Remembrance Day

Why is this day special to Australians?

At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted the allied terms of unconditional surrender.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.

In 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11 November to be Remembrance Day, urging all Australians to observe one minute's silence at 11 am on 11 November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.
High School Orientation
Our High School Orientation days are beginning next week and will run weekly for the next few weeks. Most of our children will attend their respective high schools on the 26th November and the 3rd of December. There are a few outstanding High School applications. If you have not returned your form, you will need to go and see the High School directly.

P & C Meeting
Our P&C meeting will be held this Thursday afternoon after school. We encourage all parents to attend. Discussions regarding Presentation Day, Carols by Candlelight and our school planning are on the agenda. All input would be most welcome.

Jennifer Smedley,
Principal

Week 5 Term 3

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<td>Elsa</td>
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Weekly Awards

For all year 6 students attending High School next year there will be two orientation days held at the three local high school.

The first day is Wednesday 26th November 2014. Students will be expected to make their own way there and home at the end of the day.

It is our understanding that Lismore High School, Richmond River High School and Kadina High School will all hold their orientations on the same days.

The second day will be Friday 5th December 2014, again students will be expected to make their own way there and home at the end of the day.

For any information regarding this please contact the high school your child will be attending.
BE RESPONSIBLE

Kinder Orientation Dates for students starting in 2015

♦ 12th November  9:15 am to 11:15 am
♦ 19th November  9:15 am to 11:15 am
♦ 26th November  9:15 am to 11:15 am

Fitness Improves Academic Performance

Another study (in January 2014 Journal of Adolescent Health “The Effects of Changes in Physical Fitness on Academic Performance Among New York City Youth”) has found that being fit improves school performance. For both boys and girls a substantial increase in fitness from the previous year resulted in a greater increase in academic ranking while a decrease in fitness was associated with a decrease in academic scores.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids be more active

♦ Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy and want to continue with.
♦ Start slowly and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.

Lynnie P, Student Welfare Officer
BE RESPECTFUL

Public Notice Board

Would you like to give back to your local community?
Volunteering opportunities now available in Lismore.

The Community Visitors Scheme (CVS) is a national program that is funded by the Australian Government. By having a friendly volunteer visit at least once a fortnight, the program aims to enrich quality of life for older people living at home who may experience social isolation or loneliness.

Visits are relaxed and social in nature; the aim of the CVS is to improve the quality of life for an older person by providing friendship, companionship and a link to the community.

If you are interested in volunteering please contact us on 1300 738 388 or find out

New!!!

Storytime with Dad

Starting Saturday 15 November
10.00 am - 10.30 am
Running fortnightly
For pre-schoolers with a male carer
On the ground floor of the Lismore Library
Sessions are free
No bookings required
For information phone Michael at the Library on 66212464

Story-time

For Aboriginal & Torres Strait Islander families with children 0-5 years of age

Stories, songs & craft!!!

Where: The Goonellabah Library

Upcoming dates in 2014:
- Tuesday November 11th 2014, 1.30-2.30pm
  - story-telling & music with Mereki
- Tuesday December 2nd 2014, 1.30-2.30pm

Transport available
For more information contact:
Zoe Dodd at the YWCA NSW Goonellabah
6625 5809 or 0425 366 979

Date Item Venue Cost Time
12/11/14 Kinder Orientation Classroom NIL 9:15am
12/11/14 Art Workshop LHS NIL 10:00am
19/11/14 Kinder Orientation Classroom NIL 9:15am
19/11/14 Art Workshop LHS NIL 10:00am
25/11/14 Backyard League APPS TBA TBC
05/12/14 K/1 Visit to Ozanam Villa Ozanam Villa NIL 10:00am
9/12/14 Christmas Assembly - Performance Area APPS NIL 12:30pm
REMINDER

Albert Park
Public School
P & C Association

General Meeting

Thursday afternoon
13th November
at 3.30pm
in the staffroom

All welcome and encouraged to attend.