Dear Parents/Guardians

Thank you
I’d like to start this week’s newsletter by thanking Mrs Phillips for her work as Relieving Principal whilst several staff were away last week. Mrs Phillips did a great job with some wonderful support from a great staff.

School Uniform
The recent cold snap – surprisingly enough coinciding with the start of winter – has seen many students arrive at school in a variety of non-uniform jumpers. I acknowledge the absolute need to keep your children warm but ask that you make every effort to present your child in acceptable school uniform. The P & C have plenty of new and second-hand clothes just contact Claire any Wednesday morning at school.

Disco
I’m ironing my onesie in preparation for this week’s school disco. Such events are a really good opportunity for our students to get together and celebrate for no other reason than it’s a fun thing to do. From the staff viewpoint we find it’s a great morale booster for the students and helps build a strong school spirit.

Band Debuts
For the past term and a bit several of our students have been practising musical instruments as we strive to establish a band. Next week these students will head to Centaur School to join other students from our area in a “Band Bash”.

Whilst just starting out on their musical road this will give them the opportunity to gauge their skills and help them set targets for their future musical development.

We hope to have them perform for the next Hall of Frames …. Or the one after that!

Some Staff Movements
W asn’t it great to see Mrs Caesar back at school last week. Her recovery is going well but for now she will continue to work with Mr Kilby of a Thursday.

Ms Harding will finish up a brief period of leave this week.

Mr Cornelius and I had a very cold week in Tamworth last week and are off to Cronulla next week where we hope it will be much warmer. Mrs Phillips will again take the reins.

Peter McInerney, our cleaner, has started a period of long service leave. He has been replaced for this time.

Sports Update

- What a result last week at the North Coast X Country Championships. Two of our students – Ella and Scarlett - have qualified to represent North Coast at the state titles in Sydney whilst our third representative, Isaac, finished just out of the qualifying group. A great result and just rewards for some very hard work from these dedicate athletes. We can be justly proud of all three and await to see just how well Ella and Scarlett will perform at the next level.

- Next week Byron will be in Cronulla competing at the state Open rugby League Championships. We wish him all the best.

- Netball, soccer and rugby league 7’s gala days over the next two weeks will certainly keep the students busy.

Have a great week.
Mick Channells

P.S. Those Mighty Dragons notched up a win and a controversial (at least in my red and white eyes!!) loss. Things are bowling along nicely if not entirely smoothly.

How do you receive your NEWSLETTER?
Please complete the form overleaf and return as soon as possible.

Claim the Date

<table>
<thead>
<tr>
<th>June</th>
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</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Soccer Gala Day</td>
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<tr>
<td>12</td>
<td>Disco</td>
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<tr>
<td>15</td>
<td>Band Bash</td>
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<tr>
<td>18</td>
<td>Assembly K/1T</td>
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<tr>
<td>22</td>
<td>Netball Gala day</td>
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<td>22</td>
<td>Griffith Uni Visit Stg 3</td>
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<td>24</td>
<td>School Athletics Carnival</td>
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<td>25</td>
<td>NAIDOC Day</td>
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<td>26</td>
<td>Treat Day</td>
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<tr>
<td>29</td>
<td>Last Day of Term 2</td>
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<table>
<thead>
<tr>
<th>July</th>
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<tbody>
<tr>
<td>13</td>
<td>Staff Development Day</td>
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<tr>
<td>14</td>
<td>First Day for students</td>
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</tbody>
</table>

Rugby League Gala Day
Cross Country Report by Ella

It started at school where most of the students participated in the cross country. Then around fifty of the students that came in the top ten of their race went through to district which was at Marine Parade Kingscliff. At district the top ten go through to zone, 8 students from our school got through to zone which is an amazing achievement. Zone was at Murwillimbah, and there we got three student's to go through to North Coast, Ella, Isaac and Scarlett which was held at Kempsey on the race course on the 5th of June. Our three students tried their very best and Ella and Scarlett got to state which is going to be at Eastern Creek in Sydney on the 17th of July.

Barbecue Ideas

Barbecues are a great Australian way of social cooking and keeping the kitchen clean.

They don’t need to always mean sausages: consider how you could turn it into something simple, nourishing and a whole lot more exciting. Lean hamburgers or Vege Burgers (homemade patties containing vegetables &/or lentils/beans) on bread rolls, served with coleslaw, onions and tomato, pepper & parsley.

BBQ capscicum and onion slices
Use wholemeal and multigrain varieties, no need to butter rolls. For small children offer mini burgers.

Offer BBQed veges e.g. BBQ Corn Cobs, thread any of eggplant, zucchini, mushrooms, onion, capsicum, celery and pineapple pieces onto skewers for a delicious side dish.

Assembly Awards

<table>
<thead>
<tr>
<th>Class</th>
<th>Student of the Week</th>
<th>Merit</th>
<th>Value</th>
<th>Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>KR</td>
<td>Slater C</td>
<td>Melkayla R, Kyus Allen</td>
<td>Sydney M</td>
<td></td>
</tr>
<tr>
<td>K/1T</td>
<td>Rorey S</td>
<td>Tammarah S, Kali W</td>
<td>Reuben M</td>
<td></td>
</tr>
<tr>
<td>1/2J</td>
<td>Jahlan H</td>
<td>Michiala O, Ebony S</td>
<td>Jack B</td>
<td></td>
</tr>
<tr>
<td>2P</td>
<td>Anarlia H</td>
<td>Sean P, Blake E</td>
<td>Brody T</td>
<td></td>
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<tr>
<td>3/4PH</td>
<td>Jasmine L</td>
<td>Kelan H, Indyanna C</td>
<td>Jeska N</td>
<td></td>
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<tr>
<td>3/4T</td>
<td>Jack S</td>
<td>Olivia M, Jade A</td>
<td>Ruby W</td>
<td></td>
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<tr>
<td>5/6C</td>
<td>Caleb T</td>
<td>Blake S, Jordan S</td>
<td>Tom L</td>
<td></td>
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<tr>
<td>5/6M</td>
<td>Piper H</td>
<td>Max S, Hayden P</td>
<td>Robbie L</td>
<td></td>
</tr>
<tr>
<td>Environment</td>
<td>3/4T</td>
<td>Uniform - K/1T</td>
<td>Classroom - 2P</td>
<td></td>
</tr>
</tbody>
</table>

Star Awards

Ruby


Emerald

P & C News

NEW DATE NEEDED FOR NEXT P & C MEETING!
Due to the State of Origin being on Wednesday 17th June, which is the same night our next P & C Meeting is due, we have decided to move the meeting to another day. We will advise you of the new date as soon as it is decided.

STUDENT INJURY INSURANCE
The P & C Committee has again provided Student Injury Insurance for every child in our school. The insurance can be used towards medical & dental costs, if your child is injured at school and also for most injuries while out of school, and has been used by parents in the past.

A copy of the policy is available if needed. The P & C asks that parents help assist us with the costs, by making a $5 contribution per child. Your child should receive a note this week. Thank you for your support.

FETE – Saturday, 31st October
Our first Fete meeting was held last week and plans are now underway! Please let us now if you have any ideas that would help us make our Fete a success! If you know a business that can donate to our Fete or Sponsor an event please let us know. Keep an eye on the P & C Facebook page for Fete updates! Helpers are still needed! Please let us now if you would like to be part of this great day for our school. You can contact us via email at cudgenpandc@hotmail.com or leave your contact details at the office – there are forms to fill out.

Thank You
Cudgen Primary P & C Committee

Canteen Roster
Friday 12/6   Liz McKnight/Jan Pritchard
Monday 15/6  Lisa Cavan/ Linda Stockee
Friday 19/6   Gemma Martin/Geri Riley
Monday 22/6  Clair Maiden/Jane Allen
Friday 26/6   Last Day—No Canteen

CANTEEN BREAKING NEWS!!!!
We have some additions to our menu which will be in canteen this week!
Jelly in a cup                      $0.50
Jelly with custard                $1.00
Milk can be bought over the counter at Recess and Lunch!
Flavoured milk                   $1.80
Plain Milk                       $1.20
New Lunch Order Item
Bolognaise Mince with Pasta & Cheese
Small                            $2.50
Large                           $4.00

UNIFORM SHOP UPDATE
Green Fleecy Vests are available from the uniform shop in sizes 4 -10 and are priced at $15. A vest is on display in the foyer.
We are expecting our Fleecy hooded jackets with our school logo on them this week in sizes 4 – 10. Size 12 jackets have been delayed unfortunately until after 19th June. They will be priced at $26.

Open Wednesday Mornings 8.45am-9.00am
Polo Shirts $35    Shorts $30    Socks $6    Track Pants $25
Skirts $40        Jacket $35   Hat $15
Order forms can be filled out any time at the office and will be completed on Wednesday mornings.

How do you receive your newsletter?
As most of our parents now have the School Stream app or read our newsletter on the school website we will now only be sending a paper copy home to those who specifically request one.
Please let us know by ticking the appropriate box below how you would like to receive your newsletter.

☐ I will read it on School Stream
☐ I will read it on the school website at www.cudgen-p.schools.nsw.edu.au
☐ I would like it emailed to me at ________________________________
☐ I would like my child ________________________________class__________ to bring home a paper copy

______________________________  ____________________________
Signature                        Date
It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true. The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-conditioned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-conditioned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child. In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That's not a reason to be away!
It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

Being late is not okay either
Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

more on page 2
... It’s not okay to be away ... nor to be late to school...

It takes strong parenting ...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Auntie is coming to visit!" Nice try. But the answer should be "No!".

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It’s reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

AS A PARENT:

- Commit to sending kids to school every day.
- Make sure kids arrive at school and class on time.
- Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- Consider catching-up on missed work.
- Make kids who are away stay in their bedroom – that is where ill kids should be.


parentingideas.com.au
# Little Grommets OOSHC School Holiday Program

**Banora Point Primary School, 97 Pioneer Parade, Banora Point**  
**St Ambrose Catholic School, 1 Charles St, Pottsville**

**How to Book:** Call/Txt 0411 199 049 or Email: littlegrommets@hotmail.com

**Cancellations:** Please select your days carefully as full fees will apply without 24 hours notice.

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## Everyday Fun Activities Include
- Pool Table, Foosball Table, Air Hockey, Dolls, Cars, Dinosaurs, Trains, Lego, Kitchen Corner, Sporting Equipment, Quiet iPad/Games Mat, Art & Craft

### What Goes Up ... Must Come Down

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>29 June</td>
<td>30 June</td>
<td>1 July</td>
<td>2 July</td>
<td>3 July</td>
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<tr>
<td>Jumping Castle</td>
<td>Fleay's Wildlife Park</td>
<td>Aerial Angels Circus &amp; Balloon Art</td>
<td>Making Kites &amp; Aeroplanes</td>
<td>Kids in the Kitchen</td>
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<tr>
<td>NAIDOC Craft</td>
<td>NAIDOC Craft</td>
<td>NAIDOC Craft</td>
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<tr>
<td>EXTRA COST $10</td>
<td>EXTRA COST $20</td>
<td>EXTRA COST $25</td>
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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>6 July</td>
<td>7 July</td>
<td>8 July</td>
<td>9 July</td>
<td>10 July</td>
<td>13 July</td>
</tr>
<tr>
<td>Q1 Building</td>
<td>Pancakes</td>
<td>Dreamworld</td>
<td>Model Aeroplane Demo</td>
<td>Balloon Science</td>
<td>Movie Marathon with Popcorn &amp; Hot Chocolate (Banora Point School only)</td>
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<tr>
<td>Lunch @ Broadbeach Park</td>
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<tr>
<td>EXTRA COST $20</td>
<td>EXTRA COST $35</td>
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**Cost:** Full fee $60 per child per day ... Extra activities may incur a small additional cost.

Government Approved Out of School Hours Care (OOSHC) for the purposes of Child Care Benefit (CCB) and Child Care Rebate (CCR)

For more information either call the Family Assistance Office on 130150 or go to www.humanservices.gov.au - (click on) FAMILIES TAB - (click on) Assistance with child care fees.
Government approved for the purposes of Child Care Benefit and the 50% Child Care Rebate

**Everyday at Mad Sports, we have heaps of activities.**
Together with our extra daily activities, there is always something happening!!

**School Holiday Program, 29 June to 13 July, 2015**

**Location:** St Anthony’s Primary School, Pearl Street Kingscliff

**Operating Hours:** Open daily from 7am to 6pm, Monday to Friday.

**How to book:** Already enrolled with Mad Sports, book via: Call/text: 0401 018 767 or Email: info@madsports.com.au

Not yet enrolled with Mad Sports, please enrol first at www.madsports.com.au. (A booking cannot be confirmed without the enrolment process being complete).

**Cancellations:** Please select days carefully as full fees will apply without a full weeks notice of cancellation or changes to your booking.

**Cost:** The daily fee is $65 and includes the cost of all activities and afternoon tea. If wishing to participate in the “in2surf”, an extra charge of $10.00 will be added to your daily fee.

**Child Care Benefits:** Mad Sports is a Government approved Outside School Hours Care service for the purposes of Child Care Benefit and the 50% Child care rebate.

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### Week One: Extra Activities

<table>
<thead>
<tr>
<th>Mon 29 June</th>
<th>Tues 30 June</th>
<th>Wed 1 July</th>
<th>Thur 2 July</th>
<th>Fri 3 July</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create a 3D flower or Rocket</td>
<td>Create a stain glass window</td>
<td>Balloon Twisting</td>
<td>Iron on beads</td>
<td>Sand Art</td>
</tr>
<tr>
<td>Zumba Dance Fitness. Fun for both boys &amp; girls</td>
<td>Skateboard coaching with Jay. For beginners and serious boarders.</td>
<td>Fishing with NSW Fisheries at the creek.</td>
<td>Laser Skirmish</td>
<td>Mini Olympics</td>
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### Week Two: Extra Activities

<table>
<thead>
<tr>
<th>Mon 6 July</th>
<th>Tues 7 July</th>
<th>Wed 8 July</th>
<th>Thur 9 July</th>
<th>Fri 10 July</th>
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</thead>
<tbody>
<tr>
<td>Make a Music shaker</td>
<td>Cardboard Creations</td>
<td>Plaster Painting</td>
<td>Loom Bands</td>
<td>Face Painting</td>
</tr>
<tr>
<td>Treasure Hunt</td>
<td>Crazy Carts &amp; Ezy Rollers</td>
<td>Surfing lesson with in2surf. Extra cost of $10</td>
<td>Crazy Carts &amp; Ezy Rollers</td>
<td>Oz Tag</td>
</tr>
<tr>
<td>Drumming Work Shop</td>
<td>Laser Skirmish</td>
<td>Wildlife show with in2surf.com.au</td>
<td>Skateboard coaching with Jay</td>
<td>Disco</td>
</tr>
</tbody>
</table>

Pupil Free Day: St Anthony’s Primary and local Public Schools

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**Vacation Care** 0401 018 767 **After School Care** **Before School Care**

Government approved Out of School Hours Care for the purposes of Child Care Benefit and 50% Child Care Rebate.