**Wednesday 26/8/2015**
**Term 3 Week 7**

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**FETE NEWS!! - 9 weeks to go!**

Have you purchased your ride arm bands?? They are available each Thursday at a cost of $25.00 per band. Next week we are asking that children bring in a non perishable food item. For every item donated, you will receive a raffle ticket to win a Technology Tablet! Food stuffs can be handed into the classroom teacher or left in Mrs Piggott's office.

**Great week to be a duck!!**

It has certainly been a very soggy start to the school week. The school will generally stay open unless it is flood affected. In such bad weather, parents may decide to keep their children home from school. If this is the case, we ask that you send in a note on your child’s return stating they were kept at home due to the weather. In extreme weather conditions, this reason is acceptable.

**Southern Stars**

This week we have 40 students from Stage Two and Stage Three participating in Southern Stars. A huge thankyou to Mrs Gibson Dean and Miss Koerner for all of their hard work preparing students, sourcing costumes and organising the week. I am sure all children involved will have a fantastic time.

**School enrolments for 2016**

We are now accepting enrolments for 2016. If you have a child or know of a child who is in area and will be enrolling in 2016, please come to the office for an enrolment form. If you are out of area, you can make an application for Kindergarten 2016. A panel will review all applications on Thursday 8th October ( Term 4 Week 1 ) and will determine at this time if out of area placements are available. Please view the school enrolment policy on our website for more information.

If you will be leaving the school in 2016, could you please let the office know as we are already making plans for the 2016 school year.

Have a wonderful week!!!!

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**Uniform Shop News**

Open

Mondays & Thursdays
8.15—9am in the hall.

Hair ties
The lovely hair pieces that were being sold at the Canteen are now available at the Office. They range in price from $5 to $6 (correct money required as no change available).

A reminder, that we have the new Jumpers selling for $20 and the old Sports shirts for $10.

Thankyou
A Roberts
**Weekly Class Winners**
For week ending 21/8/15

Kais Simmonite  KM
Mariah Costa  KP
Molly Teal  1/2B
Finn Teal  1/2T
Felicity Hurt  2H
Lexie Hodges  3S
Sean Garcia  3/4R
Minna Parker  4/5G
Keera Kennedy  5/6K
Jorja Haddon  5/6O
Mariah Costa - KP

**Open Classrooms:** after Book Parade. Then picnic lunch.

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**SPORTS NEWS**

**Regional Athletics Results - CANBERRA**
Despite a long drive and the threat of snow, the Regional Athletics Carnival was a successful outing for our school representatives last Friday. We had a solid LISPS team compete as part of our district.

Results - Malokai Tomo (2nd 9yrs 100m 1st in heat in 200m), Ajay Flavell (1st 13yrs 100m, 3rd Snr 200m, 3rd Snr High jump), Will Starling, (9th Snr Shotput) Thomas Jolliffe (discus), Kelly Blair and Sunni Lord-Drougas (800m 20th, 100m 4th in heat)

Junior boys relay (Malokai Tomo - Kynan Bourke, Jake Attard, Max Subotic) - Good job
Senior boys relay – (Robie Hodgson, Josh Carberry, Will Starling, Ajay Flavell) - Good job

Malokai Tomo and Ajay Flavell were both successful in qualifying for their events. They will now be competing at the State Carnival in Homebush later this term. Well done and good luck!

**PSSA Gala Day**
The Mid South District PSSA Gala Day is fast approaching – Friday September 11th. Stage 2 and 3 students will attend the relay day, which is a fundraiser for Mid South PSSA. Students will be involved in activities provided by local associations such as the NRL, AFL, and Little ‘A’s. There will also be prizes and raffles on the day. Please return permission notes ASAP and get involved to help support a worthy fundraising initiative for school sport.

Miss Hale

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**FATHER’S DAY STALL**
The P&C will be holding a Father’s Day stall on Tuesday 1st September 2015, for all students to purchase that special gift that is always the biggest surprise for our wonderful Dads to enjoy on Father’s Day.

Gifts will be available for $2, $5 and $10.

The Father’s Day stall will be held after recess and we hope that if enough gifts are left over, we will sell them the following day after recess for anyone who may have missed out or is absent.

Thanking you kindly P&C
## WEEKLY MERIT AWARD WINNERS

To be presented at the weekly Assembly on

**Friday 28/8/15 at 12.30pm**

<table>
<thead>
<tr>
<th>Class</th>
<th>Students Name</th>
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<tbody>
<tr>
<td>KM</td>
<td>Emily Teasdale</td>
</tr>
<tr>
<td>KM</td>
<td>Kais Simmonite</td>
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<tr>
<td>KP</td>
<td>Shay Farmilo</td>
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<tr>
<td>KP</td>
<td>Miya Newman</td>
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<tr>
<td>1/2B</td>
<td>Jordan Stankovic</td>
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<tr>
<td>1/2B</td>
<td>Makaila Grindle</td>
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<tr>
<td>1/2T</td>
<td>Leyla Kaczmarek</td>
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<tr>
<td>1/2T</td>
<td>Kynan McGrath</td>
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<tr>
<td>2H</td>
<td>Angela Leake</td>
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<tr>
<td>2H</td>
<td>Tahlia Rueda</td>
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<tr>
<td>3S</td>
<td>Kirbee Kennedy</td>
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<tr>
<td>3S</td>
<td>Amira Kilinc</td>
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<tr>
<td>3S</td>
<td>Chad Darlington</td>
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<tr>
<td>3/4R</td>
<td>Charli McKechnie</td>
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<tr>
<td>3/4R</td>
<td>Kimberley Murray</td>
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<tr>
<td>3/4R</td>
<td>Kai Samuels</td>
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<tr>
<td>4/5G</td>
<td>Ava Moore</td>
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<tr>
<td>4/5G</td>
<td>Molly Blackburn</td>
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<tr>
<td>4/5G</td>
<td>Kelly Blair</td>
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<tr>
<td>5/6K</td>
<td>Logan O’Sullivan</td>
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<tr>
<td>5/6K</td>
<td>Paris Grozdanovski</td>
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<tr>
<td>5/6K</td>
<td>Will Hooper</td>
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<tr>
<td>5/6O</td>
<td>Kiara Watts</td>
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<tr>
<td>5/6O</td>
<td>Latrell Darr</td>
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<tr>
<td>5/6O</td>
<td>Maddison Debono</td>
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</tbody>
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### IMPORTANT INFORMATION

- Students should not enter the school grounds until 8.15am
- The School Office is opened at 8.15am
- Students must be collected from school by 2.40pm
- Parents must send in a note when students are Absent or Late.
- Notify the office of any changes to phone numbers or address
- Pets are not permitted on the school grounds

Thank you for your continuing support of Lake Illawarra South Public School

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Oak Flats & Shellharbour Community Bank® branches
Welcome to Fruit & Veg Month!

Our school is celebrating Fruit & Veg Month (24 August–18 September)!
The theme for this year is
‘Let’s Go Green!’

This is a great program that will educate your child about the benefits of eating fruit and vegetables as part of a healthy lifestyle. Activities will cover a range of curriculum outcomes.

Going green can mean:

**Eating green classified foods**

‘Green for go’ foods, ‘everyday’ foods – call them what you will. These are foods from the five food groups and we need to eat a variety of them every day for good health. But currently, more than a third of Aussie kids’ energy intake comes from discretionary foods (e.g. chips, biscuits, confectionery, deep fried foods) that are outside the five food groups (ABS, 2014).

And of course, the five food groups include our favourite foods – fruit and vegetables! Research shows that on average Aussie kids don’t eat enough vegetables. In fact, only 8.6% of children aged 4–8 and 4.6% of those aged 9–13 eat the recommended serves of vegetables each day (ABS, 2013).

Fruit & Veg Month focuses on getting kids to choose fruit and vegetables every day.

**Eating your greens**

Green coloured fruit and vegetables are packed full of important nutrients. In particular, the brassicas (broccoli, kale, cauliflower, cabbage) and green leafy vegetables have been shown time and again to promote good health. But unfortunately Australian children just aren’t eating enough greens.

The most commonly consumed vegetable among Australian kids is potatoes (ABS, 2014), whereas only around 9% of children aged 4–13 are consuming vegetables from the brassica group.

**Being green**

A vital component of the Let’s Go Green theme is about sustainability. According to the Environmental Protection Authority NSW, 40% of the waste found in household kerbside bins destined for landfill is food waste that could be composted (or put into worm farms) or is avoidable food waste (EPA, 2015). Not only does composting and worm-farming reduce organic waste going to landfill, it can also improve soil condition (CORE, 2015).

Discretionary foods are also more likely to be packaged foods and have a greater impact on the health of our environment. Food packaging uses valuable resources and can end up in landfill if not recycled.

With a commitment from home and school, we hope our students can develop healthy eating habits that endure beyond the month of activities and lead to healthy eating habits that last a lifetime.