The Lost Thing by Shaun Tan

5/6D have been looking at Shaun Tan’s, “The Lost Thing”, as part of our unit of work ‘Embracing Difference’. We have been studying the use of symbolism in texts as a method of conveying a deeper meaning. Below are some artworks demonstrating the use of symbolism.

REG MOMBASSA inspired artworks from 5/6D
Our Parent/Teacher Interviews begin this Tuesday, 8th March from 3.30pm. The staff are looking forward to meeting with families to share information about student progress and goals for 2016.

**Update of Details & Parent Declaration Form**

We still have 24 families who have not returned their Update of Details and Parent Declaration form that was due on 19th February. This form requests vital information to ensure emergency contact and health details are current for every child in our school. Student safety is our utmost priority and it is very important we have up to date information. Please endeavour to return this form as soon as possible if you have not already done so.

**Whooping Cough (Pertussis) Alert**

There has been a recent confirmed case of whooping cough (pertussis) in a member of the Lismore South Public School community. Whooping cough caught at school can spread to any other members at home. Coughing spreads the infection to others nearby. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection may also occur in fully-vaccinated children.

**What should people sick with pertussis do?**

Pertussis is readily spread from an infected person to others by coughing and sneezing. If left untreated, it can be spread for up to three (3) weeks after the start of the infected person’s cough.

Do not attend work, school or a childcare facility if you or any household members:

- Have a cough as described above. Please see your doctor.
- Are being tested for whooping cough by your doctor and waiting for test results.
- Are being treated with antibiotics for whooping cough for at least five (5) days after starting the medicine

*Keep coughing children away from babies.*

Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it’s a good idea to check that they are up to date with their vaccines.

For further advice, please call the Public Health Unit 1300 066 055 or NSW Health website

**Easter Hat Parade**

Our annual Easter Hat Parade is fast approaching. The parade will begin at **9.30am on Thursday, 24th March** under the oval COLA, with each class arriving in order from Preschool to Year 6. As per previous years, families are encouraged to make “spectacular” hats at home (or purchase them from the array of local discount stores, if this is an easier option). It is rumoured that the Easter bunny will once again be making a surprise visit to Lismore South Public School during the parade. This year the staff and students will be embracing a Mexican theme, to coincide with Harmony Week, which is being celebrated in the week leading up to Easter. Watch out for the whole school dance, with a Mexican flavour!

Have a lovely week.

**Nickie Bartlett – Principal**
What’s been happening in preschool?
The children have been learning about taking turns and listening to others when they speak. We have worked out that the best way to listen to others talk, is to “look with our eyes”, “listen with our ears” and “keep our lips quiet and still”. We have been practising these skills during group time and taking turns to talk and listen to others.
We have talked about Autumn and made some beautiful paintings with Autumn leaves on them.
We are also learning some new groovy dance moves for the Easter hat parade. If you would like to practise at home with your child, please see Miss Keed or Miss Beck for the songs and you can look them up!

Staff changes
Miss Keed will be off class on Tuesday, 8th March and will be replaced by Ella Goulding. Miss Beck will be away on Wednesday, 9th March and is being replaced by Miss Natalie.

Preschool Committee Meeting
Our first Committee Meeting for the year will be held on Thursday, 10th March at 3.15pm in the preschool. All parents/carers are welcome. We are looking forward to seeing you there.

North Coast Area Health Nurse Visit
Area Health Nurse, Anna Tonkin, visits preschool again this week on Monday 7th, Wednesday, 9th and Monday 14th March. If you have not as yet made an appointment for your child’s before school assessment with Anna, please see the preschool staff as soon as possible. These before school screenings are vital, as they may detect any problems such as hearing, sight or speech that might affect your child’s learning.

Easter Hat Parade
The Easter Hat Parade will be held in week 9 on Thursday, 24th March. Whilst the parade is held on a Thursday, ALL children from Echidna and Goanna groups are invited and welcome to attend. Children from the Echidna group will need to be signed in to preschool and signed out after the parade. Please help your child make an Easter hat or decorate an old hat for the parade. More details will be given in coming weeks.

Easter Craft
It would be appreciated if each child could please bring in a glass jar (eg. jam jar size) as soon as you can for an Easter craft activity we have organised.
Start making your Easter bonnet/hat now, so you don’t forget!

Dates to Remember
Preschool Committee Meeting – Thursday, 10th March at 3.15pm in the preschool.
Easter Hat Parade – Thursday, 24th March at 9.30 am under the oval COLA.
Easter Public Holidays – Good Friday, Friday, 25th March – Preschool closed.
Easter Monday, 28th March – Preschool closed.

Kellie Keed - Preschool Educator
Dates to Remember

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<thead>
<tr>
<th>Dates</th>
<th>Event</th>
<th>Detail</th>
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<tbody>
<tr>
<td>Tues, 8/3</td>
<td>Parent/Teacher Interviews K-6</td>
<td>Pre-arranged times</td>
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<td>Wed, 9/3</td>
<td>Iceblocks</td>
<td>50c each – available at lunchtime</td>
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<td>Parent/Teacher Interviews</td>
<td>3/4M and 5/6D – Pre-arranged times</td>
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<td>Thurs, 10/3</td>
<td>Student Banking</td>
<td>Collected in classrooms</td>
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<td>St 1 Dorroughby Excursion</td>
<td>Permission Note/Payment ($10) DUE</td>
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<td>Parent/Teacher Interviews</td>
<td>3/4B and 5/6D – Pre-arranged times</td>
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<td>Preschool Committee Meeting</td>
<td>3.15pm in the Preschool</td>
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<td>Fri, 11/3</td>
<td>Stage Assemblies</td>
<td>Stage 2/3 (10.40), ES1/S1 (12pm) in School Hall</td>
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<td>Stage 3 Excursion</td>
<td>Part payment deposit ($50) due. $200 to be paid by 18/3</td>
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<td>P &amp; C Hot Cross Bun/Lamington</td>
<td>Orders/payment DUE</td>
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<td>Learning to Lead (RRHS)</td>
<td>Selected Yr 5/6 students (9.15am – 2.45pm)</td>
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<td>Yrs 3 &amp; 4 Swimming Program</td>
<td>PLEASE REMEMBER swimmers, towel etc and return</td>
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<td>Leave 12pm, return 1.30pm</td>
<td>any borrowed items.</td>
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<tr>
<td>Mon, 14/3</td>
<td>St 1 Dorroughby Excursion</td>
<td>Leave 9.15am – 2.45pm</td>
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**Rule of the Week**
Be Safe, Respectful and Responsible in and around the toilets eg use toilet paper, soap and taps correctly.

**Book Club**
Brochures will be distributed this week. Orders and payment **(CHEQUES MADE PAYABLE TO LISMORE SOUTH PUBLIC SCHOOL)** must be returned to the library by Wednesday, 16th March.

**Swimming Program for Years 3 & 4**
PLEASE remember to send your child’s swimming gear on Fridays. If your child has borrowed swimmers, towel etc, please launder and return to the school office.

**Canteen News**
Now available – Gluten Free Meat Pie $4 or Gluten Free Beef Sausage Roll with Vegetables $4

**Breakfast Club**
Donations of Weetbix (Homebrand is fine) would be greatly appreciated to support this program.

**P & C Hot Cross Buns & Lamington Drive**
Please ask your family and friends for orders and return with money by **Friday, 11th March**.
PBL Principal Awards

Principal Awards – 4/3/16

For Safe, Respectful and Responsible behaviour before school - Shelbe Franke, Kyla Whipps, Chloe Sivewright, Henry House, Cameron Paterson, Jordan Turner, Dakoda Whipps, Holly Nixon and Ahlia Leadbeatter.

Spike’s Spy says 1/2N was the best class in assembly.

Awarded for Honour – Callum Irwin, Mika Burnet, Indigo Pitts, Savannah Rankin-Anderson, Kelsie Hicks, Riley Deahm, Katie Johnson, Myley Ferris and Ky Vidler.

Stronger Smarter Awards – 4/3/16

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Confidence ● Discipline ● Self Defence ● Fitness ● Fun

Richard Marlin’s
Success Martial Arts Black Belt Academy
81 Union Street, South Lismore
www.successmartialarts.com.au
www.facebook.com/successmartialarts
6622 4799
Story Dogs Needed!

Schools love to have this local unique reading support program helping our kids to become life-long readers.

The teachers love this program, the kids can’t wait to read to the dogs and the program works!

- Do you have a dog that is well behaved, gentle and is happy around children?
- Can you spare a couple of hours a week?

Give Story Dogs an email or call so you can start helping children find the joy of reading.

Phone: Marilyn  
M: 0419 844 371  
H: 02 6676 1743  
Email: marilyn@storydogs.org.au  
Web Site: www.storydogs.org.au

Did You Know?

In NSW, most children (90%) do not eat the recommended amount of vegetables.

Some ideas to try:

An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. Children are quick to pick up if you don’t like something or are avoiding eating some-thing, and may often imitate your eating habits!

Offer vegies in a positive, casual way and believe your child will enjoy them. They may not of course, but it’s best to start out by thinking positively!

Children’s food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies.

Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don’t overcook them so they’re soggy. Over-cooking can make vegies’ taste, texture and smell unpleasant, and makes them lose their goodness.

Raw vegies like capsicum strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with younger children as they make great finger foods.

Flying Vegie Pizza Recipe

10-12 minutes preparation + 15-20 minutes cooking  
Serves 4

Ingredients

- 1 small onion
- ½ small green capsicum
- 2 mushrooms
- 1 tomato
- 1 small zucchini
- 1 large pita bread
- Dried oregano & black pepper
- 1-2 tablespoons reduced salt tomato paste
- 100g grated reduced fat cheese

Method

Pre-heat oven to 2000C. Wash onion, capsicum, mush-rooms, tomato and zucchini and pat dry with paper towels. Slice the onion into rings, slice the capsicum into strips. Cut the mushrooms into thin slices. Cut the tomato into slices. Cut the zucchini into rounds.

Spread the pita bread into tomato paste, place on a baking tray and cover evenly with the vegetables. Sprinkle with the cheese, oregano and black pepper.

Bake in oven until vegetables are cooked and the cheese is golden brown (15-20 minutes).

Recipe sourced from Heart Foundation resource Eat Smart, Play Smart – A Manual for Out of School Hours Care, 2004.

Lismore Swans Junior Australian Football Club

Boys & Girls WANTED for the 2016 Season for the follow Grades

Auskick, U7, U9, U11, U13, U15, U17, and U9 & U13 Girls

Training on Wednesday Afternoons at Mortimer Oval, Lismore, 4 – 5:30pm

Footy Game Days on Sundays, with Home & Away Games for most Grades

So come along and join in the fun and be part of the Best & Fastest growing game in Australia

For Further Information, Please contact the follow details:

President: Ian Salkeld, 0418 664481, 0266 241393 or Secretary: Yvonne Demaagd, 0439 828293

Email: isalkeld@bigpond.com, Facebook: Lismore Swans Junior AFC