

Heights Happenings

Lismore Heights Public School

Aim High

Thursday, 19 February 2015
Term 1 Week 4

Please like our school facebook page: Lismore Heights Public School



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Principal News EMERGENCY ALERT

The Department of Education and Communities has issued a special alert advising schools and families of the recall of Nanna's Mixed Berries and Nanna's Raspberries and Creative Gourmet Mixed Berries. These products must be discarded and not consumed. NSW Health has updated its warning to the public to watch for symptoms of Hepatitis A following reports of cases in Australia of Hepatitis linked to Nanna's frozen berries. Fact sheets on the symptoms of Hepatitis A are available from NSW Health. Please consult your doctor if you have any concerns.



School Leaders

On Monday afternoon this week, we officially acknowledged the appointment of our School Leaders for 2015 during our Captains' Assembly. School, Class and House Captains and Vice-Captains recited their pledge making a commitment to uphold the values promoted by the school to the best of their ability. Our school has always taken great pride in our Captains, noting their outstanding conduct and dedication to the task. We have every confidence that our newly appointed Captains (pictured below) will live up to our very high expectations, making us, their families and themselves proud of their achievements across the year.



Calendar

Week 5

Wednesday 12 February	Year 6-7 Rivers College Information Evening 6-7pm
	Lismore Workers Club

Week 6

Wednesday 4 March	School Photos.
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Week 8/9

18/19/24/25 March	Life Education Van \$10ea
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Week 10

April 1	Scripture Assembly
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Have you seen these notes this week?

School Bus Letter
School Contribution
Updated Contact Details

Canteen Roster

23 February	Tony
24 February	Sarah
25 February	Nikki
26 February	Leanne
27 February	Maree

If you can help in the canteen, even one morning a month it would really be appreciated. Children love to see their parents involved at the school. Please contact Tricia at school if you would like to be involved.

ACKNOWLEDGEMENT OF COUNTRY

We would like to respectfully acknowledge the Elders past and present of the Wijabal Wiyabal people and other peoples of the Bundjalung Nation.

We acknowledge that they are the first peoples of this land on which our school stands.

Lismore Heights Public School is a proud member of 'The Rivers P-12'



Swimming Carnival

Our 2015 Swimming Carnival was a roaring success last week, with students displaying their talents in the pool and clearly having a lot of fun in the process. Congratulations to our Age Champions for 2015: (Girls) Jyoti (8yrs), Madeline (9yrs), Claudia (10yrs), Samantha and Sophie (joint 11yrs) and Kayla (12yrs); (Boys) Aaron (9yrs), Noah (10yrs), Zack (11yrs) and Joel (12yrs). Joyti, Madeline, Claudia, Kayla, Aaron, Zack and Joel all achieved qualifying times for the Zone Carnival. Our congratulations also go to Olivia (10yrs) who qualified for Zone in backstroke.



Which High School Next Year?

The Lismore high schools are holding a combined Information Evening on Wednesday 25 February at Lismore Workers Club between 6-7pm. Parents and students who are considering which high school to enrol in for 2016 are recommended to attend the event. The combined Lismore high schools operate under the banner 'Rivers P-12 College' and offer a wide range of cross-school programs to ensure that students have access to an extensive number of subjects and staff expertise.

Aboriginal Team Meeting

On Friday last week, our Aboriginal Team met to discuss programs and initiatives that we will be introducing throughout the year. Among the programs on offer will be Solid Mob's Amazing Race during the last week of Term 2. The Amazing Race program will form part of our NAIDOC week celebrations. Solid Mob will also be attending the school in Term 1 to talk with our Stage 3 students about making healthy lifestyle choices. Nena, the school's Aboriginal Community Support Officer, also discussed the idea of re-opening the Bundjalung Room for future Yarn-Ups. This suggestion was warmly received and future Yarn-Ups will take place in that room. Our next Aboriginal Team Meeting is on Friday 20th March at 8.00am in the school staff room. Parents are welcome to come along and share their ideas with the rest of the team.

Positive
Behaviour
for
Learning

Week 5 Focus Rule

COLA 
Assembly Behaviour

Could you discuss with your child the importance in following routines at lunch time and recess time. Compare home routines, such as getting ready for school, and eating routines at school. These routines give students structure and teach them how to be safe and respectful.

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

Be Safe, Be Respectful and Be a Learner

ONYA Day Term 1 Week 10

Dress up into your PJ's, bring a pillow and watch a movie.

Ice-blocks will be a treat!!!

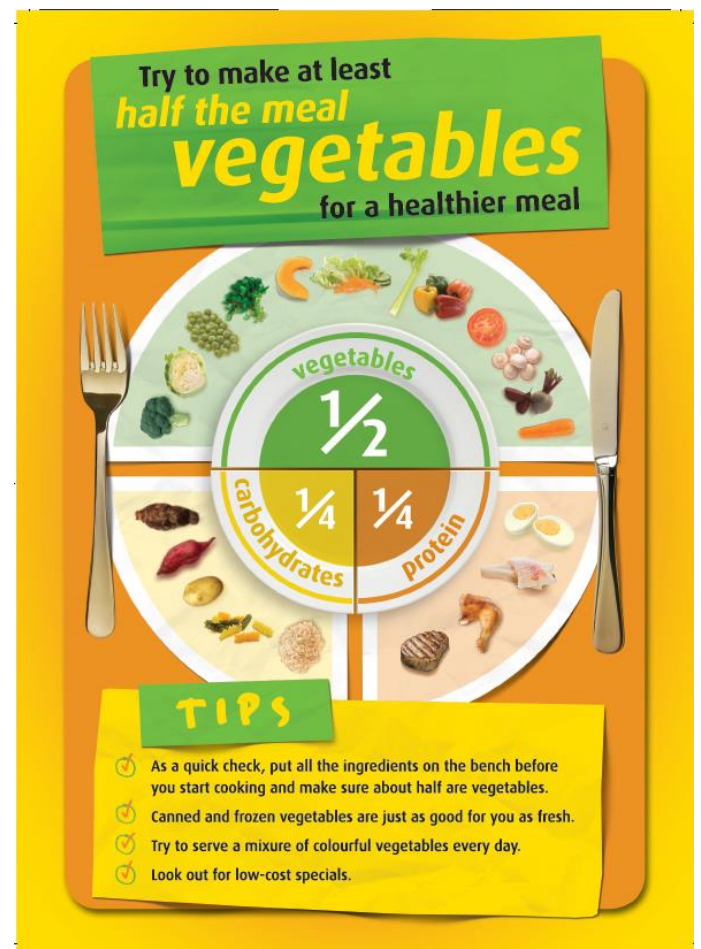


Vegie Prices dropped 10% since last year, according to the CPI.

There's never been a better time to increase your family's vegetable consumption.

- Send carrot sticks, cauliflower or sugar snaps for Crunch & Sip
- Add grated carrot and mixed lettuce to lunch sandwiches or wraps
- Aim for at least one yellow AND a green vegetable on your dinner plate
- Half the plate should be yellow and green vegetables, a quarter meat/ fish/ chicken/ lentils/ beans and a quarter starchy potato/ rice/ pasta.

Add grated or chopped vegetables to pasta sauces, stews and casseroles



Helping your Kindy kid succeed at school

A great way to kick off your child's formal education is to understand the school culture and what your child is doing in the classroom.

- When children start school they bring all the things they learnt at home with them.
- Keep up the things you did with your child before they started school, like bedtime reading.
- Talk to your child's teacher if you have concerns about your child's learning.
- Get your child to school on time; it helps avoid anxiety.
- Get involved in your school; it shows your children you value education.

Learning is a partnership

Developing a partnership with the school is a great way to enhance your child's learning experiences, says Ruth Goldstein, an experienced Kindergarten teacher in the Southern Highlands.

"Research shows that parental involvement impacts positively on a child's education, so volunteer for things like the canteen or reading groups and certainly become a member of the [P&C](#), which is a great way for working parents to support their child at school," Ruth says.

"Children see parents walk into the school and see that mum and dad value education. That sends a really loud message to them. Arriving on time is also important. Arriving late continually at school causes great anxiety for a little child in their first year of school. They have to walk in, they're anxious about their school day anyway, all eyes are on them. It also sends a message to them that school's not really important enough to be on time for."

"Parents are role models for their child's attitude to school and your child will copy your behaviour," Ruth says.

