



Calendar

25/7—5/8/14

Book Fair

5/8/14—Old McDonald Farm—Years K—2
Ned Show—Free show
K-6 students

11/8/14—Interrelate
Year 6

15/8/14—Zone Athletics
Lismore

18/8/14—Book Week
18/8/14—Interrelate
Year 6

25/8/14—Interrelate
Year 6

Canteen Roster

4 August— Robyn
5 August—Tony
6 August— Marett
7 August— Lee V,
Nicole B
8 August— Maree



supports our
Breakfast Club.

ACKNOWLEDGEMENT OF COUNTRY

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.

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 3 WEEK 3 1 AUGUST 2014

From the Principal

Kindergarten enrolments taken NOW for 2015

Kindergarten Information Sessions for 2015

We are holding two parent/carer Information Sessions on Thursday 14th August. The first session will run from 10.00-10.30am in the school library. This will be followed by a short visit to the Kindergarten class to meet our current lovely Kindies and their class teacher, Mrs. Witchard. This session is ideal for parents who want to bring along their young children to see our lovely school. For working parents/carers, or those who are unable to make the morning session, a second Information Session will be run between 5.30-6.00pm on the same day. The information will be the same in both sessions (except there will be no visit to Kindergarten class during the evening session).

As always, we will be running our Kindergarten Orientation program in November. This is the time when our 2015 Kindies get to visit their Kindergarten classroom and take part in some fun-filled learning activities. There will also be additional information sessions for parents/carers as part of the Orientation Program.

Athletics Carnival

What a fabulous day we had last Thursday at Riverview Park when the whole school attended the Athletics Carnival. With all four Houses cheering on their respective athletes, and the sun shining down, the stage was set for yet another great day of sport. My congratulations go to those athletes who earned ribbons on the day, especially to those who are heading off to the Zone Carnival on August 15. I would like to congratulate all students who participated and earned points for their House – it is important that we remember that whilst there will always be winners and losers; it is the taking part that counts.

I can confirm that the winning House on the day was **ROUS**. My thanks to Mr. Porter for coordinating the event. Also a special thank you to the parents and carers who joined in, either by marshalling events or cheering on our athletes.

Book Fair

Please remember that the Scholastic Book Fair is open daily in the school library until next Friday (August 8th). There is a wide range of books, fiction and non-fiction, for all ages. If you're looking to buy early Christmas presents, great birthday gifts, or you just want to support your child's love of books, there has never been a better time to buy. And remember, the more books we sell, the more FREE books Scholastic gives the school in return.



Petting Zoo and the Ned Show

Tuesday next week will be a very busy day at Lismore Heights Public School. In the morning, our Kindergarten – Year 2 students will be getting some 'hands on' learning when McDonald's Petting Zoo arrives at the school. And our Infants students will be joined by some of the local preschool children. In the afternoon, the whole school are being treated to the Ned Show: a FREE performance in the school hall by a team of travelling actors whose educational programs support our school's PBL (Positive Behaviour for Learning) program.

Careers Day

Year 6 attended a careers day at Lismore South Public School on Thursday. They had a fantastic time and diverse learning experience. The type of careers they engaged in were, the Defence Forces, Hair Dressing, Agriculture, Musicians, Teaching, Science and many, many more. The students of LHPS were very respectful and demonstrated outstanding behaviour. I was so proud to be apart of our school whilst on this excursion.

Ms Abeleven

Assistant Principal



Week 4 Focus Rule

Positive
Behaviour for
Learning at
LHPS

Be Respectful

Speak Politely



Next weeks PBL rule encourages students to speak politely.

Could you discuss with your children the importance of Speaking Politely. Talk to them about using manners and talking friendly. This is a reflection of good character. Using the 5 Finger Friends is a great way to deal with conflict in a respectful manner.

The PBL Team appreciates your support in teaching children the benefits in following school rules.

Be SAFE, Be Respectful and Be a Learner



ATHLETICS CARNIVAL





Flu season is here!

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- ◆ Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- ◆ Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- ◆ Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- ◆ Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness. And inform the school. The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's [vaccination page](#).

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.



How to S-t-r-e-t-c-h the Food Dollar AND Eat Healthy

Vegetables: Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it's good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies: minimise the chopping and cutting, clean skins rather than peeling, don't soak your vegies and try not to overcook.

Meat, chicken, fish: When you're buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.

Milk: Powdered (dried) milk contains all the nutrients of fresh milk and it's very convenient. If you make it up the night before it's very like fresh in the morning. It's also very good for using in cooking.