter raffle on the last day of school. It was very well supported. Congratulations to all of the lucky winners. In addition I would like to thank Mi Thai Restaurant - the Kneipp family for their ongoing support of LHPS. Their donation of the gift vouchers for 2 lucky families, who had paid their school fees by the end of the term, was greatly appreciated.

The calendar is already beginning to fill up for this term. Our first school events for the term are our ANZAC service at 10:30am in the hall on Friday. Parents are welcome to attend this service. Note that there is no awards being handed out at this assembly. Our normal Friday award assemblies will resume in week 2.

A reminder that if your child will be participating in the Anzac March in Ballina on Saturday, they do need to be in correct school uniform. This includes black shoes.

Please also ensure that your child wears their school hat. Often it is quite warm by the time the March leaves the courthouse end of River Street at 10:30am. Children are allowed to carry a water bottle with them if they wish. If you would like your child to participate please ensure you have returned the permission note to the front office. These were distributed late last term.

Our school cross country will also be held this Friday beginning at 12pm. Parents are more than welcome to come along and spectate. Hopefully the weather will be kind to us this year. If you do wish to take your child home early after their race, you will need to see Mrs Thomas at the tent, to have them signed out.

Looking forward to a fantastic term

Kind Regards
Deb Langfield
Relieving Principal

What’s Coming Up!
Term 2

<table>
<thead>
<tr>
<th>Week 1</th>
<th>24 April</th>
<th>Anzac Assembly School Hall 10.30am</th>
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<tr>
<td></td>
<td>25 April</td>
<td>School Cross Country</td>
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<td>Regional Boys Football - Grafton</td>
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<td>ANZAC Day March – 10am</td>
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<td>Week 2</td>
<td>29 Apr</td>
<td>Kids in the Kitchen – 9.30am</td>
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<td>1 May</td>
<td>Regional Rugby League – Grafton</td>
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<td>Week 3</td>
<td>6 &amp; 8 May</td>
<td>Mother’s Day Stall</td>
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<td>8 May</td>
<td>GRIP – Student Leadership Day</td>
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<td>Week 4</td>
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<td>NAPLAN</td>
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Paul Bryant Public Speaking Winner s

Stage 3 - Bryn Walshaw
Stage 2 - Rhett Walshaw

Stage 1 - Jade Roberts
**Sport**

**School Cross Country**
Starts at 12pm tomorrow with Kindergarten running first. Good Luck everyone.

**PSSA Sport**
Good luck to Syl de Wit who will be completing at Grafton tomorrow in boys Zone Football.

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**Library**

Miss Zerk will be covering for Mrs Blair in the Library for the first 4 weeks of term 2.

In the library this term students will be investigating Anzac Day and the significance of this memorable day. They will also be learning about and identifying Australian Bush Tucker. ‘Australian Museum in a Box-Bush Tucker’ is on display in the Library for the students to view.

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**Book Club**

Book Club brochures have been delivered to classrooms. All book club orders need to be handed to Miss Zerk in the Library no later than Wednesday 6th May.

No late orders please. Payments by credit card or cheque are preferred as this reduces the processing time. Credit card payments can be made on line and the receipt number is recorded on students order form and sent in to Miss Zerk.

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**Library Days for Classes**

Monday: 4S, 1W, KJ, KT, 1CD
Tuesday: 3/4J, 4/5L, 2M, 3A
Wednesday: 5/6A, 6R, 2N, KC

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**P&C News**

The P&C will be holding a Mother’s Day stall on Wednesday the 6th and Friday the 8th of May. Gifts will range from $1 to $5. Anyone wishing to help setup the stall and help man the stall on either of these days, please email alexis on iamalexisbeves@yahoo.com.au

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**Oral health is essential for health and wellbeing.**
- It is recommended that children have regular dental checkups starting at 1 year of age.
- Regular dental checkups can prevent minor problems becoming major ones and prevent unnecessary pain and distress.
- Dental visits can be fun for kids, treat these visits as normal, routine events so as not to develop fear.

**Love those Legumes!!**

**What are legumes?**
Apart from nutritious AND delicious! They are:
- Dried or canned peas, beans and lentils.
- High in protein and fibre, and low in fat and cholesterol.
- Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- Cheap and very flexible in recipes.
- Good for freezing before and after cooking, and when made up into recipes.
- Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

**Buying and storing legumes**
- Legumes are quite hardy and will store for a year in well-sealed containers.
- Look for uniform size, strong colour and a plump smooth appearance.
- There are many varieties available in cans, which means they require only minimal preparation.

**Mexican Enrollada**
(Serves 6)
1 tbsp oil
1 large onion, chopped
1 med red capsicum, chopped
35 g packet salt reduced taco seasoning mix
810 gr can crushed tomatoes
750 gr can red kidney beans, rinsed and drained.
1 packet pita bread, halved

1. Saute onion and capsicum in oil until soft
2. add taco mix and cook 1 minute
3. stir through tomatoes, beans and heat through
4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.
ENTRY FORM
Town and Gown Exhibition 2015 School calendar
What’s on when? Stay on top of school holiday, term and state examination dates across NSW.
Find out more:
http://www.schools.nsw.edu.au/calendar/?do=setViewPeriod&categoryid=2&viewType=yearView
Paintings and Photography
To be held at Lennox Head Public School Friday June 5th to Sunday 7th.

Entries: Artists may enter up to 4 works. Post entries to Lennox Head lions Club, P.O. Box 319, Lennox Head, NSW 2478, or drop off at Lennox Head Public School, Byron St Street Lennox Head.
For more information please Contact Tina Farrow on 6687 8394 or 0409 827094
Entry fees may be by cash or cheque or direct deposited into the lions Club of Lennox Head account. Put your name as a reference on the direct entry deposit. Details are as follows:

BSB Number 082-522
Account Number 546545846.

Entry fees: $5.00 per hanging artwork. Commission: 20% on sales of artwork.
Delivery: To Lennox Head Public School Mackney Lane between 8am and 10.00am Friday 5th June.
Collection: Same place between 3 pm and 4.00pm Sunday 7th June

Insurance: Lennox Head lions Club will take all due care but cannot be held responsible for damage or loss to artwork.

Labelling: All works should be clearly labelled with artist's name, address, phone number, title, medium and price. Works should be delivered in a suitable condition for hanging, with D rings and cords attached.

Size limit: 1.5 square metres in any configuration (outer dimensions) including frame size.

Official opening 6.00pm on Friday 5th June. This year the event will be opened by Artist Angus McDonald. Everyone is invited, family friends and anyone who loves art. There will be an entry fee of $5.00. This will cover refreshments and a ticket in the lucky door prize. Entry at all other times is by a gold coin donation. Funds raised from raffle will be donated to Lennox Head Public School P and C.

Entry forms are available from school office

VALUE OF WEEK 2
Responsibility in the Classroom
Be prepared with equipment and on time

Benefits of team sports
At a glance
✓ Team sports provide kids with important lessons on personal values.
✓ Children who play team sports are less likely to feel isolated.
✓ Team sports can encourage parents to become active with their kids.
✓ Team sports help kids deal with winning and losing.
✓ Team sports can help kids overcome shyness.

"When you play a team sport you learn that it doesn't just come down to the best player," says Ross Morrison, a sports expert with the NSW Department of Education and Communities.

"It comes down to working as a team, accepting decisions and understanding that people have different abilities."

Learning about values
Playing a team sport provides kids with important lessons in personal values, Ross says. "Kids learn that things aren't going to go their way all the time, and that they need to respect their peers as well as referees and sports officials."

These experiences can influence them throughout their lives such as when it comes to working for a boss, or respecting the police or other authority figures.

Kids learn that things aren't going to go their way all the time, and that they need to respect their peers. Ross Morrison NSW Department of Education and Communities

Team sports can also be good for a child's mental health. Children who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated, Ross says.

"Society puts a lot of pressure on kids to be more academic," he says.

"But there is evidence to suggest that physical activity might increase numeracy and literacy. It's like that old adage, 'a healthy body, a healthy mind'."

When your kids take part in team sports they develop:
- friendship and camaraderie
- cooperation and teamwork skills
- leadership skills
- appreciation of different abilities
- respect for team mates/opponents/officials
- a sense of belonging/team membership
- social interaction skills
- physical skills
- self-esteem and self concept
- team goal-setting skills
- self-discipline, patience and persistence
- resilience through sharing positive and negative experiences.
Getting active (together)

With so much research emphasising the benefits of getting more exercise rather than being a couch potato, knowing their child is involved in team sports can put a parent's mind at ease.

"It's satisfying for parents to know that your kids are getting fit and healthy instead of just playing electronic games or watching television," says David Haggart, head teacher of PDHPE at South Sydney High School.

"But as well as the social side of standing around with other parents and making friendships, there can be a spin off too," he says.

"Sometimes parents look at their kids running around and think, 'Maybe we can get together and do something like that, too'."

Community Announcements

WINTER BASKETBALL 2015
ALL WEATHER, ALL LOCAL, BASKETBALL !!!
Get your teams together for our Winter School Competitions Or just turn up during the week of team musters starting 20/4/15
Primary & High School Boys Monday 20/4/15 and 27/4/15 @ 5.30pm
Primary & High School Girls Sat. 2/5/15 @ 10am
High School Boys Wednesday 22/4/15 and 29/4/15 @ 5.30pm
No experience necessary, Fun guaranteed.
For more info,
visit website www.byronbasketball.com
e-mail, info@byronbasketball.com
or call a/h's 66872246

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<tr>
<th>Our healthy canteen</th>
<th>CANTEEN ROSTER</th>
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<tr>
<td><strong>COMMENCE</strong></td>
<td><strong>MONDAY</strong></td>
</tr>
<tr>
<td>27 April</td>
<td>Susie</td>
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<tr>
<td>4 May</td>
<td>Sonja</td>
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<tr>
<td>11 May</td>
<td>Ange</td>
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Thank you, Sue Tatum  Ph: 66877141