Dear Parents and Carers

The term is certainly ticking along and again the calendar is filling up. Another timely reminder to check the newsletter and/or website for any upcoming events.

Magpie Markets
At the markets on Sunday, we held our first ‘Lawson Learners’ Stall. The purpose behind the student led market is two fold, firstly, reflective of our School Plan (Strategic Direction: Connected Communities), one of our aims is to ensure “High levels of community connectedness, participation, satisfaction and trust in the school.” With the community engaging with the school through the monthly Magpie Market, we thought this an ideal opportunity for students to display and in the near future, present their work. Secondly, as previously mentioned, the school staff, students and P&C have combined forces to raise money to renovate the Support Classes. The P&C have been running a raffle and with parent and staff donations of cakes, we were able to sell all of the baked goods and make a valuable start to fundraising for the renovations (over $660 was raised at the Lawson Learners Stall). This venture is being led by Miss Poulton and her team (Mrs Howard and Miss Blunt). We thank them for their enthusiasm and look forward to seeing what next months market will bring in terms of the Lawson Learners. More so, however, I would like to offer a big thank you to the students who worked on the stall at various times during the day.

Book Parade/Grandparents Day
Invitations have gone home regarding our Book Parade to be held next Wednesday 26th August. We would like to cordially invite any grandparents to come along and enjoy the festivities. The Book Parade will start at 11:15 am. Grandparents are invited to morning tea being served at the Stephanie Alexander Kitchen from 10:30 am. We will have a book fair operating on the day so please make some time to pop in to our library.

Principal’s Assembly
This terms Principal’s Assembly has been moved to 11th September due to a clash of events. Hopefully this doesn’t cause any inconvenience.
Kindergarten Enrolments for 2016
We are currently accepting enrolments for Kindergarten 2016. If you have a school aged child or know of any children who are wishing to enrol, we encourage you to visit the school to collect the necessary enrolment form as soon as possible – we don’t want you to miss out on our Kindergarten 2016 Orientation Program.

Athletics Carnival
Congratulations to Mr Evans and his team for their outstanding organisation of the Athletics Carnival held last week. It was wonderful to see so many enthusiastic competitors and the sportsmanship displayed was admirable. A huge ‘thank you’ to the parent volunteers and students from Katoomba High School who helped to make the day a success.

Blue Mountains/Nepean Dance Festival
I wish Mrs Way and our dancers every success in their performances at the Blue Mountains/Nepean Dance Festival over the next two weeks. I am looking forward to seeing them perform on Thursday 20th in their evening performance. Thank you Mrs Clark and Mrs Manwaring for your support.

NAPLAN
The results for students who participated in year 3 and year 5 NAPLAN have been sent home with your child today.

Warm regards

Corinna Robertson
Acting Principal

Term 3 Calendar

**Week 6**
19 August  Spelling Bee Year 3-6
20 August  Athletics Carnival Year K-2
           Dance evening performance
21 August  P&C Fun food day

**Week 7 – BOOK WEEK**
24 August  Panthers on the prowl
           Dance matinee
           Stage 2 & 3 T20 Blast cricket gala day Katoomba
25 August  Jump rope for heart “jump off”
26 August  Book Parade/Grandparents day/Book fair
27 August  Author visit
28 August  Daffodil day
           1C Assembly 1.45pm

**Week 8 – ARTIST IN RESIDENCE WEEK**
31 August  Panthers on the prowl
2 September  Musica Viva
3 September  Father’s day stall
4 September  District Athletics Carnival

**Week 9**
7 September  Panthers on the prowl
10 September  Stage 1 excursion
            Newcombe ball gala day
11 September  Principal’s assembly

**Week 10**
14 September  Panthers on the prowl
18 September  Term treat day
            Last day of term

**Term 4 Calendar**

**Week 1**
5 October  Public holiday
6 October  Students return to school
Firewood Raffle Results

The Firewood Raffle was a big success. Thank you to all that purchased tickets, the raffle raised just on $2000. Two cubic metres of aged IRONBARK (value $390) will soon be delivered & stacked to our raffle winner.

We would also like to send a huge THANK YOU to ERIN’S QUALITY IRONBARK for making this generous donation.

Erin’s Quality Ironbark can be contacted on 0428 135945 or www.erinsqualityironbark.com.au

Our raffle was supported by:-
- School families & friends
- “Lawson Learners” cupcakes/yummy treats & great artwork stall held by our students & staff at the Magpie Markets.
- Magpie Market Stallholders & visitors
- Lawson Community Pre-School
- Lawson, Wentworth Falls & Leura Businesses.

Support the businesses who are sponsoring our Support Classes

Lawson Public School thanks our local businesses who have committed to helping us fund the much needed resources required by our Support Class.

Without their funding we can’t start this valuable project of refurbishment.

We encourage you to support these generous & caring businesses.

- Lawson Friendly Grocer, Lawson.
- Mid Mountains First National Real Estate, Lawson
- Cortado Expresso Café, Lawson
- Lawson Kebab & Pizza, Lawson
- Norm’s Village Butchery, Wentworth Falls
- Ellen’s Interiors, Wentworth Falls
School Totem Colouring and Art Competition
Our Totem Team is running a Bidjiwong Colouring and Art Competition. Students in K-2 can enter by colouring our Bidjiwong (Eastern Water Dragon) colouring sheet or they can create their own artwork. Students in 3-6 are asked to create an artwork of their own, for example a drawing, painting, design or model. Artworks need to be submitted by the end this term. Winners of the competition will have their art works displayed in the foyer and receive special recognition at an assembly. Students will be provided with the colouring sheet or drawing template.

We will be raising money for cancer research and support on Friday 28th August. Children can wear something yellow and bring along a gold coin donation.

Message from the Librarian

Book Parade and Fair
Our annual book parade for Children’s Book week will be held on Wednesday 26 August at 11.15am. Students are encouraged to come dressed as a book character on the day. This year’s theme is ‘Books Light Up Our World’. A Scholastic book fair will also be held on this day in the library where books, posters and other items can be purchased.

Mrs Sztelma
**Athletics Carnival Results 2015**

Congratulations to Kedumba - winning house for 2015. Also, congratulations to all students who participated so enthusiastically on our Athletics Carnival day!

I would like to offer a special thanks to all the parents who helped out at the Carnival on Thursday. Also to the army of Katoomba High School students who were a credit to their school.

A very special congratulations to the following students who set new Lawson Public School records at the carnival:

- Joshua H: 9 Years Boys 200m, 36.97 seconds.
- Hannah B: 9 Years Girls 200m, 38.18 seconds
- Xavier S: Junior Boys Long Jump, 3.82 metres
- Nikhalesh C: 10 Years Boys 200m, 36.54 seconds
- Harry E: 11 Years Boys 100m, 15.06 seconds
- Trinity D: Junior Girls Long Jump, 3.56 metres
- Lachlan C: 11 Years Boys Long Jump, 3.78 metres
- Jacklyn C: 11 Years Girls Long Jump, 3.93 metres
- Nathan N: Senior Boys High Jump (equalled the record), 1.30m

Fantastic effort everyone!

Mr Evans

**Upper Blue Mountains Debating Competition**

*Congratulations* to our debating team on their win against Katoomba North Public School in round one of the inter school debating competition.

Menindee, Julia, Celeste and Caitlin spoke with confidence and convinced the adjudicator to agree with them that, “Homework should not be banned”.

Alicia Howard
**Stephanie Alexander Kitchen Garden Program**

Stage 2 and 3 are enjoying their cooking lessons. This term we are cooking recipes from various world religions as part of our HSIE unit on ‘Beliefs’ and ‘Australian Identity’. Students have also been using a variety of maths skills in the kitchen such as measuring, weighing and reading the time.

**Thankyou**

Parent helpers are essential for the Stephanie Alexander Kitchen Garden Program to run successfully. Students have been enjoying working with our growing group of parent helpers each cooking lesson.

If you are interested in joining a class in the kitchen classroom, please leave your name and email address at the office to join our SAKG email list.

Thank you to the wonderful helpers that have been coming in each week.

**Garden News**

Bunnings Valley Heights recently donated two retractable hoses, manure, sugar cane mulch and seedlings to our school vegetable patch. Bunnings also donated time and helped 5/6B plant our new seedlings. Our vegetable garden will begin to flourish as the weather warms up and we look forward to harvesting produce to use in our cooking lessons.

Alicia Howard
SAKGP coordinator
P&C meeting
When? Wednesday, 16th September, 7pm
Where? Staff room
P&C meetings are a good opportunity to get informed, with what’s going on at our school. Come along to hear what is happening and have your say!

magpie markets
Our next markets are on Sunday, 20th September 2015. Please put your hand up to volunteer!

The classes helping on the BBQ will be 1C and 4/5H. A note and email will be coming home soon with a roster for the day.

fun food day
Fun Food Day is this Friday 21 August. Pasta will be on the menu at lunch, along with other tasty treats at recess! Have you brought back your order forms! Make sure you do today so you don’t miss out!

If you are donating treats to sell at recess, please bring these to the Stephanie Alexander Kitchen at the beginning on the school day on Friday.

fathers’ day stall
Fathers’ day is coming up, which means so is the fathers’ day stall! This will be on Thursday, 3rd September, during the morning session.
Gifts will be available to buy, costing between $1-$5. Every student will have an opportunity to buy a gift for dad, grandpa, or that special person. We will need volunteers, so if you have some time, please come to the school hall from 8.30am on the day.
We are looking forward to our 2015 artists in residence visiting in Week 8. As we previously announced, our visiting artists are Jillian Culey and Carolyn Dance, of Branching Out.

They will be at our school during the week beginning 31st August, creating beautiful and functional woven structures with our students, for use with our Stephanie Alexander Kitchen Garden Program.

During that week, every class will be working with Carolyn and Jillian at different session times. We are looking for parent helpers to come and give a hand during these sessions.

We are still looking for volunteers for every session, so please contact Neige Manwaring on neige.manwaring@gmail.com or 0417 203 537 if you are able to help.

Don’t forget to keep collecting materials to weave into our garden beds too. We need:

- Weaving branches - supple straight branches, at least 1.2 m in length, with diameter no greater than 3cm
- Stakes – straight hardwood branches, at least 1.2m long, and at least 3cm diameter.
- Mulch

Look out for a note in your child’s bag with the full details.
Eat more fruit and vegies

Did you know?

★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.

★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.

★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Fruit (serves/day*)</th>
<th>Vegies (serves/day#)</th>
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<tbody>
<tr>
<td></td>
<td>girls</td>
<td>boys</td>
</tr>
<tr>
<td>2-3</td>
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<td>4-8</td>
<td>1½</td>
<td>1½</td>
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<tr>
<td>9-11</td>
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<tr>
<td>12-18</td>
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<td>2</td>
</tr>
</tbody>
</table>

* One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ¼ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).

# One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils)

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child’s recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Children may need to try new fruits and vegies up to 10 times before they accept them”

continues over the page
How to help kids and teens eat more fruit and vegies

Eating more fruit and vegies every day can sometimes be a struggle. However, research shows that we’re more likely to do so if they’re available and ready to eat.

Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.

Some ideas to try:

- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season – they taste better and are usually cheaper.
- Keep a bowl of fresh fruit in the home.
- Be creative in how you prepare and serve fruit and vegies, such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegies to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.

- Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins made with fruit or vegies.
- Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
Country Market Day

PONY RIDES  CARNIVAL RIDES  HAMSTER BALLS  FREE FACE PAINTING  JUMPING CASTLE  LASER TAG  LIVE ENTERTAINMENT  GAMES THEATRE  OVER 60 STALLS

KIDS' DANCE SESSION AT 12:30PM  SUNDAY, 23RD AUGUST 2015 • 10AM - 3PM  RAIN, HAIL OR SHINE!

MULGOA PUBLIC SCHOOL, MULGOA RD, MULGOA

ENQUIRIES: VICKY 0417 046 212 • EMAIL: MULGOACMDSTALLS@HOTMAIL.COM
Get an eyeful of art at the original Blue Mountains art show on August 28, 29 and 30. Browse and shop from more than 400 paintings, sculptures, photographs and artisan crafts such as hand-crafted jewellery, leather bags, ceramics, silks and more at the 39th Annual Springwood Art Show.

Our major sponsors are:

- Blue Mountains City Council
- Harvey Norman
- MoshPit Publishing

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