



Tuesday 14 May 2019, Week 3, Term 2

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Calendar dates
May 15, 20, 22 – NAPLAN Year 3
May 16, 21, 23 – NAPLAN Year 5
May 22 – GRIP Leadership Day
May 23 – Look In and Learn
May 28 – SPAF Choir Rehearsal
May 29 – SPAF Audition
May 30 – Colour Run
May 31 – Season 2 PSSA Commences

Principal's Message

Thought for the Week...

“Children want the same things we want.

To laugh, to be challenged, to be entertained and delighted.”

~ Dr Seuss ~

Congratulations Riley!

Last Thursday night I had the pleasure of attending the Annual Lions Club Appreciation Dinner. Guest of honour was Riley W (4/5F) who was presented with a certificate and monetary prize for his success in the global Lions Peace Poster Competition. As a National Winner, Riley's entry was judged at the international level and he placed in the top 25 in the world. Over 660 000 children entered this competition around the world, what an amazing achievement! A special thank you to Mr Neil Thomson from the Lugarno Lions for his support.



Mother's Day Magic

A huge thank you to our P & C for facilitating the beautiful "Muffins With Mum" breakfast event and Mother's Day Stall last Thursday. We are very fortunate to have so many parents who are willing to give up their time to provide such wonderful opportunities for our students and community. Thank you Mrs Kaniouris, Mrs Laney, Mrs Porter, Mrs Devet, Mrs Clay, Mrs Van Rheeden, Mrs Cuthbert and Mrs Ireland. We hope all of our LPS mothers and grandmothers enjoyed the Muffins With Mum breakfast and your special gifts from the Mother's Day Stall!





Staff Update

Last Wednesday, Ms Jones commenced maternity leave. We wish her all the very best for the safe arrival of her little one in the coming weeks. Miss Jones' RFF program will be covered by Mrs Taylor (Monday and Tuesday) and Mrs McTackett (Wednesday).

Term Calendar

A copy of the Term 2 Calendar was sent home in Week 1. All dates are correct at time of printing. The Term Calendar is also available on the school website.

Important Dates in Term 2

NAPLAN Online – Assessment window - Tuesday, 14th May- Friday, 24th May

Kindergarten 'Look In & Learn' – for Kindergarten students commencing in 2020 – Thursday, 23rd May (see attached flyer)

K-6 Athletics Carnival – Wednesday, 26th June

Positive Behaviour for Learning and 'Bounce Back' –

What's the PBL focus this week?

Participating Safely –transitions – waiting at classrooms for teachers, entering classrooms

Bounce Back Week 3 Focus:

Early Stage 1 – To understand what a goal is and how to achieve it – be a STAR!

Stage 1 – To understand the importance of having a go at new things

Stage 2– Think like a CHAMP – to understand what a goal is and how to achieve it

Stage 3 – Think like WINNERS do - To understand how to set a personal goal

Congratulations to our Values Awards Recipients

Congratulations to the following students who were presented with a Values Award at our Week 2 K-6 Assembly. Well done!

Class	LPS Values Award Recipients – Week 2 Assembly, Term 2 2019
KA	Ava N, Indie H
KR	James J, Vivianne E
KW	Emily F, Conan S
1KS	Evangeline O, Ethan R
1/2M	Scarlett T, Allegra T
2D	Hayley W, Zac L
3/4A	Gabriella M, Marcus C
3/4B	Kale L, Shia T-A
4/5F	Abby H, Olivar A
5/6S	Emmanuel T. Angelina K
6H	Tristan N, Ricci-Le B

Next Assembly

We look forward to you joining us for our next assembly on Friday, 24th May at 12.15pm in the Hall. This assembly will be hosted by the prefects.

School Uniform

We have now transitioned into Winter Uniform. A friendly reminder that our Uniform Shop is open on Monday and Thursday mornings from 8.30-9.30am.

3-6 Life Skills PE Program Update – Snippets Newsletter

~Week 1~ Intro to Healthy Skills for Life and Respect

The Life Skills Group program, Healthy Skills for Life commenced last Thursday! The program is a curriculum based Health and Physical Education and Social Emotional Learning program. Each week Life Skills teachers facilitate classes aligning lifelong value based skills, fundamental movements, and positive psychology through various games, breathing techniques, guided stories and relaxation.

Please follow the 'Snippets Newsletter' and practise the daily activities with your child. We've also included one or two ways to practise family self-care. We can assure you it will be fun and a great way to spend a few minutes extra with your child and family.

Excitement was felt throughout the room as students entered to participate in the first week of the Healthy Skills for Life program last week. Students learnt breathing exercises which help in calming the mind, building resilience and developing self-regulation. Students were able to practise specialised movements and skills in games and breath work that are especially designed to calm the nervous system, foster positive relationships and teach problem solving skills. By working in teams, all levels utilised various strategies to complete different tasks, all the while understanding that there was no winner or loser, but what mattered was how well the combination of players on the team worked together. By participating in physical activities designed

to enhance fitness, students came out with a greater understanding of the impact regular participation can have on health and wellbeing. All students had fun, calmed their bodies, and learnt the value of respect through fun games and activities.

Parents/Carers: Ask your child to show you the mindfulness practice or breathing activity they learnt last week and how it could help them.

Family self-care tip: Make time for a game at least once a week. Try to be fully present while playing that game.

Woolworths Earn & Learn 2019

Last week, your child brought home a Sticker Sheet for the Woolworths Earn & Learn program for 2019. Woolworths Earn & Learn is a great way to earn valuable equipment for LPS.

It's simple to participate. From Wednesday 1 May to Tuesday 25 June 2019 when you shop at Woolworths, you can collect Woolworths Earn & Learn stickers from the checkout operator, via team members at the self-service checkout or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There will be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards).

Once completed, simply place the Sticker Sheet in the collection box located in the front office.

Spare sticker sheets can be obtained at your local Woolworths store or the office.

If there is a parent or carer who would like to assist with this program, please see Mrs Williams.

Thanks for your support.



Opportunity Class Applications

Opportunity classes cater for academically gifted and talented students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 31 July 2019**.

If you would like to have your child considered for Year 5 opportunity class entry in 2020, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online can be found at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

The application website closes this **Friday 17 May 2019**. You must apply by the due date.

Further information about this process was sent home as a note to all students in Year 4 last term. This note can be accessed on the school's website.

NAPLAN Online 2019

NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to help us make sure students are on track with their literacy and numeracy development. Students in Years 3, 5, 7 and 9 participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

Between Tuesday 14th May and Friday 24th May, our school will participate in NAPLAN Online. Students do not need to be computer experts to take the NAPLAN test online. Making sure students have computer skills

is part of our school curriculum, and our teachers have ensured that your child is familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit [the public demonstration site](#).

If you have any questions about NAPLAN Online, please contact your child's teacher.

For more info:

- [How to support your child during NAPLAN](#)
- [information for parents and carers](#)
- [Watch a video that explains NAPLAN Online](#)
- [Subscribe to ACARA's monthly parent newsletter, Parent Update](#)

As indicated on the Term Calendar the following dates have been scheduled for NAPLAN assessments:

Tuesday, 14th May – Year 3 & 5 Writing Assessment

Wednesday, 15th May – Year 3 Reading Assessment

Thursday, 16th May – Year 5 Reading Assessment

Friday, 17th May – Catch up session

Monday, 20th May – Year 3 Language Conventions Assessment

Tuesday, 21st May – Year 5 Language Conventions Assessment

Wednesday, 22nd May – Year 3 Numeracy Assessment

Thursday, 23rd May – Year 5 Numeracy Assessment

Friday, 24th May – Catch up session* (*includes Year 5 students who missed the Numeracy session on Thursday due to District Cross Country).

Students will be split into two groups and complete the assessments in the Computer Room:

Year 3

Session 1: 9.00 -10.00am Groups 1: 20- 3/4B students

Session 2: 10.10- 11.00am Groups 2: 18- 3/4A students

Year 5

Session 1: 9.00 -10.00am Groups 1: 18- 5F students

Session 2: 10.10- 11.00am Groups 2: 12- 5S students

Please note that Mrs McTackett's Tuesday morning Tech Club will not be on during the two week NAPLAN period.

Mrs Justine Williams

Sweet Potato & Bacon Slice

A delicious slice that the whole family will enjoy. Great for kid's lunch boxes, or just something small to nibble on as a snack.

Ingredients:

- 1 sweet potato shredded
- 1 zucchini shredded
- 4 bacon rashers shredded
- 1 onion diced
- 4 eggs
- 1 cup self-raising flour
- 1 cup cheese grated
- 1 tsp garlic
- 1 tbs chives
- Pinch of pepper to taste



Method:

1. Add all ingredients together and mix well.
2. Place into a non-stick slice tray.
3. Bake at 220C (180C fan forced) for 40-50 minutes.

Recipe provided by Evie Petropoulos from Total Fitness Training



Phone:

[0410 484 029](tel:0410484029)

Email:

totalfitnesstraining@outlook.com



Expression of Interest – calling mums and dads who want to get active!

Some of the LPS staff and I have been participating in group fitness sessions with Evie from Total Fitness Training. HEAPS of fun!

We are seeking expressions of interest from any parents/carers who would like to join a weekly group fitness session for parents on the school grounds each Tuesday morning from 9.15-10.00am. Sessions are circuit style, incorporating cardio, strength training and boxing and cost \$20 per week.

If you are interested in participating, please complete the slip below and return it to the office collection box by Friday, 24th May. If you would like to find out more information, please don't hesitate to contact Evie directly.

Expression of Interest – Parent Group Fitness Session

I would like to participate in the parent group fitness session at LPS on Tuesday mornings from 9.15-10.00am.

Name: _____

Child's class: _____

Please return this slip to the office collection box by Friday, 24th May.

Notes

Please note that you can download notes from our website. If students need a copy of a note from the office, there will be a charge of 50c.

Money due for excursions etc

Stage 2 Walking Tour - \$30.00 due by 13/06/19

Senior Choir SPAF Participation - \$25.00 due by 28/05/19

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Lugarno Public School

Look In and Learn



You and your child are warmly invited to take a tour of our Kindergarten classrooms to gain an insight into your child's first year of learning at Lugarno Public School.

Date: Thursday 23 May, 2019

Time: 9.30am–10.30am

Place Please meet in the office foyer (entry on Old Forest Rd)

Please **RSVP** to the school office by Monday 13 May

By **Phone: 9153 9843** or

Email: Lugarno-p.school@det.nsw.edu.au

Save the Date: Transition to Kindergarten Program – "Leap Into Lugarno"

Our transition to Kindergarten program offers families and 2020 Kindergarten students opportunities to familiarise themselves with our school and prepare for a successful and happy start to Kindergarten.

Wednesday 30 October

Wednesday 6 November

Wednesday 13 November

All sessions: 9.15am–11.00am

Lugarno Public School
Old Forest Rd Lugarno NSW 2210

Principal: Mrs Justine Williams

Phone: 9153 9843 or

Email: Lugarno-p.school@det.nsw.edu.au

Website: lugarno.nsw.edu.au

