

# The Lake Primary School Weekly Newsletter



## Issue #30

15th September 2022

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<http://web.thelakeps.vic.edu.au>

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### Important Dates

**16/9/2022**

Footy Colours Day

Last Day of Term 3

early dismissal 1.30pm

**3/10/2022**

**'Parents as Partners' conferences**

Students are only required to attend school at the time of their conference

**4/10/2022**

**Professional Practice Day (PPD)**

Pupil Free Day

## Assistant Principal Message

### High Abilities Program (HAP) – Student Extension

It has been another productive Term in the HAP program.

Congratulations to Archie Finch, Kallan Hunt, Levi Bailey, Loxley Roberts and Jax Louttit on your commitment and perseverance



throughout this challenging 10-week program. A big thank you to Mrs. Hunt for expertly guiding the students through the online learning and for giving up several of her lunch and recess breaks to do extra work with the students. I wonder who the privileged students will be taking part in the extension program in the final Term?

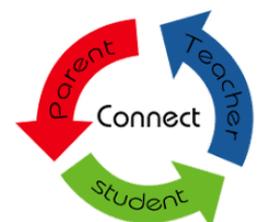
### School Uniform – Shorts

I would like to extend my thanks and appreciation to the majority of families who make it a priority to consistently send their child off to school in full school uniform. Wearing our school uniform helps students develop a strong sense of team, harnesses a sense of belonging and, importantly, it looks neat and tidy. Over the last few weeks, it has become noticeable that several students are again wearing random jumpers and jackets. We have also noticed several girls in Yr.3-6 wearing extremely short and very tight bike-shorts – these are inappropriate for school. Can I encourage all families to

review their child's uniform and should you need to purchase any items of clothing, please drop into the front office to select from our large range of new and second-hand clothing options.

### 'Parents as Partners' – Online Bookings Open

Thank you to the families who have already made their online Compass booking for the upcoming 'Parents as Partners' session. This booking opportunity opened last Thursday and will close tomorrow afternoon. All students were given a hard copy note today as a final reminder for all families to make this important online booking. Our 'Parents as Partners' conferences are scheduled for Monday, 3<sup>rd</sup> of October. A reminder that, on this day, students will only be required to attend school for their 15-minute scheduled conference.



## NAPLAN – Encouraging Early Signs

On Tuesday, all Yr.3 and Yr.5 students received their NAPLAN results. All families are reminded that these tests provide a snapshot only of each child's academic performance in the areas of Literacy and Numeracy. The results should be viewed in conjunction with ongoing 2022 assessments conducted in class and information conveyed during 'Parents as Partners' sessions, Parent-Teacher interviews and official Semester reports. The School Improvement Team (SIT) have been busy analysing all aspects of the data with early signs proving very encouraging. If you have questions or concerns, please make a time to discuss the individual results with your child's classroom teacher.

## Happy Holidays!

Thank you to the entire school community for your ongoing support throughout a very busy and productive Term. All the best for a happy and safe holiday period and we look forward to welcoming all students back for an action-packed Term 4 commencing Wednesday, 5<sup>th</sup> of October.



Kind Regards,

Shaun McInerney



## Worker of the Week' Awards

Congratulations to the following students:



Lexxi Ryan, Hayley O'Farrell, Noah Parker, Flynn Crossling, Jack McLean, Quade Peterson, Holly Burke, Savannah Wandel, Clare Emmett, Christian Dewis, Charli Hopkins, Talan Peterson, Aaron Nichols, Zalia Fleri, Heath Weeding, Laini Cawood, Rowie Marie, Liana Heaysman, Eliza Ramsay and Nellie Orr.

### *P&C bulletin*

News	P & C are proud to donate boxes of books for Mrs Warburton home reading awards
Next meeting	Monday 10 <sup>th</sup> of October at 3:45pm
Thanks you	Thank you to our lunch ladies for yummy Pasta

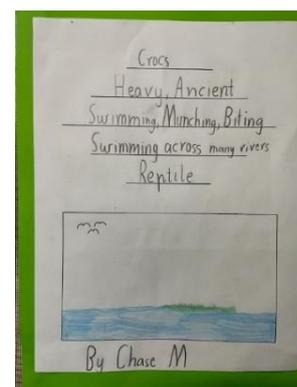
*All new members, parents, carers and grandparents, are always welcome.*



## 3/4 C News

Recently in Literacy, 3/4C have been exploring poetry. We have learnt about rhymes, rhythm, onomatopoeia, and alliterations. We have written acrostic poems, couplets and cinquain poems. Everyone is enjoying writing different poems.

Here is an example of our work.



## 5/6 C News

Over the past 4 weeks, 5/6C has had the pleasure of having Pre Service Teacher, Miss Nicola Blake, working along side Ms Goddard. Miss Blake is studying her Masters of Teaching at Swinburne University and will soon be a registered teacher. The students have welcomed Miss Blake with open arms and have demonstrated the school values throughout her placement. We have loved having Miss Blake join our classroom and wish her all the best as she begins her teaching career.



Previously, I have outlined the topics covered in Resilience, Rights and Respectful Relationships' classes for the final three weeks of this term. This week, I would like to present the types of strategies that students suggested and discussed with each topic.

### Prep and Grades 1/2 - Stress management and asking for help.

It is okay to be worried or concerned about something, to calm down, I can.....

Think about what I am trying to say.

Talk about my worries with a trusted adult and ask for help.

Talk with my friends and ask what they would do.

Count to ten.

Take a deep breath.

### Grades 5/6 - Gender and identity.

Students labelled different actions that help promote a safe and welcoming school environment, free of put downs. Actions included;

Listen without judgement.

Think before you speak.

Include others.

Respect other people's culture or identity.

Belonging to a different cultural or religious group doesn't define you.

Be careful about making assumptions.

Not over reacting, don't be dramatic!

Believe in yourself.

Don't bully.

Treat all people normally.

Not letting people down.

No teasing about names.

Plus many more terrific suggestions, ask your child.....

### Grades 3/4 - Positive coping - Techniques for Controlling Anger

**BALLOON BREATHING** Imagine you are going to blow up a balloon. Take a big breath in and then breathe out slowly. Do this five times until your 'balloon' is full. Then imagine you have let the balloon zip away and lose all its air. Imagine that it is you losing all your angry feelings.

**GLASS OF WATER** This is when you take a slow drink of water to help you gain control of yourself, your mouth and what you will say.

**ROBOT TO RAG DOLL** Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.

**HANDS IN POCKETS** This is a good way to remind yourself you are not going to hit anyone. If you have no pockets, put your hands behind your back, sit on your hands or press your hands together.

**TIME OUT** This is when you find a safe or quiet place to be for a while so you can calm yourself down. This might be a bench in the playground or the corner of your bedroom.

**TAKE A WALK** This is when you go for a fast walk around the room, or the yard to get yourself calmed down.

**FIVE DEEP BREATHS** This is when you take a slow breath in, and let a slow breath out and then do this four more times.

**SQUEEZE!** This is when you squeeze a stress ball or hold on tightly to an object. You grip hard and then slowly let go, letting go the tension at the same time.

**COUNT FIRST** Before you do anything – you count to 10 in your head. Then you tell yourself to calm down. Then you choose what to do.

If you would like to ask further questions about the topics, please be in touch. Wishing you a refreshing break. Liz Patterson