Principal News

G&Ts Mathematics Success!

Lismore Heights Public School students continue to achieve outstanding results in State-wide University Competitions. Following on from our success in Literacy and Writing announced last week, I am delighted to share the news that in the ICAS Mathematics competition, Jemima earned a respectable Merit; Clayton, Myles, Finn and Ayla all achieved Credits; Jai a highly regarded Distinction; and Olivia achieved a High Distinction! Congratulations to all of the students who participated and especially to those who achieved commendations for their efforts.

Skate Night – Reminder!

Wednesday 4 November our P&C Committee have organised a Skate Night at Lismore Skating - put the date in your diary. The P&C are arranging a sausage sizzle on the night. Skating commences at 6pm and runs ‘til 8pm. Tell your friends – everyone welcome!

P&C News

Our next P&C meeting is on Wednesday 21 October at 7pm in the school staffroom. All parents and carers are welcome. This is a wonderful opportunity to have a say in your child’s education. The P&C are also organising a BBQ event at Masters on Sunday 25 October between 8.00am-4.00pm. They require your help to make this event a success – AND IT’S YOUR CHILDREN WHO BENEFIT FROM THE FUNDS RAISED. So please, fill in the form and volunteer your time to help make this event another successful P&C fundraiser.

Grandparents Day

We would like to invite all grandparents to our beautiful school on Thursday 29 October. Our canteen manager, Trish, will be providing morning tea in the hall from 9.40am and then invite you to spend the morning session (10.10-11.10am) with the students in their classes. Our children are always keen to share their learning with visitors, especially someone as special as Nan and Pop.

Kindergarten Promotion

Kindergarten enrolments are now being taken for 2016. This week staff and parents have been promoting the school at the Lismore Square. Parents interested in enrolling their Kindergarten child at Lismore Heights Public School next year are invited to attend our Kindergarten Orientation Days on Thursday 12th, 19th and 26th November and 3rd December. For details of times etc. please contact the school office on tel: 6624 3344.
Sporting Success

Congratulations to Caitlin who completed at the State Athletics in Sydney this week. Caitlin won gold in the discus and has also qualified in the 200m race. Caitlin turned in an impressive performance and will be heading to the National Finals in Canberra later in the year.

Uniforms

We now have available bottle green shorts, skorts and sport skirts in the canteen for purchase. Costs will be shorts & skirts $15, skorts $18.

Head Lice

We have had a few cases of head lice reported. Please inspect your child’s hair and treat with a recommended product if necessary.

Healthy Lunchbox

Each week we will be having a healthy lunch box day where students collect point for their class. Even weeks healthy lunch box day will be on Wednesday and odd weeks it will be on a random day. The canteen will have a healthy option available each day. A healthy lunch could include a sandwich/wrap, a piece of fruit/vegetable, salad, cheese & biscuits. If possible no cling wrap or packaged food.

Great celebrations: Fuel them up with the right kind of energy!

- Grate carrot & other vegies into lean mince for healthier sausage rolls or burgers.
- Try delicious kebabs made with lean meat, chicken or pork pieces and lots of vegies.
- Simple cheesy vegie muffins packed full of favourite vegies and reduced-fat cheese. Kids love the combination of flavour and colour of corn, capsicum & grated zucchini.
- How about sandwich sushi made with popular vegie fillings? Just cut crusts from wholegrain bread, spread thinly with low-fat cream cheese, add colourful vegie fillings, roll & slice into 2 or 3 pieces.
- Mini pizzas of half a wholemeal muffin topped with a range of fresh chopped veg, a little ham, tomato sauce and some grated reduced-fat cheese, place under grill for 5 minutes.

Canteen Roster

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<tr>
<td>19 October</td>
<td>Ann F</td>
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<td>20 October</td>
<td>Leanne</td>
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<td>21 October</td>
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PBL Rule of the Week

Follow Teachers Instruction, using the 5L’s

Close Lips, Ears Listening, Eyes Looking, Hands in Laps, Cross legs

Thank You for supporting PBL

We would like to respectfully acknowledge the Elders past and present of the Wijabul Wiyabal people and other peoples of the Bundjalung Nation.

We acknowledge that they are the first peoples of this land on which our school stands.