LPS School Swimming Scheme

Students from Years 2, 3 & 4 enjoying lessons at the Lismore Memorial Baths.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Venue</th>
<th>Cost</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-6/11/15</td>
<td>Intensive Swimming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3/11/15</td>
<td>Scripture</td>
<td>LPS</td>
<td></td>
<td>2pm</td>
</tr>
<tr>
<td>3/11/15</td>
<td>Meal Deal - Melbourne Cup</td>
<td>LPS</td>
<td>$6.00</td>
<td>1-2pm</td>
</tr>
<tr>
<td>4/11/15</td>
<td>The Rivers Public Speaking Finals</td>
<td>Lismore City Hall</td>
<td>NIL</td>
<td>10am -1pm</td>
</tr>
<tr>
<td>5/11/15</td>
<td>Sydney Story Factory - Student Workshop</td>
<td></td>
<td>NIL</td>
<td>9:30 - 10:30am</td>
</tr>
<tr>
<td>6/11/15</td>
<td>Sports Assembly</td>
<td>LPS Hall</td>
<td>NIL</td>
<td>10 -11am</td>
</tr>
<tr>
<td>6/11/15</td>
<td>Bronze, Silver &amp; Gold Awards handed at afternoon muster</td>
<td>LPS</td>
<td>3pm</td>
<td></td>
</tr>
<tr>
<td>10/11/15</td>
<td>Scripture</td>
<td>LPS</td>
<td>NIL</td>
<td>2pm</td>
</tr>
<tr>
<td>11/11/15</td>
<td>LPS Choir to perform at Fromelles Manor</td>
<td>Fromelles Manor</td>
<td>NIL</td>
<td>TBA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lismore</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12/11/15</td>
<td>Kindergarten Orientation</td>
<td>LPS</td>
<td>NIL</td>
<td>9:30am - 12pm</td>
</tr>
<tr>
<td>13/11/15</td>
<td>School Assembly</td>
<td>LPS</td>
<td>NIL</td>
<td>2:30pm</td>
</tr>
</tbody>
</table>

We would like to respectfully acknowledge the Elders past and present of the Wijabul Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.
Principal’s Report

Disco and Parenting Course

Thank you to the staff who organised and provided supervision for last Wednesday's Disco and Parenting Course. In particular, thanks to Dave Hoskins for organising and running the disco, and Jenny Lumley who hosted the Triple P Parenting course in the library. Both events were appreciated by students and parents.

Gonski Week

Last week there was information in the newsletter regarding the positive impact Gonski funding has had on the teaching and learning at Lismore Public School. This Thursday grandparents of students in Kindergarten and Year 1 are invited to join the students in classrooms, have a look around the school, and enjoy morning tea. We hope to see you here.

Rivers Public Speaking

On Wednesday interested Stage 2 and 3 students will be walking to City Hall to watch the Rivers Public Speaking finals. Good luck to our representatives: Jesse A-G (Stage 2) and Daisy T (Stage 3).

Sports Assembly

The Primary Sports Assembly will be in the hall on Friday morning from 10.00am. Selected students from Years 3 to 6 will receive awards. Parents/carers should have received notification if their child is receiving an award.

Please note that there will be no Friday afternoon assembly. Bronze, Silver and Gold awards will be distributed at afternoon muster, on Friday from 3pm.

Martin Gill
Principal

Halloween Disco
Canteen News

WHAT IS FRESH TASTES?

Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. Fresh Tastes @ School uses a coloured spectrum to categorise food based on nutritional value:

**GREEN:** these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so fill the menu with these foods.

**AMBER:** these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so select these foods carefully, avoid large portion sizes and don’t allow them to dominate the menu.

**RED:** have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules. These foods can only be sold on two occasions per term.

For more information, visit www.healthy-kids.com.au

Positive Behaviour for Learning (PBL)

**Toilets**

BE RESPECTFUL
WEAR CORRECT UNIFORM
SPEAK POLITELY
FOLLOW STAFF INSTRUCTIONS
BE PUNCTUAL

Focus this week is: STOP! LOOK! LISTEN! Ask your child/ren if they can show you how it looks

1. Use equipment properly
2. Wash your hands
3. Be responsibly with water
4. Put rubbish in the bin
5. Eat and play in the playground

The fundraising for Schools Spectacular has now concluded.

The students involved are very appreciative of the support of the generosity of the LPS students, staff and the local community. The raffle was drawn on Friday afternoon in the assembly and the winners were:

1st prize – Blake Bowman
2nd prize – Tiff C
3rd prize – Louise Charter
4th prize – Yvonne
5th prize – Anne Gwynne
6th prize – Linda Howland
7th prize – Joshua Holmes
8th prize – Steve Holmes
9th prize – Rhys Hazlett

The jelly bean guessing competition was won by Brooke Spies.

The excursion to Sydney is getting very close now and the students are frantically learning the repertoire at the end of November. Please try to watch the concert on television on Saturday, 28th November if you can. The broadcast will be from the performance the night before.

**Lismore Symphony Orchestra**

The Lismore Symphony Orchestra perform twice each year at Lismore City Hall. The concerts being held on the 5th and 6th October will have music that appeals to all ages. For example, Peter and the Wolf and Star Wars. Please support the talent of local musicians if you can.

Tickets are available from the City Hall box office.

Heather Cole — Teacher — Music Coordinator

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**The simplest way**

...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

**The facts:**

- We all need to aim for two serves of fruit & five serves of veg, every day.
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost.
- For canned vegetables, look for labels that feature “no added salt” or “salt reduced”.
- Choose canned fruit in natural juice, rather than syrup.
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice.

For more information visit www.eatittoBefit.com.au or join us on facebook.com/eatittoBefit

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**Nutrition Snippet**

Eat it to Be fit
Principal Awards

Infants White Awards:
KC: Liam W
2H: Alexi C, Kyrra H, Kiarna R
2G: Joshua H, Louis G
2/3S: Anna C, Brayden F
2/3N: Joshua H, Dylan S

Primary White:
2/3N: Jethro B, Jacob L, Emily S
2/3S: Emerson B, Ischa C, Sharleze R
3/4C: Petar T, Noah H, Emma L, Nhan Pham
5/6D: Max A, Danielle B, Bianca K, Cooper Mc-E, James F, Jasmine C-D, Lekhia D

Bronze Awards:
2/3N: Noah H, Alyssa L
2/3S: Jonah W
3/4C: Tahla M, Frank S, Gianna F
3/4H: Fynn C
5/6D: Sorren McS

Silver Awards:
KC: Jaxon S, Parker W
2H: Luca T
2/3N: Jazlee B
2/3S: Sophia G, Ruby M, Kim T
3/4C: Akasha G, Gemma S
3/4H: Jackson J-R, Jackson F, Cyla H, Hamish T
5/6D: Rory P

Gold Awards:
2/3N: Alexis N, Emily S, Olivia L
3/4H: Alannah McG

Platinum Awards:
KC: Angus T
2/3N: Jethro B
3/4H: Linh L-D

4 Free Visits

Calling all 6 – 8 year olds!
Come and visit us for a night of fun, friendship, activity and adventure!
Where—Lismore Scout Hall, 140 George Street, Lismore
When—4:30 to 5:30 pm every Tuesday night
Contact Paul O’Donnell for more Information on 0422277228 or info@4freevisits.com.au

Lismore Public School
Phone 02 66 21 5366
Email: lismore-p.school@det.nsw.edu.au
Web Site: www.lismore-p.schools.nsw.edu.au

Principal Awards will be presented on:
Friday - Bronze, Silver, Gold & Platinum
Monday - Infants Awards
Wednesday - Primary Awards