

# The Lake Primary School Weekly Newsletter



## Issue #1

2<sup>nd</sup> February 2023

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Principal: Ms Bernadette Warburton

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School Webpage:

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

School Bank account:

BSB: 063520

ACC: 10057923

### Important Dates

06<sup>th</sup> Feb - Preps Commence

20<sup>th</sup> Feb - First full week for Preps

21<sup>st</sup> Feb – School Photo Day

## Principal Message – Week 1

### Seventeenth Street Crossing Update

After recently contacting the MRCC regarding a permanent solution to have our Seventeenth Street crossing supervised, I was informed that we are still not eligible for MRCC to provide this service (although there is a significant increase in traffic).

I have also been informed by the DET Legal Unit that school staff are not to supervise this crossing (for safety & legal reasons) and that this responsibility falls under the MRCC.

I regret to say that we (school staff) are no longer able to supervise the crossing, effective from Tuesday 31<sup>st</sup> of January. I apologise for any inconvenience and will continue to liaise with the DET for any further guidance for this situation.

**Until there is a change in this circumstance, a reminder to families to be vigilant and cautious when dropping off and picking up children from our school grounds.**

### What is this??

We are so lucky at The Lake PS to regularly receive such 'random' exciting 'things' that just appear at school! If you haven't noticed, we now have another interesting object in our front garden! I asked some students what they thought this could be 😊



**Aviannah-** "a penguin egg" **Aiden-** "a big blue rock" **Zara-** "a big ostrich egg" **Isla-** "a dragon egg with claw marks"  
**Ivy-** "bird egg" **Henry-** "giant dino egg" **Grace-** "huge egg with ocean spots" **Chloe-** "bird egg"

I look forward to the creative writing that students will produce!

## Parents as Partners- Student Reporting for 2023

At The Lake PS we strongly encourage families to be partners in their child's learning journey and welcome regular communication with classroom teachers. This year we have slightly changed the way we communicate student reporting for families.

Term 1- Parent teacher interviews week 10 Monday 3<sup>rd</sup> April. (Pupil Free Day)

Term 2- Students take home their portfolios to share with their families. (TBC)

Term 3- Parent teacher interviews (TBC)

Term 4- Students take home their portfolios to share with their families. (TBC)

***Please note these dates on your calendars!***

## Student Attendance

**I am very excited to share with you, the amazing student attendance effort for the commencement of the 2023 school year!**

In late November/early December last year, our student attendance percentage was a disappointing 64%.

**I am pleased to say we have had an excellent start with attendance this year with 94% of students at school!**

**Well done Lakers!! Great job!!**

There have also been some changes by the DET in regards to recording attendance, please see the below summary-

- *2 hour rule - With regard to half-day attendance data, a student needs to be at school for at least two hours prior to 12pm to be considered 'Present' for the AM, and two hours after 12pm to be considered 'Present' for the PM.*
- *Arrival & departure codes - We've refined the rules that govern when the late arrival and early departure codes (116, 117, 118 & 119) are used in the attendance calculations. Compass automatically selects the appropriate codes as-required, taking into account whether the student is in primary or secondary school.*

**We strongly encourage all students to be punctual and be ready to learn each day!**

## Smart Start

For the first two weeks of the school year, we place a big focus and priority on getting to know our students in their new class and sometimes, a new teacher! Students participate in many activities that ensures a positive transition that promotes strong relationships, participating in team building activities, and a holistic approach to mental health and wellbeing.

**Say Hello to Our New 2023 Classes!**

**Please enjoy some happy snaps of our new Year 1/2 classes for 2023!**



## Welcome 2023 Preps!

This week, prep students have been completing their 'starting school' assessment. All prep students will commence school on Monday 6<sup>th</sup> of February (Monday, Tuesday, Thursday & Friday) and then commence full-time schooling on 20<sup>th</sup> February (Monday to Friday). *We look forward to seeing you all on Monday 😊*

### Student Reading and Check-in

As you would be aware, we are crazy about reading at The Lake! I have previously shared the many benefits of daily reading for at least 15- 20 minutes. This year we would like to make an additional opportunity for students to increase their number of nightly reading by introducing our new '**read and check-in' time! Commencing Monday in Week 3**, it will be an **expectation** that all students make their way to their classroom when the 8:45am bell rings. Between 8:45am and 9:00am, students will 'check-in' and do some reading. **This reading also counts towards the Home Reading Challenge if you didn't read the night before!!** Of course this does not replace reading at home, but provides an opportunity on the odd occasion that students were unable to read the night before OR students may enjoy the extra reading time!

Kind regards,

*Ms. Warburton*

## 'Every Student Matters, Every Moment Counts'

Take pride in being a 'Laker' - aim for 97% attendance or above!

## Whole School Planning Day

Next Tuesday, 7<sup>th</sup> of February, all classroom teachers will be afforded time to continue planning for the Term ahead. This day will look quite different for students. On this day, students in Year 1-6 will be placed into House groups (Shillington, Bromley, Dermott and Russell) and will engage with a series of rotational activities. This is a wonderful opportunity, early in the year, to establish multi-age House relationships and begin building a strong culture of teamwork, encouragement, cooperation and the importance of participating and contributing to a common goal. Activities on the day will centre around creative arts, outside games, S.T.E.A.M and mindfulness. As this will be our Preps second school day, all Prep students will remain in their normal Prep A and Prep B classroom with a Casual Relief Teacher.



**P&C Lunch - Thursday 9<sup>th</sup> February**  
**Orders Due – Tuesday 7<sup>th</sup> February**  
**Hot Dogs with sauce \$4.00**



Name ..... Year .....

Extra of the same order \$2.00

Total amount enclosed \$.....

**NO LATE LUNCH ORDERS ACCEPTED** – For catering purposes, please be reminded that any lunch orders brought to the office on Wednesday will be handed back to the students.

## Term 1 Food Day Roster for 2023

If your circumstances change and you are unable to fulfil your role, please try to arrange a swap or contact the ‘Person in Charge’ of ordering on your rostered day so they can find a replacement.

New families to our school and existing families who are willing to help are encouraged to contact the office on 50233468

Thursday	Food	Person in Charge	Helper	Helper
9 <sup>th</sup> February	Hot Dog	Maria Stanbrough		
16 <sup>th</sup> February	2 Sausages in bread	Maria Stanbrough		
23 <sup>rd</sup> February	Chicken & Gravy Roll	Maria Stanbrough		
2 <sup>nd</sup> March	Pies, Sausage Roll, Party Pies	Maria Stanbrough		
9 <sup>th</sup> March	Cheeseburger	Maria Stanbrough		
16 <sup>th</sup> March	Hot Dog	Maria Stanbrough		
23 <sup>st</sup> March	Pies, Sausage Roll, Party Pies	Maria Stanbrough		
30 <sup>th</sup> March	2 Sausages in bread	Maria Stanbrough		
6 <sup>th</sup> April	Pizza	Maria Stanbrough		



Welcome to 2023, this year Mr McInerney and I will be taking Resilience, Rights and Respectful Relationship classes across all of the grades.

During the first week we have been focussing on remembering our coping strategies. Some simple tips to help us through the day include....

<p><b>1. COUNT FIRST</b> Before you do anything – you count to 10 in your head. Then you tell yourself to calm down. Then you choose what to do.</p>	<p><b>3. TIME OUT</b> 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.</p>	<p><b>6. SQUEEZE!</b> 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.</p>	<p><b>8. ROBOT TO RAG DOLL</b> Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.</p>
<p><b>2. BALLOON BREATHING</b> 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.</p>	<p><b>4. FIVE DEEP BREATHS</b> This is when you take a slow breath in, and let a slow breath out and then do this four more times.</p>	<p><b>7. HANDS IN POCKETS</b> 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.</p>	<p><b>9. ICE TO WATER</b> Scrunch up tight and hard like an ice block, then slowly let yourself melt.</p>
	<p><b>5. GLASS OF WATER</b> This is when you take a slow drink of water to help you gain control of yourself, your mouth and what you will say.</p>		<p><b>10. TAKE A WALK</b> This is when you go for a fast walk around the room, or the yard to get yourself calmed down.</p>

Enjoy the day, Liz Patterson

# Wellbeing

## Back to school and back to routine

While most families, mine included, become a bit more relaxed with bedtime and boundaries during the holidays, back to school means back to routine. Many children may try to resist boundaries, but research tells us that boundaries such as early bedtimes, healthy sleep habits such as reading before bed and practicing gratitude not only helps the following morning to be more positive, but routine also helps reduce the risk of school-based anxiety. Anxiety at school can affect children’s social and emotional learning and I think we all want our children to thrive! So, embrace all the routines, the eating together at the dinner table, the baths and showers, the teeth brushing, the story telling, and the saying ‘No, sorry it’s bedtime’.

With much kindness,

Louise

**ELT** PROUDLY PRESENTS  
**Still Standing**

PERFORMANCES AT MILDURA ARTS CENTRE  
FRIDAY 10TH FEBRUARY 7PM  
SATURDAY 11TH FEBRUARY 1.30PM / SATURDAY 11TH FEBRUARY 7PM  
TICKETS ON SALE NOW @  
[WWW.MILDURAARTSCENTRE.COM.AU/](http://WWW.MILDURAARTSCENTRE.COM.AU/)

**HOOKIN2 HOCKEY**  
FIRST SESSION IS FREE!  
CALL OR EMAIL FOR DETAILS!  
ALL EQUIPMENT PROVIDED!

Club: Sunraysia Hockey Association  
Venue: Eleventh Street, Gate C, Old Aerodrome Ovals, Mildura, Vic, 3500

Program 1 Start Date: Saturday, 18 February 2023 Time: 9.00am - 10.00am No. of Week: 7 Weeks  
Program 2 Start Date: Wednesday, 22 February 2023 Time: 6.00pm - 7.00pm No. of Week: 7 Weeks

Price: \$65 without Equipment Pack  
Price: \$120 with Equipment Pack

Coordinator Name: Jane Finch  
Coordinator Email: [sunraysiahockeyjunior@gmail.com](mailto:sunraysiahockeyjunior@gmail.com)  
Phone: 0429 143 332

TO REGISTER GO TO  
[WWW.HOCKEY.ORG.AU/PLAY/HOOKIN2HOCKEY](http://WWW.HOCKEY.ORG.AU/PLAY/HOOKIN2HOCKEY)  
Or Scan QR Code