Principal’s Message…………………..

Walk Safely To School Day
I took the opportunity on Friday in assembly to talk about the importance of travelling to school safely. It is important that no matter how a child travels to school, that they are reminded of keeping themselves safe. Students who ride to and from school need to ensure that they are always wearing their helmets when riding. I often quote the adage: “If you need a head, you need a helmet”. Students also need to exercise caution when riding across driveways, as a child was almost hit as a driver was reversing from their driveway.

Care also needs to be used when travelling by bus. Students need to remain alert as their bus stop approaches. Students also need to sit quietly and sensibly whilst on the bus so that the driver does not get distracted.

A special thanks to Ms Angela Glass for rescuing a distressed Frederickton PS student during the week who was carried beyond their bus stop.

If you drive your child to school, please do not drive onto the school grounds. Please drop your child off at the bottom of the hill, even that short walk up the hill will start the heart pumping!

I also take this opportunity to remind parents that students should not be at school until 9.00 am. There is no teacher supervision before this. If you must drop your child earlier, you need to book your child into OOSH.

Aboriginal Parent Meeting
I would like to thank the parents and community member for attending this preliminary meeting. We have some great ideas to work with regarding our Naidoc Day celebrations and our school spectacular.

Athletics Carnivals
Our K-2 Athletics Carnival will be held here at school on Thursday June 5th. We are hoping to hold our Primary Athletics Carnival on Tuesday 10th June at Services Park, Kempsey weather permitting.

Rugby Union Trials
We wish good luck to the handful of boys who attended tryouts for Rugby Union today. Congratulations to Jarno & Ethan for being selected

What's Happening.......... 

Term 2
Week 5
30th May – Lower North Coast Cross Country

Week 6
2nd June – PSSA Soccer Knockout – boys & girls
4th June - “Little Shop of Horrors” – Melville High
5th June - Infants Athletics Carnival – School
6th June - Assembly

Lower North Coast Cross Country
We wish the students who are representing our school at the cross country carnival this Friday the very best of luck. Many of them have shown strong commitment to their fitness by participating in the training opportunities that Mr Ashley has provided. I would like to thank Mr Ashley for volunteering to support our students in this way after school on many afternoons.

Debbie Bradshaw - Principal

House Ticket Tally
Congratulations to the following students for winning last week’s draw. The winning class was 1O, the winning house was Phillips and the five lucky students were:
Peter, Maeve, Emily B, Oki, Byron C.

Congratulations to Ashley, Alyce and Maeve on receiving the Citizenship Award at last Friday’s assembly.
News from KD
Thank you to all those who make sure their child reads every night - this will help to ensure your child is getting lots of practise. It is important for your child to bring along their communication pouch every day. It is getting to the time of year when we need to have a big push to learn sight words. The more your child practices the more quickly they will be able to recall these words. Buddy gardening has been going well and we have planted dwarf yellow beans, snow peas and beans. Thanks to the excellent weather we may have some produce by the end of this term.

Some children have revision homework to do this week. It is on the inside of the A3 homework sheet. Have a great week.

Infants Athletics Carnival
The Infants Athletics Carnival will be held on Thursday the 5th June at 11:45. The carnival will be held on the school grounds and will include all students who are under 8 years of age this year. Parents are invited to bring a picnic lunch or to order something special from the canteen to eat with their children at lunch time, should they wish to stay. All students participating in the carnival are encouraged to wear their house colours. Parents ordering lunch will need to order in the morning as there will only be pre-ordered meals available. Trials will be held for field events on Friday 30th May and parents are welcome to attend.

Premiers Debating Challenge
The debating team has been busy polishing their persuasive skills in preparation for their inclusion in the Premiers Debating Challenge. Thank you to Isabel Ruthven, Jessica Bubb-Edwards, Kalinda Larkins, Jinhum Stirling-Kelly and Brooke O'Meally for showcasing their talents at last week’s assembly. You certainly entertained the audience and articulated convincing arguments and logical rebuttals. We have our first debate scheduled to take place at Stuarts Point Public School next Wednesday 4th June. It is disappointing that we can only choose four students to take when we have 12 dedicated and talented students that commit each week to debating practice. We will announce the four students who will attend the first debate and send notes home this week. Thank you to everyone who attends and makes debating so enjoyable each week.

SRC News
Our Student Representative Council members held meetings last week with the class representatives from K-6. They discussed a number of issues and will be implementing some of their ideas over the coming weeks.

Literacy Café
A reminder: the Literacy Café is open Thursdays and Fridays at lunch time for any students wishing to work on their writing skills. We will be focusing on letter writing for the remainder of this term. Students can drop in and compose a letter to a pen-pal, a parent, grandparent, cousin, friend or teacher. We have quality paper and office supplies available to ensure letters are presented beautifully and that they will be a joy to receive.

Dance
The junior dancers have been doing a fabulous job and their dance is now coming together nicely in preparation for the Camden Haven Dance Festival. There are a still a number of student's in the Junior Dance Group who have not returned their note or $5. Please ensure that if you have an outstanding note it is returned this week.

HEAD LICE ARE ABOUT – PLEASE CHECK YOUR CHILD’S HAIR AND TREAT.

News from A and R Class
Reminder - The senior students involved in the Camden Haven Dance Festival, this term, should be finalising their costume/outfit. There are still 5 students who have not returned their note and $5. Please return as soon as possible.

Science Questacon – some of the Year 5 & 6 students were involved in the Questacon Science Circus. They all enjoyed the activity and are now looking forward to going to Questacon at Canberra during our senior excursion next term.

Mini Year 7 2015 Transition
Last week our Year 6 students participated in a mini transition day at Kempsey High School. During this time they were involved in 2 periods of Agriculture and 2 periods of P.E. Morning tea was provided by KHS and all students enjoyed this experience.

Today Melville High School visited out Year 6 students to talk to them about Melville High School. Ask your child about the visit.

Science light experiment information went home with students. Please ask your child about this information.

Stage 3 Athletics Training
Don’t forget Athletics training this Thursday for those students who are participating.
**Canteen Help Needed for Friday 30th May, Monday 16th June & Friday 27th June. Please contact the school if you are able to help.**

**Rock Star Award** in the canteen. Students who order something new and fresh off the blackboard will be in the running to receive a canteen voucher to be used the following week off the blackboard menu. Last week’s winner: **BRAD MCALESTER**.

**Brad** please see Tracey in the canteen to receive your voucher.

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**Canteen News**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato &amp; Basil Quiche</td>
<td>$1.50 with salad $5.00</td>
</tr>
<tr>
<td>Chicken and Mushroom Quiche</td>
<td>$1.50 with salad $5.00</td>
</tr>
<tr>
<td>Spinach and Fetta Quiche</td>
<td>$1.50 with salad $5.00</td>
</tr>
<tr>
<td>Small Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>Baked Potato – Corn &amp; Ham</td>
<td>$2.50</td>
</tr>
<tr>
<td>Baked Potato – Bolognese Sauce</td>
<td>$2.50</td>
</tr>
<tr>
<td>Fried Rice pack</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hokkein Noodles Pack</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

If you are available to help in the canteen please contact the office and put your name down on a vacant date.

**This week’s specials are:**

- **Stir-fry Beef with Jasmin Rice** - Sm $3.50 Lg $5.00
- **Curry & Lime Lentil Soup with roll** – Sm $2.50 Lg $3.50
- **Milo & Muffin** $2.00 (but must be pre-ordered)**

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**ASSEMBLY 23rd MAY 2014**
NEW DENTIST OPENED
SOUTH WEST ROCKS

HAPPY SMILES
PHONE: 6567 0310
SHOP 3, ROCKS SHOPPING FAIR
SOUTH WEST ROCKS

Healthy North Coast Turns One Year Old
Healthy North Coast will make its first birthday this week by giving away two brand new Fitbit Flexes as part of its new Healthy-Selfie competition.

Go to www.healthynorthcoast.org.au/healthyselfie or contact Alex Lewers – North Coast Co-ordinator on 66185419 or email alewers@ncnl.org.au – competition closes 1st June 2014.

HOURS MONDAY–FRIDAY
8:30AM–5:00PM
OPENED 7PM MONDAYS
FOR LATE
APPOINTMENTS
PREFERRED PROVIDERS
FOR MEDIBANK
PRIVATE AND HCF
BULK BILLING FOR
PATIENTS ON THE
CHILD DENTAL
BENEFITS SCHEME
15% PENSIONORS
DISCOUNT DURING MAY
AND JUNE

Dr. Bruce Coleman
Dr. Damian McIlroy
Dr. Euan Brown
Dr. Lara Stuttard
Suelle Coy
Lindi Gill

We provide bulk billing under the new Child Dental Benefit Schedule which your child may be eligible for. We have experienced staff who can offer dental health education and advice to suit your child’s individual needs.

10 Kemp Street
West Kempsey
65623252

Nutrition Snippet
The simplest way
...to use leftovers in the lunchbox

Leftovers are an easy way to pack your child’s nutritious lunch whilst clearing out the fridge.

Your kids will love these tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Cottage pie or spag bol sandwiches - both taste great on wholemeal bread
- Healthy fried rice or stir-fries are a fun alternative to a sandwich
- Turn leftover vegies into a frittata
- Add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (then add your favourite salad).

For more information visit www.eatittobeatit.com or join us at facebook.com/eatittobeatit

Eat It To Beat It

Nutrition Snippet
The simplest way
...to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask for more.

Did you know it may take more than 10 times before your child accepts a new food?

Give your kids two options that they’re happy with. Rather than saying “Would you like any vegetables?” offer a limited choice, for example “Would you like peas or beans?”

Stay calm + persistent in your approach! Perseverance pays off.

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STUDENT ABSENCE FORM

Student Name: ………………………………………………………………..
Class:………………

Date of Absence: _______________________________

Reason For Absence: ___________________________________________________________________

Parent Signature: ………………………………………………………………………