AIM HIGH Year 5 Careers Through Reading
The University of Newcastle will be running a "Careers Through Reading", program in our school with our Year 5 students beginning next week. The aim of this program is to raise awareness with our students of the status of various professional careers and the pathways to these careers while building a love of literacy. It involves university students reading to small groups of our Year 5 students books that are related to the KLA areas they are studying. This program will run on Mondays for five sessions, ending on 15th September.

School Security Fence
We have been fortunate through the School Investment Upgrade program to be listed for a school security fence. This work will be managed by DEC Asset Management Unit and will hopefully be completed before the beginning of the next year. This security fence will bring us into line with other local public schools helping keep our students, staff and school safe.

Anti Bullying Workshop
Interrelate presented two “Bullying Awareness” workshops this week for those Stage 2 & 3 students whose parents elected for them to attend. Both sessions focused on recognising bullying and its different forms and strategies for dealing with bullying. I have attached the overview sheet shared in the students’ booklets with this week’s newsletter. Thanks to Interrelate for allowing me to reproduce this information.

Head Lice
Remember to keep checking your children’s hair for head lice. It is a frustrating and tiresome battle but one we must keep fighting.

Canberra reminder
Our Stage 3 Excursion to Canberra is fast approaching. Thankyou to all families who have kept to the payment schedule. This ensures we can book our attractions and make payments on time. A reminder for those families who still owe money, prompt payment would be appreciated to ensure students do not miss out. The final instalment of $20 is due next Wednesday, 27th August.

Congratulations to the following students who received awards at last Friday’s assembly

Gold
Rory, Lina, Zayan, Minh Phuc and Declan

Superstar
Sophie
**Aiming High**
Our wonderful Year 6 students enjoyed a taste of higher education last week with a trip to the University of Newcastle as part of their Aim High program.

The students were able to find out about the many opportunities offered at university as well as the many different pathways you can take to access study there. They were able to take part in three university-style lessons for the day, including Psychology, Pharmacy and Architecture.

This was a very positive experience for the students at an important time for them, as they prepare for high school. It prompted some valuable discussion about what opportunities are out there and what students wanted to achieve as they grow up.

**Sports Report**
Jesmond Public School should be thrilled with our results at the Zone Athletics Carnival this year, with our athletic students demonstrating sportsmanship and skills across a range of events. Fantastic results saw our school finish 5th out of 25 schools in the area. A remarkable achievement considering the large student numbers of some of our competitors.

Four students from Jesmond Public School achieved top placing’s and will be attending the Regional Athletics Carnival at Hunter Sports Centre on the 29th of August. They are:
- Bodhi—Shot Put, Discus
- Jaylen—100m, 200m, 800m, Long Jump
- Laine—100m, 200m
- Kieren—100m, Long Jump

**Stage 3 Netball Gala Day**
There is a Netball Gala Day coming up on the 28th of August at National Park. Just a reminder for interested students to get their notes back as soon as possible so that we can finalise our team and transport as soon as possible.

**Fundraising Fun**
Thank you to all of the families who supported the Year 6 Trash, Treasure and Talent Day last week. There were lots of lovely donations and our students had a great time shopping for new pre-loved goods.

The Talent Show was a lot of fun. We had some very exciting and funny acts, which the audience loved. Congratulations to all students who joined in the fun. Our overall winners were Evie with her superb dancing skills, Fariz with his wizardry and Mashael with her inspired dance routine.

The day raised almost $250 towards the Year 6 gift to the school.

Well done to the social committee for their organisation of the day.

**Library News**
The Premier’s Reading Challenge concludes this Friday. To receive your certificate you must have entered before this date. (Year K-2: 30 books and Year 3-6: 20 books)

Thank you to Ashleigh and family for donating books to be used in our library.

**Book Club**
Our next issue of Book Club was distributed to all students last week. Book Club is due on Wednesday 27th August.

**P&C Position Vacant**
Thank you to Mr Peter Cox for acting as our P&C President while the position remains unfilled. If anyone would be
interested in the position please speak with Peter Cox, Mrs Howard or Alecia Walters about what the role involves.

**Active After School Dance Group**

We are well underway learning our ‘Real in Rio’ dance for Multicultural Day. A note has been sent home in regards to the costumes (a coloured shirt and black pants/tight). We will be holding a costume-making workshop so if you can lend some time please see Mrs Ross.

**Multicultural Festival**

The day is fast approaching and we are excited about all of the families who have replied and can contribute towards the day. If there is anyone who is willing to volunteer on the day, or beforehand making costumes or props, please contact Mrs Ninevski or Mrs Ross ASAP.

Thankyou for your support!

**Live! Life! Well!**

Did you know...

- Red plant foods, like tomatoes and watermelon contain Lycopene, which helps to reduce the risk of some cancers and heart disease.
- Green vegetables including spinach, cabbage and broccoli contain Lutein and Zeaxanthin, which can protect against certain eye diseases.
- Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene. So, include both salads and cooked vegetables in your diet.

The key message here is that vegetables are packed with goodness and have an important role to play in preventing chronic diseases.

**P&C News**

**Father’s Day Stall – Friday 5th September**

Prices will range from 50c to $6.00. An example of each gift available for purchase will be on display in the canteen from 2nd September. We will also be having a raffle with tickets 20c each. There will be 1 raffle prize and this will be on display in the canteen as well.