Dear Parents and Caregivers

There has been considerable concern shown in our community and through social media about the mental health of children and young people in our area. There are lots of things we can do to support our children. Two important messages we can share to help support them are:

♦️ All of us should seek help from others when we feel down or vulnerable
♦️ You should talk to an adult if you are worried about a friend or yourself.

Please feel free to contact our counsellor if you need to talk to them about your child.

Other sources of support for you and your children include

♦️ Kids Helpline 1800 551 800 or www.kidshelp.com.au
♦️ Lifeline 131114 or www.lifeline.org.au
♦️ Headspace 1800 650 890 or www.headspace.org.au

Year 3 & 4 Cascade Excursion

All students in Years 3 & 4 were given a permission note for the Cascade excursion to be held in September this year. If your child did not receive this note please ask them to collect one from their teacher.

Kindergarten Dental Checks

Kindergarten dental checks will be Tuesday 15 March 2016. Please ensure you have returned your child’s permission and survey note by that date.

School Photos

School photos have been sent home today. If you ordered photos please check your child’s bag.

S.R.C Fundraiser

The SRC mufti day held yesterday raised $72.10. Thank you to everyone that donated.

P & C

The next P&C meeting will be the AGM followed by a general meeting on Monday 14 March at 6:00pm in the library. At the AGM all executive positions are declared vacant and nominations are taken to fill them for 2016. If you are interested in holding an executive position please ensure you nominate.

Year 5 & 6 Sydney Excursion

All students in Years 5 and 6 received a note regarding the Sydney excursion. This note also asked for volunteer interest and chocolate fundraising. If you wish to be part of the chocolate fundraising you MUST return that note by this Friday 11 March as orders are being placed with Cadbury on that day.

Hot Cross Bun Fundraiser

To help cover some of the costs of the Year 5 & 6 Sydney excursion, we will be having a Hot Cross Bun fundraiser on Wednesday 23 March. Attached you will find a pre-order, please return with payment by Friday 18 March. Parents and caregivers that would like to join their child for recess are welcome to include an order for themselves on the form.

Assembly

Our next assembly will be held on Monday 14 March at 2:20pm with K/1 presenting an item. Everyone is welcome to attend.

Canteen

The canteen menu has been delicious and healthy. Thank you ladies. Don’t forget there are always salad and sandwiches on the menu. Next week’s additional options will be:

1. Sweet potato bake with rissoles - $4.00
2. Noodle Stir Fry - $4.00.
3. Chicken Schnitzel & Salad - $4.00.

Prices for additional items will vary weekly according to their cost to the canteen so check your newsletter each week. Thankyou to all helpers in the canteen so far. We are hoping more parents are able to assist so please let the office know if you can help out.

Jacqui Menzies
Principal

Sport

Congratulations to Harrison, Luke & Domanik who participated in the Clarence Valley Rugby League trials yesterday.