Pacey who took out the overall individual championship for their respective age group and were awarded the most outstanding female and male athlete on the day. Results from the carnival are as follows:

- **800m** – Zac Pacey 2nd, Reese Russell 2nd, Jesse Ross 2nd
- **200m** - Zac Pacey 1st, Kiara Blunden 2nd, Jesse Ross 1st, Bayden Fritz 1st
- **100m Final** – Jason Wallace 3rd, Jordan Hartman 3rd, Reese Russell 3rd, Zac Pacey 1st, Jesse Ross 1st, Bayden Fritz 1st
- **Long Jump** - Zac Pacey 2nd, Jesse Ross 1st, Reese Russell 3rd
- **High Jump** - Zac Pacey 3rd, Cate Duroux 2nd, Reese Russell 1st
- **Shot Put** – Johen Connor 1st, Kayne Pacey 3rd
- **Discuss** - Krystelle Lentfer 1st, Reese Russell 2nd, Zac Pacey 2nd, Mandaway Bell 2nd
- **Senior Girl Relay** – 1st
- **Junior Girls Relay** – 2nd

On Thursday 24th July we will be holding a special Athletics assembly at 1:00pm to hand out ribbons and trophies from last term’s carnival.

Our first school assembly will be held on Friday 25th July at 9:10am
in the hall, Kindergarten will be presenting an item on the day and parents/carers and community members are invited to come along.

SCHOOL UNIFORM

Now that winter is well and truly upon us a number of multi coloured jumpers, tracksuit pants and jackets have started to appear. It is important that students do their best to wear their school uniform each and every day they attend school. The office has jumpers, tracksuit pants and jackets for sale. As a community we have been working hard on the image of our school and it is important that we are seen to be setting and maintaining high standards for ourselves and our students and students wearing uniform is just one way to achieve that.

INFORMATION ON SOCIAL MEDIA ABUSE

Social media plays a big part in many people's lives these days both for parents/carers and students. Although these sites are a great means of communication, we all know of instances where unwanted and sometimes inappropriate communication has occurred. It is important that people know how to deal with this should it arise. There are a number of website that provide advice on dealing with online abuse. Cybersmart (http://www.cybersmart.gov.au/) is an Australian Government sponsored site that provides information for parents/carers and students on ways to deal with issues if and when they arise.

YOU CAN DO IT

You Can Do It – Organisation

On Monday you received your information about our next focus for You Can Do It which is ‘Organisation’. Please look at it carefully and keep it for reference for the coming years.

As part of our current focus on organisation we are looking at goal setting. To be successful in life we must set realistic long term goals then map out a plan of how we are going to achieve it. Students will be engaging in personal goal setting and creating daily action plans so they can successfully achieve them. Planning your time effectively is important to achieving goals and therefore being successful.

TOUCH FOOTBALL GALA DAY

Parents and carers of students attending the Touch Football Gala day in Coffs Harbour on Friday 25th July are reminded that notes and money are due in by Wednesday 23rd July.
THOUGHT FOR THE WEEK

We often hear people say it takes courage to stand up for what you believe in and that’s very true. Here is a different take on that quote from a man who lived through one of the most difficult times in human history.

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen”. Winston Churchill

FATHER’S DAY STALL

A Father’s Day stall will be held on Thursday 28th August. Any donations of presents for the stall would be greatly appreciated. Donations can be left at the front office.

SCHOOL PHOTOS

A reminder that school photos are on Tuesday 5th August. Every student should have received their envelope to order photos. Please have the correct money in the envelope and return to school on or before 5th August. Please note that the office will not have change for photos on the day. Please return the envelope even if you are not ordering photos and also ensure that students are in their correct uniform including white socks.

LIVE LIFE WELL

Here are some helpful hints from Live Life Well.

How to S-t-r-e-t-c-h the Food Dollar AND Eat Healthy

Vegetables: Fresh, in season are usually the best buy, however, frozen vegetables can be more economical at certain times of year and are always convenient with little waste, it’s good to keep some in the freezer.

For maximum nutrition; when preparing fresh vegies: minimise the chopping and cutting, clean skins rather than peeling, don’t soak your vegies and try not to overcook.

Meat, chicken, fish: When you’re buying, compare cost per serving rather than per kilogram as sometimes a moderately priced protein with little or no waste may be more economical than a very cheap one with more gristle, bone or fat. Cheaper cuts are just as nutritious but may need different preparation methods for maximum deliciousness! Using legumes such as lentils, peas and beans (cans are quick) will extend most stews and casseroles; maintain protein content and increasing fibre.
Planning My Time
... leads to organisation and trying hard to be successful

Planning Time Poorly
... leads to being disorganised and avoiding responsibility