

Heights Happenings



Lismore Heights Public School

Aim High

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Term 1 Week 10

Please like our school facebook page: Lismore Heights Public School

Principal News

Welcome Back

It was great to see so many smiling faces in school this week as children returned to school with their batteries recharged and lots of positive energy. That is just what we need as we have a very busy term ahead of us. Key events include: ANZAC march is Week 1; Cross Country races in Week 2; Young Leaders Conference in Week 3; NAPLAN testing in Week 4; Stage 2 excursion in Week 7; Kindergarten Information Evening in Week 8; the community of schools musical extravaganza 'Aladdin' and the Lantern Parade in Week 9; and NAIDOC celebrations in the final week of term. As you can see, we are in for a fun-filled and very exciting term!



Staffing Changes

There have been a few staff changes at the start of this term. Firstly, we would like to welcome Serene McCormack (see photograph) to the school. Serene is our new School Administration Officer and will be working alongside Mrs Keevers in the front office.



The receipt of additional school funds to support teaching and learning has enabled us to employ additional support staff at the school for the remainder of 2015. Lisa King resumes her former role as a School Learning Support Officer, working across the school. Narelle Whitehall has returned to the school as a School Learning Support Officer working in the IM Support Class. And Fiona Poole has changed roles. Fiona's new role has two components: the first is supporting students in mainstream classes in Stages 2 and 3, the second is delivering a series of Social Skills programs to small groups of students during the afternoon sessions. All of this means that we have additional people in our school team to support your children.

Calendar

April 25	ANZAC day march 8.30am
Week 2	
Tuesday April 28	Cross Country 9.30am K-6 students
Wednesday April 29	P&C meeting 7pm
Week 3	
Wednesday May 6	Magic Words K-6 students \$5
Friday May 8	Young Leaders- Twin Towns
Week 4	
NAPLAN Tests	Years 3 & 5
Assessment Tests	Other years
Week 7	
Stage 2 excursion	
School Contributions are now due. One child \$50 - Family \$70	

CANTEEN ROSTER

27 April – **Help needed**
28 April – Sally
29 April - Nikki
30 April - Leanne
1 May - Maree

The new School Uniforms have arrived!!

The cost of our new school shirt is \$25.

School Hats - \$13

A range of Second Hand clothing including jumpers & track pants are available - \$2 each.



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

NAPLAN

All students in Year 3 & 5 will be sitting the National Assessment Program for Literacy & Numeracy (NAPLAN) tests between May 12 – 14. Tests will be administered at school and supervised by classroom teachers.

Unfortunately, no approval for family holidays can be granted during this time as it is expected that all students will participate in the tests. Students in other year groups will be undertaking school based assessments during the NAPLAN testing period. This allows the school to assess students' current levels of understanding and allows us to plan how we can best support your child with their learning.

ANZAC March and Assembly

This year's ANZAC March marks the 100th anniversary of the Gallipoli landings. Our local march takes place in Lismore on Saturday 25 April. Lismore



Heights Public School will once again be participating in the event and students (and family members) who are interested in marching under the school's banner are requested to meet Mr Scotton at the Clyde Campbell car park off Keen St and Molesworth St at 8.30am in time for a 9.00am start on Saturday morning. Marching students are required to wear full school uniform. The march concludes at the Memorial Baths where parents are requested to collect their children after the ceremony. We look forward to seeing many of our students and their families there on the day.

Thank you to former Serviceman, Mr Harris, for his thoughtful words and reflections on his own experiences as a conscripted soldier during our ANZAC Assembly this week. Thank you also to Mrs Witchard for organising our special ANZAC assembly and arranging for the *parcels for the troops* to be distributed again this year. I would also like to commend our school choir on their beautiful performance during the assembly.

Cross Country

Our school Cross Country event is on Tuesday next week (28 April). Races will start at 9.30am and parents are encouraged to come along and show their support for students as they run around the track. The canteen will be open for hot and cold drinks and snacks on the day.

P&C News

We are delighted to advise parents and carers about changes to the elected officers in our school P&C. Prior to announcing the new officers, may I take this opportunity to thank those members who have finished their terms of office. A special word of thanks goes to Stacey Yates for her outstanding contribution to the school as P&C president over recent years. I would also like to acknowledge the wonderful work undertaken by Warren King, who has been P&C treasurer throughout this period. Under their leadership, and with the support of other P&C members and supporters, the committee have raised significant amounts of money which has helped improve our school facilities, including the installation of interactive whiteboards in classrooms and the building of our fabulous COLA over our climbing equipment on the Infants playground.

Our newly elected P&C Committee members are (some of these Committee members are unchanged):

President	Bradley Painter
Vice President	Ian Young
Vice President	Fiona Campbell
Secretary	Sally Drysdale
Treasurer	Luke Vassella
Canteen Treasurer	Warren King
Canteen Manager	Tricia Butcher

Please note: our next P&C Meeting is Wednesday 29 April at 7.00pm in the school staffroom. All parents and carers are welcome.

Toys for sandpit – plastic suitable for 6-7 year olds



If anybody has any sandpit toys that they no longer need that are suitable for our Infant playground, please could we ask you to donate them to the school. We are looking for plastic spades, buckets and sieves, plastic vehicles such as diggers etc. The items need to be suitable for children aged 6-8 years. Thank you in advance for your donations.

Repairs

We apologise for the disruption caused during the renovation work to the school covered walkways near the Infant COLA. It was hoped that the work would be completed during the holidays but contractual commitments have caused some delays. Thank you for your understanding and patience.

Debating News



On Wednesday this week, I had the great pleasure of taking 5 of our amazing students to Alstonville Public School to become debating gods! They learnt about the 3 Ms, peeling and seeling! Games were also played and new confidences found in front of many students from other schools. The day culminated in mini debates between schools with individual feedback for each student – an incredibly powerful learning experience. Thank you to Tulsì's dad for helping with transport.

"The best part about today was that we learnt while having heaps of fun." Jemima
Melanie Le Sueur
Teacher

Magic Words Production



"The Magic Words" – A Brainstorm Production is coming to our school on Wednesday 6th May at a cost of \$5 per student.

The aim of the entertaining educational theatre is to reinforce the school's anti-bullying focus and to foster respect and dignity. Students will learn about a range of bullying behaviours and the positive life skills that will protect them from these in the future. Permission notes have been sent home separately.



Love those Legumes!!

What are legumes?

Apart from nutritious AND delicious! They are:

- ✓ Dried or canned peas, beans and lentils.
- ✓ High in protein and fibre, and low in fat and cholesterol.
- ✓ Best for the land as they produce a higher yield of many nutrients than foods of animal origin.
- ✓ Cheap and very flexible in recipes.
- ✓ Good for freezing before and after cooking, and when made up into recipes.
- ✓ Are great meat extenders in any stew or mince dishes, as well as adding texture and mild flavour.

Buying and storing legumes

- ✓ Legumes are quite hardy and will store for a year in well-sealed containers.
- ✓ Look for uniform size, strong colour and a plump smooth appearance.
- ✓ There are many varieties available in cans, which means they require only minimal preparation.

Mexican Enrollada

(Serves 6)

- 1 tbsp oil
- 1 large onion, chopped
- 1 med red capsicum, chopped
- 35 g packet salt reduced taco seasoning mix
- 810 gr can crushed tomatoes
- 750 gr can red kidney beans, rinsed and drained.
- 1 packet pita bread, halved
- 1. Saute onion and capsicum in oil until soft
- 2. add taco mix and cook 1 minute
- 3. stir through tomatoes, beans and heat through
- 4. Roll bean mixture into halved pita breads with chopped fresh tomato and grated cheese.

Science Class

Students in 3/4C have been studying measurement. They had a practical lesson outside filling different sized measuring vessels with water. Working in pairs, students then had to document their results.



Maths in 1/2R



Our school rules are:

Be Safe, Be Respectful and Be a Learner.

Finger Friends in the playground -

- Talk friendly
- Talk firmly
- Ignore
- Walk away
- Tell a teacher

the 5L's in the classroom

- Close lips
- Ears listening
- Eyes looking
- Hands in laps
- Cross legs

