Principal's Message

The conclusion of this week will see us officially half way through the Term …… I actually know of some people who are already on a Christmas countdown …… I choose to ignore them!

The Soft Landscaping Project which will change the Infants Playground is on the verge of beginning so stay tuned for up dates and calls for assistance.

Grandparent’s Day which was an outstanding success last year will be happening again next Monday. I’m not sure whether it’s the kids or the Grandparents that get more of a thrill out of the day.

Our school Spelling BEE was held today. As a result of this spell off there will be a small number of Stage 2 and 3 school representatives who will then be asked to spell at the next level on Friday, 21 August. Drew

ASPIRE Careers Program

We all want the best for our children but we are not always sure how to help them to get there. Things have changed so much since we were at school yet we still need to support our children all the way through school. Come to our careers day and find out about some exciting possibilities for your child.

So your child likes ENGLISH, what are the job possibilities?

Actor, Author, Travel Consultant, Youth Worker, Flight Attendant, Real Estate Agent, Receptionist, Scriptwriter, Sign Writer, Welfare Worker, Counsellor, Film and Television Editor, Hotel Manager, Teacher, Marketing Manager, Nurse, Public Relations Officer, Linguist, Barrister, Diplomat.


“Success is not final, failure is not fatal: it is courage to continue that counts.”
Winston Churchill

Grandparents Day
Happy Grandparents Day 2015

All Grandparents and Grand carers are invited to Kyogle Public School on Monday, 17 August at 2pm to celebrate the support that grandparents provide for our students.

The afternoon will be as follows:

2.00pm – 2.20pm
Visit your grandchild’s classroom.

2.20pm – 2.40pm
Afternoon tea will be served in the COLA area. You can then join your grandchild in the top playground for playtime. Tea and coffee will be available in the staffroom.

2.40pm – 3.15pm
Attend our whole school assembly as special guests.

We look forward to seeing you there!

Book Fair

The book fair has generated great excitement and is proving to be a wonderful fundraiser for the library. It seems to have earned us over $800 already so a big thank you to everyone who has been able to support it. It will all be packed away Thursday afternoon so there is still time if you missed out on picking up a good book.

Family Fun Bingo Night
Thursday, 3 September 2015

Starting from 5.30pm with eyes down at 6.15pm
There will be hot nacho’s, hot and cold drinks and cakes & slices for sale.
Cash prizes. Come along and play!!!!!
What's happening

<table>
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<tr>
<th>Term 3</th>
<th>Week 5</th>
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<tr>
<td>Fri 14/8</td>
<td>Zone Athletics Carnival</td>
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<th>Term 3</th>
<th>Week 6</th>
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| Mon 17/8| Grandparents Day from 2pm  
Whole School Assembly at 2.35pm in KPS Hall |
| Tue 18/8| KEEP at KPS  
Stage 3 Excursion to Rocky Creek Dam |
| Fri 21/8| Nude Food Day at KPS |

<table>
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<tr>
<th>Term 3</th>
<th>Week 7</th>
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| Mon 24/8| Life Ed Van   
Blood Bank in KPS Hall |
| Tue 25/8| Life Ed Van   
Blood Bank in KPS Hall |
| Wed 26/8| Life Ed Van   |
| Thur 27/8| Life Ed Van   |

**Zone Athletics Carnival - Lismore**
Best of luck to all of the students who will be competing in the Zone Athletics Carnival at Lismore on Friday, 14 August. All competitors are to arrive no later than 8.45am in preparation for a 9.00am start. Attending participants will travel by private transport. All notes and money should have been handed into the office by now. Please make sure everyone brings a hat and plenty of water.

**Life Education Unit**
The Life Education Unit will be visiting the school from Monday, 24 until Thursday, 27 August. The program offers lessons promoting a healthy lifestyle for children from Kindergarten through to Year 6. A big thank you to Northern Rivers Life Education who raised $1600 so that Kyogle Public School can access the program at a discounted rate of $5 per student. Money and notes are due Friday, 21 August.

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**Term 3 Week 5 Awards**

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<th>Class</th>
<th>Bronze</th>
<th>Silver</th>
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<th>Class</th>
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<td>5/6B</td>
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**What is Nude Food?**

Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

- **To pack a Nude Food Lunch or Snack, you will need:**
  - Cutlery from home is better than throwaway plastic ones
  - Plastic or metal drink bottles are recommended for refilling with water
  - Reusable containers for putting all of your food, snacks and drinks into
  - Lunch boxes that have lots of separate sections can be useful to avoid food going bad

- **Try to avoid:**
  - Zip lock or plastic bags, plastic wrap or aluminium foil
  - Tetra packed drinks, single serve yoghurts and cheese
  - Single use plastic forks and spoons
  - Prepackaged food, i.e. biscuits, snack bars and chips

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**Tips for Packing Nude Food Lunches:**

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers in lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using assortment of both, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.