



# LUGARNO

Public School

## THE LUGARNO LETTER

LEARNING AND GROWING TOGETHER

Tuesday 7 April 2020, Week 11, Term 1

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### Calendar dates

April 9 – last day of Term 1

April 27 – Staff Development Day

April 28 – Term 2 commences

## Principal's Message

### Thought for the Week...

*"Let your smile change the world but don't let the world change your smile."*

As we head into the school holidays, our school continues to adapt to regular changes in advice and information from the NSW Department of Education.

As we approach the end of Term 1, I would again like to recognise the amazing patience, persistence and flexibility of our staff, students and community during these unprecedented times. We have moved from our traditional model of schooling into something quite new and different in a very short time frame. Congratulations to everyone.

At this stage, we are expecting that Term 2 will begin as scheduled in the same format as we are currently working. **Term 2 officially commences on TUESDAY, 28<sup>th</sup> April** (there is a School Development Day on Monday, 27<sup>th</sup> April). However, as this is not for another three weeks and things may change during this time, we kindly ask all parents to ensure they keep an eye on the Skoolbag alerts, emails and Facebook for those who are on it for any updates.

## Focus on Wellbeing

During the last few weeks, families have been juggling school, work, child care, home learning and general family life. Please remember that the most important focus should be the physical and mental health and wellbeing of your children and your family. We understand how challenging these times are for everyone. For families supporting learning at home, please do what you can, ask for help where it is needed and remember to prioritise wellbeing.

## Continuity of Student Learning into Term 2

We have many students accessing learning online, while others are collecting the Framework packs from school instead. If your child is experiencing any difficulties, please contact the school and your child's teacher will contact you when they are available to help out.

We also continue to support a small number of students at school and are very happy to be providing this support to our families who still need to send their children to school. Students in attendance at school are also completing the same Frameworks so the learning is consistent at both home and school. The current situation is likely to continue into Term 2.

Last week, at the request of the NSW Department of Education, our staff have moved to 'flexible work arrangements'. This means that there is a reduced number of staff on our school site during the day. However, staff will continue to provide support throughout the day for their class through the online learning environment if they are working from home or by contacting parents via phone or via email. Staff are also available to contact you to discuss any questions or concerns you or your child may have, during the normal school hours. On Thursday, a note will be posted home to K-2 families with information about accessing Google Classroom from Term 2. This note will also include required passwords for K-2 students.

All classroom teachers are continuing to check in via phone calls and emails to parents. Maintaining connections between school and home is very important and teachers are keen to chat to parents and students and check that everyone is going ok, as well as answer any questions in regards to learning. Please note, that as teachers are now working from home at various times throughout the week, they will be calling from their personal mobile phone so you may receive calls displaying "no caller ID". If you receive a message from a staff member who has called you from home, please contact the school office and a message can be passed on.

We look forward to working with you in Term 2 as we continue to provide learning opportunities for our students. Please note that no work will be set over the school holiday period. We encourage all students to take a break and recharge ready for Term 2. From Term 2, there will be a Framework for Learning grid which will be released on Monday, 27<sup>th</sup> for Week 1, then ALL STAGES will move to a **two week cycle** of Frameworks for Learning. These Frameworks will continue to be emailed, uploaded to the website and available as a hard copy pack, from the front office, should any families require a hard copy version. Please remember - all updates to school routines or other information will be updated through our School Facebook, email or the Skoolbag App. If you are not currently using the Skoolbag App, we strongly encourage you to download it in order to receive the latest updates on information from the school. Also, **it is extremely important that the**

school has up to date email addresses and contact numbers for parents. Please contact the school immediately if this information needs to be updated in any way.

## Behaviour and LPS Expectations

Whether students are engaging in learning at school or at home, we would like to remind our students that the same LPS expectations for behaviour are in place and we expect that all students should be following our LPS values - **learning always, participating safely and showing respect** (including listening to and showing respect to parents and carers!).

We would like to take this opportunity to remind parents about the importance of monitoring their children's online activity over the school holiday period to ensure all contact is safe, respectful, appropriate and through an App approved for their age group. Our LPS students should not have their own social media accounts and apps such as Facebook, Instagram, Snap Chat, Tik Tok or using the chat functionality on RoBlox.

## School Holiday Ideas

We encourage parents to use the upcoming school holidays as a time for connecting as a family. It is a great time to explore activities with your children that build problem solving, fun, and connection (and take a 'screen time' break). Now is the time to go back to some of those activities that we have long ago forgotten...Below are some Ideas that your children can get into over the school holidays :

- Play cards (Fish, Uno, Snap etc)
- A jigsaw puzzle you can do as a family.
- Play board games (Monopoly, Guess Who, Mouse Trap etc)
- Make a time capsule (as let's face it, it is a history making time!)
- Make a cubby house
- Play charades
- Plant a vegetable garden
- Paint
- Bake together
- Set up a Treasure Hunt
- Have a picnic inside or in the backyard
- Train the dog to shake hands or high 5
- Write a letter to a grandparent or someone who lives far away
- Practice a musical instrument (Mrs Williams will need to do this one!)
- Start learning Sign Language or another language
- Learn string games (e.g. Cats in the Cradle)
- Learn to juggle
- Make sock puppets and put on a puppet show
- Have paper plane competitions
- Watch old home movies or look at old pictures
- Get your kids to organise a concert or play for you where they organise props, costumes etc
- Hopscotch or Elastics
- Do Yoga or practice some mindful breathing
- Try origami
- Toilet roll French knitting

<https://www.stayathomemum.com.au/my-kids/30-indoor-school-holiday-activities-your-kids-will-love/>

- Build an obstacle course in the back yard – get your Ninja Warrior on!
- Try camping in the back yard for a night in a tent
- Play dress ups and dance!
- Use chalk to write messages of hope and positivity on your driveway to inspire people walking past

## Kindergarten 2021

If you have a child who is enrolling at Lugarno Public School next year, we ask that you collect an enrolment form from the front office or access one online here:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/enrolment-application>

We also ask that you remind friends, neighbours or relatives that they can commence the enrolment process.

**Unfortunately, due to current circumstances, our upcoming 'Look In and Learn' event which was scheduled for Thursday 21<sup>st</sup> May will be rescheduled to later in the year. We will advise families of the new date once finalised.**

## Some gentle reminders (reprinted in case you missed them in the Week 10 Parent update sent out last week)

Parents and carers, you may have high hopes for your child to engage in hours of learning at home but please be realistic and kind to yourselves.

Our children are undoubtedly apprehensive at the moment. Children not only hear everything that is going on around them, but they feel adults' constant tension and anxiety. They have never experienced anything like this before. It is unprecedented for everyone.

What our children need right now is to feel comforted, loved and as safe as possible. They need to feel like it's all going to be ok. And that might mean that you deviate from the learning plan and just be present as a family AND THAT'S OK.

Please don't worry about your child's learning regressing. As always, our teachers are here to guide our students with their learning and in supporting families at home. When our students are back in the classroom, our teachers will meet our students where they are. Teachers are experts at this. Don't agonise over learning that isn't happening and don't get into arguments as a family.

If I can leave you with one thing, it's this: at the end of all of this, your child's mental health and wellbeing will be more important than learning that has or has not occurred. How we all worked together, as the strong school community we are, will stay with our children long after the memory of what they learnt during this time has long gone.

**Wishing everyone a safe and restful holiday period.**

***Mrs Justine Williams***

***Principal***

# Kids in the Kitchen

## Cheesy Omelette Wraps with Bacon & Tomato

### Ingredients:

- 2 eggs, lightly beaten
- 10g tasty cheese, grated
- 1/2 tablespoon canola or vegetable oil
- 1/2 small avocado, mashed
- 1 large lettuce leaf, finely shredded
- 2 slices bacon, cooked as you prefer, finely diced
- 1/2 small tomato, finely diced
- salt and pepper, to taste



### Method:

1. Whisk the cheese into the egg mixture.
2. Heat the oil in a small, non-stick skillet over high heat, swirling the oil around to coat the entire surface of the skillet.
3. Once it's hot, add the egg mixture and swirl the pan again to make sure the egg covers the surface of the skillet evenly.
4. Reduce the heat to medium and cook the omelette until it's set on top and golden brown on the bottom.
5. Flip the omelette with the help of a non-stick spatula and cook for a further minute or two until the bottom is set.
6. Remove the omelette from the skillet and let it cool slightly on a plate.
7. When the omelette is cooler, spread evenly the mashed avocado over the surface of the omelette.
8. Place the shredded lettuce in the bottom 1/3 of the omelette.
9. Layer the bacon bits on top of the lettuce and top with the tomato.
10. Gently roll the omelette, tucking the filling inside with your fingers as you roll.
11. Let the omelette wrap sit for a minute or so before you cut it in halves.



### Phone:

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Thank you, Evie.

**Recipe provided by Evie Petropoulos from Total Fitness Training**

## 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.

**Spare payment envelopes are available from the office.**

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