LIFE EDUCATION

This week the Life Education Van will be visiting on Thursday and Friday. Life Education is a great program that teaches students about the importance of staying healthy and making good life choices. This year the school will meet the costs involved for participating in the Life Education program. If any parents/carers have concerns about their child participating in the Life Education program they are asked to please contact the front office.

P&C DONATION OF BOOKS

On behalf of the students, staff and community I would like to thank our small but dedicated P&C and canteen committee who have purchased $500 dollars of new books to go into the Library from funds raised from the last two special canteen days. These books will be a great asset to the school and will be available for all students to enjoy.

CROSS COUNTRY

Congratulations to Zac Pacey on his recent performances in the Mid North Coast Cross Country and the North Coast Cross Country. This is the third successive year that Zac has participated in the North Coast event and this year he placed 10th in his age division which is an excellent achievement.

SCHOOL PHOTOS AND UNIFORM

All those parents/carers who ordered photos should have received them last week. I would like to congratulate all the students and their families for their presentation in the photos, the students look wonderful in their uniforms. Families are reminded that uniforms can be purchased from the front office, including school jackets and tracksuit pants for those cold mornings. Girls are reminded that black leggings are not part of the school uniform. Girls are also asked to refrain from wearing any makeup to school.

RECONCILIATION WEEK

Well done to the classes and students for your work during reconciliation Week. Thank you to Mr Duroux for welcoming everyone to his country of Gumbaynggirr and congratulations to the students on their great work on the sea of hands, it looked great.

CINDERELLA PERFORMANCE

Thank you to those families that have returned their Cinderella notes, there are places still available for Year 3 to 6 students at a cost of $6 per student. This is a great opportunity to experience live music and theatre presented by the Australian Opera Company. The closing date for notes and money is Friday 19th June, after that date all unallocated tickets will be offered.
to the other schools that are also attending the performance.

HEART FOUNDATION JUMP-OFF

Our annual Jump-Off is set for Thursday 18th June. Thank you to all those students who have been hard at work finding sponsors for this year’s event. A reminder to all parents/carers that all sponsorship forms and money need to be returned to school by the due date, regardless of how many sponsors or how much money has been collected. Any students who bring in money after the due date will not be eligible for the thank you prizes.

BOOKS IN HOMES

This year the Newcastle Permanent Building Societies Charitable Foundation is sponsoring our participation in the “Books in Homes Program”. As part of that program children will receive their first round of books at a special assembly on Thursday 18th June, commencing at 9:30am in the hall. All parents/carers and community members are invited to attend. The special guest at the assembly will be Jules Faber who is the current president of the Australian Cartoonists Association. He is a cartoonist, as well as a children’s book illustrator and is currently illustrating a series of books for Anh Do.

SCHOOL REPORTS

Parents/carers are reminded that end of Semester reports will be sent home towards the end of the final week of this term. It is anticipated that we will hold parent/teacher interviews early in term three. All parents/carers are invited to make a time to discuss the report and the progress of their child. More information regarding the date and time will be sent home at the beginning of term three.

YOU CAN DO IT - CONFIDENCE

What To Say To Encourage Confident Behaviour:

- Well done for trying something new.
- That wasn’t easy to do but you did it.
- You’re not afraid to try something new.
- You had a confident voice when you spoke.
- That took confidence to do that by yourself.
- You did not get too upset when you made a mistake, well done.
- You were not afraid to have a go, great effort.
- You looked confident doing that.
THOUGHT FOR THE WEEK

“When something is done, its done. Don't look back, look forward and work towards achieving your goals”. - Unknown

CANTEEN ROSTER AND NEW ADDITIONS TO MENU

Monday 15th June: Wayne Burke and Sharen Bagster
Tuesday 16th June: Natalie Bullock

Cheese and vegemite scrolls are now available at the canteen for 20c each and muffins are available for 50c each. Thank you to our canteen volunteers for adding these new items to our menu.

OTITIS MEDIA AWARENESS DAY

Worried about your child’s hearing?
Have they had lots of colds and ear infections?
Do they seem like they are ignoring you?
Then come along to Otitis Media Awareness Day
Thursday 18th June
Grafton Shopping World
10am – 5pm
FREE
Ear Health Checks for Children (0 – 18 years)
No Appointment Necessary
Each ear check will take approximately 5 minutes
The simplest way

...to get your kids eating more fruit and veg.

Fruit and veg are one of the most important parts of a healthy diet. They’re full of nutrients, fibre and vitamins – and should be part of every meal. If you have a fussy eater, try:

- **Cutting fruit and veg into small pieces** – some kids prefer their food in smaller pieces
- **Serving raw vegies** – young children often prefer raw to cooked vegies
- **Being patient** – kids take an average of eight times to try something new!
- **Be a role model** – children like to copy their parents, so make sure you’re eating plenty of fruit and veg
- **Get your kids involved** – ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

*Remember! Aim for two serves of fruit, and five serves of vegetables – every day!*

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don’t eat enough of either, particularly veg.

Try to add fruit and veg to every meal:

- Add chopped bananas or strawberries to your brekky cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch

*Remember! Aim for two serves of fruit, and five serves of vegetables – every day!*

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
What's On

Camellia Cottage 3 Camellia Way South Grafton NSW 2460

Email: camelliacottage@tpg.com.au    Phone: 02 6643 1566

A WEEK AT A GLANCE - Cottage activity guide for your fridge door.

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EVERY 2ND MONDAY WOMEN GROUP

KIDS CLUB 3PM TO 5PM

HOME WORK CLUB 3PM TO 5PM

9/7/15 OPEN DAY AT CAMELLIA COTTAGE TIME 10AM TO

Youth move night in
At camellia cottage
Time 6pm to 9 pm

YOUTH MOVIE NIGHT 12/6/15
6PM TO 9 PM
1/7/15
WE HAVE TENANTS MEETING
YOUS ARE WELCOME TO COME ALONG 10AM

FOOD CARE

Wed, Thu, Fri, - 9 am to 1 pm.
G.I. Shopping Centre,
Arimdale Road, South Grafton
* Affordable food for those on low in-
comes*

Women's group here fortnightly Every 2nd Monday

Drugs and Alcohol Free

Level up is here every Wednesday 3pm
Help with reading
Kids form 5 to 8

Believe you can and your halfway there