Dear Parents and Carers,
You may be aware that on Tuesday NSW Premier Mike Baird announced that if re-elected, the Government will invest more than $40 million in a new high school at Ballina. Apparently it will feature the latest technology and innovative classroom design to ensure students are learning in the best possible environment. He said the new school will improve educational delivery in Ballina, from preschool to Year 12.
The new Ballina High School will be built on the existing school site and will cater for students from the existing Ballina High School and Year 7-12 students from Southern Cross School. The current Southern Cross School will continue to accommodate its K-6 students and the existing Distance Education Centre.
I do need to be careful as to not make a political statement, but I think this is very exciting news for the students of our school and the entire Ballina community. It must be exciting for you to think that your children will grow and eventually enter a state of the art secondary facility. I can assure you that every endeavour will be made by us so that your children will be given the groundwork in becoming 21st Century learners so that they maximise their potential at the new facility.

Regards
Peter Flannery
PRINCIPAL

Dear Parents and Carers,
I am Mrs Stroud-Watts, relieving for Mr Flannery while he is on leave for the next two weeks. I have been very impressed with Ballina Public School's beautiful students. They have welcomed me, tried to pronounce my name and taught me all the rules I need to know. I have noticed how they look out for one another and there is a great family feeling as I walk around chatting with everyone. I have also noticed how lucky you are here with your fantastic teachers and support teachers. They obviously care about our students and want the very best for them. I feel very lucky to spend some time here and I look forward to getting to know everyone.
I've been principal of Jiggi Public School for the last 8 years and prior to that was principal at Croppa Creek, in-between Moree and Goondiwindi, for 2 years after working as a teacher at Byron Bay Public.
Thank you for your warm welcome. I look forward to meeting you.
Warm regards,
Michelle Stroud-Watts
Relieving Principal
Let's Look at Lunches

The dreaded lunchbox challenge!!

Struggling with lunchboxes? Need inspiration? Northern NSW Local Health District is putting together a series of lunchbox suggestions to take the worry out of what to pack each day. The fortnightly email ‘Let’s Look at Lunches’ will provide lunchbox tips, recipes and ideas. A well balanced nutritious lunch is important to keep active kids on track all day but it shouldn’t be a challenge. If you would like to sign up, simply send us your first name, email address and postcode to:

lookatlunches@gmail.com,

or you can text the same information to 0429 033 517. We look forward to lightening your load and sharing ideas!

School Survey

In order to continue developing our school plan, we would love your input into the school's vision and strategic directions. Please take a few minutes to visit:

https://www.surveymonkey.com/s/K7JNHZJ

and complete the survey that appears. This link will also be sent out to parents via email. If we do not have your email address, and you would like to have items like this sent to you, or even have the newsletter emailed to you weekly, please drop into the front office and leave your email address for addition to our distribution list.

Thank you,
The School Planning Team

School Banking

Thank you to all those children who showed interest in our account opening event on Thursday morning. Thank you to the Commonwealth Bank’s Laura for attending. We had 5 new students open an account. If you are interested in starting school banking at BPS, or your child has a younger sibling who you would like to start, Please contact Joan Gibson at the school.

The Importance of Sleep

Sleep is extremely important for growing minds and bodies. Did you know that Primary School aged children need between 10 and 12 hours of sleep every night?

What happens when children don’t get enough sleep?

*Behaviour: lack of sleep is known to cause increases in aggressive or hyperactive behaviour or can make children withdrawn and lonely
*Emotion: children can become moody and irritable or quiet, stressed or even depressed
*Planning: children are less able to organise themselves or to remember lessons
*Concentration: poor concentration can mean that children can’t make use of learning time
*Physical: reduces coordination and can make children clumsy
*Weight: when children don’t get enough sleep they are more likely to gain weight
*Health: poor immune system means children can get sick more often
*Learning: all of these factors make it very difficult for children to be effective learners.

Good sleep habits:

*Have a regular, early bed time that parents and carers enforce – consider rewards or stars for sticking to bed time routines
*No screen time for at least an hour before bed – the blue light in screens affects the body's ability to produce sleep hormones
*No caffeine (coke, diet coke, pepsi etc) or sugary treats 3-4 hours before bed
*Finish eating at least 2 hours before bed so your body has time to digest it
*Make sure your room is comfortable – not too hot or cold, quiet and dimly lit
*Make bedtime a quiet, enjoyable time – share a story
COFFEE CLUB will be starting up again this term. All Parents or Carers are welcome to join us for a free afternoon tea, every second Thursday from 2.30~3pm. The first Coffee Club for 2015 will be next Thursday, February 19th. It’s a great opportunity to catch up, have a chat and meet other families from our school, also have an informal chat with our relieving Principal, Mrs Michelle Stroud-Watts.

Hope to see you there.

EASTER RAFFLE Yes, its almost that time of the year again! We will be asking for any donations from families of anything Easter themed that can be used to make up hampers, as well as sending home tickets to be sold. More information will be given as it gets closer.

Thanks for your support,
P&C Committee.

The new 2015 menu is now in place. If you did not receive a new menu last week, additional copies are available from the canteen.

Unfortunately ‘Fish Shapes’ are no longer available, as they are a deleted product. We are trialing Fish Fingers, which will be the same price, 3 for $2.80. I hope these will be a suitable replacement. Any feedback on these will be greatly appreciated.

Next weeks Meal Deal ~ Pasta with Vegetarian Sauce, Just Juice Popper, Homemade Cake or Slice, plus a surprise ~ $5.00.

Wanted: Awesome people that can donate a little of their time to help out in the canteen. Easy, Fun & Very rewarding. Your children receive a free Zooper Dooper every time you volunteer! If you would like to give it a go, you can contact me on the school number, 66862205 or call/text my mobile, 0457 641431. Looking forward to meeting you.

Colleen.

Canteen Roster

<table>
<thead>
<tr>
<th>Day</th>
<th>Preparation 9.15-11</th>
<th>Lunch 11.15-12</th>
<th>Recess 2-2.30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cindy/Kelly</td>
<td>Cindy/Kelly</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Debbie P</td>
<td>Debbie P</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Deb B</td>
<td>Deb B</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Deb B/Kelly</td>
<td>Deb B/Kelly</td>
<td>Kristeena</td>
</tr>
<tr>
<td>Friday</td>
<td>Alison/Amy</td>
<td>Alison/Amy</td>
<td>Donna</td>
</tr>
</tbody>
</table>

Lots of children celebrated birthdays during our school holidays, as well as students who have had their birthdays since school started back. Ballina Public school would like to send out a huge happy birthday wish to:

Lilly, KA
Layla, KA
Burran, KA
Bodhi, KM
Udaipreet, KM
Gabriel, 1-2M
Susan, 1-2M
Taya, 1-2M
Archie, 1-2O
Jackson, 1-2O
Matthew, 1-2W
Alliera, 1-2W
Declan, 3-4F
Samuel, 3-4F
Bella, 3-4H
Riley, 3-4N
Blake, 3-4N
Billy, 3-4N
Bree, 3-4N
Kate, 5-6C
Harry, 5-6C
Emaly, 5-6C
Lizzi, 5-6J
Hamish, 5-6J
Biega, 5-6J
Thomas, 5-6T
Brock, 5-6T

Whew! What a list! We hope that your day was a very special one.
Now at Ballina Public School Monday and Thursdays
5.30PM – 6.30PM
Is your child bullied at school?
Lack self-confidence?
Need a structure fitness program?
Need to learn self discipline and self control?
Ring Mark now to see how he can help. 0427-626952

Ballina on Richmond Physie
Girls 4 - 74yrs.
What is physie?!
Physie is a unique combination of Ballet, Aerobics, Gymnastics and Jazz Dance all rolled into one!
Team, Individual, Zone & National Competitions
Classes start Mon 9 Feb; Aistonville Uniting Church Hall
Classes start Wed 11 Feb; Ballina Public School Hall.
$8 per class.
New members - 1st lesson free
Please contact us on:
Gayle: 0411 264 103, Therese: 0428 862 660
Blancha: bee.wood13@gmail.com

Ballina Bombers
Ballina Bombers Junior AFL
Registrations open now!
Come and play AFL with the mighty Bombers!
New U8’s & U16’s age groups in 2015
New U12’s girls only competition
We also have U10, U12 & U14 competitions.
Everyone is welcome.
Enquiries – Sean 043 265 2020

Life Skills & Communication Training for Kids
~ Friendships ~
Key focus areas include:
Building self-esteem & confidence, Socialisation skills, how to make & maintain friends; effective communication & conflict resolution skills + staying safe online.
Total price: only $20 per child.
Bonus: Parents are provided with valuable handouts that include relevant information and tips on how to best support your child.
After School Program begins Thursday 19th Feb, 2015 for 5 x 1 hour sessions every Thursday until 19th March. Or this module is also available as a Full Saturday Training: 10am-4pm 21st Feb or 10am-4pm 7th March, 2015.
Where: 8 Slade St (Cnr Centenary Dr), Goonellabah, NSW 2480
Small Groups* limited spaces* Bookings essential * Contact us info@kircrew.com | Ph: 1300 211 98 | www.kircrew.com

1-2-3 Magic & Emotion Coaching
When: Wednesday 11th, 18th & 25th March 2015
Time: 10am - 12.30pm
Where: Baptist Church Hall,
Corner of Cherry & Crane Street Ballina

To confirm a place in this free course please call Pete or Lisa 66864109
Cost: Free
Limited childcare is available so please discuss with us when you book
Ballina-Byron Family Centre Inc