Lismore Heights Public School

Aim High

Friday, 19 June 2015
Term 2 Week 9

Principal News

NAIDOC Celebrations
Lismore Heights Public School celebrates NAIDOC next week. On Monday afternoon we will be holding our special NAIDOC Assembly. Aunty Hazel Rhodes will present ‘Welcome to Country’ and our Aboriginal Dancers will be performing. Our Boy Dancers have been working with Eli Cook from Ballina Public School and they will be performing a new dance during the Assembly.

On Wednesday, Solid Mob will be hosting the Amazing Race at Lismore Heights PS starting at midday. This will be followed by a NAIDOC BBQ and an invitation for families to come and see our Aboriginal Art Exhibition.

And on Thursday we many of our students will be travelling to the Lismore showground to take part in their NAIDOC celebrations. We require parents who have volunteered to help to arrive at school by 9.15am as the bus leaves school at 9.30am.

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.

Artwork by LHPS students

The Lantern Parade is tomorrow (Saturday 20 June). Please remember that all students taking part in the parade will need to be accompanied by an adult.

Wrist bands, which get you entry into the Oakes Oval for the finale, have been sent home with students. Please make sure that everyone attending is wearing their wrist band!

We will gather at Victoria Road (next to the skate park) between 4.45pm — 5.00pm NO LATER!!

PBL Rule of the Week

WEAR SCHOOL UNIFORM

Please speak to your children about the importance of wearing school uniform. Wearing school uniform demonstrates pride and safety if going on excursions.

Thank You for supporting PBL

Calendar

Week 9

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>20 June</td>
<td>Lantern Parade</td>
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Week 10

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>12 July</td>
<td>NAIDOC Celebrations</td>
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<td>Bunnings BBQ – P&amp;C</td>
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Week 2

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<th>Date</th>
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<td>21 July</td>
<td>Athletics Carnival – Riverview Park.</td>
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1 August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
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<td>Bunnings cake stall</td>
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Friday 26 June – Last day of school

Tuesday 14 July – Students return to school

School Contributions are now due.
One child $50 - Family $70
Goodbye Janice
Sadly, we have to say goodbye to Jan Ianna on Friday next week. After 11 years as our cleaner at Lismore Heights Public School, Jan has decided that it is time to retire so that she can spend a little more time with her family. Jan is very much a part of our school and we are all going to miss having her around. We wish Jan all the best in her retirement, and know that she will thoroughly enjoy spending much more of her time with her husband, children and grandchildren.

Ballina Public and Ballina High School Dancers
We would like to extend our thanks to Eli Cook and the Ballina Aboriginal Dancers for coming to LHPS this week to teach our boys from Years 2-6 some new dances in preparation for NAIDOC Week.

Aladdin
What a fantastic show The Rivers P-12 Community of Schools put on this week. For those of you who have seen the show, you will know what a first class performance this was. Congratulations to the producers, musicians, actors and dancers, and everyone involved, especially the Lismore Heights Public School students who performed - you made me and everyone who attended from our school feel so proud. Well done everyone!

Parent Information Session
I would like to say thank you to all of the parents who attended the Maths Information Session earlier this week. It was great to see so many people there. The feedback that I received was overwhelmingly positive, and the resources and ideas that the teachers shared were greatly appreciated. My thanks also go to Mrs Linton and Mrs Clarke for preparing the session and providing a fun, light-hearted and enjoyable session for those in attendance.

Lismore Heights Public School is a proud member of 'The Rivers P-12'
Lismore Waste Facility
On Thursday 3/4L and 3/4C visited the Lismore Waste Centre. When it was time we all boarded the bus and when we got there a lady called Danielle joined us on the bus and told us many things about the Waste Centre and the MRF. We then went for a very interesting walk with Margaret and Tracy. We walked through the Botanic Gardens and learned about different bushes, trees and lots of other plants. When we finished the walk we stopped at the Education Centre.

By Piper

Today we went to the Lismore Waste centre. We learnt about the waste and where it goes and how they turn it into massive cubes of cans and plastic bottles. It’s then melted into a solid cube in a little machine that’s hotter than the desert. It’s a massive heat wave that forms one big cube. By Teshika

Science in the classroom
5/6R made models of tectonic plates and explored how they move, and what happens when they do.

Netball
Last Friday 8 very enthusiastic netballers played in a carnival against other local teams. Faced with a very wet day the girls all enjoyed themselves, proudly representing our school. Well done girls!

Athletics Carnival
The Athletics carnival will be held at Riverview Park on Tuesday 21 July. Students will travel by bus from school leaving at 9.15am. Infants children will return to school at 1pm and all other students will return at 2.30pm. Cost will be $3 per child. Students are encouraged to wear their house colours on the day. Mark this date in your diary and come along and support your children. Permission notes will be sent out when school resumes next term.

State Rugby
Congratulations to Eddy who has been selected in the North Coast Rugby Team to compete at the State Carnival.

Vacation Care at Lismore Heights Public school
Vacation care will be operating here in the June/July holidays. If you require a pamphlet please contact the front office or call Jalyn on 0437 553 057.
Gold Rush

Ziggy with his diorama showing mining today and mining during the time of the Gold Rush.

Great reasons to be active for children and parents

- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teaches you new skills
- develops better motor skills
- makes a person happier with their body

Do something active every day!

School Lunches

Let's Look at Lunches

Take the challenge out of packing a healthy lunchbox thanks to a new initiative from Northern NSW Local Health District.

They have created a fortnightly enewsletter that will be delivered straight to your inbox full of lunchbox inspiration, tips, recipes, ideas and competitions.

The feedback has been amazing so if you haven’t already subscribed, simply send us your first name, email address and postcode by:

- Email to lookatlunches@gmail.com,
- Text to 0429 033 517,

We look forward to lightening your load and sharing ideas!

PRE-INSTRUMENTAL MUSIC COURSE, NORTHERN RIVERS CONSERVATORIUM

We are holding an exciting 5 week music course open for all primary school aged children who are interested in learning a musical instrument. This Pre-Instrumental course run by violin/music & movement teacher, Heidi Chappelow, is a wonderful opportunity for children to get hands on experience and exposure to a range of instrumentation. Guest visits from our professional and inspiring teachers will give a demonstration in voice, piano, drums, strings, guitar and wind instruments. Students will gain an understanding of music concepts and reading, as well as learn fun songs as a group on our range of xylophones and metallophones, perfect for developing musical skills in a supportive and comfortable environment. This is also an opportunity to find a teacher and instrument to suit each individual. Class numbers are limited so bookings are essential.

Where: Northern Rivers Conservatorium
When: Tuesdays 3:30-4:30pm 21st July - 18th Aug
Cost: $60 for 5 weeks
Bookings and Info: email rochelle.wright@nrcac.edu.au or ph:66212266
Enrol at: www.enrol.nrcac.edu.au