



Calendar

- 16/8/13—Jump Rope for Heart
- 20/8/13—Robin Hood production
RRHS— all students
- 27/8/13 — Greyhound Race night
- 3/9/13—P&C meeting

Canteen Roster

5/8/13—Tony
6/8/13—Leanne
7/8/13—Sally
8/8/13—Alisha
9/8/13—Nikki

12/8/13—Michelle A
13/8/13—Karen C
14/8/13—Marette
15/8/13—Lana
16/8/13—Kellie, Nena

PBL Lesson

*Routine:
Before school*

ACKNOWLEDGEMENT
OF COUNTRY
LHPS would like to
acknowledge the
Widjibal-Wybal people
who are the Traditional
Custodians of this
Land. LHPS would also
like to pay respect to
the Elders both past
and present of the
Bundjalung Nation and
extend that respect to
other Aboriginals.

Newsletter

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TERM 3 WEEK 3

2 AUGUST 2013



Athletics Carnival

The carnival was a great success and a great day all round. Some events were not finalised due to time restrictions so results will be finalised and reported next week.

Jump Rope for Heart

A demonstration will be held on Friday 16 August at 12.30pm in the infants canteen. Fundraising forms will be sent home shortly. Let's start skipping and support this great charity.

Robin Hood – The Musical

Tickets for our school production, Robin Hood – The Musical go on sale in the school office on Monday 5 August. Adult tickets cost \$5.00 each. Children accompanied by a paying adult are FREE. *All students at Lismore Heights PS will be involved in the production and they DO NOT pay for entry.*

Debating News

After an extremely successful debating gala day at our school in week one, our debating team consisting of Lily, Erin, Alisha, Jessica and Angus travelled to The Pocket this week. At the end of the two days LHPS was the only undefeated team which makes them zone champions. Well done girls and Angus.

Mrs Jameson

Greyhound Races Tuesday 27 August

This is a fundraiser for our school to raise funds for new basketball back boards. This is a great family night with meals available at the bistro. Tickets are available at the office for \$5 per ticket. Please bring your family and friends along for a great night out. There will also be a meat tray raffle on the night.

Kindergarten 2014

We are now taking names of children who will be starting kindergarten in 2014.

Orientation dates will be advertised early next term.



Assemblies

Principal awards will be presented at this Mondays assembly.

Monday 5th August Class 2/3R
Monday 19th August Class 3/4W
Monday 2nd September Class 3/4LE
Monday 16th September Class 3/6P

P&C News

Our general meeting was held last night. The canteen has raised enough funds for a new oven for the canteen. This means a new price list will be available when the oven is installed. Our next fundraising event will be Robin Hood on Tuesday 20 August. Food will be available for dinner and a pre order form will be available next week. Cold drinks, tea and coffee will also be available for purchase. If you can help in the canteen on the night please leave your name and number with the office. Donations of cakes and slices to sell on the night would be appreciated. These can be brought into school on the day including a label with a list of ingredients used.

MENU

Soup - pumpkin or vegetable & a roll

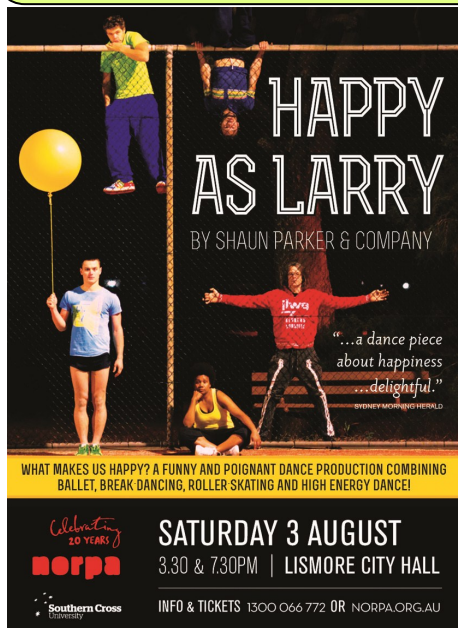
Quiche

Pizza

Pizza—Gluten free

Pies

Sausage rolls



Bakers Delight
We're for real.

supports
our
Breakfast

PRINCIPALS AWARDS

*Quincy Khan
Isabella Harding
Charlotte Wadling
Montana Morton
Bailey Fisher
Sophie McKie
Cameron Waddling
Kynan Davis
Jorelle Yock*

Debating team—*Lily, Erin
Jessica, Alisha and Angus*
Chair people/timekeepers—
Renae & Bonnie



Did You Know?

In NSW, close to **60% of children do not eat the recommended amount of vegetables.** Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.

Some ideas to try:

Involve the whole family in choosing and preparing fruit and vegies.

Select fruit and vegies that are in season - they taste better and are usually cheaper.

Keep a bowl of fresh fruit in the home.

Be creative in how you prepare and serve fruit and vegetables - such as raw, sliced, grated, micro-waved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.

Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.