



## Calendar

12/5/14—Assembly  
2.30pm

13—15 May— NAPLAN  
Year 3 & 5 students

14/5/14—Aboriginal  
Team Meeting. 8am

25/5/14—Working Bee  
2—5pm

29/5/14—Information  
night

1/6/14—Bunnings BBQ

18/6/14—Skate Night

## Canteen Roster

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**  
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TERM 2 WEEK 2 9 MAY 2014

## From the Principal

### Write4Fun competition



Lismore Heights Public School Stage 3 students have been awarded a 'Certificate of Excellence' for 'Outstanding Student Achievement in the Write4fun 2014 Schools Writing Competition'. With over 11,500 entries received Australia wide, 10 entries from Lismore Heights students were recognised as being outstanding. Less than 2% of schools showed this level of achievement Australia wide. Congratulations Stage 3 writers!

### Cross Country

We had a fabulous morning on Tuesday when boys and girls from all year groups participated in the school's annual cross country race, with many of the students competing for a place in the Zone Cross Country event on 23<sup>rd</sup> May 2014. Well done to everyone who finished the course, and special congratulations goes to those students who placed in their age race (see below). Thank you, too, to the many parents who turned up to support the event.

Cross Country:

Age 6 girls 1<sup>st</sup>: Lauren V 2<sup>nd</sup>: Zara Y. 3<sup>rd</sup>: Mia M. 4<sup>th</sup>: Lailah H.

Age 6 boys 1<sup>st</sup>: Raiden B. 2<sup>nd</sup>: Xavier B. (unfortunately, 3<sup>rd</sup> and 4<sup>th</sup> place didn't make it to the recording table. If your child came home with a ribbon and is not in this list, please let us know)

Age 7 girls 1<sup>st</sup>: Natalia H. 2<sup>nd</sup>: Millarnie O. 3<sup>rd</sup>: Chloe M. 4<sup>th</sup>: Abbie P.

Age 7 boys 1<sup>st</sup>: Lucas S. 2<sup>nd</sup>: Elijah G. 3<sup>rd</sup>: Max Y. 4<sup>th</sup>: Nick T.

Age 8/9 girls 1<sup>st</sup>: Emily H. 2<sup>nd</sup>: Ayla G. 3<sup>rd</sup>: Kaida L. 4<sup>th</sup>: Millie L.

Age 8/9 boys 1<sup>st</sup>: Reshawn B. 2<sup>nd</sup>: Quinn M. 3<sup>rd</sup>: Ty S. 4<sup>th</sup>: Aaron E.

Age 10 girls 1<sup>st</sup>: Alisha M. 2<sup>nd</sup>: Chantarli R. 3<sup>rd</sup>: Sophie P. 4<sup>th</sup>: Montana M.

Age 10 1<sup>st</sup>: Blake O. 2<sup>nd</sup>: Dylan S. 3<sup>rd</sup>: Ziggy Z. 4<sup>th</sup>: Joshua Y.

Age 11 girls 1<sup>st</sup>: Natoka B. 2<sup>nd</sup>: Keeley L. 3<sup>rd</sup>: Kayla D. 4<sup>th</sup>: Makayla G.

Age 11 boys 1<sup>st</sup>: Tyreece C. 2<sup>nd</sup>: Ben M. 3<sup>rd</sup>: Eddie A. 4<sup>th</sup>: Tynan H.

Age 12/13 girls 1<sup>st</sup>: Laquisa K. 2<sup>nd</sup>: Ebonie G. 3<sup>rd</sup>: Sophie M. 4<sup>th</sup>: Kaede C.

Age 12/13 boys 1<sup>st</sup>: Kieran D. 2<sup>nd</sup>: Calvin B. 3<sup>rd</sup>: Brodie A. 4<sup>th</sup>: Deacon C.

House Points: 1<sup>st</sup>: Clay 29 points 2<sup>nd</sup>: Rous 20 points 3<sup>rd</sup>: Wilson 14 points  
4<sup>th</sup>: Stapleton 8 points

### NAPLAN

Please remember, NAPLAN testing is next week (Tuesday, Wednesday and Thursday). Please make sure if your child is in Year 3 or 5, that they have a good sleep the night before a test, and that they have a healthy breakfast on test days – these two simple things make a huge difference to children's alertness, creative thinking and all round academic performance!

## Aboriginal Team Meeting

Our next Aboriginal Team Meeting is next Wednesday morning at 8.00am in the staffroom. Parents are invited to come along to find out what's happening in the school and to share their ideas. This week we will be discussing our plans for NAIDOC week.

## Opportunity Class

Families who are interested in enrolling their child into the Goonellabah Opportunity Class for 2015 are advised that applications are now open. Families may apply online at [www.schools.nsw.edu.au/ocplacement](http://www.schools.nsw.edu.au/ocplacement) or by collecting an application form from the office at Lismore Heights Public School. The closing date for applications 16<sup>th</sup> May.

Mark Scotton

## P&C News

### Bunnings BBQ

We require volunteers to help at the Bunnings BBQ which will be held on Sunday 1 June from 8.30—4.30pm. Volunteers are only required to do a 2 hour shift. If you can offer your services please ring Warren on 0416 117 000 or leave details at the office.

### Working Bee

A working bee at school is scheduled for Saturday 25 May from 2—5pm. If you can donate some time please bring along wheelbarrows, shovels and gardening tools. We will be weeding gardens and shifting mulch. Please ring Warren on 0416 117 000 or leave details at the office.



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

supports our  
Breakfast Club.

**In Class 3/4C**



# Week 3 Focus Rule

Positive Behaviour  
For Learning at

**BE SAFE**



**WALK ON HARD SURFACES**

Could you talk to your children about why they think we would 'Be Safe' whilst walking around the school on hard surfaces. Discuss the areas around their home where they would need to be safe and walk.

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**

## Canteen Menu—

Our canteen offers a great variety of healthy foods at reasonable prices. Our enthusiastic staff are always eager to please. Check out the new menu – out now! If you didn't receive the new green one please contact the office.



Students lining up at the canteen



## HEALTHY LUNCH IDEAS

Healthy lunches and snacks are important for active children. It is important to offer healthy lunch box choices. Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy and carbohydrate foods.

Eating healthy food helps children concentrate and learn. Encourage children to help choose and prepare their own lunch. They might like to make a list of the foods they enjoy. Praise your child when they choose healthy foods for their lunch box.

Foods should be simple and easy to prepare, ready to eat and appetising after several hours storage in the lunch box. Foods such as sandwiches can be prepared the night before or on the weekend, frozen, then taken for each day's lunch box. Suitable foods to freeze include: Bread

- Cooked meat
- Cheese
- Peanut butter
- Baked beans
- Mashed eggs

## Lunchtime in the playground







School Cross Country

