



Iluka Public School Newsletter 15

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 Principal: Mr Phil Bradmore



Great Things Happening to Benefit Your Children

Principal's News

Wow! What a great school Iluka Public School is! No better evidence can be found than yesterday's Dance Eisteddfod.

I have been hearing rave reviews from all teachers about their class's dancing but until I saw them perform all in a row, I didn't realise the preparation and effort that went into each dance. The wider community witnessed the great dancing and I could tell that they were also blown away by the variety of song choices and movement. Congratulations to everyone involved. I am very proud of staff and students and of course Mandy. I had another proud principal moment when I attended Friday's whole school assembly. All the students were dressed in red and yellow to support the Westpac Helicopter Service and to present a cheque for \$165 to Zeke. This coming from our small school was just so wonderful and heart warming. As well, how can I not boast about the other great things that happened around our school last week.

This included:

- Mrs Howard's Sustainability class:- The 4/5 class just loved learning about and working in the garden.
- The commitment shown by our strong Zone Cross Country team to travel to Corndale Public School and compete in all age groups. Well done to our parents for driving them and to Ned Haddrell who was first across the line in the Junior Boys.
- The Kindergarten class who represented themselves and the school so beautifully as they walked to and from the town library to participate in the 'National Simultaneous Storytime' book reading.

Well done Iluka Public School!

Just briefly, I had a visit from Andrew Tarrant, (Home School Liaison Officer) who reminded me, while looking at all class rolls, that it is a legal requirement that if a student is away from school, a signed note must be returned upon children returning to school.

I hope to see you all at the next P&C Meeting, Tuesday June 7, at 7pm in the school staffroom.

I hope everyone has a good week. Phil

School Photos Thursday June 16, 2016

Photo envelopes were sent home on Monday. Please make sure that the correct money is in the envelope and it is sealed.

Please note the school does not carry change so we will be unable change any notes.

All envelopes should be returned to school by **Tuesday June 14.**



Term 2 Events

Wednesday June 1
 Yr 6 Transition to High School

Friday June 3
 Craft Day: Costs \$2
 please make sure note and money is in tomorrow.

Tuesday June 7
 P&C Meeting 7pm
 School Staffroom

Thursday June 16
 School Photos

Home Baking For The Canteen

Donations for Canteen
 Monday June 6 is by
 Years 1/2 Parents
 (Ms Anderson's class)
 All donations will be appreciated. Please see Canteen News

clothing is clearly labelled with your child's name so that any lost property can be returned.

Mongolia Projects - Yesterday I sent home a sheet of cardboard and some pictures for students to undertake their CWA Mongolia project. Students will need to undertake some additional research and are required to complete a poster/project at home and return these to school by Friday June 24 (week 9). Please ensure the project is completed on the piece of cardboard provided. 3D models and larger sheets of cardboard cannot be accepted due to limited hanging space in the Memorial Hall. All students who complete a project are invited to the hall in Week 10 for the presentation and a delicious afternoon tea provided by the CWA ladies.

Have an enjoyable week.

Kristy

1/2 Class News

Hello everyone and welcome to Week 6.

Grafton Eisteddfod- It was great to see all of the students in my class perform at the Eisteddfod yesterday. All of their hard work and effort paid off and they looked fantastic up on the stage in their colourful costumes. The students should be very proud of themselves! We would all like to thank Mandy for all of the time she spent getting our class ready for the big performance.

Spelling Bee- Congratulations to all of the students in Stage 1 who entered the Spelling Bee last week. I was very proud of them all for getting up in front of the whole school and having a go. A special congratulations goes to the 4 finalists- Reef, Torna, Bradley and Emjay! The final will be held next week. Good luck boys!

CAPA Day- This Friday we are very lucky to have the opportunity to finish the school week off with a fun-filled day of Creative Arts. Thank you to Mrs Howard for organising it for us.

CWA Project: All projects are required to be completed on the piece of cardboard that was sent home last week. Larger sheets of cardboard or models will not be accepted as there is not enough space to display these at the hall. The projects are due back at school before Friday June 24 (Week 9). All students who complete a project will be invited to a special afternoon tea with the CWA ladies in Week 10.

Reminders- Homework (Year 2) and home reading journals are due on Friday. Bank books will be collected on Friday morning. Please do not forget to send in a note when your child is absent from school so that I can keep accurate records. Some students are not remembering to bring their hats to school every day. Please assist them to do so. I would also encourage students to start wearing a jumper to school in the morning as it is definitely getting cooler. Don't forget to have their name clearly labelled inside so it can be promptly returned if it is misplaced.

Have a great week.

Stacey

Yr. 3 Class News

Eisteddfod - Congratulations to all of the students who performed at the Grafton Eisteddfod yesterday. Thank you for giving your very best effort! You should all be so proud. Special thanks to Mandy for her time and effort in coordinating the dance and costumes.

CAPA Day- This Friday we are very lucky to have the opportunity to finish the school week off with a fun-filled day of Creative Arts. Thank you to Mrs Howard for organising it for us all. Please be reminded cost is \$2.

CWA Project: All projects are required to be completed on the piece of cardboard that was sent home last week. Larger sheets of cardboard or models will not be accepted as there is not enough space to display these at the hall. The projects are due back at school before the 24th of June (Week 9). All students who complete a project will be invited to a special afternoon tea with the CWA ladies in Week 10.

Cheers Bek

4/5 Class News -

Well done to all the students for their brilliant effort in the Grafton Eisteddfod yesterday. You all did Iluka Public School proud! Due to his absence, Mr Melrose has not been able to provide an article of 4/5 Class News this week. No doubt he will provide a comprehensive report when he returns next week.

Have a great week.

Bianca - School Administration Officer

5/6 Class News

Hello Everyone,

Well I think Winter has officially arrived. I'm seeing jumpers out on these crisp mornings.

Yr 6 Transition: is on this Wednesday at the High School.

Mongolia Project: is to be completed at home. The project could include a title, map, flag, pictures (found on the internet) or hand drawn as well, information about what makes their country different (eg landscape, customs, food, dress, sport, religion, education, history etc). The children already have their cardboard.

Eisteddfod Dance: will be over by the time you read this. I'd like to thank Mandy for all of her hard work in the preparation of the dance routines as well as all the organisation of the costumes. It is a curriculum area that the whole school studies at the one time and the performance factor is also taken into consideration.

CAPA Day: is this Friday and costs \$2.

PEER Support Training: for the Yr 6 children will occur next Wednesday at Yamba. Mr Bradmore and Miss Lisa will be taking the children to that. The children have received a note about it.

Spelling Bee: practise is happening during spelling time but is also required to happen at home if improvement is to be seen.

Homework: is given out on a Monday and is required to be returned on Friday.

Home Reading Journals: will be collected this Thursday to be checked. There has been a rather poor response to this task this term.

Vegetable Gardens: seem to be going really well.

Have a pleasant week. Di

Library / Technology News

Hello everyone and welcome to Week 6. A big week this week with lots of events happening. I am looking forward to watching the students perform at the Grafton Dance Eisteddfod on Tuesday. This will be my first time watching this event and I am sure it will be a great experience. The Stage 1 Spelling Bee last Wednesday was a great success and I commend all of the students that got up and had a go. This week will showcase the upper grades with Stage 2 taking the podium to battle off to find our final four for the whole school assembly Spelling Bee final held in a few weeks time.

Year 5/6 have been working on creating some iMovie trailers over the past few weeks and they have all been completed and uploaded to our YouTube channel if you wanted to have a look at them. All you have to do is google "Iluka Public School YouTube Channel" and it will appear at the top of your search. I hope all of you have a great week, Mr Jones.

Rescue Day

Thank you to everyone who participated in Rescue Day last Friday to raise funds for the Westpac Life Saver Rescue Helicopter. Everyone looked fantastic in their red and yellow attire and we managed to raise \$165. Special thanks to Zeke and Jane who attended our whole school assembly and read a story about Mildred the rescue helicopter, answered questions about the service and gratefully accepted our donation. Thank you so much to families for your generous donations. K. Gardner

Grafton Dance Eisteddfod!





Monitor Online Use

- Put the computer in a public area of your home.
- Observe and talk to your child about the sites visited.
- Encourage your child to tell you about anything strange or upsetting they may come across on the internet. **Don't overreact when they do or they may not tell you the next time.**



BREAK THE ICE

BE PART OF THE SOLUTION

Maclean Crystal Methamphetamine Forum

2PM, SUNDAY 19TH JUNE
MACLEAN BOWLING CLUB

HEAR FROM EXPERTS ON . . .
 WHAT IS CRYSTAL METHAMPHETAMINE (ICE)?
 LOCAL PERSPECTIVE FROM POLICE
 EFFECTS ON INDIVIDUALS, FAMILIES & COMMUNITIES
 SUPPORT SERVICES & WHERE TO GET HELP
 QUESTION & ANSWER
 LIGHT REFRESHMENTS PROVIDED

For more information call Clarence Valley Council, Community Development Officer Safe Communities 6643 0200



School Banking

Remember school banking is on Fridays. Please call Jess on 0478091039 for information.

BCU WINTER HOLIDAY SPORTS CAMP 2016

The 2016 Maclean BCU Holiday Sports Camp is on this July. Loads of fun activities & prizes to be won: including a brand new tennis racquet & bank accounts from our sponsor partner BCU (Banana Coast Credit Union). Vanessa from 24/7 will be back with great fun team games & Futsal will be on @ the Maclean Indoor Centre. Full canteen facilities available of course the world "Big Ball" Championships will be on. As well as the famous sausage sizzle & presentation on the Wednesday. In case of inclement weather Maclean Indoor Sports Centre will be used.



When: Mon 4th, Tues 5th & Wed 6th July

Where: LCTA Tennis Courts Cnr Union & McLachlan Sts Maclean

Time: 9:30am-1:30 pm

Cost: \$100 (Day rate \$40)

Organised pick-up from 8:30am @ Iluka School & Drop Off@ 2.15pm. Bus Cost \$5/Day. Numbers Limited on Bus. Any further inquiries please phone Alan on 0416016775.

WINTER HOLIDAY CAMP 2016 RETURN SLIP

Please circle one of the following categories: Ages from 4 yrs & up.

K - Grade 2

2. Grade 3 - 5

3. Grade 6 - 8

Photographs: YES or NO

Complete and return permission slip with payment by Friday July 1

Name: _____ DOB: _____

Email: _____

Mob: _____

All cheques and monies payable to Alan Jurd Coaching.

Bank details: NAB BSB: 084730 A/C 834891700 Po Box 270 Yamba NSW 2464

Email form back to alan.jurd@bigpond.com / mb: 0416016775

Maclean District Neighbourhood Watch

On Sunday June 19, the Maclean and District Neighbourhood Watch will be presenting a Public Forum in Maclean on the issues and problems relating to Methamphetamine ('Ice') drug use that is occurring in our communities. The forum, which will be held during National Drug Action Week, is being arranged in conjunction with full help and assistance from Clarence Valley Council, NSW Police, and State Government Health Services. The forum aims to increase public awareness and knowledge of the burgeoning rise of 'Ice' addiction and abuse within our community, and what we as a community can do about it. We will have four keynote speakers, with an agenda including:

- *what is Ice?*
- *local perspectives from Police and a doctor*
- *effects on individuals, families and communities*
- *support services and where to get help*
- *questions and answers*

DETAILS: Sunday June 19, 2016 - 2.00pm to 4.00pm

Maclean Bowling Club Auditorium (Light refreshments will be available)

If any queries please contact me on 66454310, or MNHW President Brian Haselum on 66451895

Warren Rackham - Secretary MNHW




Term 2

Monday 6 June - Leah Speirs, Karla Morrison, Cassandra McClelland.
 Monday 13 June - Public Holiday - closed.
 Monday 20 June - Jodi Lane, Nikki Kelso, Kylie Kerr.
 Monday 27 June - Cassandra McClelland, Kay Graham, Karla Morrison.

Please ring Karla (0405638768) or Cassandra (0413044405) if you are unable to work.

We are currently updating our list of volunteers. If you wish to help out could you please let either Karla or Cassandra know.

Next week's class to donate is Years 1/2 - Ms Anderson's. Any baked goods are appreciated but we also would love to see any home grown fruits and salads/vegies as well.

New menu coming soon. Also, we no longer have chicken nuggets or spring rolls available. We do, however, now sell chicken drumsticks - Honey Soy or Seasoned - for \$1.00.

Karla and Cassandra



What is "Healthy?"

Health is the intake of a well-balanced diet that is full of a variety of nutritious foods and water in order to optimise ones wellbeing and support an active and productive lifestyle.

Manufacturers use terms like health, wellness, natural and organic on products to help aid their sales. However these terms can be very misleading. Think about it; biodynamic cane sugar is still sugar, and gourmet Himalayan pink salt is still salt. They are still digested in our bodies the same way and lead to the same health problems when consumed in excess.

So before you get mislead by advertisement with niche appeal, think about the ingredients and what the definition of health really is.

Self- help tips

1. **Up your intake of raw vegetables and fruit** and steam or grill instead of frying.
2. **Wash your hands regularly and thoroughly** using soap and water or an alcohol- based hand cleanser. If you are sick, use disposable tissues and cough or sneeze into a tissue or your elbow.
3. **Stay hydrated**—aim for two litres of water a day.
4. **Stay active** enjoy family walks in the evening or join a Winter sport program.
5. **Reduce your intake of dairy** which can be mucus-forming. Try alternatives such as rice milk, soy or almond milk.
6. **Vitamin D helps** support the immune system and a simple blood test will reveal your levels. You can boost your levels with 20 mins of sun outside danger hours each day.
7. **The body repairs itself while you sleep** so aim for at least 6hrs sleep each night.

MATHS COMPETITION 4

Please complete the attached Maths puzzle by Thursday afternoon for your chance to win a small prize.

Name _____

Date _____

6

MULTIPLICATION – 6 TIMES TABLE SHEET 2



All these questions involve using the 6 times tables to work out these missing multiplication facts.

- | | |
|---------------------------------------|---------------------------------------|
| 1) $6 \times \underline{\quad} = 24$ | 16) $\underline{\quad} \times 6 = 30$ |
| 2) $\underline{\quad} \times 6 = 48$ | 17) $9 \times 6 = \underline{\quad}$ |
| 3) $\underline{\quad} \times 6 = 60$ | 18) $6 \times \underline{\quad} = 0$ |
| 4) $6 \times 7 = \underline{\quad}$ | 19) $\underline{\quad} \times 6 = 36$ |
| 5) $3 \times 6 = \underline{\quad}$ | 20) $8 \times 6 = \underline{\quad}$ |
| 6) $6 \times \underline{\quad} = 36$ | 21) $4 \times 6 = \underline{\quad}$ |
| 7) $\underline{\quad} \times 6 = 6$ | 22) $6 \times \underline{\quad} = 42$ |
| 8) $6 \times \underline{\quad} = 12$ | 23) $\underline{\quad} \times 6 = 30$ |
| 9) $5 \times 6 = \underline{\quad}$ | 24) $6 \times \underline{\quad} = 24$ |
| 10) $10 \times 6 = \underline{\quad}$ | 25) $10 \times 6 = \underline{\quad}$ |
| 11) $\underline{\quad} \times 6 = 18$ | 26) $6 \times \underline{\quad} = 18$ |
| 12) $6 \times \underline{\quad} = 54$ | 27) $\underline{\quad} \times 6 = 54$ |
| 13) $7 \times 6 = \underline{\quad}$ | 28) $6 \times \underline{\quad} = 6$ |
| 14) $6 \times \underline{\quad} = 48$ | 29) $0 \times 6 = \underline{\quad}$ |
| 15) $\underline{\quad} \times 6 = 24$ | 30) $\underline{\quad} \times 6 = 48$ |

Can you re-write these facts as division facts?



Free Math Sheets, Math Games and Math Help

MATH-SALAMANDERS.COM



Parenting ideas

The many faces of independence

By Michael Grose

Adults are the gatekeepers for children's independence. And of course, independence takes many guises including:

1. Self-helps skills

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes

Without realising it, as parents we frequently make choices on our children's behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices. This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents' wishes. In small families parents often know so much about minutiae of children's lives that inevitably we tend to impose greater well-intentioned control over children's decisions.

3. Freedom to explore the neighbourhood

On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today's parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4. Freedom to explore unpredictable and potentially risky environments

Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5. Taking responsibility for your own problems and actions

There's no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids' independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.