WELL DONE SWIMMERS!

Well done to all our competitors from last Thursday’s Swimming Carnival. It was great to see so many of our students getting in and having a go. WRPS staff would like to thank those parents who gave up their time to help with the time keeping. Thank you also to Mr Maxwell and his team of teachers for another smooth, no fuss carnival. Congratulations to Mackellar, our champion house for the 2015 swimming carnival. Congratulations also to Tylah (3/4W) for breaking the Junior 50m Butterfly record. Tylah swam 00:44.5, breaking the fifteen year old record by over a second.

We would also like to recognise the following students who have won their respective age championships:

- Junior Boys: Maalik
- Junior Girls: Tylah
- 11 Boys: Jack
- 11 Girls: Jennifer
- 12/13 Boys: Ethan
- 12/13 Girls: Anya

The age champions’ trophies and ribbons for the carnival will be handed out this coming Tuesday morning Assembly (24 February).

Ribbons will be awarded for students placed 1st, 2nd and 3rd in events.

The Northern Rivers Zone Swimming Carnival is on Thursday, 26 February, 2015. Notes were handed out last Monday and need to be in as soon as possible.
SAVING THE ENVIRONMENT AND THE BOTTOM LINE

Thank you for the terrific response to our request for your email addresses as a means to send the newsletter. From next week, we will stop printing the newsletter unless it is specifically asked for by families. Communication is vital, so please ensure you let us know if accessing the newsletter electronically is not an option for you. We appreciate your understanding in helping us lower costs and save the environment.

Ways you can access the newsletter:

- Provide your email address and the link to the newsletter will be sent to you every Wednesday
- Check the school website (http://www.wyrallahrd-p.schools.nsw.edu.au/)
- Check the Skoolbag app (search for Wyrrallah Road Public School in GooglePlay or AppStore)
- Write to your child’s teacher requesting a printed copy

CLEAN UP AUSTRALIA DAY

Our school will be involved in the Clean Up Australia Day Schools Program on Friday, 27th February. All students from K-6 will participate in activities which include learning about recycling, the importance of keeping the environment clean and also cleaning up (students will clean up our school grounds). Students are encouraged to bring along a pair of gloves and/or tongs to assist with rubbish removal.

SCHOOL PHOTOS

On Tuesday 17 February WRPS staff and students dressed with pride as they posed for school photographers.

Every child stood for a whole school, class and individual photograph, with many siblings opting for a family photograph.

If you have not paid, or would like to order photographs, you may do so at the office before Friday 27th February. If your child was absent on the day, the photographers will return next Wednesday 25 June at 12.30pm.

THE RIVERS SECONDARY COLLEGE YEAR 7 2016 TRANSITION INFORMATION EVENING

Stage 3 students and parents are invited to come along to the Lismore Workers Club Auditorium on Wednesday 25 February from 6pm-7pm to find out more about The Rivers Secondary College, how it works and the benefits for students as they move into high school. You will hear from John Baker, Executive Principal of The Rivers Secondary College and have the opportunity to meet, hear from and speak to students and other key personnel from each high school.

This evening is designed to give an overview of The Rivers Secondary College prior to each high school holding its individual session in coming weeks: Kadina HS on Wednesday 11 March; Lismore HS on Tuesday 10 March; and Richmond River HS on Thursday 5 March.

NORTHERN STAR $5000 CLASSROOM MAKEOVER COMPETITION

Don’t forget to collect your tokens from the Northern Star and place them in the labelled box in the office foyer to help our school win a $5000 classroom makeover.

Don’t forget to keep an eye out for the Kinder photo in the Northern Star on March 25.
CAR PICK UP

Thank you for your patience as we settle our new Kindergarten students into the afternoon car pick up routine. We realise that it takes a little longer at this time of year, but we encourage parents/carers to continue following our requests in the interests of safety of all students and families. Please remember not to queue across intersections or over take the line of traffic as this blocks emergency access to the school and is inconvenient to householders who cannot access their homes.

VISITING PERFORMANCE

On Friday last week, Stage 2 and some of Stage 3 were lucky enough to witness a performance by Brainstorm Productions. The show was called ‘The H Team’ and focused around being happy, healthy and helping each other. It showed the students how we should all make good decisions and why it’s important to always do our best and have a positive mind-set. All students listened well, made great contributions and were a credit to our school. Well done!

CRUNCH AND SIP

How much fruit and vegetables do children need?

We are encouraged to go for 2 fruit and 5 vegetables every day. The amount children should eat depends on their, age, appetite and activity levels. With the emphasis on ‘Go for’ it is valuable if children learn they should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day. The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients. The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

<table>
<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
</table>

What is a serve?

A serve of fruit is equal to an average sized piece of fruit.

\[
\text{Fruit} = \text{1 medium piece (e.g. apple) = 2 small pieces (e.g. apricots) = 1 cup chopped or canned fruit}
\]

A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.

\[
\text{Vegetable} = \text{1/2 cup cooked vegetable or cooked legumes} = \text{1 medium potato} = \text{1 cup salad vegetables}
\]
STUDENT BANKING

Next Monday, 23 February, Laura from the Commonwealth Bank will be at WRPS to help any families wanting to open a student bank account. She will be in the shelter area from 8:30-9:00. You will need to bring identification to open an account or simply come and pick the paperwork up to return at a later date. Every time a student banks the school receives a small commission which goes back into supporting programs at WRPS.

CANTEEN ROSTER:

<table>
<thead>
<tr>
<th>Date</th>
<th>Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, 12 Feb</td>
<td>Freda Yee, Claire O’Gorman, Sue French</td>
</tr>
<tr>
<td>Fri, 13 Feb</td>
<td>Kylie Burnett, Vicki Muddiman</td>
</tr>
<tr>
<td>Mon, 16 Feb</td>
<td>Dave McLean, Amanda Keys</td>
</tr>
<tr>
<td>Tue, 17 Feb</td>
<td>Sue French, Freda Yee</td>
</tr>
<tr>
<td>Wed, 18 Feb</td>
<td>Donna-Lee Green, Kate Muldowney</td>
</tr>
<tr>
<td>Thur, 19 Feb</td>
<td>Steph Gregory, Naomi Pitkin, Frida Yee</td>
</tr>
<tr>
<td>Fri, 20 Feb</td>
<td>Asher Smith, Krystal Jordan</td>
</tr>
<tr>
<td>Mon, 23 Feb</td>
<td>Dave McLean, Leanne Dillon</td>
</tr>
<tr>
<td>Tue, 24 Feb</td>
<td>Shona Powell, Angela Lawler</td>
</tr>
<tr>
<td>Wed, 25 Feb</td>
<td>Renea Allen, Jess Guyer</td>
</tr>
<tr>
<td>Thu, 26 Feb</td>
<td>Frida Yee, HELP PLEASE</td>
</tr>
<tr>
<td>Fri, 27 Feb</td>
<td>Donna-Lee Green, Asher Smith, Mel Day</td>
</tr>
</tbody>
</table>

School hats often go missing which is inconvenient for students wanting to play outdoors and expensive for parents to continually replace. Families can assist us in avoiding this problem by doing regular hat checks at home. Please return any hats to school that do not belong to your child so they may be returned to their owner. Thank you!

UNIFORM SHOP - Open on Fridays from 8:30-10:00am. Roster: Friday, 20 February – Lisa Munn
We urgently need volunteers in the uniform shop. If you can assist, please contact Lisa Munn on 0448 580 188.

Apologies for the delay in small sized girls’ dresses - supply has been delayed, but we are told they should arrive this week! Fingers crossed! Thank you for your patience. Lisa Munn (Co-ordinator)

COMMUNITY NEWS & SIGN ON DAYS

- Lismore Girl Guides is looking for women 18 years and over interested in leadership. Call Jacki Scutt on 0427 728269 or email on jackiscutt@bigpond.com.

- 1-2-3 Magic & Emotion Coaching Parenting Group. Based on the latest information on brain development and how to encourage children to manage their emotions. Encourages parents to strengthen their relationship with their children and enhance their enjoyment of parenting. Held 10, 17, 24 March 10am-12.30pm. Phone 6621 2489.

- Go4fun is a free healthy lifestyle program for kids 6.5 to 13 years. For bookings or more info 1800 780 900.

- South Lismore Celtics Soccer Club House - 2 Caniaba St South Lismore (behind The Tender Center) sign on from 12pm-3pm on Saturday 21st Feb. Open to all juniors to seniors - so even mum and dads can join the fun! Contact Sally Bates on 0403791566 (after 3pm) for any additional information.

- Lismore Workers FC – Saturday, 14, 21, 28 February – 9am-1pm at club house in Brewster Street. Contact Sharon Lane on 0466 388422 or www.lismoreworkersfc.org.au

- Goonellabah FC registration – Saturday 14 February 10am-1pm. Contact Jon 0405161896, Kevin 0416218544 or www.myfootballclub.com.au

- Marist Brothers Junior Rugby League – Sign On Saturday 14 Feb 10am-1pm & Thursday, 19 Feb 4-6pm at Crozier Oval Lismore (next to Oakes Oval). Contact Jason Drew 0401 321 289.

- Lismore Thistles Soccer Club sign on, Thistles Park, Military Road, East Lismore, from 9.00am to 1.00pm each Saturday in February. All current and new players are welcome and we have junior teams from Grade 6 to Grade 16 (5 to 16 years). For further information, contact Wayne on 0401 069242.

- Hockey NSW are holding a special program for children who were born between 2004-2007. It is a 4 week program run by accredited coaches and is for players of all levels (beginners to experienced). All children will have fun while learning new skills and improving their skills. Hepburn Park Hockey Turf Goonellabah, First 4 Tuesdays in March. Under 9s (4pm - 5pm) $68.90 and Under 11s – (5pm - 6:30pm) $92.00. Register at www.hockeynsw.com.au  BY 28th February