

LUE PUBLIC SCHOOL

Newsletter



Monday 6th March *** Week Seven *** Term One *** 2017

Principal's Note

Welcome to the newsletter for week 7.

What a wonderful two days we had in Sydney last week with Year 6 students from Lue, Hargraves, Goolma and Wollar. The students were a credit to their respective schools and an absolute pleasure to take. We packed in a visit to the Maritime Museum, explored the decommissioned warship HMAS Vampire, went aboard the HMAS Onslow (submarine), had a lovely dinner at Darling Harbour and lots of fun Ten Pin Bowling. On Day 2 the serious event took place at the International Convention Centre. It is a brand new facility and this was one of the first events to take place there. We listened to inspiring speeches from people including TV presenters Gemma Knight and Scott Tweedie, Australian Survivor celebrity Sam Webb, teenage explorer Jade Hameister and biomedical engineer Dr Jordan Nguyen (featured on ABC program 'Catalyst—becoming superhuman'). The final treat was provided by X factor finalist, Barry Conrad, who had all the students up (all 4500 of them) dancing and singing. An amazing experience and the leadership messages students take away from this event will remain with them for a very long time!



This Friday we wish the best of luck to our swim team travelling to Dubbo to compete at Western, **Felikss Sander, Harrison Panschow, Matthew Robinson and Yagan Sloane**. What an achievement boys!

My thanks to Daina Sander who has facilitated additional coaching to take place in preparation for the event.

Next week all students will visit Red Hill Environmental Education Centre on Wednesday 15th March to learn about sustainability and developing a bush tucker garden. A permission note will go home this week.

TEAM Together Everyone Achieves More

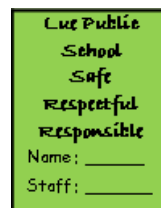
Caron McDonald (Principal)

The week 7 draw from the 'catch me being good' slips for this term was made this morning.

Congratulations to **Natasha Panschow, Matthew Robinson & Nyah Watmuff**.

Natasha receives a \$4 voucher for the canteen lunch tomorrow & each student will receive a merit certificate and a milo at lunch.

Keep up the great work boys and girls!



WATER

You might think you're all muscle but about two-thirds of

your body is made up of water. Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes waste. You lose water from your body through sweating, breathing, urine and faeces.

Being properly hydrated helps your body function at its best. Dehydration, not having enough fluid in your body, can cause headaches, fatigue, crankiness and poor concentration. To stay properly hydrated, you need to give your body a certain amount of fluids every day. The best fluid to maintain hydrated is **WATER**.

We often don't feel thirsty even when we're dehydrated, so it's a good idea to drink water regularly even if you aren't thirsty.

Did you know? A 250ml glass of apple juice or cola contains the equivalent of six teaspoons of sugar. Drinking just one can of soft drink every day adds up to 18 kilograms of sugar in a year!

At school we encourage all students to drink water throughout the day. You can support us as a LLW@S partner by only providing water for your child to drink at recess and lunch. Poppers and cordials, even those that proclaim to have zero sugar, are not fully sugar free and are not permitted at school.



P&C News

Thank you **Jenny Murdoch** for providing our canteen lunch tomorrow. For only \$4 students can have a yummy pie or sausage roll, with a cup of Milo. Great value!

As the colder weather is now creeping in, you might want to consider purchasing a school jacket or jumper for your child. We do have some jumpers at school for purchase but jackets must be ordered. If you would like to order one, please let us know.

P&C AGM this Wednesday (8th) at 3pm. All welcome!



This week our focus continues to be on **TOILETS**.

Students will discuss the focus again on Monday morning and revisit it several times throughout the week. We have been supervising the students whilst hand-washing and have definitely seen an improvement. This is a critical skill which all students must be able to master if we are to maintain **good hygiene** at school, especially with the cooler weather creeping in—we know how quickly those bugs and germs can spread. Explicit modelling of skills is required, especially for our younger students.

There are some interesting ideas you can do with your child at home to teach about germ control at:

<https://www.homesciencetools.com/a/germs>



Students are working hard to demonstrate the behaviours of being **safe, respectful and responsible** by practising the explicit skills below.

PBL information for the week is on our noticeboard outside the office alongside the Lue News information.

SAFE

One person in cubicle
Wash hands
Walk at all times
Keep food outside toilet area

RESPECTFUL

Follow adult instructions
Allow others privacy
Clean up after yourself
Speak politely



RESPONSIBLE

Report any problems to an adult
Use toilet paper, soap and taps correctly
Flush toilet after use
Wait for friends outside
Use toilet during lunch and recess
Return to class quickly after using the toilet during lesson time



Our 'student of the week' this week is **Matthew Robinson**.

With our PBL focus this week, Matthew tries hard to be **responsible by returning to class quickly after using the toilet during lesson time**.



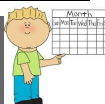
Junior Class Busy Bee

Our Busy Bee for week 5 is **Aliza Butler**.

With our PBL focus this week, Aliza has been trying hard to be **safe by washing her hands carefully**.



Important Dates



March/April 2017

	MON	TUE	WED	THU	FRI	SAT	SUN
Wk 7	6 March	7 March Mrs McDonald at LLW@S meeting in Bathurst	8 March P & C AGM 3pm	9 March	10 March Mrs McDonald at Federation Principal mtg Sydney Western swimming Good luck boys!!	11 March	12 March
Wk 8	13 March	14 March	15 March K-6 excursion to Red Hill Environmental Centre in Gulgong	16 March	17 March	18 March	19 March
Wk 9	20 March Life Education Van at school	21 March	22 March	23 March Mrs McDonald at PPA mtg Hill End after 12pm	24 March Mrs McDonald at PPA mtg Hill End until 12pm	25 March	26 March
Wk 10	27 March	28 March	29 March	30 March	31 March	1 April	2 April