“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.”

Small School's

Swimming Carnival!
BE SAFE

4/5/6 Green

Alex       Ethan       Kirra       Jet

Reuben    Tyrell    Murron    Elise

Dwayne    Emily     Jye       Dion

Freja     Jeramiha  Hanaya    Shaniquea

Art

344 Keen St, Lismore, NSW, 2480  P 02 66213259  E albertpk-p.school@det.nsw.edu.au
Swimming Carnival
Big congratulations to all those students who participated in the swimming carnival yesterday. Students came back waving ribbons and with massive smiles on their faces, if not a little tired. I bet there were some good sleepers last night. Mrs P, Aunty and Mrs Mack could not stop talking about all the “have a go” students. They were so proud of the way that the students went in all the races. Well done to those exceptional students. The representation from Albert Park was a little disappointing. I know there were some genuine reasons for nonattendance yesterday but I do ask those parents who let their children stay at home simply because they did not “want” to go, to consider the fact that children need to build resilience and there will be many things in their lives that they do not “want” to do. Now is the time to start building that resilience and confidence in your children. Again congratulations to all our swimmers.

Classes
Our numbers are now in for 2015 and our classes and literacy and numeracy groups have their allocated teachers. An expression of interest was put out for the 2-3-4 Blue class and the part time position to maintain literacy and numeracy groups. Welcome to Miss Tasha Tardrew and welcome back to Mrs Davies. The classes are as follows:

K-1 Yellow – Mr Mack, 2-3-4 Blue – Miss Tardrew, 4-5-6-Green - Mrs Mack

Gargoone Literacy & Numeracy – Mr Mack

Buribi Literacy and Numeracy – Miss Tardrew

Gurraman Literacy – Mrs Smedley  Gurraman Numeracy – Mrs Davies

Junbung Literacy and Numeracy – Mrs Mack

The best way to help your child at home is to spend 5-10 minutes each night reading with them.

Jennifer Smedley,
Principal
Chaplain’s Report

The children are happily working away on their items and being very creative with their ideas.

Dairy Foods are a great source of important nutrients and offer real health benefits.

Getting Kids to have more Dairy Products –
* Have cereal with milk for brekky on alternate days instead of toast every day.
* Milk and fruit smoothies are the best.
* Have flavoured milk instead of soft drinks.
* Add grated cheese to meals.
* Have a yogurt instead of cake or biscuits.
* Add cheese and crackers to their lunchbox.

Did you know that there is GOOD BACTERIA? It helps keep our digestive systems healthy. Probiotics help to restore intestinal bacteria balance. Yogurt and yakult are a good source.

The following signs may help you to recognise if your child needs some professional intervention to assist them over a difficult time in their lives:

Unusual fears, difficulty in going and staying asleep, sadness and feelings of hopelessness, avoidance and wanting to be alone, refusal to go to school, hyperactive, not getting along with their peers, decline in school performance, frequent aggression, difficulties with concentration and organisation.

Places to go for help – Class Teacher, School Councillor, G. P. and Paediatrician.

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

Lynnie P, Student Welfare Officer

Meet the Teacher

Sausage Sizzle

Thursday 26 February

5pm

Followed by

P&C MEETING

6.30PM

All Welcome

Cultural Lessons with Aunty Arlene

Our cultural lessons have returned, with K-1 and 2-4’s first lesson on Australian Aboriginal Bush Tucker.

Did you know Bogong Moths are Nutritional?
The Rivers Secondary College Year 7 2016 Transition Information Evening

Stage 3 students and parents are invited to come along to the Lismore Workers Club Auditorium on Wednesday 25 February from 6pm-7pm to find out more about The Rivers Secondary College, how it works and the benefits for students as they move into high school. You will hear from John Baker, Executive Principal of The Rivers Secondary College and have the opportunity to meet, hear from and speak to students and other key personnel from each high school.

**Canteen Menu**

<table>
<thead>
<tr>
<th>Hot Food</th>
<th>Lunch Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Pie - $1.00</td>
<td>Large Pie - $2.50</td>
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<tr>
<td>Potato Gems - $2.00/cup</td>
<td>Sausage Roll - $2.50</td>
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<tr>
<td>Chicken Chippies $0.50</td>
<td>Chicken + Gravy Roll - $2.50</td>
</tr>
<tr>
<td>Sauce $0.20</td>
<td>Spinach + Cheese Roll - $2.50</td>
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<tr>
<td></td>
<td>Pizza - $2.50</td>
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<tr>
<td></td>
<td>Hot Dog - $2.50</td>
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<td></td>
<td>Sandwiches</td>
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<tr>
<td></td>
<td>Salad - $2.50</td>
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<tr>
<td></td>
<td>Ham or Chicken + Salad - $3.50</td>
</tr>
<tr>
<td></td>
<td>Ham or Chicken + Cheese - $3.50</td>
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<tr>
<td></td>
<td>Vegemite - $1.50</td>
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<tr>
<td></td>
<td>Toasted - extra 50c</td>
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</table>

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Snacks</th>
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</thead>
<tbody>
<tr>
<td>Choc / Straw Milk - $2.00</td>
<td>Icy Pole/ Jelly Cup - $0.50</td>
</tr>
<tr>
<td>Juice Popper - $1.50</td>
<td>Frozen Yogurt - $2.00</td>
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<tr>
<td>Bottled Water - $1.00</td>
<td>Small Chips - $1.00</td>
</tr>
<tr>
<td>Warm Milo $1.00</td>
<td>Home Bake - $0.50</td>
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</tbody>
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**Celtics Soccer Sign-on**

Sign on will be held at South Lismore Celtics Club House - 2 Caniaba St South Lismore (behind the tender centre) from 12pm-3pm on Saturday 21st Feb 2015

We are open to all juniors to seniors so even mum and dads can join the fun.

Contact Sally Bates - 0403791566 (after 3pm) for any additional information.