How Parents Care

At our school we are blessed with parents and carers who show they care a great deal about their children. The care shown ensures young people move forward in their development and takes many forms. Parents show they care by:

- Seeing children attend school each day lessons are offered – this ensures students avoid learning gaps, issues relating to confidence in learning and positive growth in their relationships with peers and adults in the school.
- Seeing children attend with good nutrition – having a healthy body is based on good diet and exercise. Parents show they care by getting the balance right between healthy foods and occasional treats in the food consumed by children.
- Seeing children have adequate sleep – for younger students this can be 9 or 10 hours each night while for some older students may range from 7 to 9 hours. Ensuring children have adequate sleep involves making a calculation about the time the student needs to rise in the morning to see they arrive at school on time and counting back. This leads to a known bed time. Parents care by monitoring how their child is “travelling” as far as their sleep is concerned. This can involve having home routines where students must be home and in bed to ensure their next day can be a productive one.
- Seeing children attend school with school requirements – pens, pencils, books, uniform, etc (see the equipment list and specified uniform routinely included in the newsletter).
- Providing a caring and listening environment at home where students can talk over things that are on their mind. This can help students in their relationships and avoid risky behaviour during school years. There should also be a place where students can complete homework at home. It can often help to have your child explain the learning task they are undertaking as they work on their homework.
- Talking with teachers about their child’s progress at school. This can involve attendance at parent-teacher meetings but can also involve meetings booked through the office for mum/dad updates on their child’s progress in learning and social development.
- Making decisions as the parent. Parents are just that, parents, and they occupy the key position of responsibility in raising a child. This will mean making a “parent’s call” on decisions about the activities in which your child is involved, including, at times, who they mix with and when they are involved in particular activities. As students age, this can involve gradually allowing more responsibility for decisions by their child as they move toward adult life.
- Providing good role models. This can be in the form of eating healthy, being a reader and life long learner, discussing family, community and world events in a meaningful way, showing responsible social behaviour and...
Rob Walker – Principal

Swimming
At last week’s primary assembly, the ribbons were handed out to students who placed 1st-4th at the Mid Richmond Swimming Carnival at Woodburn back in week 2. Congratulations to all who were involved as you helped Evans River K-12 win the carnival. A special mention to the following age champions; Tahlia Howard -11yrs girls, Jacob Yourell-Senior Boys, Lily Pollack-Junior girls.

On Wednesday 25th February, 11 students competed at the PSSA Far North Coast Swimming Carnival. Congratulations to the following students who received ribbons and will go on to compete at the North Coast Carnival. Jacob Yourell- 1st 100m freestyle, 2nd senior boys 50m freestyle, 1st senior boys 50m backstroke, 1st 50m butterfly and 1st 200m IM. McKinley Amison-, 1st AWD 10yr girls 50m freestyle, 1st AWD junior girls 50m breaststroke, 1st AWD 10yr girls 50m butterfly and AWD 10yr girls 50m backstroke. Lily Pollack- 1st 8yr girls 50m freestyle.

Isaac Fields
K-6 Sports Organiser

Paediatricians recommend children and adolescents limit screen based media use (SBMU) to less than two hours per day for their health. A recent study (January, 2015) of 2,620 8 to 16 year olds from 25 Australian government and non-government primary and secondary schools found that 45% of 8 year olds to 80% of 16 year olds exceeded the recommended < 2 hours per day for SBMU (TV viewing, Gaming, Social Networking, and Web Use)

Suggestions to help children limit their screen time include:

- No screens before school
- No screens in the bedroom
- Negotiate their use with your child
- Ask if all help around the house and homework is done first
- Use the great outdoors and the local library.

Science Staff
Next Monday, 9th March is our Year 8 - 12 Parent Teacher Interviews. They will be held in the school Gym from 4:30 - 6:30pm.

Mr Beck has asked me to let everyone know that piano and guitar lessons will commence next week.

A workshop coming up later this year is:

**Helping Learner Drivers Become Safer Drivers**

This is a free 2 hour workshop provided by NSW Roads and Maritime Services. The workshops provide practical advice about:
- the new changes to the Learner Driver Permit,
- The new Safer Drivers Course,
- How to use the Learner Driver Log Book,
- How to plan driving sessions,
- How to deal with difficulties that may arise during driving practice,
- The importance of giving the learner constructive feedback.

This workshop will take place Tuesday 5th May.

**GOOD NEWS**

We have secured a date for Alstonville Family Dental to visit the school again this year as part of their Grow Up Smiling dental program. The dates the unit will be visiting are, the 16th and 17th June. As time grows nearer I will be organising appointment times as we did last year.

Lyn Thomson—CLO 66826 666 lynette.thomson8@det.nsw.edu.au

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**Canteen Roster - Week A**

Monday 09 Mar Help Wanted
Tuesday 10 Mar Donna Moore
Wednesday 11 Mar Molly Forsyth
Thursday 12 Mar Von Pickens
Friday 13 Mar Charmayne Stevens

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**K-6 AWARDS Term 1 Week 4**

<table>
<thead>
<tr>
<th>Kinder</th>
<th>Jaiden Cooper</th>
<th>Ruby Smales</th>
<th>Kobe Randall</th>
<th>Hannah Forrester</th>
</tr>
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<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td>Breanna McGregor</td>
<td>Jett Caslick</td>
<td>Chase Merrick</td>
<td>Jarvis Semple</td>
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<tr>
<td><strong>Year 2/3D</strong></td>
<td>Daniel Stewart</td>
<td>Imogen McGregor</td>
<td>Nayt Walker</td>
<td>All of Yr 2/3D</td>
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<tr>
<td><strong>Year 2/3M</strong></td>
<td>Kobi Mitchell</td>
<td>Valinn Caslick</td>
<td>Harry Anderson</td>
<td>Ella Pearson</td>
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<tr>
<td><strong>Year 4C</strong></td>
<td>Shenoah McKenna</td>
<td>Damon Walker</td>
<td>Tahj Hodder</td>
<td>Savannah Novak</td>
</tr>
<tr>
<td><strong>Year 5/6F</strong></td>
<td>Ally Forsyth</td>
<td>Joseph Harcourt</td>
<td>Jasmine Brednow</td>
<td>Mitchell Williamson</td>
</tr>
<tr>
<td><strong>Year 5/6E</strong></td>
<td>Elysia Hudson</td>
<td>Jacob Franks</td>
<td>Luke Elley</td>
<td>Ethan Alchin</td>
</tr>
</tbody>
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**Science Trivia!**

**This Week's Question:** Which mineral forms the lead in a pencil?

**Last Week’s Question:** What term is given to a piece of rock or metal from space that reaches the surface of the Earth? **Meteorite**
**E V A N S  H E A D  L I T T L E  A T H L E T I C S  C E N T R E**

**ANNUAL GENERAL MEETING**

30th March 2015
Evans Head Surf Club, 5.30pm
**Parents of past and current members and Community people interested in helping out with the 2015/16 Athletics Season, please come along.**