

# LUE PUBLIC SCHOOL

## Newsletter



Monday 15th February \*\*\* Week Three \*\*\* Term One \*\*\* 2016

### Principal's Note

Welcome to the newsletter for week 3.

What a fantastic day we had on Tuesday of last week at the MSSN Swimming Carnival. The behaviour of the students was outstanding as was their performance in the pool. All students had been training hard both at the school pool and at Kandos pool, trying to improve personal bests and extend the distance of their swimming. All that hard work truly paid off with Lue students taking 3 of the 6 major trophies as well as the overall MSSN Swimming Carnival Trophy for 2016. What a wonderful effort.

Particular congratulations must go to:

**Khyllarni Docherty**, winner Juvenile girl trophy

**Oskar Sander**, winner Juvenile boy trophy

**Felikss Sander**, winner Junior boy trophy

**Rhys Robinson**, runner up Junior boy medal

**Jackson Griffin**, runner up Senior boy medal

Our best wishes will go with four students who have now been selected to go on to zone level. They will be competing at the Zone Swimming Competition in Gulgong this coming Wednesday at 4:30pm. Unfortunately due to other commitments, I will be unable to attend so Miss Heraghty will be our school representative at the event.

Best of luck goes to:

**Zac Stewart**, Senior boys backstroke

**Jackson Griffin**, Boys 12yrs freestyle

**Rhys Robinson**, Junior boys backstroke and Boys 50m freestyle

**Felikss Sander**, Junior boys breaststroke

Caron McDonald (Relieving Principal)

### Speech Pathologist at school

Good receptive language (hearing sounds and understanding instructions) and expressive language (speaking clearly in sentences and articulating sounds, are an essential requirement of Literacy skills. If a student cannot hear or say specific sounds they often have problems with reading and spelling. Today we have had speech pathologist Simone Holleman at school. She has been conducting observations in the classroom and will be available to support us with strategies for developing and improving speech with specific students.



### Catch me being good

Our draw from the 'catch me being good' slips for last week was made this morning. **Congratulations to Khy Docherty, BJ Docherty and Natasha Panschow.** As there is no canteen running at the moment, each student will receive a merit certificate and an ice block at lunch. Keep up the great work boys and girls!



### Life Education Van

As in past years, students will have the opportunity to attend the Life Education Van tomorrow (Tuesday 16th February) at Rylstone Public School. The Life Education Van ensures that students receive quality education on health issues and understand the dangers of smoking and alcohol. Permission notes have gone home today. As students will be travelling in private vehicles, please ensure a booster seat is sent in to school with your child if they use one. Please return permission slips tomorrow.

### Busy Bee

The Busy Bee in the Junior Class this week is Rubie Veitch. Rubie has settled beautifully into Lue Public School and can be relied on to be a helpful student both in and out of the classroom. Well done, Rubie!



### P&C News

**Due to the Zone Swimming Carnival, the first P&C meeting for this term has been changed to Wednesday, 24th February, at 3:10pm. Everyone is welcome to come along. We look forward to seeing you there!**

## Healthy Eating

Lue Public School is registered with the Live Life Well @ School Program. We talk to the students regularly about good food choices and about the hidden sugar content of many of the foods we eat.



The students are very aware that healthy foods and regular exercise are important parts of a healthy lifestyle. We are very fortunate that Woolworths continues to support us with a fruit in schools program. Students have access to a variety of fresh fruit every day after fitness. We encourage them to drink plenty of water throughout the day and students are allowed to have drink bottles in the classroom at all times (water only).

We hope that you can continue to support us by ensuring a nutritious lunch and recess are packed for your child each day. A protein filled sandwich, (cheese, egg or meat) drink bottle and additional fresh fruit or vegetables are all that are needed.

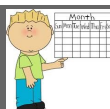
This week we have attached a recipe for healthy icy poles. Why not give them a try at home?



## Jackson Griffin

Jackson always tries his best at school and has a smile for everyone. Well done, Jackson!

## Important Dates



## February/March 2016

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 3	15 February	16 February Life Education Van @ Rylstone PS	17 February Zone Swimming @ Gulgong	18 February	19 February	20 February	21 February
Wk 4	22 February Mrs McDonald attending Principal's Conference	23 February Mrs McDonald attending Principal's Conference	24 February P&C Meeting Mrs McDonald attending Principal's Conference	25 February	26 February	27 February Rylstone Show	28 February Year 6 to Young Leader's Event
Wk 5	29 February Year 6 students attend Young Leader's Event in Sydney	1 March	2 March Library Van at school	3 March	4 March Schools Clean Up Australia day	5 March	6 March
Wk 6	7 March	8 March	9 March	10 March	11 March	12 March	13 March