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 week’s 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
- 23 May: 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

## Term 2 Awards handed out on 16 May for:

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason for Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>KB</td>
<td>Sofia I</td>
<td>her excellent handwriting skills</td>
</tr>
<tr>
<td></td>
<td>Leo W</td>
<td>his enthusiasm towards all tasks</td>
</tr>
<tr>
<td>KGH</td>
<td>Joshua C</td>
<td>caring for other students</td>
</tr>
<tr>
<td></td>
<td>Inika M</td>
<td>excellent work in writing</td>
</tr>
<tr>
<td>IG</td>
<td>Jarrod F</td>
<td>his enthusiasm for mathematics</td>
</tr>
<tr>
<td></td>
<td>Iden E</td>
<td>becoming a more settled student</td>
</tr>
<tr>
<td>1/2E</td>
<td>Lucinda B</td>
<td>excellent improvement in all areas</td>
</tr>
<tr>
<td></td>
<td>Colin B</td>
<td>pleasing effort in English, particularly in reading</td>
</tr>
<tr>
<td>2/3B</td>
<td>Keely D</td>
<td>being a self motivated learner</td>
</tr>
<tr>
<td></td>
<td>Zoe C</td>
<td>a fantastic start at Lawson PS</td>
</tr>
<tr>
<td>3W</td>
<td>Zara S</td>
<td>excellent classroom participation congratulations Zara!</td>
</tr>
<tr>
<td></td>
<td>Heath D</td>
<td>outstanding effort in all key learning areas. Well done!</td>
</tr>
<tr>
<td>4W</td>
<td>Tyanna K</td>
<td>trying very hard in maths</td>
</tr>
<tr>
<td></td>
<td>Xavier S</td>
<td>his enthusiastic approach to all tasks</td>
</tr>
<tr>
<td></td>
<td>Poppy P</td>
<td>a huge effort in spelling</td>
</tr>
<tr>
<td>5H</td>
<td>Julia B</td>
<td>a consistent effort in all learning areas</td>
</tr>
<tr>
<td></td>
<td>Shakira P</td>
<td>an excellent effort with writing tasks</td>
</tr>
<tr>
<td>6H</td>
<td>Tyler D</td>
<td>consistent application in spelling</td>
</tr>
<tr>
<td></td>
<td>Lachlan J</td>
<td>working efficiently in class</td>
</tr>
<tr>
<td>SU1</td>
<td>Jenna A</td>
<td>improved on task behaviour during morning circle</td>
</tr>
<tr>
<td>SU2</td>
<td>Anakin M</td>
<td>always trying his best</td>
</tr>
</tbody>
</table>
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
Donate $10 for an interview of your child to join a group of singers from remote Central Desert communities to celebrate the Big Sing in the Desert 2014.

How to donate:
1. Direct Deposit to
   Sponsor Indigenous Singer
   C/O Bunnings Victorian
   PO Box 8272, Croydon Park, NSW 2133

2. Send a cheque to
   Sponsor Indigenous Singer
   ArtsOutwest, Big Sing in the Desert
   PO Box 5110, Footscray West VIC 3011

For more info go to www.rachelhore.com

Big Sing is a gathering of singers from across Australia in the stunning environment of the Eastern MacDonnell Ranges near Alice Springs. A fantastic weekend. Do more!

Singing in a language that is 3-4 times larger than your language. Rachel Hore and West Swirl as well as hymns and songs in Aboriginal language. Helped by members of Central Desert Indigenous Croats. There will be time for exploring, informal singing, campfires and a concert. Beginners and experienced singers. An opportunity to meet and sing with the elders from remote remote communities. Loved learning songs translated into local Indigenous languages.

For more info and book your tickets go to www.rachelhore.com

Contact Natalie Sippel
m: 0437 591 969

Diverse Generations and Cultures Meet in Song...

IN THE DESERT 2014
Thursday 5th June to Sunday 8th June
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 pain 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>
</tr>
</thead>
<tbody>
<tr>
<td>Penrith</td>
<td>Referrals close: Friday 20\textsuperscript{th} June&lt;br&gt;Group start date: Tuesday 22\textsuperscript{nd} July&lt;br&gt;Time: 5.00pm – 6.30pm&lt;br&gt;Location: Cranebrook Community Health Centre, Corner Laycock Street and Borrowdale Way, Cranebrook</td>
<td>NBMML Community Health&lt;br&gt;Melanie&lt;br&gt;Hartmann 4708 8143 Lynnette&lt;br&gt;Taylor/Pauline&lt;br&gt;Coulton 4732 9400</td>
</tr>
<tr>
<td>Hawkesbury</td>
<td>Referrals close: Friday 20\textsuperscript{th} June&lt;br&gt;Group start date: Thursday 24\textsuperscript{th} July&lt;br&gt;Time: 4.00pm – 5.30pm&lt;br&gt;Location: Hawkesbury Community Health Centre, 2 Day Street, Windsor</td>
<td>Melanie&lt;br&gt;Hartmann 4708 8143</td>
</tr>
<tr>
<td>Blackheath</td>
<td>Referrals close: Friday 20\textsuperscript{th} June&lt;br&gt;Group start date: Thursday 17\textsuperscript{th} July&lt;br&gt;Time: 4.00pm – 5.30pm&lt;br&gt;Location: Brighter Pathways, 111 Wentworth Street, Blackheath</td>
<td>Melanie&lt;br&gt;Hartmann 4708 8143</td>
</tr>
</tbody>
</table>

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).

Cool Kids Flyer for AHPs and Public – Approval Date: 26\textsuperscript{th} February 2014 – Approved by Senior Manager, Mental Health – Version 1.0
2013-2014 Family Energy Rebate

$125* TOWARDS ENERGY BILLS

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

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

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

APPLY ONLINE NOW!
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.