Welcome back
Welcome back to term 3. There are three important activities happening for the children this term. In week 3, Education Week, we have our choir performing in Coastal Kids and our Live Life Well days running on Wednesday and Thursday. In week 8, our stage three children are heading to Canberra for their camp. Please note that Canberra money must be paid in full by Friday 16th August. No money will be accepted after this date.

Athletics carnival
We plan to go ahead with our Athletics Carnival this Friday 19th July. It will start at 10am with war cries and then the K-2 races will be rerun so please be here early to see your child race. This will be one of the red food days for the term, with the top shop and canteen running. There is canteen information further in the newsletter.

Live Life Well
Live Life Well will be run on Wednesday 31st July and Thursday 1st August. The 6 activities running this year are kids in the kitchen, speedminton, police visit, beach and surf safety, Zumba & Tae Kwon Do and a visit from the fire brigade. The children will be in class groups, with the exception of a few kindergarten children who will be joining the Year 1 group. We invite parents to come along and help with any of the activities, especially kids in the kitchen. More information and times are attached to this newsletter.

In Term 2 KLT were learning about how farms meet our needs and about the processes foods go through before they reach our plates. At the end of the unit the students had the opportunity to make their own butter.

Isla, Tex, Ryan and Katie show Mrs Toscan their shaking skills.
Premiers Sporting Challenge (PSC)

The PSC starts this week and concludes at the end of this term. Over this 10 week period the children, using their individual log book, will record their physical activity for each day. Each student completing the challenge will receive a personalised certificate from the Premier of NSW.

If you have any questions, please see your child's teacher.

Student medical forms

During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child’s health. If you have a child with a medical condition you will receive a copy of the new forms soon, via your child, and will need to fill them out and return them to us as soon as you can.

The good news is we have already started collecting some of this information, which means less for you to do. The new forms will help us collect your child’s important medical information and the introduction of new systems will mean we’ll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information, and if you have any questions please call.

School Kids Bonus

Need a boost to your mid-year school budget?

The second payment of the Schoolkids Bonus is coming in July. If you are eligible you could receive up to $205 for each primary student and up to $410 for each secondary student. You could receive the Schoolkids Bonus if you have a child in primary or secondary school and receive Family Tax Benefit Part A or you are a primary or secondary student receiving an income support payment.

If you think you are eligible and you haven’t already updated your child’s education details with Centrelink, then visit Online Services by 29 June 2013 to ensure you receive the correct amount and are paid on time. The Schoolkids Bonus replaced the Education Tax Refund in January 2013 so eligible families cannot claim education expenses in their 2012-13 income tax return.

To ensure you receive the Schoolkids Bonus payment in July, check your eligibility by visiting australia.gov.au/schoolkidsbonus

Awards last week

Kinder KLT
Jye, Blake, Faith & Chloe

Year 1H
Flynn & Olivia

Year 1-2S
Annie & Laila

Year 3-4M
Clara & Holley

Year 4-5S
Airlie & Taylah

Year 5-6T
Bronwyn & Leon

Canteen News

CANTEEN OPEN THIS FRIDAY FOR ATHLETICS DAY!

NO LUNCH ORDERS!

Canteen will operate this Friday for RED LIGHT snacks, drinks and slushies. We will be running a BBQ sausage sizzle on the day, pre orders are not needed for these. Donations of cakes and goodies to sell at the canteen would be greatly appreciated. Any parents who are available to help on this day please put your name down on the attached roster. The full Term 3 roster is attached at the bottom of this newsletter; please fill in your details if you can help out.
RAISING HEALTHY HAPPY TEENAGERS

Today’s teenagers have great opportunities but also face many serious challenges.

MINI-BASKETBALL Term 3
Miniball (Basketball for 8-12yr olds) recommences for Term 3, Tuesday 23/7/13.
Time: 4-5pm, each Tuesday. Cost; $70.00 per child (due to court hire charge increase)
Where; BRSCC Sports Complex in Ewingsdale Rd.
For more information, e-mail:

---
Public Notices

--- Please return to office ---

CANTEEN ROSTER
TERM 3 NEEDS YOU!

<table>
<thead>
<tr>
<th>Week 1 19th July Athletics</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kanako</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2 26th July</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Barbara-Ann</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4 9th Aug</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 6 23rd Aug</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kanako</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 8 6th Sep</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 10 20th Sep</th>
<th>Helper</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
POSITIVE ROLE MODEL AWARDS
- Nominations Now Open!

Northern Rivers Family Magazine has launched a brand new awards scheme for the Northern Rivers community. The Family Magazine PRaMwards (Positive Role Model awards) will run throughout 2013 and recognise adults who are positive role models to children within local schools, sports clubs and other after school activities. Family Magazine owner Sadie Hunt said: “We believe there are so many men and women in the Northern Rivers community who give so much of their time and effort for local children - and many of them act as important role models to our children too.

“There are some amazing teachers in local schools who not only teach children how to read and write but also provide stimulating and exciting academic and non-academic activities for children including attending eisteddfods, taking part in sports events and arranging excursions, class plays or school art exhibitions.

“And outside of school there are many men and women who give of their time freely to coach children in sports and to lead after school activities such as Scouts, Girl Guides etc. Many of these men and women are volunteers who have their own families yet give of their time and effort freely, expecting very little in return.

“We believe these people deserve recognition for their hard work and enthusiasm and for the positive ways in which they influence children in their classrooms, schools, sports teams or after school groups.”

Who do you know who you could nominate?
There are three awards categories:

- **Best Positive Role Model - teachers** (any permanent or casual teacher from any primary school or pre-school within the Northern Rivers Family Magazine distribution area)
  The winner of this award will receive one night’s accommodation for up to four people at the fabulous Ramada Hotel and Suites, Ballina in a one bedroom river view suite (valued at $250)*.

- **Best Positive Role Model - sports and after school activities** (any voluntary sports coaches, sports managers or leaders and helpers of after school activities from within the Northern Rivers Family Magazine distribution area)
  The winner of this award will receive one night’s accommodation for up to four people at the fabulous Ramada Hotel and Suites, Ballina in a one bedroom poolside suite (valued at $235)*.

- **Best Positive Role Model - people’s choice award** (any adult who is positive role model to children including those who may not fit the above criteria)
  The winner of this award will receive a one night ‘romantic escape’ package for two people at the fabulous Ramada Hotel and Suites, Ballina valued at $210*.

The teachers’ and sports and after school activities awards will be judged by an independent judging panel. The people’s choice award will be judged by Family Magazine readers by an on-line voting system. To nominate a teacher, sports coach or after school activity leader/helper for an award simply go to [http://www.nrfamily.com/pramwards2.htm](http://www.nrfamily.com/pramwards2.htm) and follow the instructions.

There’s even a special prize for one lucky reader - everyone who sends in a nomination form to recognise their teacher, sports coach or after school activity provider will go into a special prize draw to win one night’s accommodation for two people in a hotel spa room at the Ramada Hotel and Suites, Ballina valued at $190*.

So what are you waiting for? Get nominating now!

Northern Rivers Family Magazine is distributed free through schools, pre-schools, day care centres, doctors and libraries in the Tweed, Lismore, Casino, Byron, Ballina and Evans Head areas once each school term. The digital version is available on-line at [http://www.nrfamily.com/digimag.htm](http://www.nrfamily.com/digimag.htm)

For further information please contact
Sadie Hunt - Northern Rivers Family Magazine
Tel: 02 6687 4564 or 0423 074540
E-mail: editor@nrfamily.com