From The Principal’s Desk

Sportsmanship & Helpfulness
These are the latest two values we have been focussing on with your children over the past fortnight. In the sportsmanship bundle we’ve included playing fair (ie. taking turns, sticking to the rules), including others, and recognising achievement.

One of the great things about sport, especially team sports, is the way it prepares you for life. Those feelings of inclusion and doing your best to help the team achieve its best are skills that will stick with you for life. It’s no coincidence that many successful people in life have sport participation at the heart of their development – not necessarily top-of-the-line sport but general just being involved participation – having a go.

When we talk about helpfulness we’re looking at how we all make each other’s lives easier than they otherwise would be. Helping a classmate with a maths problem or relaying an instruction they may have missed from the teacher, doing the things the teacher asks, keeping the playground neat and tidy, volunteering for jobs around the place are all examples of helpfulness.

Art Experiences
Our year 5 students headed off this week to the Kingscliff High School where they were given the opportunity to have a go at many of the different forms of art that exist at Kingy High. The kids thoroughly enjoyed the experience and had their first taste of what life will be like for them at their local Public High School. They enjoyed the day and had many of their fears/worries about heading off to high school dispelled. There will be more activities for them to interact with their high school as the next 18 months slip past.

Tuneful Recorders
Mrs Turrell’s talented band of recorder players wowed last week’s assembly with their skills. From all accounts the audience was highly impressed. I’m sorry I missed their playing as I had to attend a meeting in Sydney (State PSSA) but I intend to catch up with them before they trek off to Sydney at the end of this term.

The work they have done to get to their current level shows a great degree of determination and a commitment to continue to improve. Well done Mrs Turrell and your band.

New Subdivision
Last night’s meeting of the Cudgen Progress Association attracted a large crowd including our Mayor. The topic of conversation was the new subdivision planned for the block immediately north of the school. There was a general acknowledgement that the planned works will go ahead. However, many concerns were raised by those present mainly around the potential congestion of Collier Street both during construction and when the subdivision is completed. The continued safety of our students was a big issue.

There are road works planned for Collier Street commencing in August but exactly what these are no one was certain. It is supposed to lead easier traffic flow. The Mayor has said he will email me copies of planned works so we can be ready when they happen. Once I get these plans I will make them available for anyone who would like a copy.

NAPLAN
Well this year’s NAPLAN has come and gone without any hiccups at Cudgen. The kids had a go, did their best as they always do and now we just wait until term 3 or 4 to see how they went. As I mentioned last newsletter, I’ll be more interested in how the school compares as a whole and what trends we find in the data that can help us perform better, as a school, in the future. Individual results are at best a guide to how your child’s going and should not have too much importance placed on them.

Sports Report …
Cross Country
The local Tweed District Cross Country was held on Thursday the 8th of May. Most of our team really stretched themselves and managed to run at least up their ability. They had a go. Whilst not dominating the day we had a sprinkling of athletes who managed to dig deep and have made their way onto the District team to compete at this week’s Far North Coast District event. We wish them well.

Have a great week.

Mick Channells

Claim the Date

May
21  P&C Meeting 6.30pm
23  FNC Cross Country-Bangalow
26  Recorder Group-Murwillumbah
27  Rugby League Gala Day
28  KHS Reference Test 1.30pm

State of Origin 1
29  Community Health Screening
30  Community Health Screening

Assembly – 3PH

June
2   Art Smart
5   Netball Gala Day

Hall of Frames

Text book levy and school contribution due now.
$70 per student.
Can be paid off in instalments.
1S has been doing a unit of work on Tolerance and Diversity. We listened to Louis Armstrong “What a Wonderful World” and using our visual Literacy Skills we created album covers that use pictures to tell the story of the song.
P & C NEWS

We've had a really busy start to Term 2 with the Cross Country Carnival and Mothers Day. The weather was fantastic for cross country and the smell of the BBQ wafting over the track kept the kids running all afternoon! Thank you to all of the volunteers for helping out on the day cooking, selling food and drinks. The Mothers Day Stall was also a huge success, with every child given the opportunity to buy something lovely to take home already gift wrapped. Thank you once again for all of your beautiful donations and to the volunteers who gave up a couple of hours to sell and wrap on the day. It was wonderful to see the kids so happy and excited about their chosen gift - we hope the recipients loved them just as much! The money raised from both of these events is banked by the P&C and put back into the school.

Our next P&C meeting is this Wednesday night at 6.30pm in the staff room. We'll be starting to discuss the Fete, so if you have any ideas or suggestions, please come along. Everyone is welcome!

Thanks for your support
Cudgen Primary P&C Committee

Uniform Shop

Open Wednesday Mornings
Polo Shirts $35  Shorts $30  Skirts $40
Jacket $35  Track Pants $25  Hat $15
Socks $6

School Health Nurse Visit

The School Health Nurse will be visiting the school on Thursday 29th and Friday 30th May. Children will only be seen on a referral basis from parents, carers and teachers who have a major health concern with a child, eg. vision, hearing, speech etc. If you have a concern, please obtain and return a consent form to the school office as soon as possible. Please, no general health checks.

Canteen Roster

Friday 23/5  Trish MacFarlane/Tracey McCarthy
Monday 26/5  Clair Maiden/Mandy Chapman
Friday 30/5  Sharyn Logan/Liz McKnight/Jacqui McCoy
Monday 2/6  Lisa Cavan/Josie Brown

4 reasons to send snow peas for Crunch&Sip
1. Kids love their crunchy texture and sweet flavour
2. They are a source of iron, protein and potassium
3. They don't bruise easily
4. They make an exciting change for Crunch&Sip

Nutrition Snippet

The simplest way to make Australia’s Biggest Morning Tea healthy!

Diet & Muscle Slices

Ingredients
- Olive or canola oil spray
- 2 medium apples, skin on, core removed, coarsely grated
- 1/2 cup water
- 1/4 cup margarine
- 2 cups dates, seeded
- 2 cups natural museli
- 1/4 cup plain flour
- 1/4 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method
- Preheat oven to 180°C (160°C fan forced). Lightly spray a slice tin (approx. 25x25cm) with oil. Add apple, water, margarine and dates to a small saucepan and bring to the boil. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft.
- Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency. Meanwhile, place museli in a large frying pan. Stir over low heat until lightly browned. Sift flour into a large bowl, returning husk remaining in the sieve to the bowl. Add cinnamon and museli to the flour and mix to combine. Stir into the date mixture then spoon into prepared tin. Bake for 20 minutes until firm. Cool in tin before cutting.

For more information visit www.eatittoBeatIt.com.au
or join us at facebook.com/eatittoBeatIt

Cancer Council

Eat It To Beat It