Hi everyone,

Thank you to ALL our students who participated in the Cross Country last Thursday at Corndale. Whilst not a pleasant weather day, I was pleased to see everyone participating in their events. Well done to Mia, who made it to Zone Cross Country. It will again be held at Corndale with hopefully a sunnier day.

This Thursday, our school is hosting the Principal’s Teaching Day. We will be discussing many issues around the new school plans, school excellence framework and What works Best in our schools. Mr David Silcock Principal, School Leadership and High Performance Learning, High Performance and Accountability. He has just recently returned from Canada where he and our Directors went to look at the Canadian Education system.

NAPLAN is next week. Students in Year 3 have looked at, discussed and planned strategies for the tests next week using previous NAPLAN material. It is a challenging few days for all students, so it is important that they have a good nights sleep and a healthy breakfast. (See attached sheet)

Friday 15th May is FOOD REVOLUTION DAY with Jamie Oliver. We started with the day last year and decided to join in again as it was so much fun. Please read and sign the permission form for your child to take part.

To all
Mums on
Sunday
10th May

Happy Mother’s Day

Alison Bath
Healthy Breakfasts Can **ENERGIZE** Your Child for Testing!

A **good night’s sleep** and a **healthy breakfast** will help them do better on these tests and year-around! This is an excellent time to practice healthy breakfast habits and maybe even try a new breakfast recipe or two!

The kind of food eaten for breakfast makes a **big difference** in how long the meal will keep your child **energetic, alert** and ready to learn.

- A breakfast of sugar or starch (like a sugary breakfast cereal or a sweet doughnut) only lasts 1-2 hours. (See Figure 1)
- With **less energy** from a sugary breakfast (or no breakfast) children can become **sleepy, grumpy and unfocused** halfway through the morning.

Help your child do well at school—make sure they have a balanced breakfast **every day**!

- A **balanced** breakfast, consisting of **complex carbohydrates**, **protein and fat** gives energy and prevents a drop in blood sugar for several hours, until snack or lunch time.

  - A meal which includes a **variety** of foods:
    - **whole grains**—whole wheat bread, brown rice, oatmeal
    - **protein**—eggs, lean meat, tofu, nuts, beans
    - **fresh fruits and vegetables**
    - **low fat dairy**—milk, yogurt, cheese

will provide the **most** benefits to a child, educationally, nutritionally, and physically.

- A balanced breakfast that keeps a child energized until lunch can be a quick and easy meal—at home, at school, or on the go.

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**French Toast**

Makes 4 servings

3 eggs
1/2 cup low fat milk
1/8 teaspoon salt
8 slices day-old bread

Spray or lightly grease large fry pan. Beat eggs, milk and salt together with a fork; pour mixture into a shallow bowl. Dip bread slices one at a time into egg mixture, turning to coat both sides. Place bread on hot fry pan. Cook until golden brown; turn and cook second side until golden brown. Serve hot with fresh fruit.

1 serving has 200 calories and 6 grams of fat.

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** Yogurt with a Crunch**

Makes 1 serving

6 to 8 ounces plain or flavored low fat yogurt
1/4 to 1/2 cup ready-to-eat breakfast cereal
1/4 to 1/2 cup sliced or chopped fruit (frozen, canned or fresh)

Place all ingredients in a bowl or large cup. Stir and eat with a spoon.

1 serving has about 300 calories and 3 grams of fat.
Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.


Financial literacy

Does your child need help with business and economics? Here’s info on credit cards, how to be responsible spenders and savers, and make consumer choices.


Application for opportunity class placement in Year 5 in 2016

If your child is seeking Year 5 opportunity class placement in 2016 you must submit the application online between Monday 27 April 2015 and 15 May 2015.

The application website is at www.schools.nsw.edu.au/ocplacement

Spellcheck

Is your child learning to spell? Struggling with the weekly spelling lists? Here are a few strategies that will help:


Homework planner

Kids and families run more smoothly when there’s a plan - so print out our 2015 homework and study calendar, which includes key dates and school holidays.


Help with ratios

Homework is full of tricky maths questions. Brush up on some of the maths terms your child uses in the classroom. This glossary gives straightforward explanations and illustrated examples.

SURVIVING ADOLESCENCE TOGETHER

Are you a parent or carer of a teenager?
Are you looking for some information or support in parenting your teenager?
Are you concerned about how your relationship with your teenager is changing?

WHAT'S THIS COURSE ABOUT?
Surviving Adolescence Together is a parenting course that aims to support parents/carers through one of the greatest transitions a family must face. This course is designed to help you understand and respond positively to the challenges of adolescence, and to help strengthen your relationship with your teenager.

We all want teenagers to make it through adolescence safely and to develop into great adults. Yet, there are many factors that influence our teens for good and bad. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or carer.

Even though you may not feel it now, we believe the parent + teen relationship is key in helping families survive adolescence together.

TOPICS COVERED
Through information sharing, exercises and group discussions we will explore:
• Adolescent development and changes in the brain
• How are relationships protective?
• The risks teens face and how it all go wrong
• The struggles parents face in coping with all this
• Reflecting on parenting styles
• How parents and teens push each other buttons
• How to positively influence your teen and the relationship
• Practical strategies to reduce conflict, increase relationship connection and build your ‘relationship bank account’ to influence your teen and help them make wise choices.

RECONNECT
Getting it Together

COURSE INFORMATION
COST: $200
DATES: Tuesdays 30th May, 3rd & 8th June, 9:00am-1:00pm
LOCATION: Byron Community Centre
48 Jonson Street, Byron Bay
(These are not separate workshops)

CONTACT
Please call or email Rohni
rohnifordney@gmail.com

ENROLMENTS are essential!
Laboratory: reconnct@btinternet.com.au
Tel: 0412 312 950

ABOUT US
Reconnect is a not-for-profit social welfare
organisation with youth and families through the
Environomental and Cultural Health Program of
the Northern Rivers Social Development Council.

The Power of Compassion
A low-cost community workshop, part of the Compassionate Lismore project

The Power of Compassion: How to manage Stress by Cultivating your Compassionate Mind

With
Prof. Paul Gilbert and A/Prof. James Bennett-Levy

1 Day Workshop: Lismore Workers Club
June 18th, 9:30-4:30
Cost: $100 – or concession $90

Why come to this workshop?
Do you find yourself frequently stressed at work or at home? Do you often pick up on your faults and criticize yourself harshly? Do you try to notice your family’s or colleagues’ faults, and be unnecessarily critical about them? Does the home or work atmosphere sometimes turn sour? For many of us, hostile self-criticism – or criticism of others – is a way of life.

This one-day workshop is for people interested in finding a different path for their relationships with themselves and others. It is led by the founder of Compassion-Focused Therapy (CFT), Professor Paul Gilbert from the University of Derby (UK) and A/Prof. James Bennett-Levy from the University of Sydney’s University Centre for Rural Health in Lismore.

Researchers have found that by deliberately cultivating self-compassion, we can reduce stress at home and work, and silence unhelpful self-criticism and shame. Compassion-focused practice enables us to develop greater well-being and more effective home and work lives. Paul and James will introduce us to self- and other-compassion skills and provide opportunities to practice different ways of cultivating compassion to improve well-being.

Lismore NAIDOC Ball 2015
SATURDAY 11TH JULY
LISMORE WORKERS CLUB | 6.00PM
Platinum Bar
Pre-event Canapés
Room 78
Main Event | 2-Course Meal
Entertainment + DJ

FORMAL DRESS 1st EVENT
$60 PER PERSON | TABLES OF 10 AVAILABLE
TICKETS AVAILABLE ONLINE | WWW.TRYBOOKING.COM
FOR FURTHER DETAILS PLEASE CONTACT NAIDOC @ Lismore NAIDOC Ball 2015
0477 512 200

Byron Youth Theatre presents
ALTERED STATES

Sunday 24th May
Performance 6-7 pm - Q&A after
DRILL HALL Mullumbimby
Entry $10 (under 18 free)