



Calendar

**5/5/14—Onya assembly
2.30pm**

**7/5/14—P&C General
Meeting - 7pm**

**6/5/14—Cross Country
9.30—11.10am**

**8 & 9/5/14— Mothers Day
stall.**

**13—15 May— NAPLAN
Year 3 & 5 students**

**29/5/14—Information
night**

1/6/14—Bunnings BBQ

18/6/14—Skate Night

Canteen Roster

5 May— Robyn

**6 May— Judy, Leanne,
Stacey**

7 May— Nikki

8 May— Rachel L

9 May— Leanne

12 May— Stacey C

13 May— Judy

14 May— Nikki

15 May— Stacey Y

16 May— Bradley

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
195 High Street, Lismore Heights NSW 2480
Phone: 6624 3344 Fax: 6625 2154
Email: lismorehts-p.school@det.nsw.edu.au



TERM 2 WEEK 1 12 MAY 2014

From the Principal

Welcome back to what promises to be a very packed (and fun -filled) term. Items to look forward to this term include:

6th May School Cross Country Carnival & family picnic;

Starting this week *Jump Rope for Heart* fundraiser;

12th May Mrs Ryan's Class Assembly;

13th-15th May NAPLAN testing;

18th May Bangalow Billy Cart Derby;

23rd May Zone Cross Country Carnival;

29th May After-school Disco/Parent Information night;

1st June Bunning BBQ P&C fundraiser;

21st June Lantern Parade;

Last week of term NAIDOC celebrations.

Further details will be made available in future newsletters for any items not discussed below.

NAPLAN (National Assessment Program – Literacy and Numeracy)

All students in Years 3 and 5 will be sitting the NAPLAN tests on Week 3 -

May 13th-15th. The tests will be administered on the same days in all public schools across the State. It is important that students arrive at school on time on testing days.

To ensure that your child achieves their best possible results, please make sure that they get plenty of sleep the night before a test and that they have a good, healthy breakfast to start the day. Thank you.

NAPLAN Timetable:

Tuesday 13th May

Morning: 'Language Conventions' test

Middle Session: 'Writing' test

Wednesday 14th May

Morning: 'Reading' test

Thursday 15th May

Morning: 'Numeracy' test

Jump Rope for Heart

This week was the launch of our *Jump Rope for Heart* fund-raiser. The *Jump Rope for Heart* foundation raises money to help those in need of heart surgery and to find ways to reduce the risk of chronic heart conditions. Children have been given sponsorship forms and 50% of everything that we raise will go into the school fund to help purchase new equipment to encourage our students to remain active and healthy. Please help out by buying/selling tickets to help raise money for this worthwhile charity and for our school. There are prizes available to the children in each class who raise the most money. Get skipping, get healthy, stay healthy.

Mark Scotton



ANZAC March

On the 25th of April, early on the Friday morning, the sun was shining and banners were raised ready for the ANZAC march. I was proud to be a member of Lismore Heights Public School marching in the parade on ANZAC Day with over 30 of our dedicated students. It was great to see the enthusiasm on the students' faces whilst walking in the march. Well done to those students who joined us on such a special day.

Mel Abeleven



Cross Country Picnic

The school Cross Country races are being held on Tuesday 6th May. Students in all classes from Kindergarten to Year 6 will be participating in the races. Races start as soon as teachers have taken the roll in the morning. Parents and carers are invited to come along and cheer on the students. Why not order a lunch at the school canteen when you arrive and join our students for a picnic when the racing is all over (approximately 11.00am).

Billy Cart Derby

On Sunday 18th May a team of Lismore Heights students will take part in the Bangalow Billy Cart Derby. Students in Mr Porter's class have spent the past few weeks building a Billy Cart with volunteer, Sam, which they test drove at the school this week. Why not come along for a thrilling day in Bangalow and cheer on our Lismore Heights racing enthusiasts.



Bakers Delight
We're for real.

supports our
Breakfast Club.

Positive Behaviour
For Learning at

Week 1 Focus Rule



BE SAFE

BE RESPECTFUL

LUNCH AND RECESS ROUTINES

Could you talk to your children about why they think we would need to 'Be Safe' and Respectful' when eating lunch and recess. The students will be learning routines to keep them settled when eating and ensuring that the eating area is clean before they go to play.

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

Be SAFE, Be Respectful and Be a Learner

PARENT TIPS

Managing screen-time

Helping kids find the right balance between activities, homework and screentime is a challenge that only gets harder as they grow older. Common sense Media has lots of useful resources to help – from movie and game ratings to articles like this one on setting screen time limits that are realistic enough that your children will actually follow them. Read the article here: <http://bit.ly/1pBlfmk>

Books to boost brains

Literacy skills often progress suddenly in leaps and bounds. The secret is to keep kids of all ages reading over the weekends and school holidays. Even 20 minutes a night can make a huge difference to their reading, comprehension and general knowledge. It's also a great way to settle their minds down before sleep (for adults too!). If your child hasn't found a book that grabs their imagination, why not try them on a series book from the Premier's Reading Challenge list? Here are top suggestions for all ages, including young adult : <http://bit.ly/1dLSGC0>



Can Breakfast Make Kids Smarter?

Last year the University of Pennsylvania School of Nursing published findings from their research that says it does. The research found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores.



Why?

After a whole night of fasting, breakfast serves as a means to supply "fuel" to the brain. Meanwhile, social interaction at breakfast time with others may promote brain development. Mealtime discussions may facilitate cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge, noted the authors.

So the advice is eat breakfast – it may make you smarter. <http://www.nursing.upenn.edu/sia/Pages/Can-Breakfast-Make-Kids-Smarter.aspx>

GO 4 FUN

Free Healthy Lifestyle Program for Koorie Kids

- ♦ Helps Kids get healthy
 - ♦ Fun games & healthy eating tips
 - ♦ 5 –7pm, Mondays at Goonellabah Aquatic Centre over Term2.
- Call 6620 7504

**Health
Northern NSW
Local Health District**



OUR COLOURFUL EASTER HAT PARADE

