Week 7
This week is a very busy week. We have Mr Mack away Tuesday, Wednesday and Thursday at Stronger Smarter training. Stronger Smarter is training that aims for strong partnerships with students, schools, parents and the community to change the tide of low expectations in indigenous education. Mr Mack should come back with many new thoughts and ideas. Mr Benson will be on his class during this time.

We should know this week if we have a teacher to fill the Instructional Leader position in the school. I will be attending training in Sydney on Thursday and Friday related to this appointment.

Orientation Nights
Both Lismore High School and Kadina High School have their orientation nights on this week. If you have a child in Year 6 and are zoned for these areas, it is quite important to attend these evenings.

Lismore High - Tonight - 5.30pm
Kadina High - Wednesday Night - 6.30pm

Milo Cricket
The children all enjoyed the first milo cricket workshop last Friday run by Luke Cleaver. The workshops will run over the next three Fridays. The cost of the workshops is $6.00. If you have not already paid, please send your money in to the office tomorrow. Only those children who have paid will be able to attend the upcoming workshops.

Netball
Next Tuesday the girls in Years 4-6 have been invited to participate in a netball coaching clinic at the Lismore Netball Courts from 11am -1pm. The girls will receive coaching and guidance from two of Australia’s most renown netballers, Liz Ellis and Catherine Cox. There is no charge for the clinic but children need to bring their lunch, a water bottle and appropriate footwear. We will need assistance with transport so if you are available to assist, please ring the office.

Jenni Smedley, Principal
My Cousin Dwayne is Like a Tiger
He runs fast.
He is brave.
He gets his food by hunting.
He hides in the jungle.
He likes to eat red meat.
He is strong.
He stalks his prey.
His hair is black and gold.

By Jeramiha

My Friend Zac is Like a Snake
He moves fast.
He likes mice.
He is real fearsome.
He bites when he is attacked.
He likes to lie in the sun.
He likes to slither through the grass.
He blends in with his environment.

By Jye

My Friend Freja is Like a Snow Leopard
She runs fast.
It is hard to find her in long grass.
She can hear you everywhere.
She will chase you everywhere.
Her hair is like silk.
Her sight is sharp.
She has nails as sharp as claws.
She is so agile she can jump up on fences.
By Elise

My Mother is Like a Swan
She is as beautiful as the moonlit water she is on.
She is elegant.
She is peaceful.
She has a heart of gold.
She is as kind as kind can be.
She loves to be with family.
She is as graceful on land as on water.
She cares for my brothers and I.

By Alex

My Friend Elise is Like a Panther
At night it’s hard to see her.
Her hair glows like their eyes.
She jumps out and scares you.
She likes to rest in tree tops in the day.
She can hear you from faraway.
Her teeth are sharp and scary.
She can make screechy sounds.
She chases you in the dark.

By Freja

My Friend Jye is Like a Dragon
He is big.
Sometimes he is scary.
His arms are like wings.
His breath is hot.
He runs quickly.
He is rare.
He is strong.
He is brave.
By Jet

My Friend Treshaun is Like a Monkey
His ears are flappy.
His body is furry.
He has big hands and fingers.
He’s crazy.
He loves bananas.
He is wild.
He is cuddly and warm.
He likes being in the jungle and swinging from tree to tree.
By Hanaya

My Sister Hanaya is Like a Super Hero
She helps me when I hurt myself.
She saved me when I fell off the trampoline.
She runs fast.
She punches hard.
She jumps high into the sky.
She helps people cross the road.

By Treshaun
BE RESPONSIBLE

My Friend is Like a Lizard
His legs are fast.
His back is scaly.
His legs are very slender.
His eyes are small.
He hangs in the sun.
He plays in the jungle.
He has small ears.
By Dion

My Sister is Like a Star
She shines in the sun
She is hot when the sun is bright
She glows under the moon
Her hair is bright in the light
She is still
She is faint in the day
She stares at you
By Kirra

My Brother is like a Tiger.
He runs fast.
He eats red meat.
He is furry.
He is warm.
He has strong teeth.
He is wild.
He is strong.
He has good hearing
By Shaniquea

Live Life Well
Beating Picky Eaters!

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:

- Create a positive environment at the table.
- Be a good role model
- Encourage a taste but you do not need to eat the whole lot.
- Provide the same meals for the whole family
- Take children shopping, and involve them in the preparation.
- Limit fluids just before a meal.
- Start a small vegetable garden to encourage healthy food choices

For more information or healthy lunchbox recipes, visit Healthy Kids Association - info@healthy-kids.com.au or ph 02 9876 1300

Hope this helps!

Thankyou, Mrs P

Weekly Awards

Week 5 Term 3

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<thead>
<tr>
<th>K/1 Yellow</th>
<th>2/3/4 Blue</th>
<th>4/5/6 Green</th>
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<tbody>
<tr>
<td>Rory</td>
<td>Louis</td>
<td>Jerahkye</td>
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<tr>
<td>Trae</td>
<td>Roxanne</td>
<td>Freja</td>
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<td>Dre</td>
<td>Malakai R</td>
<td>Tyrell</td>
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<tr>
<td>Elsa</td>
<td>Max</td>
<td>Emily</td>
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<tr>
<td>Jonah</td>
<td>Callum</td>
<td>Shaniquea</td>
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Lismore Uniting Church - Messy Church, Fun, Games, Crafts and Food

The next “Messy Church” will be held at the Lismore Uniting Church, Keen St Lismore on 15th March 2015 at 4:30 pm
SURVIVING ADOLESCENCE TOGETHER

Are you a parent or carer of a teenager?
Are you looking for some information or support in parenting your teenager?
Are you concerned about how your relationship with your teenager is changing?

WHAT'S THIS COURSE ABOUT?
Surviving Adolescence Together is a parenting course that aims to support parents/careers through one of the greatest transitions a family must face. This course is designed to help you understand and respond proactively to the challenges of adolescence, and to help strengthen your relationship with your teenager.

We all want teenagers to make it through adolescence safely and to develop into great adults. Yet, there are many factors that influence our teens for good and bad. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or carer.

Even though you may not feel it now, we believe the parent-teen relationship is key in helping families survive adolescence together.

TOPICS COVERED
Through adolescent sharing, exercises and group discussions we will explore:
- Adolescent development and changes in the brain
- How are relationships protective?
- The risks teens face and how it can all go wrong
- The struggles parents face in coping with all this
- Reflecting on parenting styles
- How parents and teens push each others buttons
- How to positively influence your teen and the roadblocks to this
- Practical strategies to reduce conflict, increase relationship connection and build your ‘relationship bank account’ to influence your teen and help them make wise choices.

COURSE INFORMATION
COST: Free
DATES: Monday 30th March, Tuesday 7th April and Monday 13th April
TIME: 10:30am to 1pm
ADDRESS: Kentwell Community Center, 20 Bangalow Road, Ballina NSW 2478

CONTACT
Please call or email Steve or Monica, 9am-5pm Monday to Fridays.
Bookings are essential

Steve - reconnectballina@minds.org.au
w) 02 6656 4386
m) 0429 160 210

Monica - reconnectismore@minds.org.au
w) 02 6620 1940
m) 0417 026 585

ABOUT US
Steve and Monica work with youth and families through the ‘Reconnect’ and ‘Getting it Together’ programs of the Northern Rivers Social Development Council.