



Iluka Public School Newsletter 8

21—27 Charles Street Iluka NSW 2466

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From the Principal's Desk

At the start of the year, the school asks families to please purchase textbooks for their children. Besides excursions the school does not ask for any other money in regards to exercise books and stationery including art materials. As well, the school often subsidises the cost of bus travel. Therefore, I now ask those parents with money owing to at least make a part payment if not full payment. The school is owed well over \$1,000 at the moment.

Principal's News

As part of my role as the Principal of Iluka Public School, last week I had the privilege of sitting down in a 1:1 meeting with the teaching staff. Each interview went for at least 45 minutes. Iluka Public School certainly has a very dedicated team. The teachers understand the important role they have in ensuring that not a day is wasted or to not let an opportunity pass when teaching. As I told them, imagine it was your child in that class! What would you want that teacher to be? Each teacher left my meeting with goals they believe will help them become even more proficient as teachers. The interview certainly helped me get a better understanding of the students in their class.

This week, you as parents get the same opportunity to meet with your child's class teacher. Notes and times are being sent home as to when teachers are making themselves available. Please, take this opportunity. Go and talk for 10 minutes and find out for yourself what your child's teacher is like and perhaps, what you need to do so that we are working in partnership with each other. I invite and welcome everyone to attend what I believe is more important than the Term 2 or Term 4 interviews. Have a great week. Phil

Brief But Important:

- Bev Wall from Community Health will be talking to our infant classes K and 1/2 on the importance of looking after our ears today.
- Harmony Day is recognised at Iluka Public School. On Thursday March 24, all students are asked to bring a plate of food that has its origins from another country, eg lasagne from Italy, rice from Japan. - Students are also asked to bring in their own knife, fork, spoon and plate.
- Whole School Assembly is on this Thursday starting at 12:15pm. Year 4/5 have a small item to present.



Term 1 Events

Thursday March 24
Harmony Day

Easter Break
Good Friday March 25,
Easter Monday
March 28

Friday April 1

Cross Country IPS

Friday April 8
END OF TERM 1

Wed April 27
TERM 2 STARTS

June 22
School Photos

Home Baking For The Canteen

Donations for the
Canteen Monday
April 4 is by Yr.1/2
Parents
(Miss Anderson
class). All donations
will be appreciated
(see canteen notes page 8)

Class News—Week 9 Term 1

K Class News

Sound of the Week- The letter-sound being studied this week is **s**.

Sight Words- Our focus words in class are: **The, the, little, to, We, go, big, and, in, My, Look**

Home Reading- All students have reached the 25 nights of reading and are reaching for the next star of 50 nights. If we stay on track and keep reading our home readers consistently and return them to school on a daily basis, all students should reach 50 nights before the end of term. What an achievement!!! Thank you parents for your assistance and commitment to this vital program.

History-Next term Kindergarten students will be engaged in lessons focussing on personal and family histories. Could the students please bring a family photograph showing their immediate family members to school before the end of term. The students will be talking about their photographs in the first week back after the holidays.

Kindergarten Oral Health Assessment Program- The Northern NSW Local Health District , Oral Health Services has developed a new oral health program for Kindergarten students. **On Tuesday April 5**, a dental/oral health therapist will be visiting our class to conduct a lesson on how to clean teeth correctly and then will be available to provide a free assessment of your child's teeth. Consent Forms will be sent home as soon as they arrive at our school.

Practicum Teacher- This Thursday our class will be having practicum teacher Mrs Sandra Hourigan visiting our class to observe our Literacy session. We welcome this opportunity to assist new teaching professionals.

Reminders:

*Return parent-teacher progress meeting form by tomorrow - **Wednesday March 23**

*Return Cross Country permission note before **Friday April 1**

*Permission note and \$5 per child for the 'Dinosaur Science Show' **before Tuesday April 5**

I would like to wish everyone a happy and safe Easter. Enjoy the break. Lynne

Year 1 Class News

Hello everyone, Week 9 already! The holidays feel like they are just around the corner.

Maclean Show Art - We have been working hard on our artworks and every student will have an item entered into the Maclean Show. This year the show will be held on the school holidays.

Parent Interviews - Last week I sent home a note regarding parent interviews to discuss the progress of your child this year. Please select a number of times and I will endeavour to meet with you at one of your chosen times. If none of the available times are suitable, please speak with me so we can make alternative arrangements. Please have your interview request back to me by tomorrow Wednesday March 23, so that I can send home confirmation slips on Thursday.

Don't forget -

* **Library bags**, homework and home readers are required on **Thursday**.

* **Harmony Day** will also be celebrated on Thursday. Please send in a plate of food to share and if parents can spare some time, volunteers to heat, serve and clean up are needed in the tuckshop.

* **Cross Country and Dinosaur Science** notes need to be returned as soon as possible.

Have a safe and enjoyable Easter break and I look forward to meeting with you next week

Kristy



No Parking over the concrete path in Spenser Street.

PLEASE DO NOT PARK IN THIS AREA.

1/2 Class News

Hello everyone. Welcome to Week 9.
The **'Star of the Week'** is Krystal.

Harmony Day- Don't forget that this Thursday is Harmony Day. We will be celebrating this day by having a multicultural lunch for the students. Each student is required to bring a plate of food to share with the other students in the school. They will also need to bring a plastic plate and utensils to use.

This week- The students will be starting to learn the 11 times tables in our daily practise. The students will learn what 'alliteration' is in DIPL and the rule this week is- *after a short vowel you must use two letters before adding the ending. We will be planning and writing an information report on jelly fish in our writing session. The focus is on verbs and nouns in reading groups this week. Training for cross country will continue.*

Assembly - The whole school assembly will be held on Thursday at 12.15pm.

Parent Interviews- I will be holding interviews in Week 10. These interviews are a great way to catch up for a brief, informal chat regarding your child's progress so far this year. Please inform me of a time that suits you and I will do my best to meet with you at your preferred time. The interviews are scheduled for Tuesday, Wednesday, Thursday and Friday afternoon from 3.30 onwards.

Maclean Show Art- This week we will be completing several pieces of art to be entered into the annual Maclean Show. These pieces include our Autumn paintings, butterfly collages and zebra drawings, all of which look amazing! We will also be creating a piece of computer art this week that will also be entered. Every student will have one piece of art entered into the show.

Home Reading- I am very impressed with the number of students who have been reading every night. Some students are on their way to achieving 50 nights reading this term. That is an excellent effort! Home reading journals will be collected on Thursday this week so I can check them and record the nights every student has read so far.

Homework- Year 2 homework is due on Thursday this week. The majority of students have been handing their completed homework in every week. However, there are a few who have not been doing so. The homework that I give to the students is directly related to what we do in maths and DIPL each week. Therefore it is very important that every student completes the set tasks. It provides them with the valuable opportunity to consolidate what they have been learning about in class.

Cross Country- The permission notes for Cross Country need to be returned as soon as possible.

Dinosaur Science Show- Permission notes and the \$5 payment are required to be made as soon as possible also. Thank you to the parents who have already returned both to me.

I hope you all enjoy your Easter break.

Have a great week.

Stacey

Harmony Day- This Thursday the school will be celebrating Harmony Day by holding a multicultural lunch for all of the students. Each family is required to bring a plate of food to share with the other students in the school. Students will also need to bring a plastic plate and eating utensils to use. I would personally like to thank all of the parents who have kindly offered to assist on the day. Without your support the students would not be able to celebrate this important event.

*** If there are any students who have food allergies or intolerances, could you please let their teacher know immediately.**

Stacey

Yr. 3 Class News

Hi everyone,

Fruit Break: Each morning session between Maths and DIPL we stop for a short fruit break. Could you please ensure your child has an extra piece of fruit in their lunch box each day.

Home work: Apologies for not getting out the homework yesterday. However, it was a great opportunity for students to complete their uncompleted images of heat.

Maclean Show Art: We have been busy working on our artworks. It is going to be tough to decide which art works will be exhibited at this year's show.

Parent Interviews: Last week I sent home a note regarding parent interviews to discuss the progress of your child this year. Please select a number of times and I will endeavour to meet with you at one of your chosen times. If none of the available times are suitable, please speak with me so we can make alternative arrangements. Please have your interview request back to me by tomorrow Wednesday March 23, so that I can send home confirmation slips on Thursday.

Notes: There are still Cross Country and Dinosaur show notes that need to be returned to school as soon as possible.

Cheers Bek

4/5 Class News

Morning all,

Interviews are being organised for Week 10. I would like to arrange a 10-15 minute interview with you in regards to your child's progress to date. I have included available times on the note that went home. Please choose 2 preferred meeting times and return the slip to me. I will confirm the chosen appointment time. If for some reason you require an appointment outside the provided times, please contact the office.

The Maclean Show is on April 12 and 13 2016. Art work will be collected this week. Everyone will have the chance to enter something.

Gardening with Mrs Howard was enjoyed by the Yr 4/5 class on Monday. Thank you Mrs Howard - the students had fun preparing their class garden and trying some herbs directly from the garden. The **annual Cross Country** event will be run on **Friday April 1**. The course is similar to past years starting from the oval near the Bowling Club and finishing in the same area. Our younger students will run on the oval while our older students will run either two (8, 9 and 10 years) or three kilometres (11 and 12 years) along the forest trails. We will walk the children through the course and then run them in their age groups. Preparation at school has begun.

The class has been working on our **times tables**. They will recite the tables at assembly on Thursday.

Have a great week and a safe **Easter**. Cheers John

5/6 Class News

Hello everyone,

It is so nice to have the weather a little cooler. The showers of rain have been great as well.

INTERVIEWS: everyone received a letter last week about an interview with me in the next couple of weeks. I gave numerous options for you to find a suitable time. I need these notes returned by tomorrow so that I can make up a schedule so that everyone knows when they will be meeting with me. It is an informal, catch up chat.

WELL DONE: to Taylor Edie with his anti bullying poster and being recognised by "Inter Relate". We are proud of you and I look forward to hearing about your trip to Sydney.

SPEAKING TOPIC: the children can choose a famous Australian and share with the class the positive impact they have left on our nation. Speaking topics will be presented during weeks 10 & 11.

MACLEAN SHOW ART: is being collected from the class this week to be taken over next Tuesday. Everyone will have the chance to enter something.

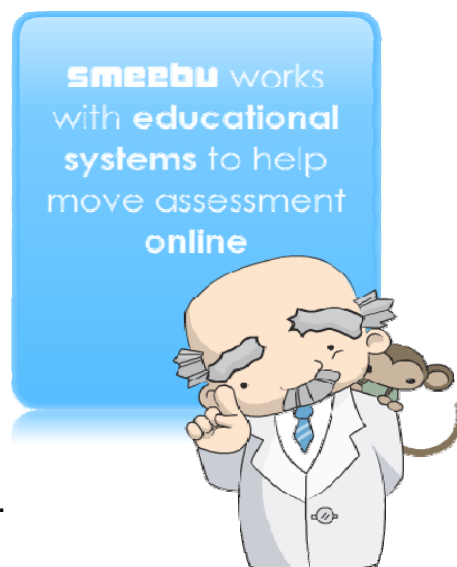
GARDENING: was enjoyed by the Yr 5 students last Monday. The seedlings are going well. The students also did some weeding around the fruit trees. Well done boys and girls.

X COUNTRY: training has been happening every day in preparation for the X Country next week. Have a pleasurable week, Di. PS Don't eat TOO much chocolate!

Library / Technology News

Attention Year 6 Parents - I have sent home a letter regarding interviews for next week. If you could arrange a time that would be greatly appreciated. If these times or dates do not suit you please come and see me in the library and we can discuss other arrangements.

From 2017 the Australian government will begin its roll out of taking NAPLAN from pencil and paper to online assessment. By 2019 all schools and students across Australia will have to sit the NAPLAN as an online assessment. In preparation for this I have researched a great website that allows students to practise NAPLAN style questions online. The website is called smeebu.com and this company work with educational systems to move assessment online. There are a range of practise tests that students can take if they wanted to have a practise at home. It is important to note that this site works best through the use of a chrome or firefox browser.



Library borrowing is going well, however I remind parents that students only get to borrow their books for a week. If they want to extend the borrowing of a particular book I would like them to bring that book back and then I can extend that for them on the computer. As the system is set up for them to borrow a book for a week at a time, if they do not return their book within that timeframe it prevents them from borrowing other books.

Have a good week and an even better Easter long weekend. Matt.

Premier's Reading Challenge

The Premier's Reading Challenge for 2016 has commenced. The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. Students from Kindergarten to Year 2 will read 30 books with their class teacher and Mr Jones when visiting the library. Years 3-6 are required to read 20 books individually, 15 of which must be on the PRC booklist and 5 can be own choice. We have a wide range of PRC books in the school library and families will probably find that a lot of the books on the shelf at home are also PRC books. Keep an eye out for the book club brochure early next term as Scholastic promotes many PRC books too. Students have been given a copy of the reading log to keep track of the books read. Alternatively, they can use their school username and password and record their log online. The Challenge runs until August 19. For more information, such as booklists please visit the website www.premiersreadingchallenge.nsw.edu.au or see Mrs Gardner.



Health Lunch Campaign

Handy Hints for a Healthy Easter:

- ♦ Arrange an old fashion treasure hunt for a few Easter eggs. This will be an active adventure for your children and add to the excitement of Easter. There are some great ideas on line or make your own!
- ♦ Start the day with a healthy breakfast. An Easter themed fruit platter. Traffic Light eggs on toast or a fruit filled hot cross bun all make great alternatives to chocolate.
- ♦ Last year Aussies ate 125 million Easter treats, many of which were eaten before Easter holidays began. Make Easter a one day event this year and reduce the number of eggs the bunny leaves.
- ♦ For more ideas search - Healthy Easter Ideas on line.

Happy Easter - Jo Haupt



School Banking

There will be no school banking this Friday due to the Easter Break

SPELLING COMPETITION 2

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



Acrostic Poems

An acrostic poem uses the letters in a topic word to begin each line. All the lines in the poem relate to the topic.

Read the acrostic poem, *Beach*.

Bright blue water
Ebbs and flows
Across the hot sand
Creating cool little pools
Hot feet paddle there

Now write your own acrostic poem on a topic of your choice. Remember to write your topic word vertically first. Then write lines about the topic using each of the topic letters—just like the sample poem. When you have finished your poem, illustrate it.

Canteen

March 21 - Tanya Williams, Leah Speirs, Kylie Kerr, Jodie Pakoti

March 28 - Easter Monday

April 4 - Cassandra McClelland, Kay Graham, Danielle Bryan, Dec Dunn

please ring Tanya on 0431 435 343, if you are unable to work.

HOME BAKING: Each week we are asking one class to provide some home baking to sell in the Canteen. Monday April 4 we are asking Year 1/2 parents to provide some small cakes, slices, etc. All donations will be

**2016 MACLEAN SHOW
EVENT PROGRAM**
12TH & 13TH APRIL
Wednesday 13th

- 5.30pm Whip Cracking
- 6.00pm Official Opening and Junior & Senior Showgirl Announced
- 6.30pm Woodchopping (old beef cattle ring)
- 6.30pm Agility Dogs in the Main Ring
- 7.00pm Rebecca Spears Dance Group
- 7.20pm Maclean High School Choir
- 7.30pm Final Round Youth Farmers Challenge (heats will be held during the day)
- 8.00pm Man From Snowy River
- 8.30pm Fireworks
- 8.45pm Demolition Derby

(Times may alter slightly)

You can find us on Facebook



School Holidays
Acrobatic + Hip Hop Workshop

Boys and Girls Welcome
Bring lunch, snacks and a drink



Wednesday 13th April

9:30 - 10:30 age 2-5 **\$15**

10:30 - 2:00 age 6-18 **\$40**

Raymond Laurie Sports Centre 78 Angourie Road



Wednesday 20th April

9:30 - 10:30 age 2-5 **\$15**

10:30 - 2:00 age 6-18 **\$40**

Iluka Community Hall 54 Spencer Street

Bookings essential.

Contact Mallika on 0403208729 or Lauren on 0431082667



ILUKA FOOTBALL CLUB

CURRENTLY TAKING REGISTRATIONS FOR
THE 2016 SEASON

UNDER 6'S, UNDER 7'S, UNDER 8'S, UNDER 9'S

Interested players and parents can register at the Iluka
Football Club Shed this Wednesday from 4 pm

For further information please contact Club Secretary
Ken on 0416 553 125

Colin Thompson author visit

Popular local children's author [Colin Thompson](#), will talk about his books and ideas



WHERE: Iluka Library, Duke St & Micalo St, Iluka
WHEN: 13th April at 2.00pm
PRICE: Free



Parenting *ideas*

Is your child sleep-deprived?

By Michael Grose

Many children today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practices what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1 Regular bed-times Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2 Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3 An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.

4 Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.

5 Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens:

1 Allow them to catch up on lost sleep during the weekends.

2 Help your young person schedule their after school activities to free up more time for rest.

3 Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.

4 Afternoon naps are good ways to recharge their batteries.

5 Make sure they go to bed early each Sunday night to prepare for the coming week.



KID'S CLUB ILUKA

WHO'S YOUR SUPERHERO ?



movies

music

prizes

drinks



games

snacks

craft

And lots more



When: 11th & 12th April
Time: 9.30am - 12 noon
Where: St Peter's Anglican Church,
Charles St Iluka
Who: 5 to 12 year olds,
Boys and Girls
Cost: Gold Coin per child per day

More information ???
please phone Sister Lyn on mobile: 0412 966458

