

# LUE PUBLIC SCHOOL

## Newsletter



Monday 7th March \*\*\* Week Six \*\*\* Term One \*\*\* 2016

### Principal's Note

Welcome to the newsletter for week 6.

I was so impressed with the mature attitude demonstrated by our two year 6 students, **Zac Stewart** and **Jackson Griffin**, whilst at the Young Leader's Day event in Sydney last week. They were an absolute pleasure to take to the event and asked thoughtful questions when listening to the guest speakers. I have no doubt they will continue to model excellent leadership skills at school this year and beyond into High School.



It looks like we have another warm week at school. We will be making the most of the good weather with **swimming** again on **Wednesday** and **Thursday** this week (with Mr Boller), so please make sure you pack swimmers and a towel for your child.



On Tuesday of **NEXT WEEK, (15th March)**, students will travel to Rylstone Public School to attend the Life Education Van.

Nb: Following the mix up with dates last month, we will use the previous permission note rather than issue a new one.

We are planning an **Easter Fun Day** on **Thursday 24th March** (last day before the Easter long weekend) and hope you will come along to join us. Parents can help make an Easter hat with their child in the morning, join us for lunch, enjoy our Easter hat parade and create a combined Easter artwork with the whole school. See the attached flyer for more details.

Caron McDonald (Relieving Principal)

### Busy Bee

The Busy Bee in the Junior Class this week is **B.J. Docherty**.

B.J. has been doing some super work in class lately writing sentences. Well done, B.J.!



### Catch me being good

Our draw from the 'catch me being good' slips for last week was made this morning. Congratulations to **BJ Docherty, Harrison Panschow** and **Rhys Robinson**. 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!



### Schools Clean Up Australia Day



Students did a great job of tidying up around our school grounds last Friday on Clean Up Australia Day for Schools.

Mrs Yvonne Butler came to join in with the fun and provided all the students with yummy muffins as a treat for their hard work. Thank you Yvonne, what a star you are!



### 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!

## Looking after our teeth

We have been looking at healthy foods and hidden sugars for the past few weeks. This week we are looking at the effect on our teeth of specific drinks. Our tooth enamel is of a similar composition to eggshells and the students will be conducting an experiment at school today to examine the effect of popular drink choices on tooth enamel. Ask them what they did!



Research studies suggest that what we drink can have a significant impact on our dental health.

*Did you know that:*

*Sweet drinks (including sport drinks, cordials, tea drinks, fruit drinks and energy drinks) can cause tooth decay;*

*Fruit juice with 'no added sugar' contains natural sugar which can also cause tooth decay;*

*Diet soft drinks contain acids which can damage teeth.*

At Lue PS, we promote healthy eating and good nutrition as part of our daily routines. Looking after ourselves in the best way we can includes dental care. We will be talking to the students about regular teeth brushing and about foods that help us to keep our teeth and gums healthy.

For information on the Child Dental Benefits Schedule have a look at:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/childdental>

For further tips on good dental health, try:

<https://www.dhsv.org.au/dental-advice/general-dental-advice/children>

Together we will ensure the best education for your child.

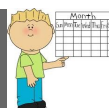


## Matthew Elkins

Matthew always has an interesting perspective to offer in everything we learn at school.

Well done, Matthew!

## Important Dates



## March/April 2016

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 6</b>	<b>7 March</b> Miss Heraghty attending Fundamental Movement Skills course in Orange	<b>8 March</b> Guitar lessons Yr 3-6	<b>9 March</b>	<b>10 March</b> Mrs McDonald attending Principal network meeting in Dubbo	<b>11 March</b>	<b>12 March</b>	<b>13 March</b>
<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>	<b>19 March</b>	<b>20 March</b>
<b>Wk 8</b>	<b>21 March</b> <b>Harmony Day</b>	<b>22 March</b> Guitar lessons Yr 3-6	<b>23 March</b>	<b>24 March</b> <b>Easter Fun Day</b>	<b>25 March</b> Good Friday	<b>26 March</b> Easter Saturday	<b>27 March</b> Easter Sunday
<b>Wk 9</b>	<b>28 March</b> Easter Monday	<b>29 March</b> Students return to school Guitar lessons Yr 3-6	<b>30 March</b>	<b>31 March</b>	<b>1 April</b> Mrs McDonald attending Principal's meeting in Bathurst	<b>2 April</b>	<b>3 April</b>