Dear parents and carers,

Welcome back to what promises to be a very busy term. We trust that all of our lovely students are well rested and ready to achieve great things.

Special ONYA Awards Assembly

We are holding a special ONYA awards assembly on Monday 6th May at 2.40pm in the school hall. Every child who earned their Gold ONYA certificate at the end of last term will be presented with their award. Parents and family members are welcome to come along and share in the celebration.

NAPLAN & School Testing

In week 3 (commencing Monday 13th May) students in Years 3 and 5 will complete the National Assessment Program – Literacy and Numeracy (NAPLAN) tests. These are conducted in all primary schools across the country at the same time. It is important that children arrive at school on time during that week. We know from past experience that children perform much better if they have had plenty of sleep and a good breakfast before the test. Please do everything that you can to help your child achieve their full potential by planning a few early nights and ensuring that they have a healthy, balanced breakfast. Children in other classes will also be tested that week. This enables us to monitor student progress and provide targeted support where necessary to help children stay ‘on track’.

Unfortunately, we are unable to authorise any holiday absences during the testing period.

Opportunity class (OC) placement

The application process for Year 5 opportunity class placement in 2014 is about to begin. Lismore Heights Public School DOES NOT offer an opportunity class, our nearest OC school is Goonellabah Public School. Parents interested in lodging an application should go to the following website to download an application form: www.schools.nsw.edu.au/ocplacement.

Important dates are as follows:

29 April 2013: online applications are open
6 May 2013: Paper application forms available in schools
17 May 2013: Closing date for online applications and paper application forms lodged with schools
24 July 2013: Opportunity Class Placement Test. If you are considering making an application please first discuss with your child’s teacher.

New Assistant Principal

On Friday this week we are interviewing for a new (third) Assistant Principal at the school. This will be a welcome addition to our growing school team and reflects the increase in student numbers in recent years.

Friday Afternoon Sessions

Our new Friday afternoon sessions will commence in Week 2 (next week). We are very excited about the program as it offers your children the opportunity to engage in a wide range of elective programs including Volleyball, Drama, Speaking Italian, Dance, Green/Environmental Studies etc. The sessions will run for the whole of the term, and children will stay with their chosen program throughout this period.

Thank you to all parents and children who marched on ANZAC Day under our school banner. We are very proud of all of you.

Mark Scotton
School Cross Country

The cross country is on Thursday 2 May starting at 9.20 (weather permitting).
Children may wear a shirt to match their house colour.
Students compete in the age group they turn this year.

9.30—5/6 years — 500m
9.40—7 years — 1k
9.50—8/9 years — 2k
10.05—10 years — 2k
10.20—11 years — 3k
10.30—12 years — 3k

Times are only approximate.
Parents are invited to come along and cheer on your children.
House Colours:
Rous—RED
Clay—GREEN
Wilson—BLUE
Stapleton—YELLOW

Supermarket Promotions

Our school is once again participating in the Woolworths earn & Learn program. Boxes for our school are located at school and Goonellabah and Central stores.

Coles Sport for Schools

Thank you to all our parents, carers, friends and relatives who all saved our Coles vouchers. We have just received our sports equipment from last year. We received a wide variety of balls, a selection of fitness equipment, bean bags, training bibs, and great indoor sports equipment.

Mothers Day Stall

The P&C will be holding a Mothers Day stall in the hall on Thursday 9/5 from 9.10—11.10 and Friday 10/5 during the lunch break. Items for sale will be $4 each.

HEALTH TIPS

How much water do you need?
Water helps keep your body temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes.

Being properly hydrated helps your body function at its best.
Recommended daily intake of water:

<table>
<thead>
<tr>
<th>Age</th>
<th>Males</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-13</td>
<td>1.6L = 6 glasses</td>
<td>1.4L = 5-6 glasses</td>
</tr>
<tr>
<td>14-18</td>
<td>1.9L = 7 glasses</td>
<td>1.6L = 6 glasses</td>
</tr>
<tr>
<td>adult</td>
<td>2.6L = 10 glasses</td>
<td>2.1L = 8 glasses</td>
</tr>
</tbody>
</table>

You need to drink more on hot days or if you’re exercising. Make sure you drink plenty of water before, during and after physical activity to put back what you lose through sweat.

Drinking water also helps rinse your mouth and prevent tooth decay. Most tap water contains fluoride which helps develop strong teeth.
Tap water is also inexpensive compared to all other drinks.

Fact: 250ml of apple juice or soft drink is equivalent to 6 teaspoons of sugar.