From the Assistant Principal (Head of Primary)

Friendship Woes

At Lindisfarne we promote an inclusive culture and assist the children in developing the important skills of friendship making and maintenance, conflict resolution and empathy. Often parents counsel their children to stay away from or not to play with one of their peers who may be causing some angst. Further to this, parents may request teachers to make sure this arrangement is enforced. As I am sure you can appreciate there are approximately 440 children from Preschool to Year 6 and it is not practicably possible to ensure each of these requests are maintained. The strategy the staff encourage (and rehearse in classrooms) is for students to practise their communication skills by articulating clearly to their peers their concerns. For example, rather than saying “I don’t want to play with you”, children are encouraged to express their concern, eg “I don’t want to play with you because you always boss me around. If you can let me make decisions too then we can play together”. By doing this both children are learning: one is practising assertiveness and the other is learning how to be a better friend. Teachers continually educate the students in these skills in the classroom and are available at recess and lunchtime to assist with modelling these interactions.

Year 4 Camp Excitement

Our Year 4 students and teachers are eagerly anticipating their camp next Wednesday through to Friday. This annual trip to Midginbill Hill is a wonderful experience for the children to strengthen their friendships and to develop cooperation and teamwork skills. We look forward to hearing about their adventures upon their return.

Dry Dock Road Mayhem

Thank you for your patience with the road works currently occurring on Dry Dock Road. We have been advised these works should be completed by Friday 21 February.

Term 1 - House Captains

We are very pleased to announce our House Captains for Term 1.

**Saint Andrew**
- Dakota Hayes
- Daniel Green

**Saint Barnabas**
- Madeleine Warner
- Samuel Smith

**Saint Cuthbert**
- Isabella Hodgson
- Connor Hooley

**Saint Stephen**
- Sophie Beck
- Thomas Cronk

*Michele Chandler*

Student School Banking

We are seeking a volunteer from our school community to process the Commonwealth Bank student banking each fortnight on a Wednesday morning. For further information please contact the Sunshine Avenue Administration Office on 07 5523 1143.
Stage 3 News

Congratulations to the following Year 6 Students who have been elected House Captains for 2014

Saint Stephen
Brooke Swindells 6A
Logan Crouch 6FG

Saint Cuthbert
Jade Reid 6K
Nathaniel Bryant 6K

Saint Barnabas
Katisha Luff 6A
Brodie Copeland 6A

Saint Andrew
Emma Matusch 6FG
Mackenzie Ebbott 6K

Prefect and House Captain badges will be presented at next week’s whole School Assembly at Mahers Lane on Tuesday 25 February at 11:50am. Parents are welcome to attend.

Krissy Affleck, Acting Stage 3 Coordinator

6FG News

6FG have had a busy start to the year. We are excited to be implementing the Australian National Curriculum. During Term 1 the key topic is ‘Celebrating Us’.

Our Science Unit, ‘Celebrating Us’ focuses on Solids and Liquids. We have identified the things we would usually expect to find at a celebration and then categorised them into solids or liquids. Some of the items we examined were; red frogs, ice cream, lemonade, popcorn, jelly, gift boxes, wrapping paper and party whistles.

In our Maths lessons we have been working on Place Value. We have played a variety of games and completed some fun activities to reinforce our understanding of larger numbers.

Our classroom is looking bright and cheerful after students created ‘Colourful Artworks’ made from a design using coloured card. The colours were inspired from the book we have been reading in Literacy called ‘The River That Gave Gifts’.

Tracy Foyster and Rosemary Greenup, 6FG Teachers

helping students excel
What We Have Been Learning At Preschool

This year the Preschool has welcomed four new bantam chickens and two new guinea pigs. We also have Samara the guinea pig from last year. We incorporate the animals into our planning each week to provide the children numerous opportunities to interact with them, whether it is feeding them, finding food for them, making sure they have fresh clean water, cuddling them, cleaning their cages, washing them or letting them out for a run. It’s all fun and provides wonderful learning opportunities.

The children are learning to become socially responsible and show respect for the environment as they explore relationships with other living things.

Some of the benefits of having classroom pets are that they:

• Instill a sense of responsibility and respect for life.
• Make wonderful learning resources.
• Are good for morale and teach children about relationships and the needs of another living being. Learning to care for a pet helps the child learn to care for other people.
• Bring increased sensitivity and awareness of the needs and feelings of others, both human and animals.
• Teach children that living things need more than just food and water to survive.
• Help children to see how directly their behaviour and actions affect others.

Studies have shown that the presence of animals tends to lessen tension in the classroom.

The children are able to take the guinea pigs home for the weekends and holidays. There is a list on the front door of the preschool building if you would like to take them home for the weekend.

Over the past few weeks Kindergarten has been introduced to The Alphabet Tree picture book and literacy program. They have become familiar with the characters; the leaves, the word bug and the purple woolly caterpillar. We have read this picture book on which the literacy program is based and started to explore foundational literacy skills such as knowing the difference between a letter, a word and a sentence. The children have had fun discovering words that rhyme, syllables and new sounds through a series of engaging learning activities. So far we have added four sounds to the tree and each week we will continue to add new ones. Soon we will begin to join the letter leaves to make words and then build sentences.

I wonder if we will get some help from a special visitor in the coming weeks…

If you would like to find out more about The Alphabet Tree there will be an information session held on Wednesday 26 February at 5:30pm. We hope to see you there!

Baby sitting is available but must be booked by Friday.

Jo Hetherington, Director of Early Learning
Sports News
Hockey Gala Day

21 very lucky boys in Year 3, Year 4 and Year 5 experienced a fabulous Hockey Gala Day at the Murwillumbah hockey fields on Tuesday. They formed three teams of 7-a-side playing field modified games. They played four 22 minute game each. Tweed Border Hockey Association provided fantastic coaches and referees for an awesome day of come-and-try-hockey for 18 teams from five local schools. Thanks to everyone involved in this fun day, especially to our three Lindisfarne coaches Liz Galvin, Natalie Loemker and Peta Fahy. Margie Coleman was very supportive on the day and helped us out with specialised coaching and guidance. Our lucky boys were: Adam Laycock, Jake Frazer, Tadhg Galvin, Cooper Robins, Finn Armstrong, Thomas Cronk, Connor Hooley, William Jordan, Eli Lawrence-Hamden, Lucas Martins, Lewis Churchill, Rupert Fahy, Flynn Howarth, Brodie McDowell, Isaac Rogers, Keaton Ebbott, Declan Hannam, Oliver Jeffrey, Sven Loemker, Tyler Richards and Jye Walker.

Jodie Arnold, Primary PE Teacher

Community Veggie Garden Project Preschool - Year 6

This year we are hoping to set up a large kitchen garden in the area near the chickens. This project will be ongoing and involve all of the children from Preschool to Year 6. We would love to have as much parent input as possible to get this project up and running. Please let me know if you would like to be involved with any of the following:

- Input into the planning process
- Building of the garden beds
- Providing any materials eg sleepers, soil, plants etc.
- Ongoing help once the garden is up and running - with weeding, planting, watering etc.
- Scarecrow making

jhetherington@lindisfarne.nsw.edu.au

Jo Hetherington, Director of Early Learning

Come and join in the fun at:

Coffee Club @ Lindisfarne

Coffee Clubbers:

- Make hands-on resources for teachers to use with children in their classrooms
- Meet and enjoy the company of other parents in the community

When: Every Wednesday morning from 9:00am - 10:30am
Where: In the Hall
What you need to bring: An appreciation for good company
Canteen News
Welcome back. This term we are expanding our gluten free options. Please come and see me at the Canteen for more information.

A few reminders:
• Sushi can only be ordered online by 8.15am. No over counter orders for sushi.
• Toasties are available at recess on Wednesday and Thursday only.

Lastly could parents please change their online orders to reflect their child’s class for this year.

Volunteers are most welcome, particularly on Fridays - volunteers receive a $5 voucher to use at the canteen for each child at the Sunshine Avenue Campus. Your volunteer time commences when you bring your child to school and finishes about 1:00pm or earlier if needed. Lunch is provided for you.

Anne Begg – Canteen Co-ordinator

The Tweed’s own award winning farm attraction, Tropical Fruit World, invites Lindisfarne families to participate in a special event on the morning of Saturday 8 March.

The TFW team will produce a new video showcasing the beautiful property and the activities on offer there – and you’re invited to come along as extras on the shoot! Experience a behind-the-scenes look at professional video production and enjoy a (free) fun and educational private tour with fruit tasting, animal park, boat cruise, fruit icecreams and more. The video will feature on a new website and at international travel trade shows. No talent required – just smiles!

Tractor seats are limited, so please contact Tropical Fruit World soon on 02 6677 7222 for more information.

Nutrition Snippet
The simplest way to make a healthy brekky!

Breakfast is one of the most important meals of the day, but did you know that many Aussie families skip it?

A healthy brekky improves energy levels, alertness and concentration, plus it’s an easy way to throw in an extra serve of fruit & veg.

Here are some quick brekky ideas:

• Sliced bananas or avocado on toast
• Add chopped vegies to an omelette or savoury pancake
• Create a warm porridge or cereal with canned or fresh fruit
• Top a wholemeal muffin or toast with cooked tomato, mushrooms, baked beans or creamed corn

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

helping students excel
Understanding Teenagers

Two courses to choose from:

Two Saturdays
9.30am- 3.30pm
DATES: Feb 22nd & March 1st
VENUE: The Family Centre, Tweed Heads South

Six Wednesdays
5:30pm- 7:30pm
DATES: March 5th– April 9th
VENUE: Murwillumbah Community Centre

Supporting yourself and your child through adolescence.

It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist to get them safely through adolescence.

Cost: $30

Bookings are essential  (07) 5524 8711
Contact the Intake Worker between 9am—12.30pm Mon—Fri

Run through The Family Centre’s REAlSkills high schools programs

Course Fees: Course fees cover part of the cost of refreshments & resources provided for course participants. The Family Centre is committed to providing equal access to all the courses we offer. An inability to pay course fees will not restrict your access to the courses we offer. If you are unable to pay course fees please talk with our intake worker or the course facilitators.

For up to date info go to
www.thefamilycentre.org.au
YOUNG MUMS TO BE
Wednesdays Feb 19–Mar 26
9.30am–12.30pm
6 week course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, birthing positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun.
Venue: The Family Centre, Tweed Heads South
COST: NO COST

FAMILY CENTRE PLAYGROUPS
9.30am–11.30am
Monday – Banora Point
Tuesday – Cabarita
Wednesday – Murwillumbah
Thursday – Tweed Heads
Supporting families to identify and learn creative ways of playing with their children.
NO COST

TRIPLE P COURSE
Thursdays Feb 27–April 10
10am–12.30pm
7 week parenting course (6 group sessions plus a telephone contact) for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.
Venue: The Family Centre, Tweed Heads South
COST: NO COST

HEALTHIER RELATIONSHIPS: COMMUNICATION
Saturday Mar 22
9.30am–3.30pm
This 1 day workshop explores: stresses on healthy relating, roadblocks to communication, listening, assertiveness, managing emotions.
Venue: The Family Centre, Tweed Heads South
COST: $15 includes lunch

UNIQUE METHODS TO CHANGE FOR MEN
Wednesdays Feb 12–Apr 2
5pm–7.30pm
8 week self-awareness & self-development course for men. Designed to assist men with; parenting, maintaining healthy relationships & making positive life choices.
Venue: The Family Centre, Tweed Heads South
COST: $40

ANGER: MAKING IT WORK FOR YOU
Friday Mar 21
9.30am–3.30pm
Workshop for men and women. Content includes: identify what anger is and what it does; what triggers your anger and ways to make it work for you and your relationships.
Venue: Murwillumbah Community Centre
COST: $15 includes lunch

UNDERSTANDING TEENAGERS
Wednesdays Mar 5– Apr 9
5.30pm–7.30pm
6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist in supporting them safely through adolescence. Topics include: the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points and behaviour, and talking through challenging issues.
Venue: Murwillumbah Community Centre
COST: $30

HEALTHIER RELATIONSHIPS: COMMUNICATION
Saturday Mar 22
9.30am–3.30pm
This 1 day workshop explores: stresses on healthy relating, roadblocks to communication, listening, assertiveness, managing emotions.
Venue: The Family Centre, Tweed Heads South
COST: $15 includes lunch

BOOKINGS ARE ESSENTIAL
For further information on any of our courses or workshops please call
9am–12.30pm Monday–Friday
(07) 5524 8711
www.thefamilycentre.org.au