

# Albert Park Public School

Excellence, Innovation, Opportunity and Success



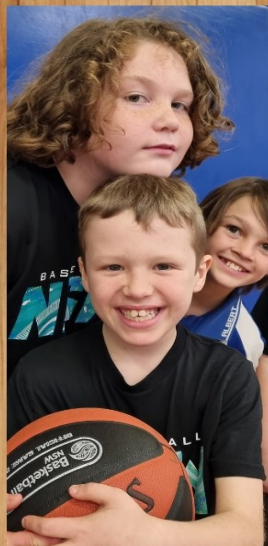
[www.albertpk-p.schools.nsw.edu.au/](http://www.albertpk-p.schools.nsw.edu.au/)

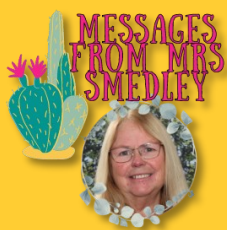
Term 3 - Week 10 20/09/2023

*"We would like to respectfully acknowledge the Bundjalung people who are the Traditional Custodians and First Peoples of the Land on which our school stands."*

## Let's Bounce Lismore

The MC class were invited to participate in the NSW Basketball program "Let's Bounce Lismore." Every Thursday for 8 weeks we worked on our fitness, and basketball skills. We got to play against Mrs Sipple, Ben, Ian, Meegan and Elwood, and we won! During the last session we were given basketballs and a medal for completing the program. It was lots of fun.





## STEM EXCURSION WEEK 1 TERM 4

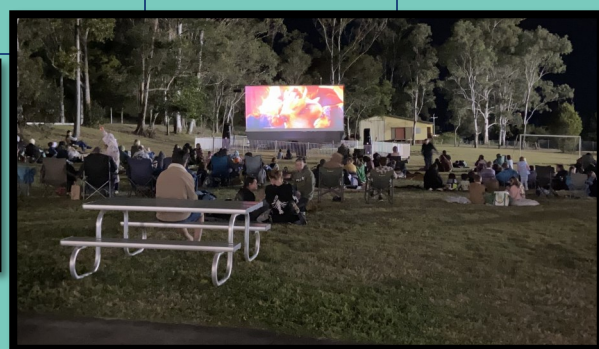
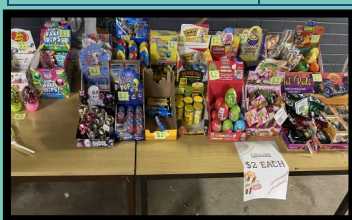
Both Stage 1 and Stage 3 have a STEM Excursion on Thursday of week 1, 12 October. Stage 1 will be attending the Recycling Centre and Botanic Gardens along with children from Lismore South, Modanville and Dunoon Public Schools. Stage 3 will be attending a STEM activity Day at SCU with Karen and Zane to participate in a number of lessons involving identifying vertebrates, skeleton building, netting macro -invertebrates from the lake and visiting the anatomy and physiology labs. Permission notes will go out Monday, next term and will need to be returned by the Thursday. There will be a small cost for the bus, yet to be determined.



## Outdoor Movie Night Fundraiser

Thank you to all the parents and community members who supported our Outdoor Movie Night Fundraiser last Friday. Everyone had a wonderful time and some very lucky people took home some wonderful prizes. Thank you to everyone who worked hard to make sure it happened but a very special thank you to Meegan, our SLSO, Sharon, our P&C's secretary and Cassandra our P & C President, who were responsible for canvassing businesses to get the awesome donations for sponsorship and prizes. A very big thank you to all our wonderful staff who helped make the night a success and of course the night would not have been the success it was if it wasn't for all the amazing donations from the businesses below. It was thanks to their generosity and your support that we were able to raise \$1700.

TOYOTA LISMORE	187 CANTINA LISMORE	OFFICEWORKS LISMORE	BRAD'S BUTCHERS GOONELLABAH
CRYSTAL CASTLE MULLUMBIMBY	CURRUMBIN WILDLIFE SANCTUARY GOLD COAST	KIVA DAY SPA MULLUMBIMBY	ISCOOT GOLD COAST
BUNNINGS LISMORE	BYRON CIRCUS ART BYRON BAY	RIPLEYS BELIEVE IT OR NOT GOLD COAST	SCOOPS AND CANDY LISMORE
COLES LISMORE	COLES GOONELLABAH	KMART LISMORE	WOOLWORTHS LISMORE
BIG W LISMORE	MCDONALDS LISMORE	BLUE DOLPHIN YAMBA	RAMADA BALLINA
TEN PIN BOWLING BALLINA	MASKCO LISMORE	INFINITY GOLD COAST	AQUA DUCK GOLD COAST
NORTH COAST WHOLESALERS LISMORE	FRANK VANZ LISMORE	HELLO WORLD LISMORE	BWS LISMORE
BEACH AND BUSH GOONELLABAH	TARONGA ZOO SYDNEY	KEMP AGENCIES LISMORE	SOUTHSIDE BAKERY LISMORE
BYRON BAY COFFEE			



## HAPPY HOLIDAYS

I hope everyone has a lovely couple of weeks with their children and we will see you back on Monday, 9 October for another busy term. Please note there is no Staff Development Day at the beginning of next term. Children come back on the Monday with the teachers.



## Performing Arts

What a wonderful night at the Performing Arts Concert last night. The children did an amazing job performing 'Albert Park's Got Talent' on stage at the Whitebrook Theatre last night. We certainly do have some talent in the Northern Rivers. Thank you to all the teachers who worked with classes and groups to ensure the performance was of a very high standard. Thank you to Mrs Reeve who coordinated all of our performance. It is a huge job, and we appreciate her time and commitment to ensuring the quality of the performance. Thank you to our wonderful staff for dedicating another one of their evenings to our children.



BE SAFE



BE RESPECTFUL



BE A LEARNER

MORE.... *Performing Arts*



BE SAFE



BE RESPECTFUL



BE A LEARNER



These are some pictures from the NRL Trophy Tour that visited our school yesterday.



National Rugby League Ltd



Date	Item	Venue	Cost	Time
22 September	Last Day of Term 3	-	-	-
23 Sept - 8 Oct	School Holidays	-	-	-
9 October	First Day Term 4	-	-	-

# PBL for Week 10

## Use

## Toilets

## Appropriately



## Chaplain's Chat



"We often say that giving is receiving. It also works the other way. Receiving is giving too. By accepting help you stretch the limits of what is possible for yourself and others."

This term I have been talking about the different ways we can find support and I have saved the best type of support for last, and that is yourself.

This may seem like an odd thing to say, but often we are our best support and our worst enemy. When things get difficult, it can often feel easier to just hunker down and block everyone and everything out. Unfortunately this can result in us not asking for help and behaving in ways which make self care an after thought.

### Asking for help

One way we can help ourselves is by reaching out to people that we know and trust. This is can be difficult to do because we are afraid of someone saying no, of looking weak or even afraid of recognising there is a problem. We might be embarrassed to admit that we don't have it altogether, or feel like we will be a burden to others who are already too busy. While there may be good reasons we don't ask some people for help, often the reasons we give are just excuses not to ask. But by asking for help, we can lighten our load, and give others the opportunity to help.

### Helping ourselves

We can also help ourselves, by prioritising our own wellbeing. While it is important not to isolate ourselves when we feel overwhelmed it is important to protect yourself. This might include protecting downtime, limiting engagement with draining people, or making space to do things which make you smile.

We all have times when we are on top of things and when we need a helping hand. In these times I encourage you to reach out to others, make time to do things which make you smile, spend time with people that fill your soul, make yourself a priority and above all ask for and accept help when it is offered.



# September/October School Holidays at Lismore Area Libraries

Lot's of free School Holiday activities available at your local libraries!

Check out what's on and book your place by scanning here  
or contact the host library via the details below.



## Lismore Children's Library



### Bird Identification Monday, September 25 2pm - 3pm

Come to the Lismore Children's Library this school holidays and build your bird identification skills in this fun beginners workshop! Learn about different types of birds and how to spot them at home or out and about!

### Zine Making Thursday, September 28 10am - 11.30am

Zine making workshop with local zine-maker Benjo Kazue. Learn how to create a zine, copy and distribute them. Ages 8+ only.



### Wildlife Twins

Join the Wildlife Twins at Lismore Children's Library these holidays for a fun reptile show. These animals have developed to enable them to survive in Australia's harsh environments. Some may even refer to these abilities as superpowers....think of it! Can you hold your breath like a sea turtle?! Or sleep for 16-18 hours a day, whilst being called adorable.... No, I don't think so.

Friday, October 6 10am - 11am



## MOVIE TIME!

Join us at the library for a special school-holiday movie screening of  
"The Super Mario Bros. Movie"!

Wednesday 4 October, 2pm - 4.30pm at Goonellabah Library

Bring along a comfy cushion or bean bag.

Popcorn and water provided & BYO snacks welcome

Run time: 92 minutes. Rating: PG. For ages 6+ and their adult caregivers.



**Richmond Tweed  
Regional Library**  
Connect. Discover. Escape.

**Goonellabah Library**  
27 Oliver Avenue  
Goonellabah NSW 2480

02 6625 1235

goonellbah@rtrl.nsw.gov.au

**Lismore Children's Library**  
Lismore Central Shopping Centre  
Lismore NSW 2480

02 6625 5190

lismore@rtrl.nsw.gov.au

**Lismore Pop-up Library**  
146 Molesworth Street  
Lismore NSW 2480

02 6621 2464

lismore@rtrl.nsw.gov.au



Discover

# *The Hide and Seek Tree*

this school holidays...


Visit Lismore's first StoryWalk® experience  
at the Lismore Quad, titled *The Hide and Seek Tree*.

The pages of this special book will be spread around the Quad  
to encourage children to walk their way through the story.

To celebrate, the library is running a  
special activity

## Birds Around the Block

Collect a bird-finding book from the  
new Lismore Children's Library,  
search for bird posters in shops around the  
CBD and go in the running for a prize!



Lismore Children's  
Library is located at the  
Lismore Central Shopping  
Centre at the top of  
the escalators



Richmond Tweed Regional Library  
Connect. Discover. Escape.

**lismore**  
city council