**Principal’s News**

**Northern Rivers Athletics – Lismore Friday 14th August**

Congratulations to all those students who have qualified to participate in Lismore. I am sure that you will try your best and have a great day. Remember to report to your Team Manager, Mr Wayne Farlow upon arrival and when leaving.

**Milo in2cricket skills program**

We have a development officer, Tiffany Hodson, visiting our school over the next 4 weeks. Miss Hodson will commence the skills development program tomorrow. Please return the permission note.

**Maclean High School Orientation Day**

Tomorrow: Wednesday 12th August Year 6 will be visiting Maclean High, please return permission notes.

**Premiers Spelling Bee**

We had our school competition today. Congratulations to ALL students who stood up and had a go! Palmers Island representatives will compete in the regional competition in Alstonville on the 15th September.

**Westpac Life Saver Rescue Helicopter – Rescue Day appeal**

Friday, 14th August, Wear red and yellow! Please donate to this worthy cause. Encourage other family members in the community to donate too! Colouring-in competition closes Thursday. Winners announced Friday.

**Table 12:00 – 1:25pm. Parents are welcome to join in the fun!**

**Fabric**

Fabric is a behaviour Specialist Centre based on the Gold Coast. Parents are invited to participate in a Webinar, at school, entitled “Changing Behaviour” presented by Tanya Curtis. The course aims to support people to first understand why people use certain behaviours and with this information support positive behaviour change in self and other people. The course is $125. Would interested people please contact myself or the office for more information.

**Excursions**

Thanks you to those parents who have paid or made part payments for excursions. Initial Permission Notes for K/1/2 and 3/4 are being sent home today. Excursions: all students will be involved in their school excursions in Term 4, Week 4. Could parents please be aware of these dates and begin to make payments to the office. Full notes will be sent out in Term 3. 5/6 – Brisbane – 26th – 29th October - $450 3/4 – Cofts Harbour – 27th – 29th October - $190 K/1/2 – Macadamia Castle – 29th October - $30

Kind Regards

Kathy Hardaker

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**Congratulations to our Students of the Week!**

1. [Image of a student]

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**SCHOOL PERFORMANCE UPDATE**

**Tickets** - This year the school performance is on at the Civic Hall in Maclean. Each family will be given two tickets next Monday (17/8/15). If you are wanting more than this amount they will go on sale for $5 per ticket from the front office the following Monday (24/8/15). The tickets available for sale are on a ‘best in best dressed’ system, so get in fast! If you are not going to use your allocated two tickets please hand them back to the office as we will happily sell them on.

**Sewing day** - We have a ‘Sewing Day’ happening this Wednesday in the Year 4/5/6 classroom so come an join if you have any free time. We also use glue guns so don't be concerned if you can't sew :-(

**Performance Details for the Night**

Wednesday 9th September 2015
Students to arrive at 5:15pm
BBQ starts 5.15pm
Doors open 6.00pm
Show starts 6.30pm
INTERMISSION
Show finishes 8.30pm
Venue: Maclean Civic Hall River Street, Maclean

**IMPORTANT—Permission Notes**

It is important that all Permission Notes be signed and returned to the School Office in a timely manner. It is an unreasonable expectation for the school to be calling Parents to follow up. Your cooperation is appreciated.

**LIVE LIFE WELL**

Eat fresh snacks and select healthier alternatives

Healthy snacks help children and young people meet their daily nutritional needs. Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices. Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

**ARCO**

‘The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education’. Martin Luther King, Jr.
How to Make Play dough by Amelia

Ingredients
4 cups of flour
1 cup of salt
2 teaspoons of cream of tartar
1 tablespoon oil
food colouring
2 cups hot water
glitter

Steps
1. Get a large bowl and put flour in.
2. Add salt.
3. Then add hot water.
4. Add a little bit of food colouring and some glitter.
5. Add cream of tarter and oil.
6. Mix and add water or flour until the play dough is soft and firm.
7. Play!!!