

# Heights Happenings



## Lismore Heights Public School

*Aim High*

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Friday, 6 February 2015

Please like our school facebook page: Lismore Heights Public School

### Principal News

#### Meet & Greet BBQ

Parents and carers are invited to come along and enjoy a FREE sausage sizzle and meet their child's class teacher in an informal setting on Thursday 19 February between 5.30-7.00pm.

Parents with children in Kindergarten – Year 2 have an opportunity to meet their child's teacher and find out what's happening in their child's class between 5.30-6.15pm followed by a BBQ dinner.

Parents with children in Years 3 – 6 are invited to eat first and then meet their child's teacher between 6.15-7.00pm. We look forward to seeing you there.



#### Year 6 High School Event

If your child is in Year 6, you and your child are invited to attend an important event at Lismore Worker's Club on Wednesday 25 February 6.00-7.00pm. The combined public high schools of Lismore (Richmond River, Lismore High and Kadina) who work collaboratively under the banner 'The Rivers Secondary College' are hosting the event which aims to inform parents and students about the educational programs available in our public high schools, as well as providing you with all of the information that you need to enrol your child into a local high school for 2016.



If you are interested in finding out about the excellent educational programs and facilities available in our local high schools, or if you want to know more about how our three local high school will be working together to provide our students with an even greater range of subjects and expertise, please come along to this special event.

### Calendar

#### Week 3

Monday 9 February	Assembly 2.30pm. Conservatorium Presentation.
	Pancake orders due
Thursday 12 February	Swimming Carnival

#### Week 4

Monday 16 February	Captain's Assembly 2.30pm.
Tuesday 17 February	Pancake Day
Thursday 19 February	Meet & Greet BBQ 5.30-7pm

#### Week 6

Wednesday 4 March	School Photos
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#### Week 8/9

18/19/24/25 March	Life Education Van
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### Canteen Roster

9 February	Stacey Y
10 February	Help needed
11 February	Jaime
12 February	Swim carnival - no canteen
13 February	Maree, Leanne

If you can help in the canteen please see Tricia. The hours are from 9am until 12 midday - only once a month.

### ACKNOWLEDGEMENT OF COUNTRY

*We would like to respectfully acknowledge the Elders past and present of the Wiyabal 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'*

## Parent Consultations

Parents and carers with children in Years 1-6 have an opportunity to meet their child's teacher in a 1:1 situation to find out how their child is travelling at school on Tuesday 17 March. This is great opportunity to discuss with your child's class teacher specifics about your child and their education. It's also a great way to find out a little more about what you can do to support your child at home – working as a team we can ensure that your child has the very best chance of reaching their full potential. Our main consultation period is between 3.30 and 7.00pm on the 17 March.

Slips to request appointment times will be sent home shortly. A number of alternative time slots will be offered for parents who are unable to attend the Tuesday evening meetings. The Parent Consultation meeting is one of the most important meetings that you will have with the school and we encourage every family to take advantage of this opportunity to discuss your child's education with their class teacher.

Please note, parents and carers with children in Kindergarten will be requested to attend a similar meeting with their child's teacher prior to this date following the teachers' initial assessments of your child's learning skills (please look out for a letter from your child's class teacher).

## Swimming Carnival 12 Feb

A reminder to parents to send in permission slips for the Swimming Carnival on time, please. This is important as we will be booking buses based on the number of responses that we receive. If parents are taking their child to the carnival by car, please ensure that you collect your children from the carnival – this is because we will only book sufficient buses with spaces for the children who we know are travelling by bus. Students who are travelling by car to the carnival should pay for entry to the pool on arrival. The carnival will commence at approximately 9.30am on 12 February at Alstonville pool. Buses will leave school straight after registration, so please ensure children who are travelling by bus arrive at school on time. The carnival is open to students aged 8 years and up, and notes for the carnival have been provided to all eligible students.

## Building Maintenance Work

A number of fascia boards around the school's covered walkways are being replaced as part of our ongoing maintenance program. Many of the existing boards have been in situ for many years, and the new fascia boards will ensure that the walkways remain safe and trouble free for years to come.



## Beating Picky Eating

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:

- ✓ Remember: Parents choose "which" foods, children decide "how much"
- ✓ Create a positive environment at the table, make meal times pleasant
- ✓ Be a good role model
- ✓ Stick to a routine
- ✓ Provide the same meals for the whole family
- ✓ Take children shopping, involve them in planning and preparation
- ✓ Limit sweet drinks and juice so children have an appetite
- ✓ If you are stuck in a constant battle, maybe try a different approach.