Dear Parents and Caregivers

**Stage Three Camp** – Students in stage three are looking forward to the upcoming Great Aussie Bush Camp (Kincumber). Mrs Hardge, Mrs Howard and Mr Dunn will be accompanying students on the camp. Please ensure you have returned all necessary paperwork to Mrs Hardge by tomorrow morning.

**National Walk Safely to School Day** – Our SRC is running the National Walk Safely to School Day on Friday. All students who walk to school can check in with one of our SRC representatives at the school gate to receive a special sticker.

**Stranger Danger Awareness** – The school has been notified of an attempted abduction in the lower mountains on Tuesday. Staff will discuss stranger danger awareness with students during class time, however please ensure you reinforce this at home.

**Mobile Dental** – The mobile dental clinic was unable to visit our school this week. More information will be provided when available.

**Dr Michael Nagel** – Staff from four schools and members of the community enjoyed Dr Nagel’s presentation on the developing brain. Powerpoint presentations will be emailed to the school and available to anyone who would like a copy. Please notify the school office if you would like a copy.

**Bonniedoon** – Thanks to Miss Coady and her band, Bonniedoon for running a hugely successful fundraiser on Friday night. A total of $1967.90 was raised from ticket sales, donations and activities on the night. Thanks to our generous community for your ongoing support of our Stephanie Alexander Kitchen Garden program.

**Principal’s Assembly** – Please be reminded that the Principal’s Assembly will be held on Wednesday 25 June this term as I will be on leave for the last two days of term. The assembly will commence at 1:45pm in the school hall.

**Book Fair** – Thank you to everyone who purchased items at today’s book fair. Mrs Sztelma was delighted to report that over $1200 in sales were made, which provides the school with over $350 worth of books for our library.

**P&C Meeting** – Our P&C meeting will be commencing at 7pm tonight. All welcome.

**SRC** – The SRC met on Tuesday to discuss issues of concern and future fundraising initiatives. I am so impressed with the level of commitment from all students, including our younger representatives.

**2/3B Assembly** – Mrs Bate and students in 2/3B are busily preparing to host next weeks assembly. We look forward to seeing many of you there!

Warm regards,

**Chantal Beltran**
Principal
Term 2 Calendar

**Week 4**
23 May  District Cross Country
        Walk Safely to School Day

**Week 5**
26 – 28 May  Kincumber Camp - Stage 3
29 May  Newcombe Ball gala day
30 May  Assembly 1.45 – 2/3B

**Week 7**
9 June  Public Holiday
13 June  Assembly 1.45 – 3W

**Week 9**
25 June  Principals Assembly
27 June  Last day of Term

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Term 2 Awards handed out on 16 May for:

KB  Sofia I – her excellent handwriting skills
    Leo W – his enthusiasm towards all tasks

KGH  Joshua C – caring for other students
     Inika M – excellent work in writing

IG  Jarrod F – his enthusiasm for mathematics
    Iden E – becoming a more settled student

1/2E  Lucinda B – excellent improvement in all areas
     Colin B – pleasing effort in English, particularly in reading

2/3B  Keely D – being a self motivated learner
      Zoe C – a fantastic start at Lawson PS

3W  Zara S – excellent classroom participation congratulations Zara!
     Heath D – outstanding effort in all key learning areas. Well done!

4W  Tyanna K – trying very hard in maths
     Xavier S – his enthusiastic approach to all tasks
     Poppy P – a huge effort in spelling

5H  Julia B – a consistent effort in all learning areas
     Shakira P – an excellent effort with writing tasks

6H  Tyler D – consistent application in spelling
     Lachlan J – working efficiently in class

SU1  Jenna A – improved on task behaviour during morning circle

SU2  Anakin M – always trying his best
Our School Totem

An invitation is extended to all Lawson PS parents, carers, students, staff and community members to form a committee to consider making the Bidjiwong (Water Dragon) our school totem. Our aim is to work with Aunty Carol Cooper and Community members to incorporate the Bidjiwong which features in our school song and on our wall mural. If you are interested in helping us plan activities please see Mrs Bate or complete the form below.

I would like to be a part of the school totem committee.

Name: ________________________________

Contact Phone number: __________________

I am a (please circle):
parent/carer    student    staff member
community member    other: ______________
Lawson Public School is implementing the Live Life Well at School Program into the school community, culture and curriculum. It is about promoting a healthy lifestyle through nutrition and physical activity.

We have decided to introduce a new column in the school newsletter and on the school website to provide the Lawson community with information about supporting a healthy lifestyle. We will provide you with nutritious recipes and physical activity ideas to utilise at home.

Be happy and healthy!

Thanks,

The Sports Team at Lawson Public School
Be healthy – be active

Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can - walking, riding, swimming, and playing active games such as Duck, Duck, Goose or Bull Rush.

Great reasons to be active for children and parents

- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teachers you new skills
- develops better motor skills
- makes a person happier with their body
- lower risk of disease including heart disease and cancer later in life.

Fundamental movement skills

There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active. Give your kids a head start and teach them these skills.

Easy ways to add physical activity to your day:

- walk to the store, the school or the playground instead of using the car
- allow time for children to play outdoors
- park the car away from the shops
- get off the bus one stop earlier
- don’t use the remote control
- plant a veggie garden
- take the stairs instead of escalators or lifts
- schedule regular time each week for your family to be physically active together
- limit television time to no more than two hours per day or 14 hours a week.
Sharing Reconciliation Stories
Launch of MOCS RAP
Friday 30th May, 5.30pm – 8pm
Lawson Public School Hall

Join us in Reconciliation Week to celebrate the launch of our Reconciliation Action Plan.

5.30pm sausage sizzle & vegetarian options provided at low cost

6.15pm Welcome to Country

Singing, stories and sharing with Jacinta Tobin, Chris Tobin, Lex Dadd, Shannon Marino, Lawson PS students and members of Blaxland preschool.

FREE event, all welcome

RSVP: 4758-6811 for catering purposes by 28/5/14
2014

COOL KIDS
FREE GROUP PROGRAM FOR
CHILDREN WITH ANXIETY ISSUES

Primary school years 3 - 6

The Cool Kids group is for boys and girls in primary school years 3 to 6, who have significant difficulties with issues relating to anxiety. This may include children with:

- Separation, self consciousness or social anxiety/ excessive shyness
- General fears or specific phobias
- Self esteem & confidence issues
- Poor social skills
- Worries, avoidance, reassurance seeking
- School refusal and anxiety related arguments/temper outbursts
- Perfectionism, complains of headaches, tummy pains or sore legs
- Sleeping problems (falling asleep) or sleeping in parents' bed

Cool Kids is an evidence-based treatment program for children with anxiety issues. Both children and their parents participate in a free 8 week program that will help children overcome and manage their anxiety at home and school, and give parents practical strategies to support their children.

Groups are running during school term 3 in your local area. Please note that all families must attend an assessment to determine suitability for the group before attending.

How can I be referred?

Blackheath and Hawkesbury Groups:
- Talk to your GP about a Cool Kids referral

Penrith Group:
- Talk to your GP about a Cool Kids referral, OR
- Phone the Community Health Intake on 1800 222 608

For further information please see the attached timetable for contact details.

These groups are run in partnership with the Hawkesbury District Health Service Community Health Child and Adolescent Counselling Team, the Nepean Blue Mountains Local Health District Community Health Child and Family Counselling Team, the Child & Youth Mental Health Services and the Nepean-Blue Mountains Medicare Local (ATAPS program).
The following groups will run in Term 3, 2014:

<table>
<thead>
<tr>
<th>Area</th>
<th>Details</th>
<th>Further Information</th>
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| Penrith | Referrals close: Friday 20th June  
Group start date: Tuesday 22nd July  
Time: 5.00pm – 6.30pm  
Location: Cranebrook Community Health Centre, Corner Laycock Street and Borrowdale Way, Cranebrook | NBMML  
Melanie Hartmann  
4708 8143  
Community Health  
Lynnette Taylor/Pauline Coulton  
4732 9400 |
| Hawkesbury | Referrals close: Friday 20th June  
Group start date: Thursday 24th July  
Time: 4.00pm – 5.30pm  
Location: Hawkesbury Community Health Centre, 2 Day Street, Windsor | Melanie Hartmann  
4708 8143 |
| Blackheath | Referrals close: Friday 20th June  
Group start date: Thursday 17th July  
Time: 4.00pm – 5.30pm  
Location: Brighter Pathways, 111 Wentworth Street, Blackheath | Melanie Hartmann  
4708 8143 |

These groups are run in partnership with the Hawkesbury District Health Service Community Health  
Child and Adolescent Counselling Team, the Nepean Blue Mountains Local Health District Community Health Child and Family Counselling Team, the Child & Youth Mental Health Services and the Nepean-Blue Mountains Medicare Local (ATAPS program).
2013-2014 Family Energy Rebate

$125* TOWARDS ENERGY BILLS

DON’T MISS THE DEADLINE!
Apply before 5pm Friday 13 June 2014

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

- A $125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
- A $137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?
To be eligible you MUST:

- Be eligible for Family Tax Benefit A or B during 2012-2013 and have received a relevant payment; and
- Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE

- ONLINE – it takes a few minutes to submit and processing starts immediately.
- PAPER – download a form from the website, complete and submit by email, fax or post.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
PENRITH LAKES
MODEL SHOW

Date          Monday 9 June, 2014 (Queens Birthday Public Holiday)
Time          10am – 3pm
Cost          Free entry, $5 per vehicle
Phone         02 4730 0000
Web           www.regattacentre.nsw.gov.au

The event will feature model displays, active demonstrations, high speed racing and 'come and try' opportunities from an array of model clubs including seaplanes, powerboats, nitro cars and scale ships. The Penrith Lakes Model Show will be a fun and festive day out for the whole family, with music, an M.C., entertainment, food stalls and a jumping castle.
next P&C meeting tonight!

**When? Wednesday, 21st May, 7.00pm**  
**Where? Community Hub Room**

Please note the new starting time of 7pm (changed from 7.30). P&C meetings are a great opportunity to get informed, and have a say about what’s going on at our school.

Everyone is welcome.

**magpie markets - thank you**

Many thanks to everyone who helped at the markets and on the bbq last Sunday, as well as the small, hard working group who made sure the markets ran well in April too. Our helpers in April were:  
Jana, Tanya, Judy, Ant, Monika, Sarah, Patrick, Patrick, Faith, and Jane.

Last weekend, hard working volunteers were:  
Judy, Ant, Monika, Anja, John, Jane, James, Lachlan, Sophie, Nick, Ruth, Caelan, Jade, Nicole, Melissa, Nicole, Kim, Jessica, Patrick, Jane, Jana, Sarah, and Patrick.

**magpie markets**

The next markets for 2014 are on **Sunday, 15th June 2014.** If you have a child in **5H or a Support Unit class**, you are asked to volunteer to help on the BBQ. Please contact your class rep, or the school office to let us know when you can help. Thanks!
magpie markets on facebook
Did you know that the Magpie Markets has a facebook page? “Like” it to keep up to date with what’s happening. Share it with your friends to get the word out about this great community activity!

bonnie doon
Congratulations to the staff and volunteers who made last Friday night’s event a great success. Thanks to wonderfully entertaining Miss Coady and Bonniedoon for fantastic music and fun. And congratulations to everyone involved on a fantastic fundraising effort!

uniform shop
The uniform shop is open from 8.30-9.30 on Wednesday morning, and full of plenty of stock. If you are unable to get to the uniform shop at this time, please fill in an order form and return it to the school office, with your payment. We will fill your order as soon as possible.