Principals News
Dr Seuss Day
What a fabulous (some might say, 'Wacky, Weird and Wonderful') day we had last Friday at school. Students in the infant classes dressed up like their favourite Dr Seuss characters and spent the day reading Dr Seuss stories, munching on ‘Ham and Eggs’ and creating all sorts of havoc at school – all in the name of FUN! And well done staff and parents who dressed up for the day too!

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

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

Calendar

<table>
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<tr>
<th>Week 1</th>
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<td><strong>Tuesday April 21</strong></td>
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<td><strong>Tuesday April 28</strong></td>
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School Contributions are now due.
One child $50 - Family $70

Canteen Roster

| 21 April – Stacey |
| 22 April – Nikki |
| 23 April – Lee V |
| 24 April - Maree |

Please like our school facebook page: Lismore Heights Public School
Solid Mob Visit
I am sure that if you have a child in Years 5 or 6, you will have heard all about Solid Mob’s visit to the school last week. The visitors shared some pretty gruesome ‘stuff’ with the kids which created a wave of ‘Yuk!’ and ‘Aarghhhl!’ noises in the hall. The visit was used to promote healthy eating and to show students what is in some of the foods that we eat. Solid Mob rounded off the session by sharing with students some of the healthier options that are available to them, like freshly blended fruit and vegetable juices – Yummy! We look forward to Solid Mob’s next visit in Term 2 when they bring their Amazing Race program to the school.

ANZAC Assembly and Parade
Term 2 commences with our ANZAC Assembly on Tuesday 21 April at 2.30pm in the school hall. Representatives from the Lismore RSL will be joining us for the assembly which acknowledges that it is 100 years since the ANZAC’s Gallipoli landings. Lismore Heights Public School will once again be joining the ANZAC parade as it marches through the streets of Lismore on Saturday 25 April. Those marching should join Mr Scotton at the Clyde Campbell Car Park in Zadoc Street, Lismore at 8.30am, in preparation for a 9.00am start. The march concludes at the Memorial Baths, Lismore. Please put the date in your diary. Students attending are required to wear full school uniform. Thank you.

Cross Country
Our school cross country event is scheduled for Tuesday 28 April at 9.30am (Week 2, Term 2). This is always a lot of fun and students from every class are invited to participate. Parents and carers are invited to come along to support the event and cheer on our competitors. The school canteen will be open serving hot drinks, pies and snacks. We look forward to seeing you there.

School Holidays
We break up for the Easter Holidays at 3.10pm on Thursday 2 April. School resumes for students on Tuesday 21 April (Monday 20 April is a pupil free day. Staff will be attending professional learning events at SCU). The staff at Lismore Heights PS would like to wish all of our families a happy holiday.

Stage 3 Excursion Meeting
Parents of Stage 3 students are invited to attend a meeting to discuss this year’s Year 5/6 excursion to Coffs Harbour. The meeting will be held on Wednesday 22 April from 3.30-4.15pm in the school library.

Science Unit
Stage 1 students have been doing the Science Unit ‘School Yard Safari’ (investigating small animals). These were taken on Wednesday in our playground while 1/2R & 1/2EB were investigating what animals we could find in our school yard.

Paediatricians recommend children and adolescents’ limit screen based media use (SBMU) to less than two hours per day for their health. A recent study (January, 2015) of 2,620 8 to 16 year olds from 25 Australian government and non-government primary and secondary schools found that 45% of 8 year olds to 80% of 16 year olds exceeded the recommended < 2 hours per day for SBMU (TV viewing, Gaming, Social Networking, and Web Use)

Suggestions to help children limit their screen time include:
- No screens before school
- No screens in the bedroom
- Negotiate their use with your child
- Ask if all help around the house and homework is done first
- Use the great outdoors and the local library.

Lismore Heights Public School is a proud member of 'The Rivers P-12'