From the Principal

STUDENT INFORMATION SHEET

Your child is bringing home their Ghosted Enrolment Form today. This form is the information we have on our school system in a format similar to the Enrolment Form that was filled out when your child started at Lithgow Public School. Please check that the information concerning your child is correct. The Department of Education has updated and added to the Enrolment Form so that the School and Departmental records have the most current student and family situations. Please change any incorrect information and send the form back to the school office as soon as possible. If there are no changes to the information could you please initial the front page and return it to school.

Please pay special attention to Page 13 and the ‘Permission to Publish’ and ‘Online Services’ section.
Thank you for taking the time in updated these records.

ANAPHYLAXIS

Just last week our staff responded to a child suffering an severe allergic reaction, requiring the use of an epi-pen. Our school asks all families to assist us to minimise the risks of anaphylaxis.

Please avoid packing peanut or nut spreads and any kind of chocolate in your child’s food choices for the day. The stage 1 student is also allergic to dairy (and its bi-products).

Vicki O’Rourke

Library News

Our School Library will now be open during first break Monday – Thursday, for students to borrow or return books or simply sit and read. Children will be able to visit the library after they have finished eating their lunch. Students are already enjoying visiting the library during their break time.
**Bookclub**

Issue 1 of Scholastic Bookclubs has now been sent home with students. Orders for this issue are due back at school by Wednesday 18th February. There have been some changes with Bookclub this year and students will now only bring home one brochure appropriate to their age.

Our school earns reward points for every dollar that our students spend with Scholastic. These reward points are used to purchase valuable resources for our school library.

**Basketball Clinics**

Representatives from Basketball NSW visited the school last week to run clinics for the children during our Friday afternoon sports session. Children had a fantastic time learning lots of new Basketball skills. Thank you Basketball NSW for running this program at our school.

**Healthy lunch box ideas**

Make recess a little more fun with these Snack Butterflies! Not only are they cute, they're a great way of separating snacks in one bag, such as cheese and crackers. All you'll need is a peg and a pipe cleaner!

Lunch box idea by Glad Australia [www glad com au](http://www glad com au)

**Lithgow and District Basketball**

Muster days are being held for players older than 9 years wishing to play Basketball in Lithgow. Muster days are:

- Girls Wednesday 11th February 4:30pm-5:30pm
- Boys Thursday 12th February 4:30pm-5:30pm

For further information please contact Richard Marjoram on 6352 1635.

**Kids Club**

Hoskins Uniting church is running its Kids Club (KUCA) on Thursdays after school. Sessions finish at 4:30pm. Each day includes games, crafts, afternoon tea and exploring spirituality and faith. KUCA is open to all school aged children.

For more information please phone 6351 3134.

**Cool Kids**

FREE GROUP PROGRAM FOR CHILDREN WITH ANXIETY ISSUES

Primary school years 3 - 6

The Cool Kids group is for boys and girls in primary school years 3 to 6, who have significant difficulties with issues relating to anxiety. This may include children with:

- Separation, school phobic or social anxiety/withdrawal issues
- General fears or specific phobias
- Separation from family and/or anxiety about bedtime
- School refusal
- Anxious about school
- School refusal
- Anxiety about school
- Fear of new places
- School anxiety
- Separation anxiety
- Social anxiety
- Poor social skills
- Worry, avoidance, reassurance seeking
- School refusal and anxiety related school arguments/tamper outbursts
- Perfectionism, complaints of headaches, turning pale or tone legs
- Sleep problems (failing asleep or sleeping in parents’ bed)

Cool Kids is an evidence-based treatment program for children with anxiety issues. Both children and their parents participate in a free 8 week program that will help children overcome and manage their anxiety at home and school, and give parents practical strategies to support their children.

Groups are running during school terms 1 and 2 in your local area. Please note that all families must attend an assessment to determine suitability for the group before attending.

Referrals close Friday 3rd April – Group start date Tuesday 28th April
Time 4:30pm – 6:00pm
Location: Lithgow Information and Neighbourhood Centre,
1 Padley Street, Lithgow

Further information: 02 6350 2750 (Community Health)
02 4708 8158 (NBMML)

**LPS P&C**

At the Annual General Meeting, office bearers will elected for 2015. A short meeting will follow the elections to allow for updates on building and maintenance projects around the school and for the Principal to speak to parents about the coming year.

All newcomers very welcome!

(Helen Swinton 0416 054 897)

**The Uniform Shop**

Open Monday, Wednesday and Friday afternoons from 2:30pm – 3:30pm
Cash or Cheque only