



This week's newsletter starts off on a disappointing note. Once again we had a break in at the school. It appears this happened on Sunday evening. Whilst nothing was taken, the amount of damage done to the doors and windows on various buildings is quite upsetting and annoying. As a result, I am looking into various security ideas to protect our school. If you are passing by the school after school hours and notice anything unusual, please don't hesitate to contact the local police. (If only our chickens could talk!)

### Performing Arts Festival

I would like to wish our Superheroes an "All the best" for their performances on Thursday. They look great!

Just a reminder that students need to be at The Lismore Workers Club at 6:00 on Thursday night.

### P and C meeting

Don't forget to put Monday 9<sup>th</sup> of September in your diaries for the next meeting. Peter Campbell, our School Education Director will be attending. We also need to look at school priorities for next year and the direction you would like to see our school take.

Alison Bath

**I believe there's a hero in all of us, that keeps us honest, gives us strength, makes us noble-*Spiderman***

## Upcoming Events

### August 29

10.30am Lismore PAF Matinee Performance (Workers Club Lismore)

### August 29

6.30pm Lismore PAF Evening Performance

### August 30

PYJAMA PARTY @ School (bring popcorn/chips to share)



**NEWS FROM DEPARTMENT OF EDUCATION & COMMUNITIES****Instagram**

Find out about Instagram and why it's useful and fun to use. Importantly, this fact sheet will help you decide if the mobile application is appropriate for your child.

Find out more: <http://bit.ly/18NSYS3>

**Starting high school**

Year 7 is a huge learning curve for many kids. If you have a child starting high school next year, here are some videos and articles to have you both ready to go.

Find out more: <http://bit.ly/Sfp15lfb>

**Spring fitness**

Be ready to inspire your whole family at the start of spring. Listen to Australia's popular personal trainer Michelle Bridges chat with James O'Loughlin about keeping your kids healthy, active and out of the pantry.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/fitness-for-the-whole-family>

**Spelling success**

The Premier's Spelling Bee 2013 app has arrived. It's a must-have app for students who want to practise their spelling. It's free and available for Android devices.

Find out more: <http://bit.ly/19XrnS1>

**Managing depression**

What's the difference between general teenage moodiness or attitude and a more significant emotional disturbance? Brain and mind specialist Professor Ian Hickie explains.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

**English resources**

Being able to communicate and understand the written and spoken word is an important building block to learning. These resources will help you support the development of your child's English skills.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english>

**WE'RE HAVING A PYJAMA PARTY!!!**

As a reward for all their hard work and fantastic performing we are having a **Pyjama &**

**Movie Day** this Friday, 30 August.

Come dressed in your favourite pyjamas, bring something to share

(eg POPCORN, CHIPS)

and have a great day

celebrating our success at the

Lismore Performing Arts

Festival!

**A weekly look at support services in the Lismore area**

This week it is:

Northern Rivers Community Transport

Ph: 6628 6000

Fax: 6624 5118

[www.nrct.org](http://www.nrct.org)

NRCT has a range of transport services for people who do not have their own transport or who have difficulty using regular public transport. Passengers are requested to make a small contribution for the service. Services include:

- Individual transport to medical appointments
- Transport to respite and day care centres
- Door-to-door shopping access bus service
- Veteran's transport
- Social outings
- Group transport
- Aboriginal transport
- Youth transport

