Positive Awards System
Congratulations to the following students who have progressed through our positive awards system and have been recognised by their peers and teachers for a great effort.

**Assembly Awards**

| HB1  | Dane S      | Layla W  |
| HB2  | Cooper H    | Lara M   |
| HB3  | Jen S       | Jeremy B |
| HB4  | Celleste B  | Noah F   |
| HB6  | Cade B      | Imogen D |
| HB7  | Kayla D-L   | Alex R   |
| HB8  | Bailey H    | Chloe R  |
| HB9  | Richard K   | Samantha H |
| HB10 | Jonte C     | Zoëisha L |
| HB11 | Mia F       | Savannah M |
| HB12 | Brooke B    | Miranda W |

**Miss Matthes:** Bailey H, Kyle B  
**Mrs Mickle:** Ben L, Zoëisha L  
**Silver Awards:** Matthew P, Gregory K, Olivia P, Charlea K, Freya W.


**MECS Academic Excellence Achievement Award**
The Macleay Educational Community of Schools recognised students from our local public schools at a special assembly held last week at Frederickton Public School. Students from Aldavilla P.S. from Stages 1, 2 and 3 were recognised for their outstanding academic achievement throughout the year.

Photo: Congratulations to Maya W and Blake G (front) and Isaiah T (back)

**Aldavilla Spring Spectacular Fete**
Save the Date: Thursday 18/09/14  
All fete information will be sent home to families on Tuesday 12th August including information about pre-purchasing showbags and fete dollars.

Next Fete Planning Meeting:  
Monday 18/08/14 at 5.30pm in the Staffroom.  
All Welcome
Community Partnerships
Parenting ideas by Michael Grose

This advice from Michael aligns with our kitchen and gardening program.

The kitchen is a great place to start developing the skills of independent living in your kids. Cooking by nature is practical, a lot of fun and you get to eat the results of your efforts immediately. It has the added bonus of being boy-friendly. Many boys love to cook because it's hands-on, messy and encourages creativity and experimentation. These characteristics suit the learning styles of many boys, particularly those who abhor being stuck behind a school desk. It's little wonder that many of our top chefs are men.

If your kids haven't been bitten by the cooking bug yet, here are some ideas guaranteed to get them into the kitchen, and developing a bunch of great skills as well:

✔✔ Start young: Kids should be able to cook an edible, interesting two course meal for the whole family by the time they finish primary school. They are perfectly capable of doing this, but from my experience, few kids can. The key is to start when children are young.

✔✔ Start small: If your kids are strangers to cooking and preparing meals, start by showing them how to make their school lunches, prepare snacks and prepare parts of the family meals. Little by little, increase the number of food preparation activities until they are familiar with the kitchen, feel comfortable with many of the utensils and can read some basic recipes.

✔✔ You help me: Cooking is one of the few activities that parents and kids can do together, so try to get a child involved in some way, each time you cook a meal. Whether it’s peeling vegetables, pouring water into a pot or stirring chocolate sauce in a bowl, there are plenty of ways to involve kids with you in the kitchen.

✔✔ Give them a purpose: I’ve always found kids will usually do just about anything if they see a purpose for what they do. So if your child is a reluctant mini-chef, get him or her cooking for you, their friends or part of a family celebration. They will feel good about all the compliments they receive.

✔✔ Let them choose: Kids are more likely to stick to any decision that they have had a say in making. This is why I’ve always asked my children’s opinion about a range of matters. It’s about establishing some buy-in. The same principle applies to the kitchen. Invite your kids to choose a meal to cook, perhaps once a week, and be willing to work alongside them to produce a joint masterpiece.

Judy Wright
Community Partnership Officer
Judith.wright7@det.nsw.edu.au

Compulsory school attendance
Information for parents

Did you know that if a student misses as little as eight days in a school term, by the end of primary school they will have missed over a year of education?

What if my child has to be away from school?
If your child has to be absent from school, you must tell the school and provide a reason for your child’s absence.

To explain an absence parents and carers may be required to:

– send a note to the school, or contact the school via electronic means such as SMS text message, fax or email, or
– telephone the school, or
– visit the school.

A small number of absences may be accepted by the principal. For example, if your child:
– has to go to a special religious ceremony
– is required to attend a serious or urgent family situation (e.g. a funeral)
– is too sick to go to school or has an infectious illness

North Coast Softball Trials

The students that participated in the North Coast Softball Trials included: Eve T, Amber S, Amy-Lee B, Harry P and Lachlan B.

We travelled to Lismore to the open north coast softball trials on Tuesday, 29th July. We started the day with a welcome talk and met the coach. After that, we got separated into boys and girls. Then we warmed up. The catchers and the pitchers went together and trained while the rest went and did catching and throwing skills. After that we all got to have three games against the North Coast, Far North Coast and Mid North Coast.

The weather was beautiful and we all had a good day. Eve T was selected in the team and will travel to St Ives to play representative softball in Sydney.

by Amy-Lee B
School Environment Team 2014

These students will be involved in different environmental activities throughout the school including harvesting excess produce from the school gardens and running the trading table every Thursday afternoon, coordinating the collection of food scraps, and educating students about conserving electricity and water.

This week the team have made sure all classrooms have a food scraps bin and watering cans to water their own class gardens.

The trading table will be operating every Thursday afternoon at the front gate from 2.50pm. Please check it out for fresh vegetables and herbs straight from the school gardens as well as eggs from our chickens. All monies raised will help support our kitchen and gardens.

Mrs Morrison
PSSA Macleay Athletics
On Friday 25th July, 50 students from Aldavilla PS took part in the Macleay Athletics Carnival at Services Club Park, Kempsey. All students participated positively throughout the day.

Congratulations to Serenity C who was named joint 11 year girls champion on the day after winning the long jump, 100m, 200m and 800m events

Other notable results on the day were:
Darcy S, 2nd 8 year boys 100m
Brett H, 3rd 10 year boys 100m and 1st Jnr boys 800m
Harry P, 2nd Snr boys 800m and 2nd 12 year boys 100m
Isaiah T, 2nd Snr boys discus
Jayden K, 3rd Jnr boys 200m, 3rd Jnr boys high jump and 2nd Jnr boys long jump
Olivia P, 3rd Jnr girls shot put
Eve T, 1st 11 year girls shot put and 2nd 11 year girls discus
Bohdi P, 3rd 11 year boys high jump, 3rd 11 year boys long jump
Sam D, 1st Snr boys long jump
Daniel K, 1st Snr boys shot put and 3rd Snr boys discus
Lily S, 4th 12 year girls 100m

On Friday 8th August, 19 students will represent Aldavilla PS at the LNC athletics carnival in Wauchope. We wish all athletes the best of luck.

The next fortnight’s cooking classes will see students making sushi. If your child has any food allergies, make sure that their teacher and office is aware as we will be using some seafood ingredients such as salmon.

We won’t be printing the recipes for our cooking class recipes in the newsletter each fortnight, however, they will be available on our school website and the school app.

We raised over $3000 from the LNC catering events last term. What a wonderful effort, thank you so much to everyone who helped out.

Mulch and cow/horse manure wanted for our gardens.

We would love to see you at our weekly cooking and gardening classes. Just a reminder that the gardening helpers are not required to do any heavy lifting or digging, it is more a support role for the students. If you would like to come in and give a hand, please call Gaye on 0427 625 156.

Update of Student/Family Details
If any of your personal details change eg new address or telephone contact details, emergency contacts or student medical details, it is important you contact the school office to advise office staff of the details so that we can update our records.

Lost Property
Lost property is housed in the library. At the end of this week, items will be sorted and either put into the school clothing pool or sent to local charities.

Please check before the end of the week if your child is missing any articles of clothing, it may be in lost property!

2nd hand jumpers for sale in the school office for $3 each.

Chicken Pox
Has your child been immunised? There have been reported cases of chicken pox:

Symptoms
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

Do I need to keep my child home?
Yes, for 5 days from the onset of the rash and the blisters have dried.

How can I help prevent spread?
Immunise your child at 18 months of age. Immunisation is recommended for children at 12 years if they are not immune.
Canteen Chatterbox
The next fortnight’s canteen special will be:

**Creamy Chicken Fettucine**  $4

Good quality Size 6 and 8 fleecy trackpants available for $20.

### Canteen Roster Term 3

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