NRPSSA ATHLETICS CHAMPIONSHIP
Good luck to all our sports people participating in the Northern Rivers Athletics Carnival at Riverview Park tomorrow.

GREEN DAY – Please note that our Green Day has been postponed until Tuesday 15th September.

PERFORMING ARTS FESTIVAL – Permission notes attached
Monday 24th – Dress rehearsal for Small Schools Choir and performers in our dance item ‘Calling All The Monsters’
Tuesday 25th – Evening performance for performing Bexhill students only.
Wednesday 26th – Small Schools’ Choir evening performance
Thursday 27th – Matinee Performance that the whole school will attend.
Thursday 27th – Small Schools’ Choir evening performance.

BOOK FAIR / OPEN DAY & PARADE
What a wonderful array of colourful and creative characters who participated in our parade. Thank you to all the students (and parents) for their efforts. Many thanks also to those families who supported the Book Fair, and the P&C for organising and running the barbeque. A special mention to our SRC students who showed great leadership and initiative on the day.

NUDE LUNCH – commencing Week 6, Wednesday 19th August
Bexhill students Waste Wise Group is encouraging every family to participate in a ‘Nude Lunch’ at least once per week.

On page 2 there are some ideas to assist with your ‘waste wise’ choices. We were the first accredited ‘Waste Wise’ School in the Lismore Council area so each year we like to add to our credentials with an innovative initiative. The student group would much appreciate your support. Our designated ‘Nude Lunch’ day is each Wednesday.

YOUNG COMMUNICATORS - Please note the updated class times
All students have received information regarding their Young Communicator Speeches from their class teacher.

Class speech times are as follows;
Yr 6 - Wednesday 19th - 9.45 am
Yr 5 - 12.30 pm
Kinder - Thursday 20th - 9.45 am
Yr 1 - 12.30 pm
Yr 3 - 12.30 pm
Yr 4 - 9.45 am
Yr 2 - Friday 21st - 9.45 am

**Parents & Carers are welcome to attend.

PREMIER’S SPELLING BEE – Friday 21st August
Stage 2 and 3 students will be participating in the annual Premier’s Spelling Bee this term. This program provides students with an opportunity to engage with spelling and promotes improved literacy as part of the English K-12 Syllabus. There is a junior and senior word list available from the Premier’s Spelling Bee website. Students are being given opportunities in class to practise their spelling skills and we also encourage families to become involved at home by encouraging their children to see how many words they can spell.
can master. The competition winners from each stage will have the opportunity to compete at the District finals in Lismore on 15th September.

ELTHAM RAFFLE - Sunday – 16th, 23rd, 30th August
Thank you to Emma Fountain and Rebecca McLean for running the raffle last Sunday and to the following future volunteers;
**We still need volunteers for the 23rd and 30th August** to sell raffle tickets for meat trays (from McMinn’s Quality Meats) at the Eltham Hotel 12-3pm. If you would like to volunteer please call the school office. Your assistance would be much appreciated.

EARN & LEARN
For every $10 you spend at Woolworths you receive one sticker. Ask friends and family to help you collect. There will be collection boxes at Bexhill School, Lismore Central, Lismore Square and Goonellabah.

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NUDE LUNCH DAY TIPS – each Wednesday commencing Week 6, 19th August
The idea behind the Nude Lunch is to not use throw-away wrapping like cling wrap and foil, yet minimise the use of paper wrappers as well, essentially pack “nude food”. To create a litter free lunch there are multiple options to package your child healthy meals. There are many inexpensive re-useable options such as:
- plastic containers or plastic-backed fabric lunch sacks to avoid squashed food or messy bags.
- Some ideas of what to include in a litter-free lunch box:
  1. ‘Cute’ vegetables - cherry tomatoes, baby cucumbers, baby corn, raw green beans, snow peas, raw asparagus spears, mushrooms, and blanched broccoli and cauliflower tips.
  2. Edible wraps – salad wraps, sushi, mini chicken Caesar salads wrapped in a cabbage or lettuce leaf or shredded vegies tucked inside a rice paper wrap.
  3. Hunky vegies – cooked jacket potato, washed raw baby carrot, cooked corn. The vegetables may be cooked and cooled the night before ready for the morning lunch box rush.

  Fruits – apples, pears, mandarins, oranges, banana, grapes, cherries, berries, lychees, kiwi fruit.
  4. Protein power foods – eggs (pre-boiled and ready-to-go), diced cheese cubes, cold meats.
  5. Pasta, lentils and rice combinations
  6. Home cooked treats. We would love some family favourite recipes to share in our newsletter.

Hide the plastic film wrap and avoid buying single-serve pre-wrapped foods such as muesli bars, juice boxes, small tubs of custard/yoghurt, and mini-boxes of dried fruit.

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WANTED FOR GARDEN CLUB
Old boots, rain boots and large old shoes suitable for planting...........we will use these to make a bootiful garden!