This week we looked at healthy foods we have in our lunchbox. Students discussed their favourite foods and whether or not it was a sometimes food or an everyday food. We also explored the reasons why we need to eat healthy food— it gives us energy and it helps us to grow big and strong!

Students used the interactive whiteboard to create a healthy lunchbox and were able to choose one ‘sometimes food’ to put in. We sang our healthy food song and then cut and pasted our chosen foods into our lunchbox for display. It is great to see the majority of students bringing in a healthy snack to have during the morning’s crunch and sip break.

Regards, Mr Mack
**Slow Down**
We will be having flashing 40km signs installed out the front of the school. Please observe these signs for the safety of our students and slow down when you drive past our school.

**Richmond River High School Open Night**
This Thursday is the Richmond River High School Year 6 -7 Open Night Expo. Students in Year 6 who are zoned for RRHS should attend this night. It will be held at Richmond River H.S. beginning at 5pm.

**Lismore High School**
The Lismore High Expo will be held next Tuesday 10\(^{th}\) March beginning at 5.30pm. All students zoned for Lismore High should attend this evening.

**Cricket**
Milo Cricket begins this Friday. It runs for four weeks developing the student’s skills in throwing catching batting and fielding. If you would like your child to be involved in this the cost is $6. This needs to be paid by Friday to the office. The school is subsidising this.

**Year 4-6 Excursion**
The Year 4-6 excursion will be held in Term 3. The excursion is to Stradbroke Island and will take place in Week 8 Term 3. The dates are 31\(^{st}\) August to the 4\(^{th}\) September. The cost of the excursion will be somewhere between $470 and $500. Attached to this newsletter is an expression of interest for your child to attend. If you think you would be interested in having your child attend, please return the expression of interest to school by Friday.

**Jenni Smedley, Principal**

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**Get Some Sleep!**
Sleep is an important function to us as human beings, it allows the brain to regenerate, refresh and enables us to process information and reinforce memories which in turn prepares us for the day ahead and how well we function during that day. Some problems that can stop children getting a good night’s rest are:

- Needing the bathroom, pain, anxiety or depression.

If you think you or your child is having trouble sleeping see your GP for some advice on how to help this.
Aussie T-ball Skills Program

On Thursday students from Albert Park went across to the baseball fields for some T-Ball skills practice. Everyone had heaps of fun and learnt a lot. Thankyou Gareth from ‘Baseball Queensland’ for running the program.

P & C Meeting

Thursday 4pm in the staffroom 5/3/15

New faces and new ideas welcome
Please help us to help your children

<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
<th>Venue</th>
<th>Cost</th>
<th>Time</th>
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<tbody>
<tr>
<td>05/03/15</td>
<td>P&amp;C meeting</td>
<td>APPS</td>
<td>Nil</td>
<td>4:00pm</td>
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<tr>
<td>05/03/15</td>
<td>Richmond River High Yr 6 Orientation</td>
<td>RRHS</td>
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<tr>
<td>06/03/15</td>
<td>Milo Cricket begins (Weeks 6-10)</td>
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<td>17/03/15</td>
<td>4-6 Girls netball Clinic</td>
<td>Netball Courts</td>
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344 Keen St, Lismore, NSW, 2480  P 02 66213259  E albertpk-p.school@det.nsw.edu.au
LISMORE HIGH SCHOOL
A warm invitation is extended to our parents/carers and students to attend INFORMATION NIGHT FOR PROSPECTIVE STUDENTS YEAR 7, 2016 Tuesday 10th March 2016 5.30-7.30PM LISMORE HIGH SCHOOL LIBRARY Enquires: Mr Nigel Brito, Principal Ph: 02 66215185; Fax: 02 66222940; Email: Lismore-h.school@det.nsw.edu.au

- Interactive Displays
- Tour of School
- Free Sausage Sizzle
- Information on Curriculum
- Scholarships
- Future directions in education
- Technology, academic, sporting and creative arts opportunities