

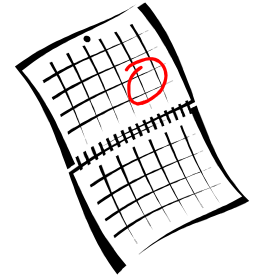


- Sensible is Safe
- Fair is Fun
- Manners Matter
- Property is Personal

Treat others as you would like to be treated yourself.

Term 3, Week 1**Tuesday, 28th July, 2009****Calendar:**

Tues, 28 th July	FIRST DAY FOR STUDENTS OF TERM 3
Mon, 3 rd Aug	Canteen/Uniform/Fundraising meeting 7.30pm
7 th , 8 th , 9 th Aug	Tender Centre BBQ
Tues, 11 th Aug	SCHOOL ATHLETICS CARNIVAL
Wed, 12 th Aug	P&C General Monthly Meeting 7.30pm
Sat, 22 nd Aug	Bunning's Fundraising BBQ
Wed, 26 th Aug	Chess – Emmanuel College Ballina
Thurs, 17 th Sept	School Concert at Lismore Workers Club
Fri, 18 th Sept	Regional Athletics – WRPS to run canteen – all hands on deck!
26 th & 27 th Sept	Family Photos
Tues, 29 th Sept	Dog Night Fundraiser at Lismore Greyhound Track

**WELCOME BACK**

Welcome back to what looks like a very busy Term 3.

The major performance is only seven weeks away. Tickets will go on sale later in the term. Early bookings will not be taken. Our P&C Association are in charge of ticketing for our performance.

CANTEEN HELPERS

More helpers are required – please call in and see Sue our Canteen Manager. In recent times some parents who have been rostered on have simply not turned up. This has caused great difficulty for Sue in operating the canteen on that day. Reminders are placed in the newsletter each week.

LOCAL SPORTING GAMES

Students are expected to return to school after local games. Parents should not take students to fast food outlets before returning them to school.

Overnight and long distance matches operate under different guidelines.

Please support the school in this safety matter.

Ralph Taylor

TAYLOR'S TEASER

Find the four-digit number in which the first two digits are the product of the third and fourth, and the fourth digit is six less than the third. The sum of all the digits is 21.



Congratulations

WIN BIN WINNERS

\$3 Ethan (KD), Dylan (1/2R), Jayden (3/4A), Jesse (5/6M)

\$2 Shayla (KP), Josh (1B), Thomas (3/4B), Jesse (5/6M)

\$1 Mitch (KT), Isabella (KT), Kimberley (KG), Zac (1/2R),

Abbey (2C), Travis (1B), Albert (3/4A), Billie Jo (3/4H), Brodie (3/4B),

Jordan Little (5/6M), Zoe (5/6B), Mitch (5/6B)

HEALTHY LIVING INFORMATION

A physically active child:-

- Has improved self confidence
- Sleeps better
- Can learn new skills and knowledge easier
- Maintains a healthy body weight
- Develops better motor skills
- Is more likely to be happy with their bodies
- Has a lower risk of diseases include heart disease and cancer later in life



IODINE AND LEARNING

Iodine is needed for the thyroid gland, growth and brain development. A recent study found nearly half the children (46%) had mild to moderate iodine deficiency. Most of these children came from NSW and Victoria. Children with iodine deficiency scored around 10-15% lower in IQ tests and so may not be as quick to learn as children without iodine deficiency.

Sources of iodine include:-

- ✓ Cows milk, yoghurts and cheese
- ✓ Seafood
- ✓ Seaweed – as used in sushi or nori rolls



RUGBY UNION

In the final week of term 2 the school team took on the formidable Alstonville team, who had been semi finalists in the state knock-out for the last 2 years. Many team members had never played the game before and so naturally they took some time to adjust. By half time we were down 15 - 0 but had shown steady improvement.

In the 2nd half the boys really got stuck in, scoring the only try and points of the half. The final score was 15 – 5, but the boys certainly gave Alstonville a fright. Next up we played Casino West in a consolation match, winning 34 – 5 and showing what they could do if they had a little more experience. The team showed great sportsmanship and a desire to learn and improve. Thanks to brave parents who weathered the wet, windy and cold conditions. Well done boys, you were a credit to your School.

Ted Williamson

CANTEEN NEWS:

WEDNESDAY 29 th July	THURSDAY 30 th July	FRIDAY 31 th July	MONDAY 3 rd August
Stacey Lewis	Jo Anne Lancaster Stephanie Gregory	Greg Hjelmstrom	Cherron Cameron Naomi Pitkin

Sue Pagotto, Supervisor



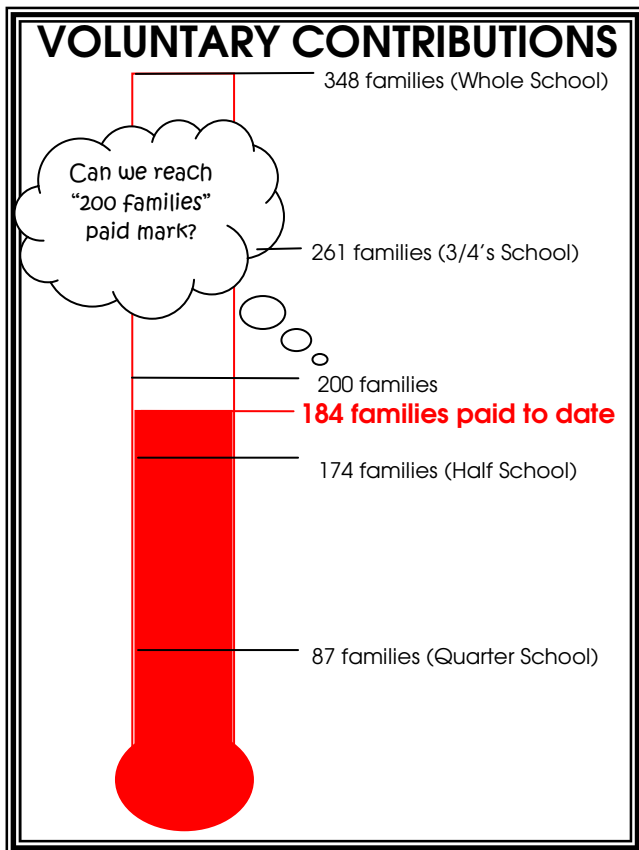
HELPERS REQUIRED



We are in need of volunteers to assist with canteen duties at the upcoming Athletics Carnival on Tuesday 11th August. Anyone who can help for the day or for just a few hours can advise Sue at the canteen. We are also seeking donations of cakes/slices to sell on the day. These would be much appreciated.

P&C Committee





Hurry!
Places are filling quickly!

Kindergarten

2010

Pick up an enrolment form from the school office
TODAY!

DEPARTMENT OF EDUCATION AND TRAINING

Human Swine Flu Information Sheet

This year it is likely many more people will come down with flu-like illnesses than in recent flu seasons because few people have immunity to the human swine flu virus.

As the number of cases of flu increases, we all need to take steps to minimise the transmission of the virus in school communities as some staff and students are at greater risk of severe illness from flu.

Staff or students who become unwell should stay away from school until they are well to minimise the transmission of the flu.

Any student who identifies that they are unwell, or is displaying flu-like symptoms at school will be sent to a sick-bay area and their parent or carer will be called to take them home.

Please watch carefully for any signs or symptoms of flu-like illness in your child. If they are unwell please do not send them to school until their symptoms have gone.

These symptoms include fever, cough, tiredness, muscle aches, sore throat, chills or shortness of breath.

Some people are more likely to develop severe illness from both seasonal influenza and swine flu. NSW Health advises that this group includes people who:

- Are pregnant (particularly in the second and third trimester)
- Have chronic lung disease (including asthma)
- Are very obese
- Have chronic heart conditions
- Have chronic kidney disease
- Have chronic liver disease
- Have blood disorders (including sickle cell disease)
- Have neurological disorders
- Have metabolic disorders (such as diabetes)
- Have weakened or suppressed immune systems
- Are of Aboriginal and/or Torres Strait Islander background (of any age).

If you or your child is in one of these categories, please seek urgent medical attention as soon as symptoms of flu appear because you may need anti-influenza medication and it works best if given early.

The department has policies in place to support schools this flu season. I can assure you that the department will continue to act on all advice received from NSW Health to ensure the health, safety and wellbeing of our staff and students.

Additional health information is available from the H1N1 Influenza 09 section of the NSW Health website at: <http://www.emergency.health.nsw.gov.au/swineflu/index.asp>