DATES TO REMEMBER  Term 1

12/03/15- Book Club orders Due Back to School
13/03/15- Funky Hair Day.
16-18/03/15- 4/5/6 Brisbane Excursion Please make your payments to the office. Thankyou
20/03/15- P&C Meeting in Library.
27/03/15- Silly Sock Day.
25/04/15- ANZAC DAY MARCH – SATURDAY

“There’s nothing that can help you understand your beliefs more than trying to explain them to an inquisitive child.” ~Frank A. Clark

STAR OF THE WEEK

CONGRATULATIONS to Ryan in Year 5

Ryan is always kind and courteous to teachers and students alike and always does his best work in class.

Ryan is a very deserving recipient of our “Star of the Week” Award.

Jye was the UNIFORM COMPETITION WINNER

Jye received a voucher to use at the canteen.
A huge thank you to the School Canteen for sponsoring this competition.
**Eco Warrior**

Wow! What a great start we have had with our school going binless. Thankyou parents for taking this on board and encouraging the children to bring recyclable containers for their lunch.

We have started a Eco Warrior award that will be presented each week at assembly. The children can gain a ticket for any Eco contribution they make to the school. This may include:

- putting food scraps in the green bin
- packing up their own rubbish and putting it back into their lunch box after eating.
- Or coming to school with re-usable containers.

The children have been eager to gain a ticket and put their name into the draw. One child will be drawn out at assembly to receive an ‘Eco Warrior’ prize and certificate.

**Funky Hair Day**

On Friday 13th March, Crystal Creek PS will be partaking in Funky Hair Day for the Leukaemia Foundations. **A gold coin donation on the day would be most appreciated.**

- **Before school** the SRC will colour/style students hair for an additional 50cents with hair chalk, coloured bands and rainbow coloured pipe cleaners. There will be no hair colouring (spraying) at school this year. However, feel free to colour your child’s hair at home.

- **Funky Hair Salon** teachers and parent volunteers will have their hair styled by a hand-picked team of hairdressers. The teams will use a range of funky accessories to style the teachers’ hair. The winning team will win a prize.

- **Funky hair parade** students will showcase their hair dos and will be awarded prizes for Best Colouring, Most Creative, Biggest Hair and Stage awards.

- **Dance Off** Students will be given a chance to do some funky moves that go with their funky dos. Prizes will also be given out for cool hair styles and dances.

The Leukaemia Foundation’s Vision to Cure is being achieved by funding the best research. The ongoing donations from the Australian public have helped improved survival rates and treatment for people with Leukaemia, lymphoma, myeloma and related blood disorders.

Crystal Creek PS’s ongoing support towards this cause is much appreciated!!
**Joe has done Crystal Creek Proud.**

Last week Joe F. competed at the FNC Swimming carnival. Joe came 6th in the Butterfly which is a tremendous effort and a personal best. It is a real honour for us to have Joe represent Crystal Creek School at this level of competition.

**PSSA Winter Trials**

Tomorrow 12th March we have Joe F, Ben E., Ryven B, competing in the Soccer and Jye K, Lachlan N, Jayden N, and Zac L, competing in the Rugby at the Murwillumbah/Tweed PSSA Winter Trial. We wish the boys the best of luck in their chosen sports.

**Fireworks Raffle**

Raffle tickets were sent home today with the newsletter. The family or student that sells the most tickets will get a free ride pass. There are more tickets available at the office. Thank you for your support it all helps our kids HAPPY SELLING!
Inadequate sleep may be linked to a sluggish metabolism!
Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!
The recommendations for sleep are:
Preschool (3 - 5 years) 11- 13 hours/ night
School (5 - 12 years) 9 - 11 hours/ a night
Teens (12 - 18 years) 8.5 - 9.5 hours/ night
Some hints for a healthy sleep:
- Consistency: going to bed and rising at a regular time (be firm)
- having a 30 - 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, phones or game consoles) in the bedroom

Facts about tutors
Private tutoring to give kids a helping hand in their schooling is a growing business. However, it's also an area where parents can be vulnerable to bogus offers and misleading advertising.


Public speaking
Does your child suffer glossophobia? Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child’s next speech a success.


Science starters
Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life’s mysteries but there are a few facts they often get wrong in the name of science.


Mr Davis’ Funnies of the Week
Q. Why did the dingo cross the road twice? A. Because he was a double-crosser!
Q. What's a koala's favourite drink? A. Coca Koala!
Q. What do crocodiles call children? A. Appetisers!
Q. What do you get when you cross a kangaroo with sheep? A. A woolly jumper
P & C Need Your Help

Wollumbin High School has invited us to go along to their 20th Anniversary Celebrations (see below), to raise money for our school with our snow cone machine. We desperately need volunteers that are willing to help out on the day from 11am till 3pm, if we can’t get enough volunteers for this great fundraiser for our children’s little school, then we will have to decline the offer which will be unfortunate for us. If you are able to give us some of your time or the whole four hours please ring the school on 66791223 or Kayla on 0407 888 448 or return the note below to the school office.

----------------------------------------------------------------------------------------------------------
I (name)…………………………………………….. am able to help for……………………………………….hours at the Wollumbin High School 20th Anniversary Celebration on Saturday 14th March, on the Crystal Creek Snow Cone Machine.

My phone number is …………………………………………………..
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SNACK SHACK LUNCH ORDER

Friday 13th March 2015

We are looking for volunteers to help out in the canteen on the following dates if you are able to help us please put your name and contact number down on the day/days you are free. Thank you.

- Friday 13th March
- Friday 20th March
- Friday 27th March

Name: ______________________  Class: ______________________

RECESS:

___ Water/juice popper/milk popper @ $1.50

___ Fruit Sticks @ $1.00

___ Popcorn @ $1.00

LUNCH:

___ Ham and Cheese tortellini @ $3.00

___ Water / juice popper / milk popper @ $1.50

___ LOL @ $2.00

___ Toastie @ $3.00

Please circle CHEESE  HAM  TOMATO  PINEAPPLE

TOTAL

$________

AMOUNT ENCLOSED $________

Please have your lunch order placed into a paper bag, with your child’s name clearly marked on the front and money enclosed, to the office by Thursday.

Thank you.