



## Calendar

10/3/14—Assembly  
3/4Le

11/3/14—LHS Yr7  
Information night  
12/3/14—KHS Yr 7  
Information night

13/3/14—School Photos

18/3/14—Parent/teacher  
interviews. Yrs 1-6

21/3/14—Harmony Day

25/3/14—P&C meeting—  
AGM

7/4/14—ANZAC  
assembly 2pm

## Canteen Roster

10 March—Stacey C  
11 March—Judy  
12 March—Nikki  
13 March—Rachel L  
14 March—Leanne

17 March—Tony  
18 March—Katrina  
19 March—Jamie  
20 March—Stacey Y  
21 March—Bradly,  
Leanne

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

**Lismore Heights Public School**  
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TERM 1 WEEK 6 7 MARCH 2014

## From the Principal

### Tree Safety

Following the tragic accident at a western Sydney school earlier this term, Lismore Heights Public School has had its trees inspected by a qualified Arborist this week. We are pleased to report that we have no trees posing an immediate risk to students or staff, but we are arranging for a small number of trees to be pruned or removed to ensure safety at school.

### Aboriginal Team Meeting

Our next Aboriginal Team meeting is on Wednesday morning next week (8.00am in the staffroom). We would dearly love for parents to come along and talk with the staff about their ideas for developing Aboriginal education at the school. Next week's agenda will focus on our up and coming Aboriginal Art program for 2014.

### Parent / Teacher Interviews

We will be conducting Parent / Teacher Interviews during week commencing 17<sup>th</sup> March. A note will be coming home shortly asking parents to nominate times when they are available to meet with their child's class teacher(s). Please identify as many times as possible when you are available. We will make every effort to ensure that in cases where families have more than one child at the school, that interview times are aligned to avoid parents making several visits to the school or having to wait for very long periods between appointments.

### Pancake Day

Well done, Trish and her team of helpers, on cooking up a storm on Tuesday this week. The pancakes were delicious – evidenced by the beaming smiles on the faces of the children and staff!

### Clean up Australia Day

Our school participated on Monday with a walk around to "Clean up our Playground".





## Harmony Day

Friday 21<sup>st</sup> March we are celebrating Harmony Day. Children are invited to come to school dressed in Harmony Day colours – orange or red or yellow. Why not consider dying your hair in Harmony Day colours, too!

Mark Scotton

## THE CAT IN THE HAT

Students in classes K-2 had a fun dress up day as “Cat in the Hat” book characters.







### Tips on Setting Unplug and Play Rules

Despite what your children might tell you, many families have rules in place to limit children's screen time (TV, computer, electronic games) for entertainment. Parents play a key role in influencing how physically active or inactive their primary school aged children are. You can play an important role in ensuring that your children don't exceed the two-hour-a-day electronic media use recommendation set out within the National Physical Activity Guidelines for Children.

Family rules are a good strategy to limit screen time in children. Some examples could include:

- ◆ kids bedrooms are screen-free zones
- ◆ no television before school
- ◆ all homework must be completed before using electronic media
- ◆ electronic media must not be used before the sun goes down
- ◆ screen time is between 6:30-8:30pm only
- ◆ no electronic media is to be used during meals (including phones and TVs)
- ◆ electronic media must be shared and everyone must have equal amounts of time
- ◆ if rules are not followed, that person must do the dishes
- ◆ kids must have had an hour of activity before using electronic media
- ◆ people are only allowed to use electronic media on weekends.

## Win a set of 10 iPads for your school.

Keep Collecting!!

Extra tokens will be appearing each day.

The school with the most tokens per student wins.  
Competition ends 31/3/13.

## Sport News

Students were put through their paces practicing Rugby Union Drills during sport on Friday mornings.

A Gala Day will be held on Tuesday for those students involved. Don't forget to bring your mouthguard.



**Bakers Delight**  
We're for real.

supports our  
Breakfast  
Club.



# Week 7 Focus Rule

## **‘Be Safe and Respectful in Bus’**

Could you talk to your children about what 'Being 'Respectful' on the Bus' looks like. An example would be; doing the 5 L's in a straight line and wait for teachers instructions and speaking politely to the bus driver. Ask your children if they have any other ideas on what else they could do to 'Be Respectful on the Bus'.

**The PBL team thank you for your support at home and reminding your children of the importants in following our core rules.**

**Be Safe, Be Respectful and Be a Learner**

**What a way to get your child's belongings organised!!**



**This is our next fundraiser - Brochures will be available at the office.**

Make it easier for kids to take responsibility for their belongings and avoid the lost property box by putting a name label on all items that are brought to school.

There is a wide variety of colours and shapes of labels available. So lets label everything—to keep your child's belongings returnable.

To order online at [www.mynamelabel.com.au](http://www.mynamelabel.com.au) using our fundraising code (cc1c816a) and 15% of the cost of your order will be donated back to us! Thank you for your support of our fundraiser.

## **KADINA HIGH SCHOOL**

Kadina invites you to our Year 6 into Year 7 2015  
Information Evening  
Wednesday 12 March 6.30—8pm in the MPC.  
*An Innovative Caring School*  
Phone 6624 3133



**PROSPECTIVE STUDENTS YEAR 7 2015  
INFORMATION NIGHT  
Tuesday 11 March 2014  
6:30pm**

Principal: Nigel Brito

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