Jesmond Public School - Newsletter
Wednesday 11th March 2015 Term 1 Week 7
Diversity Opportunity Success

Dates for your calendar

<table>
<thead>
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<th>Week 7</th>
<th>Term 1</th>
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<tr>
<td>Fri 13th March</td>
<td>Swimming Carnival Assembly</td>
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<td>Week 8</td>
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<td>Wed 18th March</td>
<td>School Cross Country</td>
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<td>Thurs 19th March</td>
<td>Harmony Day</td>
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<td>Fri 20th March</td>
<td>ICAS entries close</td>
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<td>National Day of Action Against Bullying</td>
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<td>Week 9</td>
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<td>Mon 23rd March</td>
<td>Parent interviews commence</td>
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<td>Wed 25th March</td>
<td>Surveys returned</td>
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<td>Thurs 26th March</td>
<td>Out of Uniform P&amp;C</td>
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<td>Easter chocolate donation</td>
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<td>Fri 27th March</td>
<td>Zone Cross Country</td>
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<td>Week 10</td>
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<td>Thurs 2nd April</td>
<td>School Easter Celebrations</td>
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<td>P&amp;C Easter Raffle drawn</td>
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<td>Last Day of Term 1</td>
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<td>Term 2</td>
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Week 1
| Tues 21st April | Students return                            |

Please be advised that the NSW Electoral Office is not using Jesmond Public School grounds for the state election on Saturday 28th March 2015.

School Survey
Thank you to those parents who attended our community development meeting last year. We are now wishing to gain further feedback regarding your opinions over a range of matters. Please complete and return the survey before Wednesday 25th March.

Sports Assembly Friday 13th March
Don’t forget the assembly tomorrow is a special Sports Assembly with winners from the Swimming Carnival receiving their ribbons.

School Cross Country - Wednesday 18th March
Jesmond Park

Our school cross country will be held on Wednesday 18th March at Jesmond Park. The races will begin from 11.30am and parents are welcome to attend. Students will eat their lunch at the park and complete their event before returning to school. Please ensure all permission notes are completed and returned to your child’s teacher before Tuesday.

HARMONY WEEK 16th – 20th March 2015
Every year for the past 15 years, Australians have been reminded to value and celebrate our multicultural nation in conjunction with the International Day for Eliminating Racial Discrimination on Saturday March 21st. Jesmond Public School is proud to have our Multicultural Ambassadors lead several educational and fun activities during Harmony Week. Next week all classes K-3, including K-6OC, will have craft activities. 4/5B and 5/6C will participate in teams/mini trivia quizzes about the facts associated with Harmony Week. Hope you all get into the spirit of Harmony Week. Talk to your families about the importance of everyone living in harmony. Try some new foods, experience new shows, say hi to someone from another country or learn another language. Most of all, remember to Love the Skin You’re In!

Parent Teacher Interviews
Starting Monday 23rd March
Parents of students in Years 1 to 6 will soon be invited to attend an after school interview with their child’s teacher. Each teacher will be sending home a note which will indicate when they are available. Please return your preferred time to ensure an interview. Mr Bannister is taking leave for the last two weeks of this term so the 4/5B class will have their interviews early next term. Mr Izaac Hillery will be taking the 4/5B class for this period of time.

Student School Hours 8.30 – 3.00pm
Another reminder that school hours for students are from 8.30am – 3.00pm Monday through to Friday. There is NO STUDENT SUPERVISION before 8.30am. Please ensure your child is not on the school grounds before 8.30am.

ICAS Competitions
We are offering to organise and supervise a selection of ICAS competition exams for interested students from Years 3-6. For 2015 we will be participating in Science, Mathematics and English. Each competition is $8.00 per student entry fee. Permission notes and payment must be returned before Friday 20th March.
Book Club
Book Club went out last week and is due back **Wednesday 18th March**. If your child/ren didn’t receive a Book Club pamphlet, there are spare ones available from the library.

Live! Life! Well!
**Heart Smart**
Here are some healthy heart food tips:
- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don’t add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.

P&C News
As a parent of the P&C I would like to encourage helpers to come forward as the position of Secretary is still vacant. This position is not overly time consuming and gives you the opportunity to have a positive effect on the school. All of the information about this position can be obtained from Mrs Howard or Kylie Cox (Treasurer) on 0407 577 597. **Please help us to fill this vital position!**
The P&C committee is an easy going group of people who work well together, are there to support each other in our roles, and above all, believe that if we enjoy what we do it will come across to the parents and children. Please come and have a chat; we would love to talk to you.

Next Meeting
We have planned a very exciting year for 2015 and would welcome the input from parents/caregivers at our next meeting on Tuesday 28th April at 6.00pm in the library.

Easter Raffle
The Easter raffle is on again! Tickets will go out very soon and will be due back by Monday 30th March, to be drawn on Thursday 2nd April at the Easter Hat Parade on the last day of term.
Out of uniform day will be Thursday 26th March. To be out of uniform all students will be required to donate an Easter Egg for our raffle.

K. Cox  
Treasurer

Canteen
**GOOD NEWS - Thanks to Debbie Adams and her group of volunteers, the canteen will reopen the 2nd week of Term 2 – Wednesday 29th April. If you would still like to volunteer please contact Debbie through the office.**

Community News

**DYSLEXIA OR LEARNING DIFFICULTIES?**
Some children experience reading and learning difficulties as a result of visual perception problems caused by Irlen Syndrome/Scotopic Sensitivity

**Irlen Syndrome can cause Dyslexia and difficulties with:**
- Reading  
- Spelling  
- Comprehension  
- Concentration  
- Ball Sports  
- Fatigue  
- Eye Strain  
- Headaches

**IRLEN DIAGNOSTIC CLINIC NEWCASTLE**

**Regional Clinics**
- Taree: 6551 3332  
- Coffs Harbour: 0437698559  
- Singleton: 49556904  
- www.irlendyslexia.com  
- Ralph Street, Jesmond  NSW  2299  
- Ph: 02 49572605  Fax: 02 49562451  
- Email: jesmond-p.school@det.nsw.edu.au  
- Web: www.jesmond-p.schools.nsw.edu.au