Hi everyone-

Welcome back to Term 2. What lovely weather we experienced over the holidays!

**Cross Country** – next Thursday (8th May) is the Dunoon PSSA Cross Country at Corndale Public School. The students started to prepare for this yesterday, monitoring how far they can run around the course at school. Everyone is very keen. Students will come to school in the morning before being bused over to Corndale and return for normal afternoon school bus schedules. All parents are welcome to attend on the day. Details to come on times and canteen prices lists.

**Rous Water & Lismore City Council Schools Water Challenge**

Yesterday Rous Water came out to talk to the students about this year’s School Water Challenge. There is a major prize of $1,500 to the school who has created the best film on their school water audit. This will be a fun challenge and already the students were coming up with very creative ideas on how to go about this. The title of the project is "Making a Difference" or M.A.D. (How appropriate for us!!)

**Mother’s Day Stall – 11th May (The Channon Markets)** I hope you have all been collecting items for our stall. You can drop them here at the school or at Joanna Pitt’s on Saturday 10th May. The students will be making items next week to help out as well.

Regards
Alison Bath

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**Upcoming Events**

- **May 5**
  - P & C Meeting 2.30pm – Library/Hall
- **May 8**
  - Dunoon PSSA Cross Country – Corndale PS
- **May 11**
  - Mother’s Day stall @ The Channon Markets (stall items to Joanna Pitt)
- **May 13**
  - NAPLAN testing Years 3, 5, 7 & 9
- **May 14**
  - NAPLAN testing Years 3, 5, 7 & 9
- **May 15**
  - NAPLAN testing Years 3, 5, 7 & 9
- **May 19**
  - Musicaviva – Dunoon Hall
- **May 24**
  - Lifeline Sale - Nimbin
Can Breakfast Make Kids Smarter?

Last year the University of Pennsylvania School of Nursing published findings from their research that says it does. The research found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores.

Why? After a whole night of fasting, breakfast serves as a means to supply “fuel” to the brain. Meanwhile, social interaction at breakfast time with others may promote brain development. Mealtime discussions may facilitate cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge, noted the authors.

So the advice is eat breakfast – it may make you smarter.

http://www.nursing.upenn.edu/sia/Pages/Can-Breakfast-Make-Kids-Smarter.aspx

HOST FAMILIES NEEDED IN JUNE/JULY 2014
EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS
IMPROVE YOUR LANGUAGE STUDIES AT HOME

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

In June-July we will be receiving exchange students from Europe, the USA & Latin America. Our new arrivals will live with a host family and attend a local school for 2 or 10 months. As we plan for their arrival, we are looking for host families across Australia to welcome these students into their home.

Our students originare from a variety of countries. Below is a sample of students who will be arriving. You can find out more about our international students by clicking here.

Miranda loves the outdoors. Whether it be bike riding, running, swimming or dance.

Victor is a passionate cook with a specialty for chocolate cake and croissants. He comes from a large family and is an avid movie fan. Victor hopes to continue with his drama lessons.

Felix would be very happy in a large family and is hands on with household chores. A very curious boy and is excited to be on his way to enjoy a 'new life' and 'new culture'. He enjoys basketball and BMX bike riding.

Anna-Maija is an avid photographer of wildlife and nature. A great opportunity to brush up on your photography skills. She also enjoys sports such as soccer, volleyball and tennis.

Celeste enjoys young children, animals, and loves to cook. She would also like to become a primary school teacher in the future. A wonderful addition to any Australian family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. You might even make a friend for life!

"Just give it a go, the benefits will surprise you. I highly recommend it," mentions Australian Host Dad Andrew, from the Stuart family. "Not only do your children benefit, but the benefits exist for the parents too."

The Stuart family were thrilled to have Danish student Simon stay with them for 8 months. As commented by host mum Victoria, "It has been a fantastic experience. Simon has been an awesome role model to our two young children, he has been like an older brother to them." Victoria continues, "The experience has benefited us too, as it has allowed us to have greater free time and flexibility as a family. I was very impressed with Simon, as within the first couple of days he was here, he asked what should his chores be?"

Host Dad, Andrew continues, "we are so lucky to have Simon come stay with us. He is a fantastic student, easy going and not very demanding. He has fitted into the Australian way of life so easy. He even obtained his Bronze Medallion. We are so proud of Simon."

Parent tips – 4 April 2014

School holiday kids and family camps
It’s not too late to book your child into a NSW Sport and Rec holiday camp. There are also family camps available year-round, for an active, family-friendly (and pocket-friendly) getaway. Find out more: http://bit.ly/1hWxTra

Managing screen-time
Helping kids find the right balance between activities, homework and screenetime is a challenge that only gets harder as they grow older.

Commonsense Media has lots of useful resources to help – from movie and game ratings to articles like this one on setting screenetime limits that are realistic enough that your children will actually follow them. Read the article here: http://bit.ly/1pBIfmk

Books to boost brains
Literacy skills often progress suddenly in leaps and bounds. The secret is to keep kids of all ages reading over the weekends and school holidays. Even 20 minutes a night can make a huge difference to their reading, comprehension and general knowledge.

It’s also a great way to settle their minds down before sleep (for adults too!). If your child hasn’t found a book that grabs their imagination, why not try them on a series book from the Premier’s Reading Challenge list? Here are top suggestions for all ages, including young adult:

http://bit.ly/1dLSGc0

Kik, Vine, Instagram – are they safe?
It's no contest – kids discover and understand new social media long before we adults do. If your child is thinking about creating a new social media account – or complains that “everyone else is doing it”, you can get the facts a glance from School A to Z’s technology glossary. You’ll also find information about age restrictions and things to watch out for:


Essays due soon?
Learning how to plan, write and polish an essay is a skill that takes a long time for most people to learn. Different types of essays follow different rules of structure. If your teen is currently working on an essay, you’ll find this video (and the links to fact sheets on the right hand side of the page) really useful in explaining the “how to” of essay writing as it’s taught in NSW public schools: http://bit.ly/1jJ1mZ