“We would like to respectfully acknowledge the Bundjalung people who are the Traditional Custodians and First Peoples of the Land on which our school stands.”

Year 5 at Lismore High School

K/1 Visit Ozanam Villa
Parent and Teacher Interviews
A huge thankyou to all the parents and carers who attended our Parent/Teacher Interviews yesterday or who have booked to attend later on in the week. We consider these interviews extremely important and as such commit school time and money to assure parents have access to their child’s teacher and time to understand how they are going, celebrate their achievements or discuss any concerns. If you have not scheduled your interview or happened to miss yours yesterday, please contact Lorraine for a make up appointment.

Thankyou
Thankyou to all our wonderful volunteers who have helped throughout the year. A volunteer’s lunch was held today to show our wonderful helpers how much we need and appreciate them. We are always looking for people to help in a variety of different ways so if you have any time to spare, no matter how little, it will always be appreciated.

Ozanam Villa
Well done to K-1 who visited Ozanam Villa last Friday to sing Christmas Carols and talk to the residents there. Every child I spoke to thoroughly enjoyed their visit and I have had the most amazing reports and praise for our students from the teachers, residents and staff there.

Ballina Waterslide
Next Tuesday is our Positive Behaviour Rewards Day excursion to Ballina waterslide. Notes for the excursion were handed to children today. The cost of the excursion is $20.00. There is school assistance available. Please contact the office to discuss this.

Jennifer Smedley, Principal

Weekly Awards

<table>
<thead>
<tr>
<th>Week 10 Term 4</th>
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</thead>
<tbody>
<tr>
<td>K/1 Yellow</td>
<td>2/3 Blue</td>
<td>4/5/6 Green</td>
</tr>
<tr>
<td>Elsa</td>
<td>Harry</td>
<td>Freja</td>
</tr>
<tr>
<td>Letrell</td>
<td>Krystal</td>
<td>Kirra</td>
</tr>
<tr>
<td>Romany</td>
<td>Lachlan</td>
<td>Tyrell</td>
</tr>
<tr>
<td>Trae</td>
<td>Shaniquea</td>
<td>Emily</td>
</tr>
</tbody>
</table>

SILVER
Jonah Learrah
Malachai James

SPORTS REPORT
This is the last week for the Back Yard League program. Thankyou Kel and Milo for your dedication and effort in attending our school.

Gold Coast Titans will be visiting our school on the last day of the year, 17th December 2014. We are looking forward to having them.

Mr Mack
Eat Fewer Snacks and Select Healthier Alternatives

Did you know?
♦ Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week
♦ Over a quarter of young people in NSW eat confectionary at least 4 times per week

Ideas to help you ‘snack smart’

The simplest way to limit unhealthy snacks is to not buy them. Instead, stock the pantry, fruit bowl and fridge with healthy snacks, and include them in lunchboxes. Commercial snack foods available in the supermarket have varying nutritional value. When choosing grain-based snacks, look for the healthier options which are high in fibre and whole grains – and look for products with the Heart Foundation Tick. Put a clear limit on the number of less healthy snack foods eaten each week, such as lollies, chocolate, donuts, some fruit/cereal/muesli bars, potato and corn chips, and sweet biscuits.

Lyn P.
**NOTICE BOARD**

## Kids Art Lab

- **School Holiday Art Classes January 5-23.**
  - **MON JAN 5** | Still life with oil pastels
  - **WED JAN 7** | Painting in the style of David Hockney
  - **FRI JAN 9** | Sculpture with found objects
  - **MON JAN 12** | Self Portrait with watercolours
  - **WED JAN 14** | Painting in the style of Charles Blackman
  - **FRI JAN 16** | Mosaics
  - **MON JAN 19** | Printmaking
  - **WED JAN 21** | Painting in the style of Margaret Olley
  - **FRI JAN 23** | Chinese ink and brush painting

**Class Time:** 10:00 am - 12:00 noon  **Tuition:** $18.00 per class  **Bookings Essential**

Kids Art Lab is closing!

Thank you to all those who have supported Kids Art Lab over the past nine years, please join us for our final holiday art workshops.

**Contact Us:** Kids Art Lab @ The Northern Rivers Conservatorium  
**Address:** Keen/Magellan St, Lismore  
**Phone:** 0429 384677  
**Email:** admin@kidsartlab.com  
**Web:** www.kidsartlab.com

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## Notice Board

- **9/12/14**  **Christmas Assembly - Performance Area**  
  - Venue: APPS  
  - Cost: NIL  
  - Time: 12:30pm

- **10/12/14**  **Year 6 Farewell Dinner**  
  - Venue: East Lismore Bowling Club  
  - Cost: $10/person  
  - Time: 6pm-8pm

- **15/12/14**  **Carols by Candlelight, Christmas BBQ and Presentation Assembly**  
  - Venue: Performance Area  
  - Cost: NIL  
  - Time: 5.30pm

- **16/12/14**  **Behaviour excursion to Ballina Waterslides**  
  - Venue: Ballina  
  - Cost: $20.00  
  - Time: All day

- **17/12/14**  **Last Day of School for 2014**

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BE RESPECTFUL