From the Principal’s Desk
Welcome to Week 7 of term. Almost report time again and holidays just around the corner. There are a number of exciting activities happening at our school over the next few weeks so we hope to see you soon!

Taree Eisteddfod
This Wednesday 3rd June, our school will once again compete in the small school choir section of the Taree Eisteddfod. We are the 10am session, competing against Bobin, Oxley Island and Bungwahl Public School. We have been very busy learning our songs under the tutelage of Mrs Thora-Lou Smith and we are excited for the event ahead. Students will travel to and return from the Eisteddfod by bus. We hope all students will travel by bus and parents can support our students by meeting the group at the Manning Entertainment Centre on the day. Students will need to wear FULL school uniform, including school shirt, shorts and black shoes with white socks. If you have any concerns, please contact me at the school. Good luck students!

Small Schools Athletics Carnival
Next Wednesday 10th June, students will travel by bus to Tuncurry Sports Oval for the Small Schools Athletics Carnival. Students will leave school at 8.45am and return by 2.45pm. Once again we hope all students can travel by bus, meeting parents at the venue. Students will require a packed lunch, sunscreen, water bottle and school hat. The Canteen will once again be open on the day. We look forward to seeing you on the day!

Aussie Bush Camp – 3-6 Excursion
During Term 3, students in our 3 to 6 class will join with students from Krambach Public School for their Aussie Bush Camp Excursion. It promises to be an exciting time for the students. The total cost for the excursion is $225. Once again if you have any concerns with payment or questions regarding this excursion, please contact me at the school.

National Reconciliation Week
Last Wednesday saw the commencement of National Reconciliation Week. The week will conclude this Wednesday 3rd June. The dates commemorate two significant milestones in the reconciliation journey—the
anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort. Last Friday, students completed ‘Sorry Day’ activities in class with this week being displayed at this week’s assembly.

**Week 7 Assembly**
This Wednesday 3rd June, the school will hold its next assembly. The assembly will be held in the library on return from the Eisteddfod at 2pm. At this assembly, we will present our class and group awards plus announce our next round of Bronze awards. We hope to see you there!

**P&C Meeting**
Our next P and C meeting will be held this Thursday (4th June) at 5.30pm. On the agenda will be the Caltex Fundraiser and improvements to the school car park. We hope you all can make this later start to this important meeting!

**Canteen**
Thank you to the many parents and carers who have supported our school by helping with the operation of the canteen. We are now currently seeking further volunteers to assist for the remainder of the year. If you are able to help, please contact Amanda on 0418437618 or Casey on 0432504601.

**A closer look at our 2015 Level System**
In 2015, students will be given the challenge of attaining four differing levels at our school. By earning assembly, playground and homework points, students will each term climb our ladder of achievement. During Term 1, students needed to gain 20 points to earn their ‘Bronze’ award, with a same amount of points being required to earn their ‘Silver’ award in Term 2, ‘Gold’ award in Term 3 and their ‘Coolongolook’ award in Term 4. Students who didn’t receive their Bronze award during Term 1 will continue to work towards this goal during Term 2. After gaining the 20 points required to gain their Bronze award, students will then start working towards their Silver award.

To find out more, please visit the front office where additional information sheets can be found.

**Head Lice and School Sores**
Just a quick reminder to all parents and carers to check your child regularly for head lice and school sores and to take appropriate action if found. Thank you for your assistance with these matters.

*Jason Tindall - Principal*

**K-2 News**

**Fruit**
It is wonderful to see so many students bringing in a variety of different fruit each day. Just another reminder that if it is more convenient for you to send in 5 pieces of fruit at the beginning of the week we can store them in the fridge for use throughout the week. Again, I would like to thank all of the lovely ladies who give up their time to come and cut up our fruit each morning.

**Homework**
I have slightly modified the format of my homework. Students have a list of sight words attached so they can choose the words they do not already know how to spell. The entire list needs to be learnt before the end of the year. Knowing how to read and spell all of these will dramatically improve student reading and writing skills. Please sit with your child each Monday afternoon so they can choose words that are suitable to them.

**Jackets**
As the weather is getting colder we are seeing more students coming to school without their jackets, or in jackets that are not school jackets. Please remind your children to bring their jackets each day and ensure they have their name in them. It is important for students to be keeping warm as winter approaches.

**Sleep**
We have been noticing that a number of students are coming to school tired in the mornings. A good night’s sleep is important to ensure that students are alert enough to learn effectively in class. If students are coming to school tired they are not engaged in activities and will often become distracted during class.

**Lunches**
Students have been reminded last week that lunches are to be eaten during our first break at 11:30am. These may include sandwiches, wraps, salads or ‘leftovers’ from dinner. This meal needs to occur at this time to ensure that energy levels are sustained for the entire morning and middle sessions. The second, shorter break is set aside for snack foods.

Anne-Maree Ross
Good for Kids good for life

Importance of Breakfast

Did you know that breakfast literally means breaking the fast from overnight? One in four Australian children skip breakfast and research has shown that students who do find it difficult to concentrate in class and may be lethargic in the playground. They may also choose more high sugar, high fat snacks or overeat because they are so tired and hungry.

Breakfast really is the most important meal of the day and should be eaten every day.

Some children may have a long distance to travel to school, while others take a while to wake up and be ready to eat breakfast so here are some quick on the go breakfast ideas:

- Fruit bread or a fruit hot cross bun
- Banana
- Breakfast drinks e.g. Up and Go
- Cheese sandwich
- Untoasted muesli and low fat yoghurt
- Cereal bites e.g. fruity bites, cherrios, mini wheats etc.
- Boiled egg


K-2 Literacy fun

"On Friday, 22rd May, Marc from the EnviroMentors came and spoke to our school about recycling. We listened to the presentation about what types of rubbish can be put into each coloured bin. We then went outside and played a game where we had to put pictures of different objects into the correct coloured bin. Once we were finished Marc showed us some examples of how to recycle different things and what they looked like at different stages in the texting process. We would like to thank the Great Lakes Council for providing this wonderful program free of charge to the schools."