FROM THE PRINCIPAL

Dear Parents,

The last couple of weeks have been eventful and we have multiple congratulations to share. Firstly, we had 2 of our students gain places at the Multicultural Speaking Competition in Lismore. Twelve students competed in each of the junior and senior sections. We share in the success of our representatives who all performed extremely well – Lilliana Iaconis, Ava Barber, Mia Iaconis and India Folkes. Special congratulations go to Ava who came third in the junior section and Mia who achieved 2nd place in the senior section. The debating continues as our team travels to Bangalow to finish the rounds this Wednesday.

Most of you would also know that we hosted 3 other schools to begin the rounds in the Premier’s Debating Challenge. Schools that participated last Friday were Mullumbimby, Brunswick Heads, Southern Cross and Fernleigh. Of our 2 debates, we won one and congratulations go to Liam, Mia, Ayla and India. They performed brilliantly. It can feel like quite a daunting task to speak in front of others, and they ‘took it in their stride’. Great teamwork!

Many thanks to Vince and Eliza Iaconis who organized the P&C BBQ lunch for all the students, Cathy Jupp and Ms Austin who provided some additional treats for our students and those visiting.

Tomorrow, our whole school will be attending the Dorroughby Field Studies Centre as part of our Environmental studies on sustainability. The buses will be leaving at 9am, so all students need to be at school early tomorrow so that we can leave on time. Students may wear casual clothing with closed in shoes (joggers – no ugh boots please … at any time). Our children have been asked to bring a low waste lunch. Please take a look at the information attached to the newsletter about this, as it may help you work out what to send (if possible).

End of Semester 1 Reports went home last Friday. If you would like to discuss your child’s report with any of the relevant teachers, please contact the school to make an appointment suitable to all.

We’ve had a number of students without jumpers again in the last couple of weeks. Please ensure your child has a jumper in their bag, even if the weather looks nice. We do not always have enough spares to share when the weather changes. 2 students have also had jumpers/jackets go missing and it’s very easy for them to be taken home accidentally. Please check your child’s jacket/jumper for any that may be named as Edith or Arabella and please return any items that you find aren’t your child’s. All school clothing should be named in order to return any lost items.

Dates to Remember in 2015

TERM 2

JUNE
23rd Dorroughby Excursion K-6
25th NAIDOC Week
24th After School Sport, 5/6 Debating - Bangalow PS
26th Assembly 2.30pm
26th Last Day Term 2

JULY
15th Staff Development
14th Students Return
17th NORPA – 26 Storey Tree House

After School Sport & Student Banking – Wednesday
Munch and Sip - Every Day
Office Days – Monday, Wednesday, 2nd Friday. Dates and times may change

BELL TIMES
9.30am - Class
10.30am - Fruit break
11.40am–12.25am-Lunch
2pm – 2.30pm-Afternoon Tea
3.30pm - Home
Next week is the official week for **NAIDOC week**. As part of the celebrations our school is involved in some local displays of work at Ballina Fair, and in River Street this week and next.

Our 1st semester ends this Friday with our **end of Term 2 Assembly at 2:30pm**. Please feel free to join us if you can. Come and take a look at some of our achievements this term and to congratulate all our students on their work.

**Have a safe and happy holiday. School returns on Tuesday 14**th **July.**

Dawn Douglas
Principal
Challenging Play - Risky!

Children both need and want to take risks in order to explore their limits, venture into new experiences and for their development. Any injury is distressing for children and those who care for them, but the experience of minor injuries is a universal part of childhood and has a positive role in child development. An ideal environment allows for developing and testing skills in safe, creative play. Children need opportunities to:

- Develop skills in negotiating the environment (including risks);
- Learn how to use equipment safely and for its designed purpose;
- Develop coordination and orientation skills;
- Take acceptable risks; and
- Learn about the consequences (positive/negative) of risk taking.

Risk does not always have a negative outcome. Many positives can come from taking risks. Therefore, it can be helpful to think as risk being divided into two components:

A CHALLENGE: something obvious to the child where he/she can determine their ability and decide whether to take that risk

A HAZARD: something unseen or not obvious to the child that often results in injury!

Both are Risks

Managing risk and challenge

Effective risk assessment and management requires:

- Distinguishing between acceptable and unacceptable risks including:
  - The likelihood of coming to harm;
  - The severity of that harm; and
  - The benefits, rewards or outcomes of the activity.
- Observing the children and identifying those who need greater challenge or specific support
- Establishing and displaying expectations for behaviour
- Actively encourage children to assess risks and possible consequences
- Establish a systematic maintenance program

Benefits of Risk Taking

When considering the benefits, rewards or outcomes of the activity you may include the following:

- Pleasure
- Development of self-confidence and well-being
- Engagement with the natural environment and natural elements
- Learning through experience
- Mixing between different age ranges

By weighing up the positives as well as the negatives of a risk in a playground, providers are more likely to be able to provide for managed risk which is engaging, developmentally appropriate and beneficial for children of all ages.


Social Activities in Tintenbar - July 2015

TINCAN (Tintenbar Community Aid Network) runs a series of social activities at the Tintenbar Hall. The dates for upcoming activities at Tintenbar Hall are as follows:

SCRABBLE: Thursday 10ls -12noon, July 9th and 23rd

CARPET BOWLS: Friday 10am -12noon, July 3rd, 17th and 31st

SHOPPING BUS: From home, starts pickup at 9am Wednesdays, July 2nd, 16th and 30th. Goes CBD and Ballina Fair- (there is a small charge for bus)

Contact Marg on 6687 8033 for more information.

Working on timelines

These advertisements are accepted in good faith and the school does not vet them. Parents are advised to request further information or credentials if they seek product use or participation in the activity.
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPads mini Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo2, Headphones
- 200 x $50 Booktopia Gift Vouchers

Help the Dollarmites activate the Prize Portal for a chance to win

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3, and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note: students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

Win books for your school library

We're also giving schools participating in the School Banking program a chance to win one of 15 sets of children's books for their school library, valued at $250 each.

For more information, visit commbank.com.au/prizeportal

Things to know before you save:
- Conditions apply, see commbank.com.au/prizeportal.
- Promotions ended 31 Jan 2016 and 11 Apr 2015.
- Student Enrolment Entry is completed (lower case letters: entry(s) or entry(ies)) or a term (e.g.: 1st, 2nd, etc.) has been completed.
- For full terms and conditions, see commbank.com.au/prizeportal.
- If the prize is a $10,000 cash prize, SDA will pay a maximum of $5,000 plus $5,000 in School Banking deposits awarded to the school's nominated charity.
- To enter the Prize Portal, students must make at least 3 School Banking deposits by the end of Term 3.
- To register for the Prize Portal, students must be enrolled in the School Banking Program. For full terms and conditions, see commbank.com.au/prizeportal.
- For full terms and conditions, see commbank.com.au/prizeportal.
- All checks are final.

The BIG VEGIE CRUNCH

Less than half of kids eat 5 serves of veg each day

Most kids eat 2 serves of fruit each day

Our aim is to set a record for the most children eating vegetables at one time... 11am on the 27th August

THE DETAILS

When: 27th August 2015
Where: your school
Time: 11am
How to get involved: to register your school’s interest, go to http://www.surveymonkey.com/r/7XUKQ7

For more information contact Northern NSW Health Promotion
Officer Kate Collins on kate.collins@nsw.health.nsw.gov.au

Join our record attempt and get your school involved in the Big Veggie Crunch 2015!
Low Waste Lunches are a great way to get young people to begin to think about “Rubbish” or “Waste” and what they are throwing in the bin.

“Rubbish” is actually made from valuable resources, for example paper is made from trees, plastics are made from crude oil, coal and natural gas. It takes a lot of water, raw materials and energy to make “Rubbish”, so it’s important to try and AVOID, REDUCE, REUSE and RECYCLE wherever possible.

All of us throw things out everyday without considering the environmental impact of what we are doing. Packing a low waste lunch is easy. Here’s how…….

Low Waste Lunches AVOID:
• Plastic wrap and foil
• Disposable items like plates knives and forks
• Paper lunch wrap
• “Gimmicky” packaged items e.g. chips, biscuits, small yoghurts, individually wrapped serves of food

Low Waste Lunches REUSE:
• Use re-useable containers that can be washed out
• Use a re-usable drink bottle which can be used many times
• Use recyclable and/or compostable packaging over disposable packaging (e.g. Plastic wrap)
• Cheese and biscuits or yoghurt which are taken from larger containers and repacked into a re-useable smaller container will avoid extra packaging waste and ensure that your child can reseal the food if needed
• Are often much healthier. They can encourage children to eat more fresh food packed in suitable quantities, instead of eating “gimmicky” snack foods.
# A Low Waste Lunch Comparison

<table>
<thead>
<tr>
<th>Lunch Box 1</th>
<th>Lunch Box 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low waste lunch</strong></td>
<td><strong>Waste-ful lunch</strong></td>
</tr>
<tr>
<td>Sandwich</td>
<td>Sandwich</td>
</tr>
<tr>
<td>(cloth serviette/reusable container)</td>
<td>(wrapped in plastic wrap)</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>Yoghurt</td>
</tr>
<tr>
<td>(from 2 kg tub in re-useable container)</td>
<td>(60g disposable container)</td>
</tr>
<tr>
<td>Sultanas</td>
<td>Sultanas</td>
</tr>
<tr>
<td>(from 250g packet in re-useable container)</td>
<td>(15g disposable box)</td>
</tr>
<tr>
<td>Piece of fruit/cut up</td>
<td>Packet of chips/muesli bar</td>
</tr>
<tr>
<td>(scraps can go in the compost or worm farm)</td>
<td>(in non-recyclable packaging)</td>
</tr>
<tr>
<td>Cheese &amp; Crackers</td>
<td>Cheese &amp; Crackers</td>
</tr>
<tr>
<td>(in re-useable container)</td>
<td>(individual serve in disposable container)</td>
</tr>
<tr>
<td>Juice or water</td>
<td>Popper style drink</td>
</tr>
<tr>
<td>(In a re-useable drink bottle)</td>
<td>(125ml disposable pack)</td>
</tr>
</tbody>
</table>

**What you throw out:**
- **Nothing!!**
- All containers are taken home, washed & re-used.

**What you throw out:** 10 items
- i) Plastic wrap (1)
- ii) Yoghurt container (2)
- iii) Sultana box (1)
- iv) Chip packet/muesli packet (1)
- v) Plastic individual serve pack (2)
- v) Popper pack (3)

As well as minimising waste, the low waste lunch option costs less because items are bought in larger (bulk) quantities rather than individual serves.

*Thank you to Mullumbimby Community Preschool for this example.*

Recycling and Waste Education for the Northern Rivers Councils.