



Clunes Public School Newsletter

28 July 2016

Week 2 Term 3

'Learn to Live, Live to Learn'

Integrity, Responsibility, Respect

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Our school stands proudly on Bundjalung land

FIRST NORTH ATHLETICS CARNIVAL

The carnival on Monday was a great success. Our students participated in the day with enthusiasm and the perfect balance of competitive and sportsmanship spirit. Congratulations to all our athletes who received ribbons on the day and to those who have successfully qualified to participate at the next level on Friday 19th August at Riverview Park in Lismore.

It is exciting and heart- warming to watch our students push themselves to do their very best and congratulate and encourage their competitors. Our student assistants are also to be congratulated for their consistent efforts helping on field events throughout the day. **OUR FUTURE IS IN GOOD HANDS!**

One of the main marathon events of the day was the canteen catering. Our staff are in awe of the efforts of Emma, Anne and Anna who were absolutely flat out all day. To give you an indication of how hard these ladies worked, the canteen took in over \$1000. Thank you to everyone who sent in baked goods and to our President, Laura for her great preparation leading up to the day.

It must be acknowledged that a successful carnival only happens if there is immense preparation and organisation leading up to the event. Clunes Public School and indeed First North Community of Schools, are very fortunate to

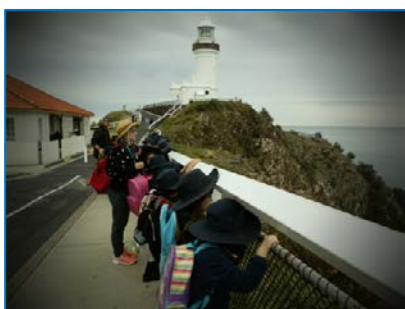
have Mr Priestley and his highly developed skills in this area and in education in general. Also, a huge thanks to our General Assistant, Reece Maxwell, for his work on preparing the grounds and assisting on the day. I would also like to thank Mr Priestley for the superb job he did in my absence in leading our school.

WRITERS FESTIVAL WORKSHOP - TUESDAY

Next Tuesday our Stage 2 & 3 students will be heading off to a writers workshop with 'The Impossible Quest' author, Kate Forsyth and 'Samurai vs. Ninja' authors and illustrators, Nick Falks and Tony Flowers at Lismore Civic Hall. These workshops are very educational, entertaining and very popular with the district schools. Thank you to Mrs Cooper for managing to secure extra seating to ensure no students will miss out. Our school is also covering the bus transport to make this excursion cost effective for all families. Should you require further financial assistance, please contact our office.

SOCCER TEAM IN 3RD ROUND!

Next week our super soccer team will play against Eltham in the 3rd round of the competition at Clunes Public School. Good luck and have a great game!



SCHOOL CALENDAR

We are an accredited Waste Wise Ways School

WEEK 2

Friday 29 July

- Student Assembly (Class 3-4)



WEEK 3

Monday 1 August

- PSSA Soccer v Eltham PS

Tuesday 2 August

- BBWF – Years 4, 5 and 6

Friday 5 August

- First North Athletics at Eureka

WEEK 4

Wednesday 10 August

- Book Parade

Friday 12 August

- Book Fair starts
- Olympathon
- Education Day
- Assembly - instrumental

WEEK 5

Mon – Fri

- Creative Arts Camp

Friday 19 August

- NR Zone Athletics at Lismore

ITEM AT ASSEMBLY FRIDAY

We end the week on a high note with entertainment provided by 3/4 at our 2pm assembly.

FIRST NORTH K-6 ATHLETICS CARNIVAL AT EUREKA

All students and staff will be attending the carnival at Eureka School and run by Bexhill School on Friday of next week.

This carnival combines official competition with fun activities to ensure every child can participate in the day and enjoy interschool events. Your feedback is important to us and the schools have met through the year, planning an even more enjoyable and inclusive carnival. Family and friends are welcome to come along and enjoy the day.

Please get those permission notes for the bus in ASAP.

(Menu for the carnival is at the end of the newsletter)

EDUCATION WEEK /BOOK WEEK

In Week 4 beginning 8th August, we are celebrating Education Week and Book Week.

Wednesday morning there will be a book character parade with some of our future young students joining in the fun.

On Friday, 12th of August, we will have Open Classrooms, followed by a special assembly which includes musical performances, special awards and the induction of our Semester Two Student Representatives.

A morning tea for our community member visitors will follow and the day will finish with our Olympathon. Put this event in your diary/ electronic organiser!

OLYMPATHON

Teams met again yesterday to participate in some fun team building activities, leading up to the day. Many of our students have already begun their sponsorship quest.



These cards will be sent home again after the event, with the total points achieved by your child's team. Students will need to have all money raised

Teams will receive points on the day for their participation and team spirit on the day. All sponsorship cards need to be returned to school on **Wednesday 10th August.**



returned by Friday 26th August, as this is when the prizes will be presented. Sponsors have the option of donating money per point or nominating an amount in total. Please let your child's teacher know ASAP, if you need another card.



We have had a tremendous response from local businesses including *Bunnings, Tropical Fruit World, Office Works, Crystal Castle, Lismore Square Newsagency and Lismore Book Warehouse* and there are many prizes for the taking. Prizes will be awarded for the winning team, best dressed team, highest sponsorship and there will be random draws for anyone who raised money.

Please note: The day will go ahead rain or shine, however if in the unlikely event that weather affects the Eureka Carnival, the dates will be as follows: Olympathon Wednesday 10th August, Eureka Carnival Friday 12th August. Fingers crossed for sunshine in the next two weeks.

CAR PARK SAFETY

A reminder to all community members who use our school car park - please be alert when driving into the car park and



Do not use mobile phones while driving

when reversing out. Drivers must not park their vehicles in

any areas except the marked car parks to ensure room for reversing. Please be alert and take care always, our children and your safety is our highest priority!

COLLECTING CHILDREN FROM HALL

Parents who park in the car park to collect their children in the afternoons must meet their children in the area in front of the hall which is supervised by a teacher and then walk their children up to the car park.

P & C MEETING AND COMMUNITY FORUM NEXT MONDAY

Next Monday there will be a P & C meeting at 6:15 in the 5/6 room. We strongly encourage all community members to come along to these important and productive meetings. Any community members interested in our School Excellence Framework Self-Assessment Process are invited to a forum held at 5:45 prior to the P & C meeting.

Michelle Slee

Principal

Expectation for the Week
"Always show great sportsmanship."

Student Assembly

Our next student assembly is on Friday 29th July at 2pm when the 3-4 class will be performing an item for your enjoyment. All families are welcome to attend.

Lismore Performing Arts Festival

All student performers received the festival guidelines last week. Parents are required to sign off on the Parent/Student Agreement and return the form to the school by tomorrow, **Friday 29th July.**

Kinder Orientation dates

Our Kindergarten 2017 Orientation program commences on Wednesday 26 October with a two hour session. This will be followed with sessions on 31st October, 9th November and 14th November.

If you have a child starting school next year (or know of someone who has a child starting) please give us a call.

Notes due back to school

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|----------------------------|----------------------------------|
| Soccer Note | Friday 29 th July |
| Byron Bay Writers Festival | Friday 29 th July |
| Eureka Carnival note | Wednesday 3 rd August |
| Book Club orders | Thursday 4 th August |



This week at COOSH the children have been exploring the world of science. On

Monday, we went on a nature walk, collecting and admiring all the different shapes, textures and colours in the leaves, seeds and flowers we found. Our items made interesting silhouettes, when we hand and spray-painted them. On Tuesday, we researched slime and goo recipes and experimented, making each type to see how they felt, looked and lasted. The best goopy goo went home for further fun.



The date for the COOSH AGM has been set for Wednesday 14 September and we would like to invite all interested parents and carers to attend. COOSH relies on our amazing, generous and talented committee to keep us operating. Thank you to all our members for another great year and we hope to see some new faces at the September AGM.



P&C News

Thank you so much to the wonderful parents and carers that baked and came to help at the sports carnival on Monday. It was a massive effort with only a small team of helpers available on the day. Thank Emma Balding for leading on the day and making sure the sausages were hot and everyone had service with a smile. Thank you also to Anna Douglas, Ann Hosking and Sasha Murchison who generously gave up their time to help on the day.

Next Monday, the 1st of August, is the next P&C meeting. Topics for discussion will include. Fundraising, family night,

class communication and sit down lunches. All are welcome and tea, coffee and cakes will be provided. If you would like to be involved in the P&C and can't attend meetings please contact Laura Hayward at snaily363@hotmail.com.

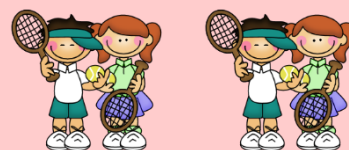
If anyone would be interested in running a canteen you have free choice in what you would like to serve and the date you would like to run it. The children love to see their loved ones at school and canteen is a great opportunity for you check up on them. Emma can answer any questions you have about canteen and some ideas about healthy wholesome food. Please contact me at snaily363@hotmail.com or Emma at ms.emma.cronin@outlook.com.

Community News

Our condolences go to the Collings family on the passing of Michael Collings last weekend. Michael's sons, Toby, Luke and Dean, attended Clunes School and Michael was a very involved member of the Clunes Community. His wake will be held at the Clunes Tennis Courts on Thursday afternoon so there will be limited car parking available for afternoon pick up.

Friday Night Junior Tennis

Due to circumstances beyond our control, this Friday's junior tennis has been cancelled.
Sorry for any inconvenience.



Sleep is Essential

"Sleep is essential for a healthy life, and it is important to promote healthy sleep habits in early childhood," says Dr. Paruthi, of the American Academy of Sleep Medicine. "It is especially important as children reach adolescence to continue to ensure that teens are able to get sufficient sleep."

How much do you need?

- Infants between 4 and 12 months - 12 to 16 hours of sleep including naps.
- Children 1 and 2 years - 11 to 14 hours
- Children 3 and 5 years old - 10 to 13 hours.
- 6 to 12 years old- 9 to 12 hours
- Teenagers to 18 need 8 to 10 hours
- Adults, - 7 to 9 hours of sleep each day

Getting the right amount of shuteye is critical to kids' developing brains and bodies. The consensus from the panel was that if children clock in enough hours of sleep on a regular basis, it will lead to a host of improvements, plus better overall mental and physical health. On the

flipside, the researchers found that sleeping fewer than the recommended hours directly affected a child's behavior and increased their risk of a number of potentially harmful and life-long health problems.

Putting aside enough sleep for a child is one of the best ways parents can lay a foundation of healthy habits that children can take with them into adulthood. With more than one third of the adult population sleep deprived, sleep becomes paramount for children to avoid the consequences that come with a lifetime of sleep problems.

Head Lice

There have been reports of head lice in various classrooms. Please check your children's hair regularly and treat if you notice any eggs or live lice. If everyone does this diligently we can conquer the problem!

A good site to visit for information is

<http://www.schools.nsw.edu.au/student-support/student-health/conditions/headlice/index.php>

Tennis Lessons

Please note that there will be no tennis lessons next Monday, 1st of August.

Eureka Carnival Menu - 5th

August 2016

Food

Cheese & Spinach Roll \$3.50

Sausage Sizzle \$2.00

Vegetable Frittata \$3.00

Chicken Mornay Pie \$4.50

Snacks

Homemade Slices & Cakes \$2.00

Drinks

Tea/Plunger Coffee \$2.50

