Lions Club Public Speaking
Adelaide, Clancy, Matilda & Ryan participated in the Lions Club Public Speaking Competition on Sunday afternoon. It was wonderful to see them supported by their families. I was proud of our students who presented their speeches confidently in front of a crowded room of people.

Congratulations to them all for their efforts in writing and practising their speeches. The judges commented on the high standard of the competition. Matilda was runner-up in the Year 5/6 section and Adelaide the winner in the Year 3/4 section. She will speak again in the next level of the competition in early August.

Home Reading
75 nights: Harley
150 nights: Tegan, Tim
Well done! The more we read the more we discover and improve.

P&C Meeting Reminder
Meeting to be held on Friday 31st July at 3:15 pm. Afternoon tea provided.

Library
Reminder- Thursday is our library day. Have you got your books in your library bag ready to change? The new library system “Oliver” and for the students “Orbit” will be in operation on Thursday. This is an exciting new library program that can also be viewed on home computers as well.
A big thank you to Mrs Sharp for all her effort in the office and library getting ready for this new program.

Week 5 is Bike Week at LPS!
During Week 5 the students will participate in a number of activities on their bikes around the school (modified triathlon, obstacle course, races). This is a follow on from our PDHPE Road Safety topic and an opportunity for the students to participate in a fun and unique set of activities. In order for this to happen, the students will need to bring their bikes and helmets to school on Monday, Week 5. Bikes and helmets need to be safe and in working order. Please contact the school if assistance is needed in getting the bike to school. Bike Week may extend to Week 6 if it is enjoyed by the students and it is practically possible for families.

Sports - Gymnastics
As part of the PDHPE program the students will be involved in seven gymnastics sessions run by Flyaway Gymnastics from Albury. The program will be held at the Presbyterian Hall on Thurs 23rd and Thurs 30th July and then at St Marys Catholic School, Corowa for the next five Wednesdays. It is run by Flyaway Gymnastics from Albury.

Assembly Awards
The students were surprised to see a couple of new awards introduced at assembly last week. The Art award and the Book Work award will be given out to deserving students.

School Leaders’ Award: Indi- working sensibly in class
Art Awards: Jade, Imogen, Erik- working well on the class mosaic
Library Award: Tim- enthusiastically being a book monitor
Environment Award: Tegan – putting her rubbish in the bin
Sports Award: Clancy- playing well when participating in PE

Merit Awards:
Lachie- putting a lot of effort into his maths
Adelaide- taking more care with the presentation of her writing
Ryan- terrific effort in writing his public speech
Woolworths Earn & Learn Program
The school will be collecting the Woolworth Earn & Learn stickers this year. Our official collection box has not arrived yet so we have a distinctive temporary box in at Safeway at the moment. Stickers can also be brought to school.

Friday Hot Lunches
Last Friday all of the students made pizza muffins for their lunch. Thank you to Mrs Black for assisting the students.

Term 3 Roster
Friday 24 July    Jane
Friday 31 July    Bec
Friday 7 August    Janelle
Friday 14 August  Catherine
Cost $2 per student.

Advance notice- Book Week
We will be having a dress up day for Book Week. This will be in Week 7 (August 24-28). The day of the week will be announced closer to the time. Costumes do not have to be elaborate. Participation is the main thing.

How to pack a healthy lunch box
Australian children attend school for about 40 weeks of the year. This translates to a lot of school lunches, which can literally shape children’s future health. Nutritious meals keep children’s minds alert, their energy levels up and their overall health in check. But healthy eating is not only about what children put in their bodies; it’s also about what they leave out.

Eating empty calories from refined and processed food reduces intake of nutrient-dense foods that contain important vitamins, minerals and fibre. There are many pre-packed children’s snacks on supermarket shelves, and it’s often hard to know what’s healthy.

Here are 2 examples:
1. Fruit drinks - Don’t let pictures of happy dancing apples trick you. A standard 250 mL box of fruit juice can contain up to ten teaspoons (40 grams) of sugar – the same percentage of sugar found in soft drinks! Sugary drinks are full of kilojoules, which are absorbed to the bloodstream more easily in liquid form, and have been linked to weight gain, obesity and ultimately to type 2 diabetes and heart disease.

Healthy alternatives: Water, plain and simple, is your child’s best option. Water aids digestion and absorption of nutrients, and keeps us hydrated and alive.

2. Cracker and cheese-dip combos.

Ever wondered why most pre-packaged cheese and cracker products aren’t refrigerated?

The answer is simple: many cheese dips don’t contain much cheese but rather a combination of milk derivatives, oil, cheese-flavourings and yellow food colouring. To make matters worse, the crackers are often less healthy than the fake cheese. Many dunking biscuits are cooked with unhealthy oils and are full of raising agents, preservatives and other food additives.

Healthy alternatives: 100% natural cheese sticks are additive-free and are a yummy alternative that’s easy to throw into the lunchbox.