

# LUE PUBLIC SCHOOL

## Newsletter



Monday 29th February \*\*\* Week Five \*\*\* Term One \*\*\* 2016

### Principal's Note

Welcome to the newsletter for week 5.

Well done to all the students for their combined K-6 artwork for the Rylstone Show. We were awarded a second place ribbon—great job!



I am in Sydney today with the year 6 students for the Young Leader's Day event at Allphones Arena, Sydney Olympic Park. We had a fantastic day yesterday and had lots of fun at the aquatic centre. The behaviour of the students has been fantastic—such good ambassadors for our school. Well done, also, to the senior class back at school. You have shown growing maturity while I have been away and are making me very proud. I will be back at school as usual tomorrow.

Mr Boller will not be at school this week. We would still like to keep the swimming up and make the most of the last few weeks of warm weather. Please make sure you pack swimmers and a towel for your child tomorrow (Tuesday). Weather permitting, we will swim Tuesday, Wednesday and Thursday this week.

Caron McDonald (Relieving Principal)



### Busy Bee

The Busy Bee in the Junior Class this week is **Natasha Panschow**. Natasha can always be relied on to have a smile and a kind word for everyone. Well done, Natasha!



### Catch me being good

Our draw from the 'catch me being good' slips for last week was made this morning. Congratulations to **Rhys Robinson, Felikss Sander** and **Matthew Elkins**. 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!



### Handwriting

The act of handwriting supports children in learning to spell correctly, just as it supports reading skills. It develops fine motor skills and has links to memory recall. In an age of touch screens and digital buttons, many children write less now than they would have done 20 years ago. At Lue PS, we explicitly teach handwriting every week and cursive joins are taught from year 3. However, once a poor pencil grip has been established, it is very difficult to correct and we are seeing more and more incorrect letter formation. You can help by getting your child to copy a few lines every day, focusing on the letter formation rather than the content. They could copy a couple of sentences from a book, newspaper, recipe, back of a cereal box etc. The more they practice, the better their writing will develop. A fluent, legible, cursive style is what we aim for by the end of year 6. Have a look at the following website for more ideas.

<http://bicbrightfutures.com/>

#### HANDWRITING



### Schools Clean Up Australia Day

This coming Friday is Clean Up Australia Day for schools. Students will be working in small groups to tidy up an area of our school grounds. Gloves will be provided for them to wear.



### P&C News

The first P&C meeting for this term, which will also be the AGM, will take place in week 8, **Wednesday, 23rd March**, at 3:10pm. Everyone is welcome to come along. We look forward to seeing you there!

## Sugar—the truth!



How do we ease children off sugar?

Parents often feel powerless to change the situation. The competing food messages, the hidden sugars they are not told about, the way children are being 'sold to', the children's parties they don't want to say not to—the list is endless.

Research studies suggest children aged 4—8 should be consuming no more than three teaspoons of sugar a day.

Here's the scary truth:

A glass of apple juice contains 8-10 teaspoons of sugar (similar to a can of coke),

The average bowl of 'healthy' cereal has at least 3 teaspoons of sugar,

A slice of white toast with jam has 4 teaspoons of sugar,

**That's 17 teaspoons of sugar, before they have even left the breakfast table.**

At Lue PS, we promote healthy eating as part of our daily routines. The students are becoming more aware of the hidden sugars in foods and are starting to read the packaging on products. Help us to help your child by packing nutritious foods for recess and lunch. Fruit, a salad/protein based sandwich on wholemeal bread and some raw vegie sticks are all that are needed. Water is always the preferred drink choice. Even the 'so called healthy' fruit juices have a heavy sugar content. Water is also important for brain function.

Have a look at:

<http://www.getaheadkids.com.au/Features/2014/35/Ease-Off-Sugar.html>

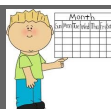
Together we will ensure the best education for your child.



## Rhys Robinson

Rhys has shown real enthusiasm in his role as a school counsellor this year. Well done, Rhys!

## Important Dates



## February/March 2016

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 5</b>	<b>29 February</b>  Year 6 students attend Young Leader's Event in Sydney	<b>1 March</b>  Guitar lessons Yr 3-6  Swimming at school	<b>2 March</b>  Library Van at school  Swimming at school	<b>3 March</b>    Swimming at school	<b>4 March</b>  Schools Clean Up Australia day	5 March	6 March  Clean Up Australia Day
<b>Wk 6</b>	<b>7 March</b>  Miss Heraghty attending Fundamental Movement Skills course	<b>8 March</b>  Guitar lessons Yr 3-6	<b>9 March</b>	<b>10 March</b>	<b>11 March</b>	12 March	13 March
<b>Wk 7</b>	<b>14 March</b>	<b>15 March</b>  Life Education Van Guitar lessons Yr 3-6	<b>16 March</b>	<b>17 March</b>	<b>18 March</b>	19 March	20 March
<b>Wk 8</b>	<b>21 March</b>  Harmony Day	<b>22 March</b>  Guitar lessons Yr 3-6	<b>23 March</b>	<b>24 March</b>	<b>25 March</b>	26 March	27 March