## Events & Dates to Remember - Term 1 2014

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
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<tbody>
<tr>
<td>COLOURSS Social Dance at Wiangaree Hall</td>
<td>Tuesday 25 March (“Heroes”)</td>
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<tr>
<td>School Assembly</td>
<td>Wednesday 2 April</td>
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<tr>
<td>Year 3/4/5/6 League Tag Gala Day at Casino</td>
<td>Thursday 3 April</td>
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<td>Mobile Library</td>
<td>Friday 4 April</td>
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<td>P&amp;C Morning Tea</td>
<td>Wednesday 9 April</td>
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<tr>
<td>Anzac Assembly at School</td>
<td>Friday 11 April</td>
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<td>Last Day of Term 1</td>
<td>Friday 11 April</td>
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<tr>
<td>Kyogle Anzac March - All Students Welcome (in full school uniform)</td>
<td>Friday 25 April 10.30am Front of Kyogle Pool</td>
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### Class Weekly Awards

#### Infants Class
- Charlie Brosnan - Beautiful handwriting and work presentation

#### Primary Class
- Kaleb Marvin - Improved reading skills and helpfulness with younger students.

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**The Risk Public School**

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**Email:** therisk-p.school@det.nsw.edu.au

**Wednesday 26 March 2014**  
**Term 1 Week 9**

**COLOURSS Social was a “Heroic” Night**

Last night, the neighbouring small schools from the COLOURSS group got together for a social evening of dance at Wiangaree Hall. It was a great night organised and catered for by Rukenvale PS. Some of the costumes for the “Heroes” theme were just amazing! The Risk PS students were well-behaved and danced really skillfully! Must have been all that great tuition from Mrs Petherbridge and Mr Mac last week!

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**What’s in this week’s Newsletter**

- ANZAC Day March in Kyogle
- Crunch N Sip News
- A Good Night’s Sleep...
- League Tag Gala Day (MR Mac’s Class Only)
- Friday Lunches
- Community News

**Attachments**

- Easter Raffle Tickets
- Kyogle P.S. Fete
- Cross Country Volunteers
- Overdue Library Notices

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**Next P&C Meeting**

**7th April**  
**All Welcome**  
Agenda - School Uniforms

There are samples of new look uniforms to view in the school office.

**TOGETHER WE LEARN**

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**By Anika**

Last night I went to the COLOURSS Social. The theme was Super heroes. I dressed up as Cat Woman. The Social started at 6:00pm. We did a lot of dances. We did the Macarena, Nut Bush, The Duck Dance and The Stock Yards. My favourite was the Nut Bush. I had a drumstick and jelly cup and a popper. I had a lot of fun.

**By Hope**

On Tuesday night it was the COLOURSS Social. The theme was heroes. I came as fire fist a super hero I made up. He is a mutant and can make himself catch on fire without burning himself. Kaleb and Jack came as footy heroes. My favourite was Bruce Lee. Everyone’s costumes were awesome!!

The social was great except for the Nut Bush which I don’t really like. I had lots of fun at the Social.

**By Leo**

Last night I went to the COLOURSS Social at Wiangaree Hall. We did lots of dances quickly, like the crazy Nut Bush. I was I dressed as a fist. I drank a refreshing solo.

It was fun at the social.

**By Ned**
ANZAC DAY MARCH IN KYOGLE
25 APRIL
Mrs Petherbridge is asking for volunteers to participate in the Kyogle ANZAC Day parade on Friday 25 April. Even though it is in the school holidays, we would like to ask students to dress in their correct school uniform and march with Mrs Petherbridge and Mr McCartney.
More details next week.

CRUNCH N SIP AT SCHOOL
Research has been conducted to show that short regular sips of water and a healthy snack every 2 hours between main meals is ideal for healthy brain function.

Starting this week, we are hoping to encourage students to bring in a little extra snack to eat at 3.10 each day. We will gather as a group each afternoon and have our “crunch n sip” together, as this is a time when children haven’t had anything for around 2 hours.

Mr McCartney’s class are going to experiment with having a sip of water at 10.30am, 12.30pm and 2.30pm to improve hydration. We will use school drink bottles to provide a drink of water at these times to minimize disruption to learning sessions.

A GOOD NIGHT’S SLEEP...
Healthy, natural sleep for children stimulates growth, proper brain development, memory, alertness and strengthens the immune systems.

Many studies around the world have now contribute poor school performance, hyperactivity and behavioural problems to poor sleep patterns, snoring and sleep apnoea in children. Children who get enough sleep are more likely to function better and are less prone to sleep walking, nightmares, behavioural problems, and moodiness.

Studies have shown that 37% of children, kindergarten through to Year four, suffer from at least one sleep-related problem.

Learning about natural children’s sleep solutions can help you make sure children get the sleep they need to grow and stay healthy. It is important to understand your child’s changing sleep needs and habits as they grow.

Recommended Sleep Requirements for Children
The following hours of sleep per night are recommended hours for the variety of age groups.

<table>
<thead>
<tr>
<th>Age and Hours of Sleep Needed:</th>
<th>0 – 2 months &gt; 10.5 – 18 hours</th>
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<tbody>
<tr>
<td>2 – 12 months &gt; 14 – 15 hours</td>
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<tr>
<td>1 – 3 years &gt; 12 – 14 hours</td>
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<tr>
<td>3 – 5 years &gt; 11 – 12 hours</td>
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<tr>
<td>5 – 12 years &gt; 10 – 11 hours</td>
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This article was taken from the Sleep4Health website by Dr Reza Samvat.

COMMUNITY ASSEMBLY NEXT WEDNESDAY 2 APRIL (2.30PM)
The students and staff would like to invite our parents, carers and community to come to school next Wednesday afternoon at 2.30pm to attend our community assembly.

Students will run the assembly, accept awards, perform entertaining items and do class items for you. We will also have Martina Pattinson as a special guest speaker. Martina is from North Coast Health and will talk to us about healthy options for lunch boxes.

EASTER HAMPER
Please send in donations for the Easter Raffle.
Tickets will be sent home today with the newsletter.
The winner of the Easter Raffle will be drawn on the last day of Term
Friday 11th April

WINTER IS COMING
If you need to purchase a school jacket for your child/children you need to contact the school office 66 366 127 or Kerri Moss 66 366 284
These jackets are part of our school uniform at a cost of $25.00

YEAR 3/4/5/6 LEAGUE TAG GALA DAY AT CASINO - THURSDAY 3 APRIL
After such an excellent experience with the NRL clinics a couple of weeks ago, our Primary class are going to go over to Queen Elizabeth Park, Casino to participate in a League Tag Gala Day. This is a NON-CONTACT game with NO tackling. Players wear a belt around their waist with 2 tags on the belt and the opposition have to take a tag off to make you stop and play the ball. Our students have been playing now for a while and are getting very good! We have asked a few Wangaree PS students to play to give us enough players to form 2 teams - 1 senior team (Yr5/6) and 1 junior team (Yr3/4). We once gain ask for parents to assist with transport. Please return permission notes if you haven’t done so already.

WHAT: League Tag (8-a-side with subs)
WHEN: Thursday 3rd April
TIME: 9.30—2.30 (Leave The Risk at 8.30)
UNIFORM: School shirt & shorts
WHERE: Queen Elizabeth Park, Casino (same as Cricket Gala Day)
BRING: Recess, Lunch, plenty to drink
COST: Free

P & C LAMINGTON DRIVE
This is the P & C major fundraiser for the year please return your order forms as soon as possible for ordering requirements.
This is the last week to return your lamington order forms as they are being made and sent home on Wednesday 4th April.

HELPERS URGENTLY NEEDED
Please phone if you can help with the lamington drive
Kerri - 66 366 284
The Risk P.S. - 66 366 127

HEAD LICE ALERT
Please be aware that head lice are being detected in some cases around the district and at our school. Please check your children’s hair this week and treat as soon as possible.

FRIDAY LUNCHES THIS WEEK
P&c MENU
Pies - $1.50 each
Sausage Rolls - $1.50 each

COMMUNITY NEWS
Kittens free to good home. One black female kitten. Two ginger and white male kittens. Five weeks old now…. Ready in another two/three weeks. Phone Keith 66362190.

KYOGLE JNR SOCCER: Kyogle Soccer Club is looking for players turning 5 this year through to age 11 to play in the Football Far North Coast competition on a Saturday morning. You can register online at ‘my football club’ website or contact the clubs registrar Glenn Rose on 0418264968 for more details. Training will commence on Thursday 27th March at Don Gully Oval from 4pm. A pre season carnival will be held at Dunoon on Sunday the 6th April and the competition is starting on Saturday 3rd May.

More amazing Super Heroes from the social