### Term 1

#### Week 5
- Fri 26
  - Assembly
  - FNC Swimming Carnival
  - Hot Dogs

#### Week 6
- Tues 1 March: Student Banking
- Wed 2: Canteen
- Frid 4: Ride 2 School Day
  - BBQ

#### Week 7
- Tues 8 March: Student Banking
- Frid 11: Hot Dogs

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**K-6 Assembly**

Our K-6 assembly will be held tomorrow in the library. Parents and friends are invited to join us as we recognise the wonderful efforts of our students. The assembly will commence at 9am. We hope to see you there!

**FNC Swimming**

Some of our students will be travelling to Murwillumbah tomorrow to participate in the Far North Coast Swimming Championships. Congratulations to our four representatives for their selection in their respective events. I would like to thank Amali Gaiter for agreeing to fill in for Riley Patterson in the PP5 relay.

Events for our students are as follows:
- Caroline Sankey – 50m Freestyle, 50m Backstroke, 50m Butterfly, PP5 Relay
- Claire Sankey – Junior Girls Relay, PP5 Relay
- Ben Sankey / Amali Gaiter - PP5 Relay

Good luck kids!

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**Evacuation and Lockdown Procedures**

Each year schools are required to hold drills in Evacuation and Lockdown. These drills are very important so that in the event of a real emergency, all school personnel are prepared and know exactly what is...
to happen. After speaking to the students about the reasons for these drills we had our first practice today. For parents’ information the signal for an evacuation (leave all buildings) is one continuous bell and the signal for Lockdown (lock rooms and stay indoors) is three shorts bells. In light of some recent events mentioned in the media it is very timely. All went smoothly for our first practice today!

**Mathletics**

I would like to remind parents that our school has again subscribed to the Mathletics program for 2016. To help get value for our money we would like to encourage parents to promote the program’s use at home. We would like to see Mathletics being played on occasions at home as a part of the student’s homework or revision work. Your child’s username and password will be pasted into the front of their homework books. Passwords remain the same each previous year. All new students have also been allocated a password. The Mathletics website is: www.mathletics.com.au

**National Ride to School Day**

In the 1970s, 80% of Australian school children rode or walked to school. Today only 20% of school children get to school by bike or foot, with the rest travelling to school in a vehicle. Next Friday 4 March, is “Ride to School Day” so we are encouraging as many students to ride, skate or scooting to school. This activity is designed to promote a healthy start to our school day. Parents are also most welcome to join us. Please ensure that safety comes first and all students riding, skating or scootering have a suitable helmet and are riding a safe form of transport. For those students who live at a distance from the school, it may be an idea to meet at the park around 8:30am. Mr Curtin will be there to organise the students as they embark on their ride.

**ICAS**

The International Competitions and Assessments for Schools (ICAS) are independent skills-based assessments with a competition element. ICAS are developed annually for primary and secondary school students in the subject areas of Digital Technologies, English, Mathematics, Science, Spelling and Writing.

Parents are invited to register their child’s interest in sitting these assessments by returning the nomination sheet at the end of the newsletter. Please note a minimum of 3 entries in a subject, irrespective of school year level, is required. Schools entering fewer than 3 students will be charged the entry fee applicable to 3 enrolments.

**PSSA Winter Sports Trials**

Each year PSSA trials are held in a number of different sports to create a team of players to represent the Ballina District PSSA. The PSSA Winter Trials will be held at Ballina on Friday 18 March and will include the sports of soccer, hockey, netball and rugby league (11yrs and Opens). Players who are actively involved in any of these sports and demonstrate good skill development may be nominated for these trials. The students who are nominated will receive a separate note outlining the details of the trials. Please return these notes by March 11 if you wish your child to attend.

**School Voluntary Contributions**

Parents are reminded about our voluntary school contribution. The amount for these contributions is $20 per child or $40 per family.
Monies raised through these contributions are used to purchase additional resources (pencils, glue sticks, cardboard, scissors, art supplies) for our students to use in their classrooms and also support programs operating within the school. Thank you to those families who have already paid this contribution.

**Parent Drivers**

We remind all parents who intend helping out with transporting students this year that we require a copy of their Third Party Insurance (Green Slip) and licence papers. We are legally required to have a copy of these documents on file within the school. Please see Kathy in the office if you would like these documents photocopied.

**Active Healthy Kids**

The Active Healthy Kids Australia 2015 Progress Report Card on Active Transport for Children and Young People was launched in November, 2015. With fewer Australian children walking or cycling to school today than ever before, the theme of the 2015 Progress Report Card was “The Road Less Travelled”. Both children/young people and parents should incorporate active transportation into their everyday routines. Other than school journeys, replacing short car trips to a range of destinations (e.g. local parks, local shops, friend’s house) with walking or cycling is feasible (e.g. 1 km is about 10-15 minutes of walking) and will have a range of benefits to the child, parents and the environment.

+Given that distance is one of the biggest barriers to walking and cycling to/from school, parents and families need to adopt additional strategies if their child lives outside of a walkable or cyclable distance from school. Possible solutions may include: ‘park and ride/walk’ strategies whereby children are dropped off and picked up at a distance away from the school grounds;

or encourage and support the use of public transport - while public transport is largely passive, children can still incorporate active trip components to get to/from pick-up and dropoff locations.

++ Parental concerns about traffic and personal safety are important barriers to active transport. Parents need to feel certain that their child has the capability and confidence to navigate their way independently to school and to other destinations despite any potential safety concerns they may have.

Strategies that families could adopt are:

- parental accompaniment on active transport trips until a level of independence and competence is possible, enrolling children in skill-building and traffic safety awareness programs and encouraging children to walk and cycle to/from school and other destinations with other children.

- www.activehealthykidsaustralia.com.au

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**GOOD DEED AWARDS**

Sienna S

Lora

Myles

Seth

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**“LET’S TALK ABOUT IT”.... PARENTING TOPICS 2016**

**TANTRUMS**

TUESDAY 9th FEBRUARY 2016 @ 9am - 10am

**PARENTING & SLEEP**

TUESDAY 16th FEBRUARY 2016 @ 9am - 10am

**RELATIONSHIPS**

TUESDAY 1st MARCH 2016 @ 9am - 10am

SCOUT HALL - 22 MANGROVE STREET EVANS HEAD

CONTACT TRESSA FOR FURTHER INFORMATION

0434 674 232 | (02) 6682 4334
## ICAS Competitions

<table>
<thead>
<tr>
<th>ICAS SUBJECT</th>
<th>ICAS SITTING DATE</th>
<th>COST</th>
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<td>Writing</td>
<td>Monday 13 June - Friday 17 June 2016*</td>
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