Dear Parent/Careproviders,
Welcome to Week 7.
Our Small Choir will be performing at the Lismore Workers Club in the Eisteddfod next Monday 31st August. Please action any notes/permission slips etc. which have gone home with your students.

Premier’s Spelling Bee
Thank you to all of those students in Years 3-6 who tried out for the Premier’s Spelling bee last week. Congratulations to Oliver Dale & Skye Hoggan from Stage 3, and Peter Brito & Annette Brito from Stage 2 who will now go on to the Regional Final at Wyrrallah Road Public School on Tuesday 15th September.

Talented Students
This year Mrs Sweeney has encouraged all students to enter various art competitions and again we have some incredible success with two of our students having their art work sent on to the Japanese Nagoya Art Awards. Congratulations to Nikala Stuart & Isabelle James. This is an absolutely amazing effort from our students and from our small school.

Record Enrolment at Caniaba
Currently we have an enrolment of 91 students with 4 more students intending to enrol in the next couple of weeks. This is the highest number of students Caniaba Public School has ever had in its 103 year history.
**Lunch & Recess Alert**

Recently we have noticed an increasing trend for students to have ‘Treats’ in their lunch box – including chocolates, lollies, twisties, chips, 2-minute noodles, jelly beans etc. This is not ok. There is also an increasing trend for students to bring lots of pre-packaged foods. I understand that this is a very easy option, but the amount of litter this is also generating is startling, and some of the sugar & salt content of some of these items is a very real worry. As you are aware, many of our students at Caniaba have allergies and/or food intolerances to many types of foods. As you are also aware none of these foods are recommended by the Department’s Nutrition Policy; our healthy canteen policy or by dieticians. I have been monitoring this for quite a while. I have noticed three things:

1. Students will always eat the ‘Treats’ before anything else;
2. Students are bringing less healthy options.
3. Students behaviour is directly affected by these food choices.

I have spoken with staff here at school and all staff have noticed the same thing. I ask that you please leave ‘Treats’ for home. I ask that students do not bring lollies, chocolates, twisties etc. to school at any time. I also ask that you please have a chat to your children about healthy eating options.

From my time as a Pre-school Director, I know that there are very strict food guidelines for students attending pre-schools and I know that lollies, chocolates etc. are not allowed. It would be lovely if these same guidelines could be followed at school for the benefit of all of our students.

**Newsletters/Notes**

Each fortnight in our newsletter we endeavour to keep you updated on what is happening here at school – dates; costs; events; awards; general information; competitions etc. Many newsletters contain vital information with signatures/permission slips required to be returned to school. Term 3 has been particularly busy with athletics; eisteddfods; performing arts; art competitions; premiers spelling bee; public speaking competitions; book parade; father’s day stall; etc. Occasionally it is necessary to send notes home in between our fortnightly newsletters, but this is rare and only when absolutely necessary, often because we are still waiting for permission slips etc. and we need to send home reminders.

We are receiving many phone calls and queries at the front office about things (dates; costumes; coming events). This information is in the newsletter, and if it is not, then staff are still trying to organise it. Sometimes we delay putting some dates in (e.g. book parade) until it is closer and we have organised it properly. Please understand that all of these events (concert; book parade; performing arts; eisteddfod; small schools choir; art competitions etc.) take a lot of organisation and that staff put an enormous amount of out-of-school time into them to benefit our students. They are not mandatory and many schools simply don’t do them. It is often easier in big schools because they have a much bigger staff and they can form committees. At small schools all staff are involved in everything. The staff at Caniaba are amazing. They do these things willingly and happily but are often swamped with queries when the information has already been sent home (often in many newsletters leading up to an event). We always inform the students.

We need you to read the newsletters please and action those things that need returning to school. Recently Mrs McPherson has had to try and ring many parents to get permission for students to travel, even though notes have gone home and often reminders have gone home. While working in my office yesterday, the phone in the front office was ringing hot with queries and many parents saying they were unaware of what is happening. The people who suffer the most when newsletters are not read and actioned are your children. They feel the pressure.

I know we all lead very busy lives but school is an important and major part of your child’s life. It is worth putting in the effort to reading the available information to avoid your kids worrying.
To make it easier we always put the newsletter on to our website:
www.caniaba-p.schools.nsw.edu.au

It also goes on to the School Stream Ap which is available to download onto your smartphone if you have one. Currently we have 26 families who have downloaded this Ap.

We are also happy to email the newsletter to you if we have your email address. Please advise the office of your email address if you would like to be included in the distribution list. We are hoping that over time the need to actually print our newsletter is lessened.

Assembly
Assembly will be held again this Friday at 12:45 p.m.

Terania Athletics Carnival
Congratulations and the best of luck to Coden Lewis who has made it through to the North Coast Regional Athletics Carnival in Discus and Shot Putt to be held this Friday 28th August at Riverview Park in Lismore.

Eisteddfod Choir
Our smaller choir will be travelling into Lismore on Monday to perform at the Workers Club. Notes were given to these participants yesterday and must be returned by Monday morning prior to departure.

Major School Camp – Lake Ainsworth
All students in Years 3-6 will be going to Lake Ainsworth this year on 2/3/4th November. We will send home more information, including clothing requirements etc. closer to the date. We still have a number of students who have not returned their notes to attend. Could you please let us know.

Closing Thought:
"Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" — George Carlin

Jude Voisey, Principal.

Pre-Loved Book Sale
10.45 at school library
Tuesday Sept 1st
Wednesday Sept 2nd
Thursday Sept 3rd

Please bring in any pre-loved books to share at our Book Week sale. Please only bring in books in reasonably good condition. They can be left at the office. Prices will between 10c- $1.00. Money raised will be used to support the Indigenous Literacy Foundation.
Father's Day Stall
The Father's Day stall will be held this coming Thursday 3rd of September
Gifts for dad ranging in price from $1 to $6.