From the Principal

Sporting Success!!
Kynan Davis and Kieran Devine both went to Tasmania to take part in the National Cross Country Championships, competing against the best primary school athletes in Australia. Kieran ran a fantastic race coming 5th in the country for his age. Kynan’s came in among the medal winners, turning in an amazing performance and earning the Silver Medal for coming second in the country for his age. Well done, boys, we are incredibly proud of you.

Lost Keys
A small bunch of keys have been lost, presumably at school. One key had a picture of Garfield (the cat) on it, another was pink with elephants on it. Both keys are attached to a Pooh Bear key ring. These are very distinctive keys. If anybody has seen them or knows where they are, please could you contact the school or hand them in at the school office.

Criminal Damage
Over the weekend there has been some criminal damage to our beautiful school. Two cast iron drain covers have been smashed, damage has also been caused to steps leading to one of the classrooms, a flag pole has been broken and the hose in the vegetable garden has been turned on and left running over the weekend – I dread to think what our water bill will be this month. Whilst this level of mindless criminal damage is annoying, it is also very costly for the school. Money that could be spent on school excursions or sporting equipment, for example, is having to be used to rectify some of the damage caused. If anyone knows anything about this incident, please contact the school.

Help Needed to Audit P&C Accounts
As you will be aware, one of our P&C’s primary roles in school is to raise funds to buy equipment and improve facilities for our students. Periodically, the P&C need to have their finances audited and this is costly – taking money away from our students and our school. If there are any parents or carers out there with expertise in this area, who could volunteer their time (or offer a reduced rate) to audit the P&C’s accounts, please contact the school office or a member of the P&C Committee and we will forward your information to the P&C President.

Items Removed from School Bags
Unfortunately, there have been a few cases of items being taken from students’ school bags recently. Whilst the vast majority of students follow the school rules, a small minority (and this is probably just one or two students) have resorted to taking things that do not belong to them. Please advise your child not to leave valuables in their unattended school bags, and if necessary, to hand items of value to their teachers for safe keeping until the end of the day.

REMINDER: Monster Garage Sale
Lismore Heights Bowling Club, adjacent to the school, will be holding a MONSTER GARAGE SALE from 7.00am on Election Day to raise funds to save the club. Garage sale includes: White Elephant Stall, Bric-A-Brac, Cakes, Lots and Lots of Books and Magazines, Plant stall and many more items at reasonable prices. They will also be operating a Sausage Sizzle for a Donation on the day.

Mark Scotton
Yarn Up
All Parents and carers are invited to attend a yarn up with Aunty Dorothy Gordon on Thursday 12 September at 10am. Morning tea will be available.

P&C News
At our meeting on Tuesday 3rd September we had a guest speaker, Tarryn Corlet from the Lismore City Council who is initiating a Walking Family Bus. This concept is about a group of children and their families walking to school along a timetabled route, getting regular physical activity while developing road safety awareness and social skills. If interested please call into the office to receive a flyer with registration details. This is a great school and community concept promoting a healthy lifestyle. Free fruit and vegetable vouchers and cookbooks can be won.

Thank you to Nena Carroll, Lana Little, and Sally Drysdale for helping with the Father's day stall.

Regards,
Stacey Yates, P&C President

Coffs Harbour Excursion
Those students attending the Year 5/6 camp on 6—8 November 2013. Final payments for this excursion are due before the end of term.

Kinder Orientation
Parents/carers are welcome to stay with their children for all/part of the orientation program
Day 1: Wednesday 30th October 1:50-3:10
On Day 1 parents/carers are invited to attend our information sharing session while your child visits the Kindergarten classroom.
Day 2: Wednesday 6th November 1:50-3:00
Day 3: Wednesday 13th November 1:50-3:00
Day 4: Wednesday 20th Nov (all day) 10:00-3:00
“Teddy Bears Picnic” – new Kindies are asked to bring a teddy and a picnic lunch to school on Day 4.
Jump Off Day

Next Thursday September 12 is our school’s annual jump Rope for Heart jump off. This is the culmination of our school’s fundraising for the Heart Foundation. At 2.30 there will be an assembly in the school hall and each class will enter their best skippers in a fun skipping competition. Prizes will be awarded to the school’s best skippers and fundraisers. Parents are welcome to attend the assembly. Please see that your child’s sponsorship form and funds are brought to school on this day.

Regards Richard Vigna

Canteen Roster

9 Sept—Michelle A
10 Sept—Rachel, Karen
11 Sept—Nikki, Marette
12 Sept—Maya
13 Sept—Tony

Book Week Characters
Lunchbox snack foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods. Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
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<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
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<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
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<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
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<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
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<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
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<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
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<tr>
<td>wholemeal biscuits or crackers</td>
<td></td>
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<tr>
<td>vegetable sticks and dip or salsa</td>
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<tr>
<td>corn or rice cakes with or without spreads</td>
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<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
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Where in the World is Bucket Head?

Bucket Head has been getting out and about recently. Let's follow him on his escapades. See if you can guess where he is.

Where in the World?

Last week he was attending the football game at Oakes Oval between Melbourne Heart and Brisbane Roar.

Principals Awards

Lilly Davison  Joel Everson  Neo McGovern
Olivia Crick   Luka Warren  Trey Moncreiff
Myles Drew     Jayden Cook  Dale Hope
David Schweigert  Asha Little  Malachi Dalton

These will be awarded at Mondays assembly at 2.40pm