Heights Happenings

Lismore Heights Public School

Aim High

Thursday, 4 February 2016
Term 1 Week 2

Principal News

Welcome Back

I hope that everyone had a wonderful break and that families enjoyed spending quality time with their lovely children over the summer holiday. It’s great to be back at school and seeing the children with their happy, smiling faces in the school yard. It’s also great to see so many students now wearing the new style school uniform this term. I would especially like to welcome our new Kindy enrolments and those new students who have joined our happy school in other grades at the start of this year. We, the staff, are all very excited to be back, and we are looking forward to the very busy and fun-filled term ahead.

Meet and Greet BBQ

We will be holding our annual Meet & Greet BBQ on Wednesday 17 February between 5.30-7.00pm. This is an opportunity for you to meet your child’s class teacher (along with all of the other parents of children in that class) and find out all about what your child will be doing in school this year and how you can help your child to reach their potential. Parents with students in Kinder – Year 2 are invited to attend meetings from 5.30-6.15pm and then join the teachers for a sausage sizzle. Parents with students in Year 3-6 are invited to BBQ first, and then meet the teachers between 6.15-7.00pm.

Please note, these are not the 1:1 parent/teacher interviews, but group meetings. The 1:1 parent/teacher interviews will be scheduled for later in the term after teachers have had a chance to get to know your child a little better.

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.

Our breakfast club is supported by Nimbin Bakery

Lismore Heights Public School is a proud member of 'The Rivers P-12'
Meet Our New School Leaders

We are proud to introduce our new School Captains and Vice Captains for 2016. Pictured (L to R) Girl Vice Captain Montana, Boy Vice Captain Lachlan, our school Principal Mark Scotton, Boy Captain Blake, and Girl Captain Asia. These four outstanding students will be responsible for taking on a range of leadership roles at the school throughout the year. They will also be attending the Young Leaders Conference later in the year to help them to develop their leadership skills and reach their leadership potential. I am confident that all four students will serve their school and its community with distinction this year, and we wish them well in their new roles.

We would also like to share with parents/carers the exciting news that Mrs Ryan has now joined the School Executive Team for 2016 in the role of Assistant Principal (AP), supervising classes in Years 3-6. Mrs Ryan is one of three APs at the school alongside Mrs Witchard (who supervises classes from Kinder – Year 2), and Mrs Abeleven (who supervises students who attend our Support Classes, and students in mainstream classes who receive additional Learning Support). Mrs Ryan brings a wealth of experience and expertise to the Executive Team, and will be a valuable asset to the students, the school and our community in her new role.

Need to Talk About Your Child with Someone at School?

It is perfectly normal for parents/carers, from time to time, to want to discuss their child’s progress (or any other matter relating to their child) with someone at school. We have an expert team and well established systems to allow this to happen efficiently and effectively.

Your first point of contact should always be your child’s Class Teacher, because more often than not, they know your child best. Class Teachers are available for brief discussions before and after school most days. For longer discussions, it’s always best to make an appointment. In the few cases where the Class Teacher is unable to resolve the matter personally, they will recommend involving a member of the school Executive Team (usually the Assistant Principal responsible for your child’s year group), or a specialist worker in the school (such as the School Counsellor).

Knowing these systems helps ensure that your needs, and your child’s needs, are met in a timely manner. Thank you for your support and for following this process.

In the Classrooms

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My sincere thanks to those parents, neighbours and staff who gave up their time and energy to help out during the school holiday Working Bee. In the space of two days we took down the old fence and replaced it with a new one. It was 81m in length and was a great achievement for such a small group of workers. I would also like to acknowledge Lismore Timber & Plywood who helped us out by supplying goods at a discounted rate, as well as Northern Rivers Hire Service who did the same.

Canteen Roster
8 February  No canteen - Swimming carnival
9 February  Leanne
10 February  Jamie
11 February  Rachel
12 February  Maree

More volunteers are urgently required to help in the canteen. I you can spare 3 hours per month please contact Trish in the canteen.

Swimming Carnival 8 February

No canteen at school on this day.

Our school swimming Carnival is being held at Alstonville Swimming Pool on Monday 8th February. A note has been sent home with those children who are eligible to participate. Could I ask parents, please, to send in permission slips for the Swimming Carnival on time. This is important as we will be booking buses based on the number of responses that we receive, If parents are taking their child to the carnival by car, please ensure that you collect your children from the carnival by car, please ensure that you collect your children from the carnival – this is because we will only book sufficient buses with spaces for the children who we know are travelling by bus. Students who are travelling by car to the carnival should pay for entry to the pool on arrival. The carnival will commence at approximately 9.30am at Alstonville Pool. Buses will leave school straight after registration, so please ensure children who are travelling by bus arrive at school on time. The carnival is open to students aged 8 years and up. Non-swimmers will participate in non-competitive fun activities in the trainer pool.

Other Sporting Activities for 2016

We have registered for a number of inter-school competitions this year (in addition to the usual Swimming, Athletics and Cross Country Carnivals). These include, Boys and Girls Basketball, Boys Cricket, Boys and Girls Soccer, and Girls Netball. In addition to these, we have also registered to participate in The Rivers Sporting Challenge, which is an inter-school non-competitive sports program in Term 3 for Senior students.
Barbecue Ideas

Barbecues are a great Australian way of social cooking and keeping the kitchen clean.

They don't need to always mean sausages: consider how you could turn it into something simple, nourishing and a whole lot more exciting.

Lean hamburgers or Vege Burgers (homemade patties containing vegetables &/or lentils/beans) on bread rolls, served with:

- coleslaw
- onions and tomato
- pepper & parsley
- BBQ capsicum and onion slices

Use wholemeal and multigrain varieties, no need to butter rolls. For small children offer mini burgers.

Offer BBQed veges e.g. BBQ Corn Cobs, thread any of eggplant, zucchini, mushrooms, onion, capsicum, celery and pineapple pieces onto skewers for a delicious side dish.

Learning is a partnership

Developing a partnership with the school is a great way to enhance your child's learning experiences, says Ruth Goldstein, an experienced Kindergarten teacher in the Southern Highlands.

"Research shows that parental involvement impacts positively on a child's education, so volunteer for things like the canteen or reading groups and certainly become a member of the P&C, which is a great way for working parents to support their child at school," Ruth says.

"Children see parents walk into the school and see that mum and dad value education. That sends a really loud message to them. Arriving on time is also important. Arriving late continually at school causes great anxiety for a little child in their first year of school. They have to walk in, they're anxious about their school day anyway, all eyes are on them. It also sends a message to them that school's not really important enough to be on time for."

“Parents are role models for their child's attitude to school and your child will copy your behaviour,” Ruth says.

Eight ways to get your kids organised

Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.

Establish some Routines

Set up simple routines at home to make things more efficient. For example, teach your kids that the first thing they do when they come in the door is empty their bag of food and notes or newsletters. Perhaps when these items are brought to the kitchen, they can then get a snack.

Our school rules are:

Be Safe
Be Respectful
Be a Learner

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