**Principal’s Message..........................**

**District Cross Country**  
Congratulations for the fabulous effort of our students who represented our school in this event.

**Athletics Carnivals**  
Our K-2 Athletics Carnival will be held here at school on Thursday June 5th starting after recess. All parents are welcome to attend.

Our Primary Athletics Carnival on Tuesday 10th June at Services Park, Kempsey weather permitting. This is the Tuesday after the long weekend. Please return money and note before Thursday.

**Rugby Union Trials**  
Congratulations to Ivan Madden, Jarno Dolezal and Ethan Cooper for being selected for the Lower North Coast Rugby Union team.

**Soccer Gala Day**  
We congratulate our cold and slightly wet soccer players for the fine effort they made in their soccer games today.

**Dance Festival Auditions**  
Our school participated in the audition process for the Camden Haven Dance Festival last week. Congratulations to both of our dance groups for their selection. We thank our parents for their support as we lead up into this festival. If your child is in the dance group and you don’t have any details about this event, a note will be sent home with your child today.

**The Little Shop of Horrors**  
Our stage 3 students will be attending this performance at Melville High School on Wednesday of this week. Please ensure notes and money is in by tomorrow.

**Parent Forum**  
**ASD- Asperger’s Syndrome**  
Parents are welcome to attend a parent forum to discuss ASD- Asperger's Syndrome. This forum would be particularly helpful for parents whose children are on the spectrum, or who have family members or friends with ASD children. This forum will be held in the library on Thursday of this week starting at 9:30am.

**Dance**  
Last week Janice Newton from Crescent Head viewed our Dance performances and we are pleased to announce that we passed the auditions and will be performing on Thursday 19th June at Camden Haven. We have costuming well underway for both groups. Infants dancers will be dressed using a number of costumes kindly loaned from Miss Oram and others which have been purchased by the school.

**Debating**  
Our first debate for the Premier’s Debating challenge will take place on this Wednesday at Stuarts Point Public School. Our debaters are working hard at developing their skills and are a committed and passionate group.

**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 Parents are welcome to attend.

**Student Behaviour**  
I received an email last week regarding our student’s behaviour form Lee Pedrola our Athletics Coach. I thought it was worthy of sharing this with our community. Well done Frederickton PS students.

"I would just like to pass on my congratulations to the students for their outstanding behaviour in the first 3 weeks that I have coached them. They have shown me nothing but respect and they all are a credit to the school and to themselves."
Literacy Café
We have had lots of new students join us for Literacy Café at lunch times on Thursday and Friday. This term our focus is letter writing and we have recently purchased some lovely resources to keep student’s engaged and interested. Unfortunately Ms Ransom is off sick this week so the Literacy Café will not operate this week.

News from KD
Again thanks to those parents who ensure their children read every night. I have started rewarding those who do read, with a prize out my prize box, in the hope that this will encourage all Kindergarten children to read.

Most children will have revision work inside the homework sheet this week. This week we are counting forwards to 20 and then backwards from 20, as well as recognising these numbers. If your child does not have this revision work it is because they have already achieved these skills.

Is there anyone out there with odd balls of wool (8 or 12 ply) which you don't need. In the near future we will have revision work inside the homework sheet this week. This week we are counting forwards to 20, as well as recognising these numbers.

Canteen News

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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:
Pea & Ham Soup Small $2.50 Large $3.50
Milo & Muffin $2.00 (but must be pre-ordered)

News from A and R Class

Remember the Science Speech task went home in week 4 (two weeks ago). The due date is Monday 23rd June (Week 9). The note outlines the task, points to consider, presentation and marking criteria. Please see Mrs Rose if another sheet is required. DO NOT LEAVE YOUR SPEECH UNTIL THE LAST MINUTE. Perhaps over the long weekend could be a valuable time to use to prepare your presentation.

Congratulations to our X-Country participants. Well done to Alyce Morn who came in 6th place and progresses to the next level. Congrats to Ivan Madden who came in 8th place. Well done to our other runners: Lachlan P, Ashley B-E, Mitchell W, Joel C, Ethan C and Jarno D.

Library borrowing has been very inconsistent over the last 6 months and we are looking for a huge improvement. You do not have to wait until Library day (Thursday) to borrow and return.

Don't forget the show at Melville H.S this WEDNESDAY 4th June, 'Little Shop of Horrors'. Note and money is required.

Well done to our soccer stars today, both the boys and girls team should be congratulated. A special thank you goes to Mr Robbie Crockford and Mr Donato for team coaching and extra skill instruction during last week.

Mrs Rose will be at Kempsey East Public School tomorrow (Tuesday 3rd June) for training. Ms Bashford will be on 5R.

This Friday 6th June is our class item at assembly and the Senior Dance Troupe will be performing.

Students involved in the Camden Haven H.S Dance Festival need to return the note, bus money and media consent note as soon as possible.

We encourage our pupils to bring and wear their school hat daily, as we are often outside for P.E, Sport and lunchtime on the oval.

Student reports will be sent at the end of the term and parents will have an opportunity for parent teacher interviews next term.

Stage 3 Athletics Training
NO ATHLETICS TRAINING THIS THURSDAY 5th JUNE 2014 as previously notified.

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: SCOTT BIDNER.

Scott please see Tracey in the canteen to receive your voucher.
**Chicken Vegetable Soup with Cheese Stick**

**Ingredients**
- 2 skinless chicken breast fillets
- 1 litre reduced salt chicken stock
- 1 tablespoon canola oil
- 2 leeks, washed and thinly sliced
- 2 carrots, diced
- 2 sticks celery, diced
- 3 cloves garlic, crushed
- 6 cups young green leaves (watercress, rocket, sorrel, baby spinach), washed
- 3 tablespoons fresh pesto
- Cracked pepper to taste

**Cheese sticks**
- 1 sheet canola puff pastry, thawed
- 3 tablespoons finely grated reduced fat cheese

**Method**
1. Put the chicken in a pot, add just enough chicken stock to cover and poach gently for about 10 minutes or until just cooked. Set aside to cool.
2. Heat the oil in a large pot, add the leeks and cook gently for about 2 minutes until soft. Add the carrot, celery and garlic, strain the chicken poaching stock through a fine sieve and add to the vegetables with the rest of the stock. Simmer for 10 minutes. Chop the greens finely, add to the soup and cook for a further 10 minutes.
3. Tear the chicken breasts into fine shreds and add them to the soup. Stir in the pesto and season with plenty of cracked black pepper.
4. To make cheese sticks preheat oven to 220C. Cut the puff pastry into 2cm thick strips and place on a paper lined baking tray. Sprinkle with the cheese and bake for 20 minutes or until crisp and golden.
5. Serve the soup in wide bowls with cheese sticks.

Source: www.healthykids.gov.nsw.au/recipes

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**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](http://www.healthynorthcoast.org.au/healthyselfie) or contact Alex Lewers – North Coast Co-ordinator on 66185419 or email alexwers@ncml.org.au – competition closes 1st June 2014.

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**JUNIOR ATHLETICS LUNCH** – Why not come and have lunch with your child on Thursday 5th June at the Junior Athletics Carnival. Tracey is making **CHICKEN NOODLE SOUP** - $2.50 small and $3.50 large as well as **Pea and Ham Soup** (this week’s special). If you would like to order a soup please order your lunch by 11.30am.

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**NEW DENTIST OPENED**
**SOUTH WEST ROCKS**

**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% PENSIONERS DISCOUNT DURING**
STUDENT ABSENCE FORM

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

Date of Absence: _______________________________

Reason For Absence: ___________________________________________________________________

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

STUDENT ABSENCE FORM

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