

Term 3 Week 2
26th July 2016

Lismore Public School

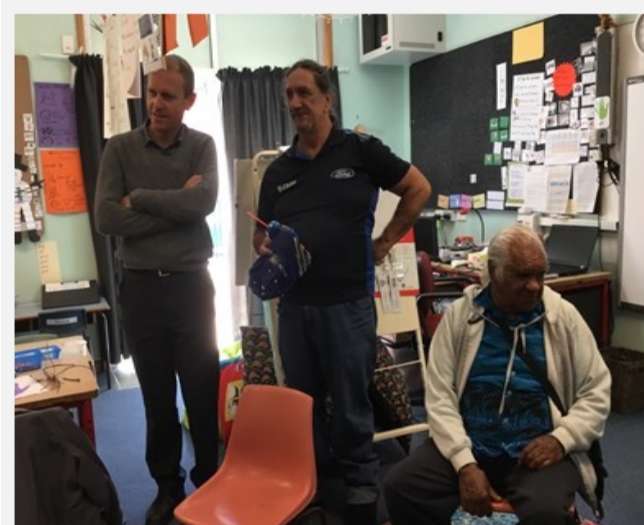
Excellence, Opportunity and Success

NEWSLETTER



We would like to respectfully acknowledge the Elders past and present of the Wijabal Wiyabal people and other peoples of Bundjalung Nation.
We acknowledge that they are the first peoples of this land on which our school stands.

NAIDOC - Support Unit



During NAIDOC Week, SCJ and SCS presented a delicious Kangaroo stew on the menu item for afternoon tea. Parents and students then applied their talents to designing Aboriginal artworks.

A special thank you to Shonel and Donna for demonstrating how to make Johnny Cakes, as well as to parents, friends and students for making the afternoon a great success.

Joyce Skennar - Teacher

Date	Event	Venue	Cost	Time
26/7/2016	Scripture	LPS	Nil	2 pm
29/7/2016	LPS School Assembly	LPS	Nil	2:30pm
1- 5/8/2016	Education Week	LPS	Nil	
2/8/2016	Scripture	LPS	Nil	2 pm
5/8/2016	Education Day Activities	LPS		9:30am - 12pm
5/8/2016	Spelling Bee	LPS Hall		10:10am - 11:10am
5/8/2016	Note: No Afternoon Assembly today	LPS		
4/8/2016	Next Canberra/Sydney Excursion instalment	LPS	\$50.00	

RIGHTS - Be Safe and Learn

Principal's Report

Education Week

Next Week we celebrate Education Week. On Friday 5th August we will enjoy the following activities, with all families and friends welcome to join us:

9.30am – Education Week Assembly featuring the school band and choir.

10.10am – Kindergarten, Year 1 and Year 2 classes open to visitors, Year 3-6 Spelling Bee Final in School Hall.

11.10am – Sausage Sizzle BBQ catered by school.

We look forward to seeing you all here!

ICAS Digital Technologies Competition

Congratulations to the following students who will be receiving their ICAS Computers Competition Certificates on Friday's Education Week Assembly:

Max H, Jethro B, Chloe B and Alannah McG (Participation); Sophie G (Merit); Fynn C and Ernie M (Credit); Dominic M (Distinction); and Jesse A-G (High Distinction)

Fruit Bowl

Last week we re-commenced the school's 'Fruit Bowl' program thanks to the support of Uralba Valley Bananas who donated a box of bananas which were shared across classes on Friday. Families are encouraged to send surplus fruit into school so it can be placed in the fruit bowls in classrooms to ensure all children have access to fresh fruit for fruit break.



Nationally Consistent Collection of Data on School Students with Disability

We are again collating data on how we support students with additional learning needs. Please be sure to read the letter attached to this week's newsletter and contact our Learning and Support Teacher Sue Connor should you require additional information. I thank Sue for the ongoing work she is doing here.

Martin Gill

Principal

Breakfast Club

On Friday the 22nd July our Breakfast Club was fortunate to receive a visit from representatives of St Vincent de Paul and Lismore Food Pantry. Our guests, Barry, Linda and Alan were on hand to see our Breakfast Club in operation and witness first hand the activities that their generous donations have made possible.

The Breakfast Club is run every morning in A block and is open to all students of LPS. It offers cereal, milk, toast, fruit, juice, raisin toast and a social experience to all students who wish to use the facilities provided.

LPS would again like to thank St Vincent de Paul and Lismore Food Pantry for their generous support of our school's Breakfast Club. Our Principal Mr Gill presented the representatives of both organisations with a certificate from LPS recognising their substantial and greatly appreciated support of our students.

Liz Hoskins - Teacher/Breakfast Club Coordinator.



RESPECT - Be Caring and Polite

Our PBL Focus Week 2

Good Behaviour

Our PBL focus for this week is good behaviour. When you are behaving well, you need to:

1. Follow instructions
2. Follow the three R's
3. Complete your work
4. Don't interrupt the teacher
5. Use equipment correctly
6. Use good language
7. Keep hands and feet to yourself

Have a good term!

Captains



Captain's Message

Welcome to week 2,

Don't forget to wear our proper school uniform. Also don't forget to wear a blue broad brim hat in the playground. Remember, no hat, no play!



Captains: Emmeline & Cooper
Vice Captains: Maia & Beau

STAGE 2 EXCURSION – WEEK 5, Term 3

All **Year 4** students are invited to attend an excursion to Dorrroughby Environmental Education Centre on Thursday 18th and Friday 19th August. They will stay overnight at the centre in dormitory accommodation supervised by staff from Lismore Public School. Approximate cost is \$85. A letter has been sent home outlining details of cost, itinerary and what to bring.



All **Year 3** students are invited to attend an excursion to Rocky Creek Dam on Thursday 18th August. The children will be engaged in a variety of activities at and around Rocky Creek Dam, based on outdoor environmental and science themes including sustainability. The cost is \$15.00.

PLEASE NOTE: It is essential that students maintain good behaviour before and during the excursion. Misbehaviour whilst on the excursion will result in the student being taken home immediately.



Why you should always serve unhealthy snacks in a small bowl.

It is often said that gaining weight is a simple matter of energy intake being greater than energy we use up. While this notion is certainly correct, it does not account for all the factors that drive one to eat more calories than we need.

Take for example the size of a bowl from which you eat your snacks. Could this simple factor play a role in the number of calories you may eat?

Back in 2005, Wansink and Cheney performed a wonderfully simple study and found that when snacks are offered in a large bowl, people take 53% more food (146 extra calories) and eat 56% (142 calories) more than when offered the same amount of food but in a smaller bowl (roughly half the size of large bowl).

Take home message? If you have friends coming over for a party, or you're making snacks for yourself or your family, try the following: place the healthy snacks in large bowls and the unhealthy ones in small bowls. Theoretically, people should eat more of the healthy snacks and less of the unhealthy ones.

Teacher's Choice Awards

KC: Promesse L, Arthur E

KM: Sadie T, Ryley C

1/2G: Mollie F, Kayleb H

1/2L: Jeremy C, Warren W

1/2S: Oliver W, Yumiko A

SCJ: Torben B

3/4N: Mia G, Luke N

3/4S: Rahni M, Charles S

5/6C: Hannah K, Bryce McD-E

5/6D: Max F, Stephen B



Awards will be presented to students at Friday Assembly.

Voluntary Contribution Draw

Congratulations to Harry S who won the family pass for 2 Adults and 2 Children to the "Cosmic Skydome Show" at Sir Thomas Brisbane Planetarium.



LOOKING FOR LOST BOOKS



The exciting news for Lismore Public is that we are changing to a new and much more user friendly library system later this term. To get ready for this we need all those overdue library books returned. Please take time to have a search for those misplaced books and return them ASAP. Students are being handed overdue notices to help remind them which books they have. Your help will be greatly appreciated.

Karen Ramsay - Teacher/Librarian

Reminder to Parents/Carers - Bus Pass Application Forms

The Transport for NSW School Student Transport Scheme Application forms are no longer available from the Front Office. All applications are now to be done on line, to download a paper form visit

apps.transport.nsw.gov.au/ssts

If you do not have internet access call 131 500 for assistance with your application.

Please Check

A reminder to please check that your child/ children's winter jumpers and cardigans are not in the lost property box which is located outside the hall on Pound Street side of the school.

AIA Vitality MINI ROOS FOR GIRLS

REGISTER NOW

AIA Vitality MiniRoos Kick-Off for Girls is an introductory football program for girls aged 5-11 starting October 2016.

Visit the website to find a location nearest you.

NORTHERN NSW FOOTBALL

www.northernnswfootball.com.au/miniroosforgirls

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