Dear Parents and Caregivers

Another fortnight has passed us by and the holidays are approaching fast. Thanks to everyone who has supported Lawson PS to deliver quality, meaningful, engaging learning experiences for students of the mid mountains.

**Grandparents Day/Book Parade/Open Classrooms** – Students, staff and the community enjoyed our annual book parade and open day. We truly value opportunities to connect with the broader school community and it was great to welcome the Lawson Community Preschool, parents, friends, grandparents and families to visit our wonderful school.

**District Athletics Carnival** – The district carnival has been postponed yet again, due to inclement weather. The carnival will go ahead, in rain, hail, or shine, on Friday 5 September.

**Nepean Blue Mountains Dance Festival** – Our dancers will be performing at the Joan Sutherland Centre on Thursday 28 August and Monday 1 September. I'm looking forward to seeing our little stars shine!

**Assembly** – Thanks to Mr Evans and 1/2E for a fabulous assembly last week. 5H will host our next assembly on Friday 5 September.

**Father's Day Stall** – Please note the change of date! Our P&C will be running the Father's Day Stall on Friday 5 September. For the children attending the district athletics carnival, they will have an opportunity to purchase something from the stall on Thursday 4 September.

**School Administrative Staff Recognition Week** – I would like to acknowledge the hard work of our administrative staff. Without Mrs Shannon Fitzpatrick, Mrs Rhonda Jones, Mrs Kathy Hansen, Mrs Donna Dunn, Mrs Veronica Dale, Mrs Merrilyn Howes, Mrs Katharine Kennedy, Mr Neil Davies and Mr Ken Dunn, teaching staff would not be able to do the amazing work they do. Thanks for your support and ongoing hard work and commitment to the Lawson PS students and community.

**Wear it Purple Day** – is aimed to show rainbow young people that they are supported, celebrated and respected exactly as they are. The cause is supported by the NSW Teachers’ Federation and NSW Police Force.

At Lawson Public School, this event is being held in order to raise awareness of individuality and acceptance. The message behind Wear it Purple Day at Lawson Public School, is that everyone has the right to be proud of who they are.

Lawson Public School’s participation in Wear It Purple Day is in support of creating a safe and inclusive educational environment for all young people. Participation in this activity is optional.

Have a lovely weekend.

Warm regards

Chantal Beltran
Principal
# Term 3 Calendar

**Week 7**
- 28 August: Nepean Dance evening performance
- 29 August: Totem Talk

**Week 8**
- 1 September: Nepean Dance matinee performance, Rugby League clinic
- 5 September: District Athletics Carnival, Father’s Day stall, Assembly 1.45pm – 5H

**Week 9**
- 8 September: Rugby League Clinic
- 9 September: Newcombe Ball Stage 3
- 11 September: Upper Blue Mountains Music Festival

**Week 10**
- 15 September: Rugby League Clinic, Regional spelling bee
- 16 September: Antarctica Incursion, Choir – memorial day
- 17 September: 2015 Kindy Information sessions 10am and 5pm
- 19 September: Principals Assembly 1.45pm 6H, Last day of term.

# Term 3 Awards handed out on 22 August for:

**KB**
- Jemima B – her positive attitude towards writing
- Alana N – excellent participation in buddy dancing

**KGH**
- Jay L – always trying his best
- Lotima T – amazing effort in writing

**IG**
- Jasper M – his enthusiasm for learning
- Angelina T – making good progress in reading

**1/2E**
- Matilda E – an amazing costume at the book parade!!
- Lily O – an amazing “Aslan” outfit at the Book Parade!!

**2/3B**
- Sebastien H – great thinking skills
- Joshua H – making an effort to complete all his work

**3W**
- Dorian W – excellent effort in all areas particularly English
- Chantae C – terrific improvement in English and Mathematics, well done Chantae!
- Marcus C – excellent effort in all areas especially English, Well done!

**4W**
- Charlotte G – excellent work in Spelling
- Lindsay E – stepping out of her comfort zone and taking risks with her learning

**5H**
- Trinity R – a fantastic effort with reading activities
- Amitie B – a mature approach to all tasks

**6H**
- Lara B – fantastic work in the kitchen
- Ben M – fantastic work in the kitchen

**SU2**
- Jesse B – working well this term

# Term 4

**Week 1**
- 7 October: Students return to school
School Spelling Bee

Congratulations to all students who participated in our in-school Spelling Bee on Friday 15 August. Participating students, listed below, were selected following in-class Spelling Bee eliminations.

Year 3:
Jordan N, Dorian W, Daniel B, Heath D, Poppy M & Ella C.

Year 4:
Nikhalesh C, Travis O, Raven P, Lachlan C, Mia B, Annie M.

Year 5:
Cameron M, Joshua H, Lachlan K, Harry J, Celeste A, Menindee M.

Year 6:

All students performed very well and attempted some tricky words.

2014 winners:
Stage 2 winner: Travis O  Runner up: Nikhalesh C.
Stage 3 winner: Ben M  Runner up: Faith F.

Congratulations to these four students who will now represent our school at the Regional Spelling Bee to be held on Monday 15 September 2014 at York Public School. We wish them every success!

Holiday activities @ your library

For the September / October school holidays, Penrith City Library will present an exciting mix of magic and family shows along with wildlife shows, cartoon, embroidery and science workshops.

Family shows:
- Magic Shows with Joel Howlett – Wednesday 24 September 2014
- Floating on a sea of stories with Bronwyn Vaughan – Wednesday 1 October 2014

Workshops:
- Wildlife show with Featherdale – Tuesday 23 September 2014
- Cartoon workshops with Roger Fletcher – Thursday 25 September 2014
- Embroidery workshop with Del White – Tuesday 30 September 2014
- Planetarium workshops with Skyworks – Friday 3 October 2014

Teen Activity:
- Advanced cartooning with Roger Fletcher – Thursday 25 September 2014

All presenters are experienced professionals in their fields and in working with children. All activities are ticketed events and tickets sell fast so book now!

Have a safe and healthy holiday.

Elizabeth Barry
Senior Library Assistant/Services Delivery
E ebarry@penrithcity.nsw.gov.au
T (02) 4732 8185
penrithcity.nsw.gov.au
next P&C meeting
When? **Wednesday, 17th September**
Starting time? **7.00pm**
Where? **Staff Room**
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

![Magpie](image)
The next markets for 2014 are on **Sunday, 21st September 2014**. If you have a child in **3W or 2/3B**, you are asked to volunteer to help on the BBQ.

Please contact your class rep, or fill in and return the form that was sent home this week. Thanks in advance!

raise a hand for anaphylaxis

Our school and P&C are trying to get points to be eligible for a grant to help raise allergy/anaphylaxis awareness amongst our school community.

By raising your hands every day, you help the school collect points. Two schools with the most points will get a grant, that can be spend on an allergy awareness program in school. This would be valuable education for all our children, with allergies and anaphylaxis becoming more prominent in our society these days.

Here is the link for Raise your Hand:
Click on the hand and follow the prompts to find Lawson Public School.
fathers’ day stall
Please note that there has been a change of date for the Fathers’ Day Stall (due to a change in date for the District Athletics’ Carnival). The Fathers’ Day Stall will now be held on Friday, 5th September. Helpers are still needed for the morning. Gifts will be available for students to buy, priced between $1-$5. Please see the note brought home by your children for further details. Children attending the District Athletics Carnival will have an opportunity to purchase their gifts on Thursday 4 September.

school yearbook – help still needed
Our yearbook working group is on its way to producing another great yearbook. This small, hardworking group of volunteers could use a bit of extra help.

Are you interested or skilled in graphic design, or editing? Do you have any good photos you have taken at school events this year? If you do, and you are willing to help, please contact Vanessa Smith via email on seasontree226@gmail.com

help needed - markets committee
A note is coming home this week, asking for help from new volunteers to join the Markets Committee for 2015.

We really need new people to help keep our markets running and raising money. Please consider whether you are able to help with this valuable school fundraising activity.
Book Parade 2014
Lunchbox snack foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
</tr>
<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
</tr>
<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
</tr>
<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
</tr>
<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
</tr>
<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
</tr>
<tr>
<td>wholemeal biscuits or crackers</td>
<td></td>
</tr>
<tr>
<td>vegetable sticks and dip or salsa</td>
<td></td>
</tr>
<tr>
<td>corn or rice cakes with or without spreads</td>
<td></td>
</tr>
<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
<td></td>
</tr>
</tbody>
</table>

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.

Environmentally friendly snack foods

Choose an apple, mandarin, orange, pear, banana, plum, mangoes, pieces of melons, nectarines, peaches or other fresh seasonal fruit for a quick, easy, environmentally-friendly snack. No packaging, full of nutrients and antioxidants, plus it tastes delicious!

Treats for special occasions

Food is an important part of special occasions for everyone and should be enjoyed. Your child may be invited to a party with lots of foods high in fat and sugar or to a meal at a fast food restaurant. These meals will do no harm as long as they are only eaten occasionally. But remember, children’s parties don’t need to be filled with junk food to be fun. Try to include some healthy foods as well. Here are some suggestions:

- pretzels
- mini pizzas
- fruit platters
- fresh berries
- finger sandwiches
- low-fat mini fruit muffins
- homemade popcorn
- slices of watermelon
- frozen orange wedges
- hummus and pita bread
- cheese cubes and crackers
- vegetable sticks and rice crackers with dips
- toasted Lebanese bread in place of corn chips and crisps