

Albert Park Public School

Excellence, Innovation, Opportunity and Success



www.albertpk-p.schools.nsw.edu.au

Term 1- Week 4 20/02/2019

"We would like to respectfully acknowledge the Bundjalung people who are the Traditional Custodians and First Peoples of the Land on which our school stands."

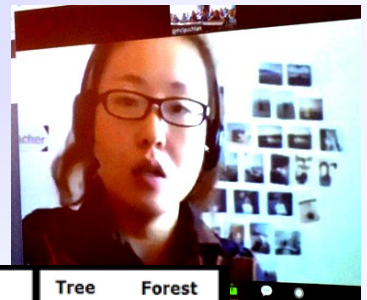
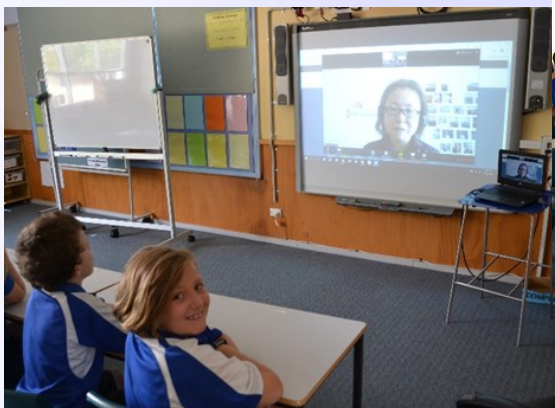
Swimming Carnival

Last week's swimming Carnival saw students in years 3 to 6 really shine! It was wonderful to see most students having a go and competing in their age races. I was extremely proud of how our students supported each other during the day. Congratulations to Coban and Dom who won the senior boy and junior boy freestyle in their category and also to all students who placed and were rewarded with a ribbon. Well done to Letrell Roberts who was able to qualify for Zone and represent APPS in freestyle. We are presenting the shield for outstanding effort at this week's whole school assembly.



Students live link to China!

This term 5-6 students are lucky enough to be learning Chinese as part of their Geography unit. Last week we met Kiki via the internet and are learning greetings and simple responses. We also got to see where Kiki lives and interact with her. The students really enjoyed this experience and were able to share their knowledge of China directly with Kiki.



BE A LEARNER.

Our children are currently participating in child protection lessons and as part of the program we are using the Y-PEP program and deliverers. Y-PEP is a free interactive child protection education program for children and young people in schools across NSW. Funded and supported by NSW Government and offered free to schools, Y-Pep aims to strengthen the existing PDHPE child protection education content delivered by teachers, with a specific focus on Power in Relationships, Recognising Abuse and Protective Strategies. Lessons by YPEP deliverers will take place this Friday and next Friday.

Baseball Skills Day has been changed to this Thursday at the baseball grounds. General permission notes must be returned each year for your child to be able to participate

★Contact the school if you do not want your child to attend.



Basketball begins this week at the stadium -

Wednesday Yr K-2

Friday Yrs 3-6



MESSAGES FROM THE PRINCIPAL'S DESK

Rewards Day at Heritage Park –Will now take place on Wednesday Week 6. More information will be in next week's newsletter.



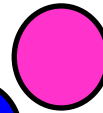
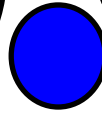
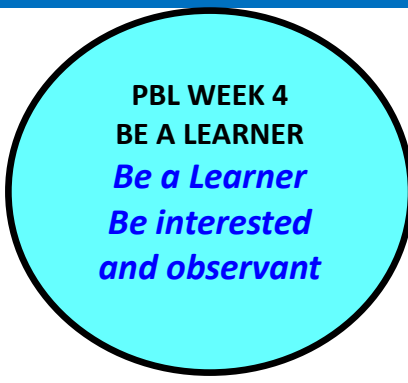
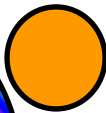
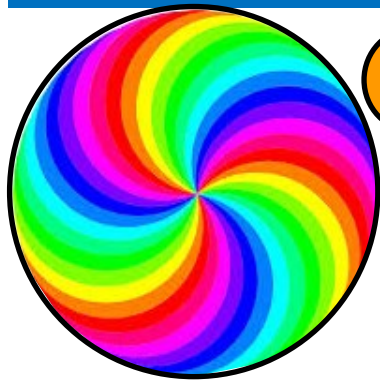
Life Education

Healthy Harold will be visiting next week on Tuesday, 26 and Wednesday, 27 February. Please return notes and money - \$8.50 per child, by Monday, 25 February.



Date	Item	Venue	Cost	Time
Thurs 21/02	Baseball Skills Day	Baseball	-	
Fri 22/02	Y-PEP (Youth Protection Education Program)	APPS	-	All Day
Fri 22/02	Assembly	APPS	-	2.40pm
Tue 26/02	Year 6 Orientation	Lismore High	Nil	9.40-2.00pm
26 & 27/02	Life Education Van - notes due Mon 25 Feb	APPS	\$8.50	Varied
Fri 1/03	Y-PEP	APPS	-	All Day

BE SAFE.



PBL WEEK 4
BE A LEARNER
Be a Learner
Be interested
and observant

Live Life Well - "Did you know?"



Reading for Health.

Longer Life Span - reading improves the connectivity between brain cells and may ease dementia in later life.

Bibliotherapy - reading can be used for mental and emotional health - to help people manage insomnia, eating disorders and addictions.

Intelligence - reading preserves cognitive function and memory. It also encourages motivation and discipline.

Improved Relationships - develops a stronger sense of empathy and communication with others.

Stress Reduction - It lowers your heart rate and encourages a feeling of peacefulness.

The simplest way to pack a healthy lunch box

The average child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a healthy lunch box, Cancer Council's website - healthylunchbox.com.au

Kids in the Kitchen

Chocolate Pots - Combine 120mls of hot chocolate in a shallow bowl, combine 3tbsp yoghurt and 3 tsp maple syrup and 1 cup of cream. Dip each sponge finger into hot chocolate mixture, place in the bottom of the glasses. Spoon over cream mixture. Dust with chocolate and repeat process 3 times to add layers. Refrigerate 1 hour before eating...

YUMMO for your TUMMO!

Thankyou Lynnie P



- ✓ Events
- ✓ Notices
- ✓ Instant school messages
- ✓ Absentee
- ✓ Newsletters
- ✓ Permission slips



Have you downloaded our School app yet?

Never miss important school information again!

Simple free download:
In Google Play and App Store search 'Skool Loop' and choose our school once installed.



BE RESPECTFUL.

ARE YOU
READY
TO PLAY
NETBALL?

REGISTER NOW!

Head to my.netball.com.au to register and pay your fees

OR

Come and see us at The Civic Hotel on **Thursday Feb 7th**, between 4.30-7pm.

Don't forget to use your Active Kids Voucher.

UNIFORMS

If you have a second hand uniform you would like to sell, bring it to the sign-on at The Civic in a zip-lock bag with your name and price **clearly written** on it so that we can sell it for you.

If you need a new uniform, these can be paid for online or at sign-on. Orders for new uniforms will close at the end of the sign-on evening.

NEW CLUB GEAR

The new hoodies and training singlets are available to buy like last year. These can be purchased online while registering or at sign-on. These are a great way to support our sponsors.

If you have **ordered & paid** for these through MyNetball, please send an email to daleys.netball@gmail.com to let us know your size.

OFFICIAL SEASON LAUNCH

SAVE THE DATE

Saturday 30th March
from 6pm
@ La Baracca



Lismore Rugby Union Club Inc added an event.

7 January at 21:07 · 🌐

MARK THE 2ND OF MARCH IN YOUR DIARIES

Let's start the 2019 rugby season off with a bang @ the LCRC family fun day/ sign on!

ALL ages from U7s - U17 boys, U 15 & 17 girls and senior men & women!!!! NEW PLAYERS WELCOME!

Meet your coaches

Purchase/ order uniform items - exciting new items for the 2019 season are on their way!

Assistance with sign on

Fun games for all ages

Drawing of the Fiji Tour Major raffle

BBQ & Bar available

Come and support the club as we start the 2019 campaign.



2019 JUNIOR
SIGN ON
DAYS



LISMORE THISTLES SOCCER CLUB

SATURDAY 2ND FEBRUARY

SATURDAY 9TH FEBRUARY

SATURDAY 16TH FEBRUARY

SATURDAY 23RD FEBRUARY

AT OUR CLUBHOUSE, THISTLES PARK, 191 MILITARY ROAD, EAST LISMORE

9.30AM TILL 1PM

Information / Sign on Days for Boys and Girls aged
between 5 and 16 years (Grades 6 to 16)

Don't forget to claim your Active Kids Voucher at:
service.nsw.gov.au/apply-active-kids-voucher

