Wednesday, 2nd April, 2014
Term 1 Week 10

Be Responsible

This week in PBL - our three school rules for - FRONT OF SCHOOL

- Wait inside the gates
- Go straight to the COLA when arriving
- Walk straight home in the afternoon

Be Respectful

- Speak politely at all times

Be Safe

- Walk at all times
- Use the pedestrian crossing
- Follow road safety rules
- Play in correct areas

Term 1

Week 10
Tues 1st
Thurs 3rd
Fri 4th

April
Macleay Soccer Trials
Responsible Pet Education
Cross Country
Out of Uniform Day
- Easter Egg Drive
Macleay Netball Trials
AFL – Yamba
Stage 2 Sport - Swimming

Week 11
Mon 7th
Wed 9th to Thurs 10th
Fri 11th

LNC Soccer
she. Camp
Easter Hat Parade 12.05pm
Hot Dog Lunch – 1st Lunch
Easter Guessing
Competition Drawn
Last Day of Term 1

Week 1
Mon 28th
Tues 29th

Staff Development Day
Students commence Term 2

Week 2
Thurs 8th
Fri 9th

School Photos
P & C Mothers’ Day Stall

Picking Up and Dropping Off Students - Please be aware that the Parking Inspector is about and bus zones are not legal ‘drop off’ or ‘pick up’ points for your children. We are aware that many car parks are taken at this time of day so would suggest that it would be safe for your child to walk to the front gate from Sea Street or Tozer Street if necessary. Please DO NOT park in our neighbours’ driveways.

Easter Egg Drive
OUT OF UNIFORM DAY
This Friday 4th April, 2014
Please donate an Easter Egg for our Easter Guessing Competition

CROSS COUNTRY - The 2014 School Cross Country will be held TOMORROW Thursday 3rd April from 10.00am – 11.20am. Students from Year 3 to Year 6 will walk to Verge Street Oval accompanied by the teachers (covered by the General Consent Form). Only those students who were able to run 1km at the trial run at school on Tuesday will be participating. Students should come to school prepared for the carnival (sport uniform and running shoes). Students will be back at school by 1st Lunch.

Lyn Dockrill, Principal
We need your support! 2014 VOLUNTARY CONTRIBUTIONS
The amount we ask families to pay goes 100% towards your child’s education, buying items that we could not afford without your support. We are asking that you contribute as follows:

1 Child - $15.00 for the whole year
2 or more children - $20.00 for the whole year

<table>
<thead>
<tr>
<th>CANTEEN ROSTER</th>
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<tr>
<td>Thursday 3rd</td>
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<td>Kellie Kerr</td>
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Please send in correct money with your child’s lunch order. Please place all hot food orders before 9.20am. We do not keep money in the Canteen overnight. We are unable to change $50, $20 and $10 notes.

Please advise Gwen if you are unable to help on your day.
Phone @ school: 6562 7044

Here are some photos of the fantastic Mini-Beast projects that have come into the library. I have actually run out of room to display all of the projects! Well done to all the students who have put so much time and effort into their learning, and thank you to their families for helping them with the project. If you would like to come and have a look at all of the beautiful work you are welcome to pop in any time before school.

Emma Bates, Teacher Librarian

Assembly Awards - Term 1 Week 9

Congratulations to the following students

MERIT AWARDS
KR – Myra T, Jayden H
KJ – Amos T, Braeden H
KH – Michelle W, Abigail L
K/1E – Thomas J, Veronica R
1B – Dakota C, Milli S
1/2S – Katie R, Mervyn D, Richarn D
2B – Bella F, Deinara M
2/3D – Jessica D, Jorja W

3M – Grady J, Lachlan B
3/4F – Jannali P, Kieren W
4/5H – Nature R, Chantelle H
6K – Tom H, Kevin S
3-6T – Shane B, Aydan G
SH – Kurt T, Joshua D
SL – Kurt N
SM – Ozzy P

EXTRA AWARD – Evan O
STUDENTS OF THE WEEK – Jacklyn B, Byron Q, Rusty G

Easter Hat Parade – FRIDAY 11th April - On this day all students are invited to bring an Easter Hat to school to wear in the parade. Parents are asked to provide the hats for students to wear in the parade.
Parents and families are most welcome to come along and join us for the Hot Dog Lunch at 11.20am and then the Hat Parade at 12.05pm.
EASTER GUESSING COMPETITION – Ticket books have been sent home with students this week. This is one of two major P & C fund raisers we conduct and it is hoped you will support this event.

Donations of Easter Eggs would be greatly appreciated from all students to be used as prizes in our draw. Please bring your donations to the Canteen. All ticket books and money to go to Mr Fraser’s “Yellow Box” except on Wednesday when he is not at our school. The competition will be drawn at the Easter Hat Parade on Friday 11th April.

NO DOOR TO DOOR SALES PLEASE as this can be dangerous to our children.

Important Dates

LAST DAY OF TERM 1: Friday 11th April, 2014
EASTER: Friday 18th April – Monday 21st April, 2014
ANZAC DAY HOLIDAY: Friday 25th April, 2014

STAFF RETURN: Monday 28th April, (Staff Development Day) – PUPIL FREE

FIRST DAY OF TERM 2 FOR STUDENTS: Tuesday 29th April, 2014

SLEEP research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Good sleep habits include:

1. Regular bed-times. Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming down and limiting food intake.
3. An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits will go a long way to helping kids and teens get a good night’s sleep.

Out of School Activites:

Celebrating Coles 100 Years
At your store
9th April, 2014
4pm-5.30pm
Cutting of the cake
Each child will receive a free sausage sandwich and free drink
So please come celebrate with us
RSVP: 4th April 2014

NAME:_____________________
SCHOOL:___________________
Lower North Coast Rugby League
We are in the Lower North Coast Rugby League U 11’s team. After the holidays next term on 9th May we go to Grafton to try out for the Rugby League North Coast team.  
by Kevin and Shane

Lower North Coast AFL
We play our AFL games at Yamba on Friday. We’re trying out to be selected into the North Coast AFL team.  
by Mitchell, Jack, Michael and Shane

On Tuesday four Kempsey West students went to the Kemp street fields to try out for the Macleay district soccer team. All four of the girls made it. We will be competing against the Hastings team on the 7th April from 9:30am-11:30am. If any of us are selected we will be asked to compete at Grafton on the 2nd May.  
by Leisha and Charntaye

I will be going to Grafton to play in the Lower North Coast U 12’s Rugby League team. I will be trying out for a place in the North Coast Team.  
by Caleb

Four Chickens Hatched Today
Today 3M has chickens that hatched in the classroom. They hatched last night. Their colours are yellow and black and brown. 
by Jessica

Four little chickens hatched. I think they are cute. They are black and yellow and brown. They are still wet.  
by Eliza

Four little chickens hatched today. When they were born they never had any feathers.  
by Robert

Today I saw four chickens. Two were black and two were yellow and brown.  
by Mathew

Four little chickens hatched today. The little chickens look so cute and fluffy.  
by Malakai

Four little chickens were yellow and brown and black. They were fluffy.  
by Grady

Jack and Mrs Mealing had four chickens hatch. They are fun and good.  
by Mia

There are four little chickens that hatched. They are black and yellow and brown and soft and wet.  
by Destiny

Four little chickens were in my classroom and I got to touch them.  
by Ky-Tayha