Calendar of Events
10/5 Aboriginal Students to Protected Area Declaration
10/5 Mother’s Day Stall
14/5 Yr. 3 and Yr. 5 NAPLAN Testing
15/5 YR 3 and Yr. 5 NAPLAN Testing
16/5 Yr. 3 and Yr. 5 NAPLAN Testing
16/5 Year 6 Alstonville High School Open Afternoon
15/5 P&C Meeting 6pm
4/6 Life Education Van
13/6 Small School’s Spelling Bee
14/6 School Photos – Pre Paid

Little Athletics
Our annual Little Athletics Program began last Wednesday and will continue on each Wednesday afternoon throughout the term. Students will be required to wear suitable footwear to participate. The focus for this week will be practising sprints for the upcoming Athletics Carnival.

Ngunya Jargoon
The Jali Local Aboriginal Land Council has invited our aboriginal students to join them for the Indigenous Protected Area Declaration Celebrations at the Back Channel Road, Wardell on the 10th of May from 10:00am to 2:00pm. Parent will need to arrange transport for their children to and from the event. Please sign and return the permission note sent home today with your child.

School Photos
The School Photographer will be attending the school on Friday the 14th June to take this year’s school photo. Order forms have previously been sent out. If you require a new order form please contact the office.

P&C Meeting
The next P&C meeting will be held on Wednesday the 15th of May at 6:00pm.

The P&C would like to extend an invitation to all of our new parents to come along and attend the P&C Meeting. We are always looking for new and innovative ways to raise funds for our school. If you have some ideas you would like to share please join us.

A light supper will be provided.

Alstonville High School Parents Afternoon
On Thursday 16th May from 5.00pm to 6.00pm we are organising a short meeting for parents of year 6 students who might have some questions about year 7 at Alstonville High School. This event is designed to be a casual get together and numbers will be limited. Parents can reserve a place by completing the following online survey:
http://www.surveymonkey.com/s/ST36JZQ
If there is enough interest we will arrange another event for later in term 2.

Life Education Van
The Life Education Van will be visiting our school on Tuesday 4th June. The cost for each student will be $9. This program provides students with skills and knowledge to deal with many issues that students may face during their childhood. The program also addresses many of the components in the NSW PDHPE Curriculum. A permission note will be sent home in the next week, please sign and return to the front office along with your payment.
5 ways to a healthy lifestyle

Our school is participating in Live Life Well at School.

In the classroom and playground we will be building the knowledge, skills and attitudes of your children to help make them more active, more often, as well as helping students to make healthy eating choices.

At home, with good food habits and daily physical activity the family will be well on their way to a healthy life. Easy to say, but sometimes not so easy to do!

Our busy lifestyles can be hard on our family’s health. Rushing to and from school and work can make it hard to find time to be physically active.

We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer.

However, these choices can be dangerous for our health and our children’s health – both now and in the long-term.

That’s why it’s so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

- Choose water as a drink
- Eat fewer snacks and select healthier alternatives
- Get active each day
- Turn off the TV or computer and get active
- Eat more fruit and vegies
Our school is taking part in the Woolworths Earn & Learn Community Program, which runs from Monday 8th April 2013 to Sunday 9th June 2013.

Woolworths will give you one Earn & Learn sticker for every $10 you spend in store (excluding the purchase of cigarettes, alcohol and gift cards).

All you need to do is place the stickers on your Woolworths sticker card, (Sticker cards are available from the front office or your local store.

When completed you can bring the completed cards to the front office and hand in to Ms Welstead or place into the special collection box at Ballina Fair marked with Wardell Public School.

At the end of the promotion our collection of points can be redeemed against a choice of more than 7,000 educational resources. This list is extensive and includes library books, classroom equipment, art & craft materials and much, much more…. There is no limit to the number of points we can collect, so your participation will really make a difference. For further information go to woolworths.com.au/earnandlearn.