

# LUE PUBLIC SCHOOL

## Newsletter



Tuesday 14th June \*\*\* Week Eight \*\*\* Term Two \*\*\* 2016

### Principal's Note

Welcome to the newsletter for week 8. What an amazing week we had last week.

On Tuesday, students travelled to Charles Sturt University in Bathurst to participate in a presentation and a tour of the dental health facility. Our thanks to Dr Charlotte Atore and her team.

On Wednesday, students travelled to Mudgee to participate in the MSSN Public Speaking competition. I was so very proud of their confidence on stage and the tremendous effort they all put into their speeches.

A special congratulations must go to **Matthew Elkins** who was awarded first prize in his age group. Congratulations also go to **Matthew Robinson** and **Zac Stewart** who were awarded Highly commended certificates in their respective age groups.



On Thursday, students travelled to Mudgee again to view the artworks at the CLC art exhibition. As usual, the standard was very high and it was wonderful to see our artworks hanging there with the best the region has to offer.



Please check the calendar over the page for any upcoming events for the last few weeks of term. You will notice that I have also added the first week of term 3 to the calendar. Our MSSN Athletics Carnival will take place in Mudgee on Friday of that week. We try to give advance notice of these events so you can plan your own schedules.

Finally—it's Crazy hair day on Friday. Can't wait to see what the students come up with. A gold coin donation is appreciated and all funds raised will go to **Cystic Fibrosis NSW**.

**Caron McDonald**  
(Principal)

### Winter Jackets

The P & C have these winter jackets available to purchase for \$55 each. Sizes from 6 through to 16. Contact Deb Robinson if you would like to order one.



### Catch me being good

The draw from the 'catch me being good' slips was made this morning. Congratulations to **Ellie Statham, Felikss Sander & Khy Docherty**.

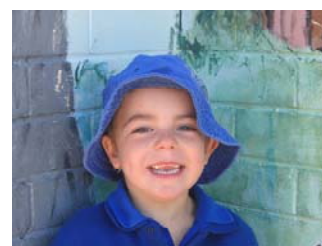
Each student will receive a merit certificate and a milo at lunch. Keep up the great work boys and girls!

Lue Public  
School  
Safe  
Respectful  
Responsible  
Name: \_\_\_\_\_  
Staff: \_\_\_\_\_



### Busy Bee

The Busy Bee in the Junior Class this week is **BJ Docherty**. BJ has made super progress with his maths work in class. Great work, BJ.



### Western Cross Country

On Wednesday, our very best wishes will go with Zac Stewart as he travels to Guerie to participate in the Western region Cross Country event. Best of luck, Zac!



### Senior Boys Softball

On Thursday, the senior boys will be travelling to Mudgee with Mr Boller and Mrs Robinson to participate in the PSSA boys softball tournament. Please make sure you have returned the permission slip. The boys will leave school at 9:30am and return to school at approximately 1:30pm. Please ensure appropriate footwear is worn and that students have a warm jumper/jacket, hat, recess, lunch and water bottle.



### P&C News

**P&C meeting this coming Wednesday 15th June at 3:10pm.**  
**Hope to see you all there!**

## Why effective learning starts with a good night's sleep

By Jenny Brockis



Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

### Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

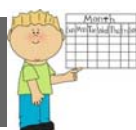
*Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online. [www.drjennybrockis.com](http://www.drjennybrockis.com)*

## Yagan Sloane

Yagan has been trying hard in class, especially with things he finds a challenge.

Well done, Yagan!

## Important Dates



## June/July 2016

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 8	13 June <b>QUEEN'S BIRTHDAY PUBLIC HOLIDAY</b>	14 June	15 June <b>P&amp;C Meeting 3.10</b> <b>Western Cross Country - Zac Stewart</b>	16 June <b>Senior Boys Softball in Mudgee</b>	17 June <b>Crazy Hair Day</b> <b>School counselor at school</b>	18 June	19 June
Wk 9	20 June	21 June <b>Mrs McDonald @ Principal meeting in Rylstone</b>	22 June	23 June	24 June	25 June	26 June
Wk 10	27 June	28 June	29 June <b>Term 2 Assembly @ 10:30</b>	30 June <b>End of term disco 3:30 - 5pm with sausage sizzle dinner at 5pm</b>	1 July <b>Last day of term 2</b>	2 July	3 July
hol	4 July	5 July	6 July	7 July	8 July	9 July	10 July
hol	11 July	12 July	13 July	14 July	15 July	16 July	17 July
T3 Wk 1	18 July <b>Staff Development Day</b>	19 July	20 July	21 July	22 July <b>MSSN Athletics Carnival in Mudgee</b>	23 July	24 July