As learners we will: Be Safe, Be Respectful, Be Responsible

From the Principal

What a mixed up weather week we are having. It is hard to tell what to expect. But there are expectations that don’t change ….

Respect

It is coming to that time of year when those in Year 6 are starting to feel “ready” for High School. It is always a pattern to see in the children, and this year is certainly no different. As their parents, our staff is sure you understand the feelings – of being too big for Primary, too cool for rules, anxious about what is ahead or just plain ready to become someone different. That is never an excuse though to show disrespect or disregard for what is expected. We are needing to remind the group about talking back, that not being bothered is never an excuse and disregard for others is never accepted. We are trying to instil in these seniors that they are a role models. To reinforce that common courtesy to others is something we all should have and that language for a school can be different from other places. When these messages come from home too, as we know they do, they have more impact. It is a chaotic world out there for young people to make sense of, these social expectations only help to keep order and sense.

Selective High Schools -2016

Applications to have interested and eligible children apply for selective High Schools are open. Thus is for Year 7 in 2016, so this is children who now are in Year 5. Information is available at school for any family interested.

Year 5 Advantage Programme

Lismore High School – our zoned High School, is holding a day to give year 5 children [this year] a chance to see what happens in High School. It is open to all children and they will participate in Science, Visual Arts and Woodwork classes. This will be on Thursday November 27th. A note will be going home with our Year 5 children tomorrow. This is a great opportunity and, as the Year 6’s start talking about moving on, the Year 5 also start thinking….

Swimming and Water Confidence

It is also that time of year when Swimming lessons start happening. Notes have gone home for both K/1/2 children and for children in 3/4/5/6 who may benefit from lessons. Teachers who take these groups are accredited with Ausswim, so it sits well in Department guidelines. Please return notes promptly as these will begin the week after next. We have some spare days also, so if the weather is not great for the day we can postpone a session. Numeracy and school work will be going on of course around these arrangements.
**Student Teachers**

It was very remiss of me last week not to mention that we are hosting a student teacher at the moment. Mrs Sandra Grande is completing her 3rd Year prac out of Southern Cross University. Sandra is on 1/2 CO and as always brings to us new ideas and lots of professional dialogue around teaching and learning. This week also we have Mary Wilson doing Work Experience with all classes. Mary is in Year 10 and has been a past student at this school herself. We hope she enjoys her time here with us.

I will be away this Friday for my son’s wedding in Dubbo, [no mother-in-law jokes please !!]

Don’t forget to get your table ready for our School Trivia Night – December 6th. We hope it I marked on your calendars

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**Parent Tips**

**Lay By in School**

Don’t forget you may start paying off all the end of year excursions. A little bit each week can make it much easier!

**School Stream & Web Page**

These are both updated weekly for any information on the school. Both have a copy of the weeks newsletter

**Choosing the right school shoes**

Can those school shoes last...one...more...term.....? And are the expensive ones REALLY better for your child’s feet?


**Creative reading**

If your child is full of great ideas, share these 22 slides to help them tell their stories. Pixar's 22 rules for great creative writing are brilliant! [http://bit.ly/1fyxNK3](http://bit.ly/1fyxNK3)

**Managing your child's weight**

It’s all about family when it comes to influencing children’s waistlines and no number of wonder diets can beat some simple changes at home.

Which is healthier: Fresh, Frozen or Canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It’s important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease. Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties.

Whichever you use it’s great that you’re getting the important five serves a day for your family!

Weekly Awards

KCT
Solomen Kapeen—Trying hard with his reading
Heidi Kain—having a great imagination

1/2 LP
Rory Welch—Great effort in Maths

1/2 CO
Zoe Knox—Improvement in effort
Marcus Thompson—Great improvement in behaviour

3/4MM
Harry Baker—Excellent attitude to work
Ushtahlia Mercer—Being a caring member of our class

Ms Hayes Group
Adrian Spek—Being an enthusiastic learner

Brain Teasers for Kids........

Last weeks answer -
What word becomes a Palindrome (reads the same forward or backward) when viewed upside down and backwards?

A: NOON

This weeks teaser..........

What has a face 2 hands but no arms or legs?

Answer next week!!!
The Lismore Show was a great day out........performing............... making new friends .............. admiring exhibits...............learning in the pavilions...............enjoying Sideshow Alley!