We looked at the book ‘Where the Forest meets the sea’ and also some video footage of conversations within the forest. Students were asked to write an opinion about what they thought.

I think that it is beautiful and we shouldn’t cut it down because it is a home for animals. **Jakequan**

The rainforest is a home for animals and it is beautiful. **Malakai**

I think we should keep the rainforest for everyone **Bruce**

I think that we shouldn’t cut down the trees because it is the animal’s habitat. **Roxy**

I think that the people shouldn’t cut down the trees. **Emilia**

I think that people should not be cruel to animals and not cut down trees **Elsa**

I think that the rainforests are lovely. We shouldn’t cut them down. **Malachi**

I think that the rainforest should not be cut down because animals and people live there. **Romany**
Canberra Excursion
Welcome home to our travellers. It was lovely to listen to the children describe what wonderful, and somewhat cold experiences they had on their trip to Canberra and the snowfields. All of the students excitedly recalled favourite parts of the trip to their teachers and I have no doubt it was an amazing learning and social experience for them. Congratulations on the excellent behaviour displayed.

Performing Arts Festival
Our PERFORMANCE is next Tuesday night. The children will be having their first dress rehearsal this Thursday. If you have not sent in your child’s costume can you please send it in by then? We need all notes and money back by this Friday. The parent agreement must be signed for the children to participate. The money goes towards the buses for rehearsal and the night performance as well as dinner for the students on Tuesday night. All students performing will stay at school on Tuesday afternoon, have dinner, have a rehearsal and go to the concert from there.
If you are able to help us with dressing and costuming, please come along on Tuesday afternoon.
Just a quick reminder that tickets for this year’s Festival went on sale last Monday, August 11, both from the club and at www.lismoreworkersclub.com. Get in quick to get your tickets.

Kindergarten Orientation
Our Kindergarten Orientation night for parents is on Thursday 4 September beginning at 6pm. If you have a child or know of children intending to start Kindergarten with us next year, please come along to this session or pass on the information.
Kinder Orientation Days next term are 5, 12, 19, 26, November from 9.15am to 11.15 am.
Jenni Smedley, Principal

Depression in Children
Children can find it difficult to express how they feel. They can show signs of depression if they have suffered a stressful event in their lives, are bullied and by children who find it difficult to regulate their emotions.

Some signs to be aware of – apathy, restlessness, agitation, sadness, feeling worthless, social withdrawal, difficulty making decisions, easily upset, poor listener, poor memory and sleep problems.

Having warm, supportive and protective relationships helps to combat depression.

Seek professional assistance if you feel that your child is displaying signs of depression by speaking to the school counsellor, a psychologist or your family doctor.

Lifeline: 13 11 14
Kids Help Line: 1800 551 800

Lynnie P, Student Welfare Officer
This week at Albert Park Public School we are celebrating Education Week, Literacy & Numeracy Week and Book Week. We will be opening classrooms to parents on Wednesday morning between 10:30am and 11:00am.

Book Week will be celebrated on Wednesday this week with a book character parade and book fair. Children can dress up as their favourite book character. The parade will start at 11am and a $20 book prize will be awarded to the best costume from each class.

The book fair will begin after recess in the Library. Students will be given time to purchase books and complete activities. Book prices range between $5 - $30. Posters, pens, pencils, erasers and hand pointers are also available to buy.

Parents and carers are welcome to attend both events.

- Open Classrooms 10:30am
- Character Parade 11:00am
- Book Fair 11:45am

P&M Meeting – Come along

We are now holding our P&C meetings once a term unless there is a specific need. We are hoping to encourage more parents to attend, which means lots more wonderful ideas. We have changed the time to straight after school in the hope that parents who are picking up students will be able to attend. Our next P&C Meeting is this Thursday at 3.30pm in the staffroom. Please come along. A movie will be put on for students while we meet. Meetings generally take no more than an hour of your time.
**BE RESPECTFUL**

**CANTEEN ROSTER**

22/08/14 - Tamara, Ron  
29/08/14 - Tamara, Judy  
05/09/14 - Tamara, Pete

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**Public Notice Board**

**Considering a preschool education for your child?**

Lismore Preschool is currently enrolling children for 2015 and invites you to visit our centre to enrol your child. The preschool caters for children 3-6 years old and is open during NSW school terms.

Set in beautifully landscaped gardens, next to the Lismore Community Garden, at 62 Brewster Street Lismore, the preschool has qualified and experienced staff across the whole centre with two university qualified teachers guiding the program with a strong emphasis on literacy, numeracy and creative learning foundations.

Call us on 6621 5428, come in and fill in a waiting list application or complete a waiting application on our website at [www.lismorepreschool.org.au](http://www.lismorepreschool.org.au) and email it to the preschool at info@lismorepreschool.org.au

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**Lismore Little Athletics**

**Riverview Park**

**Sign On Days**

- **29th August - 5-6pm (Sign on)**
- **5th September 5:30 - 7:30 (Registration & 1st Session)**
- **12th September 5:30 - 7:30 (Registration & 2nd Session)**


Little Athletics operates on Friday nights excluding holidays from September through to April from 5:30pm to approx. 7:30pm

**For more information contact**

Stephen

Email stephen.lismorela@gmail.com

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"LITTLE ATHLETICS...FOR...FAMILY...FUN...and...FITNESS."

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**Date** | **Item** | **Venue** | **Cost** | **Time**
---|---|---|---|---
20/08/14 | Open Classrooms for Education Week | Classrooms | NIL | 10:30am
20/08/14 | Book Week Parade | APPS | NIL | 11:00am
20/08/14 | Book Fair in the Library | APPS Library | Various | 11:45am
26/08/14 | Performing Arts Festival - Lismore Workers | LWC | $14 A $6 C | TBA
04/09/14 | Kinder Information Night | APPS Library | NIL | 6:00pm
05/09/14 | K - 4 Excursion to Macadamia Castle | Knockrow | $25 | 9:15am
08/09/14 | School Photos | APPS | Various | TBA
08/09/14 | Water Watch | APPS | NIL | 9:30am