



Lakemba Link



Lakemba Public School
 Alice Street, Lakemba 2195
 Phone: 9759 2915 Fax 9740 6794
 email: lakemba-p.school@det.nsw.edu.au
 twitter: @LakembaPS

Term 1 – Week 6

Friday 9th March

Important Dates

Thursday 15 th March	Selective High School Placement Test for 2019
Friday 16 th March	P&C Annual General Meeting 9.15am
Wednesday 28 th March	Stage 1 Excursion
Friday 30 th March	Good Friday Public Holiday
Monday 2 nd April	Easter Monday Public Holiday
Wednesday 4 th April	Parent Teacher Interviews
Tuesday 10th April	School Cross Country
Friday 13 th April	Last Day of Term 1
Monday 30 th April	Staff Development Day
Tuesday 1 st May	First day of Term 2 for students
Wednesday 9th May	Athletics Carnival All students
Friday 11 th May	Mother's Day Assembly
Friday 18 th May	P&C Meeting 9.15am
Thursday 31 st May	Kids 4 the Planet Stage 3
Monday 14 th May to Friday 25 th May	NAPLAN Years 3 and 5
Friday 15 th June	P&C Meeting 9.15am
Friday 6 th July	Last day of Term 2
Monday 23 rd July	Staff Development Day
Friday 7 th September	Father's Day Assembly
Friday 28 th September	Last Day of Term 3
Monday 15 th October	First Day of Term 4 for staff and students
Wednesday 19 th December	Last Day of Term 4 for students

Dear Parents and Carers

Thank you to all the parents who came along to their child's Meet the Teacher Meetings. It is great to know that so many of our families are partners with us in their child's learning.

Everyone needs rest and sleep to recuperate and be healthy. Below is a chart that indicates recommended sleep times for children and young adults. Many children at our school stay up late watching TV or playing electronic games. Without the appropriate amount of rest and sleep they are not in the best position to be able to concentrate and learn.

We all want our children to be successful. I know many children do not like to go to bed but a regular bedtime and at least an hour without electronic screens before bed is very important for their development. This will be hard for parents to enforce in the beginning but we need to do this to give our children the best opportunity to succeed and thrive.

How Much Sleep Do Babies and Kids Need?

Age	Recommended	May be appropriate
Toddlers 1-2 years	11 to 14 hours	10 to 15 hours
Preschoolers 3-5 years	10 to 13 hours	9 to 14 hours
School-aged Children 6-13 years	9 to 11 hours	8 to 12 hours
Teenagers 14-17 years	8 to 10 hours	7 to 11 hours

Sleepfoundation.org

Enjoy the cooler weather.

Kind regards,

Jann Price

Swimming Carnival

Even though it was a cloudy day the annual swimming carnival was enjoyed by everyone. Thank to Ms Kergis and her team for organising a day of fun and enjoyment for our students.

School Contribution

Thank you to the parents who have paid their contribution for 2018. This year your contribution will enable the school to purchase resources to provide your children access to future focused technologies. The information is included at the end of this newsletter.

P&C

Everyone is invited to our Parents and Citizens (P&C) Annual General Meeting (see below). At the meeting the 2018 committee will be elected. To be able to vote you must pay 50c to be a member. The 2017 committee will be in the playground on Thursday morning if you wish to pay your membership to vote.

An explanation of the roles is included in this newsletter. There is also a nomination form if you wish to nominate yourself or someone else for a position. To be eligible to be elected you must be at the meeting on Friday.

Lakemba P&C

Annual General Meeting

Election of the 2018 P&C Committee
 an explanation of the roles and a nomination form is included in this newsletter

Friday 16th March 9.15am
Pay 50c and come along and vote

New Playground

It's hard to believe the difference to the Grass Area of our playground in just a few days! If everything goes according to plan we will be playing on the area in about two weeks.



Day 1



Day 4

The driveway is being used as a walkway while construction is taking place. The driveway gates are closed at 8.15am. Please take extra care.

School Uniform

Parents and carers - please support our school by ensuring your child wears the correct school uniform every day.

The Lakemba Public School Community expects students to show pride in their school by wearing their school uniform.

Our uniform is a yellow polo shirt, royal blue shorts or track pants. Girls can wear a checked school dress or skirt that is like shorts (skort). At the moment quite a few girls are wearing short skirts that have been purchased from a department store. These skirts are **not** school uniform and should not be worn. Girls who wish to wear long pants under their uniform can purchase royal blue pants from Souma's at Punchbowl.

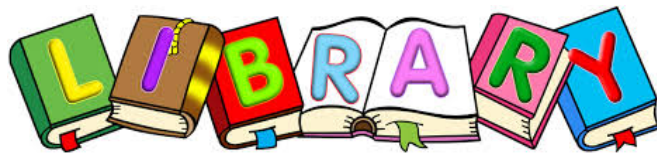
Girls should wear white or blue hijabs. Blue hijabs can be purchased from the office for \$10. Coloured, patterned or sequined or jewelled hijabs are not appropriate for school.

All students should wear black shoes and save their colourful shoes for home and the weekend.

As the weather gets cooler all students should wear a royal blue jumper or jacket. Please do not allow your child to wear their colourful jackets to school.

If your child has outgrown their uniform, please consider **donating your children's school uniforms** back to the school so children in the future can make use of them.

ALL ITEMS OF STUDENT CLOTHING MUST HAVE A NAME ON THEM SO THEY CAN BE RETURNED IS LOST OR LEFT IN THE PLAYGROUND OR CLASSROOM



Borrowing will begin next week.

Remember that students need a library bag to borrow books from the library. They can be purchased at the office for \$3.50.

Students can borrow books according to the following table:

Early Stage 1	2 books	No renewals	No reserves
Stage 1	2 books	No renewals	No reserves
Stage 2	4 books	Renew once	No reserves
Stage 3	1 book	Renew twice	Reserve available

Reading Is Thinking- 'That reminds me of.....'

When you read a story or novel this thinking happens . It can be a fantastic way of becoming mindful and a way of understanding yourself and others. Try to connect your world to what you are reading.

Premier's Reading Challenge

<https://online.det.nsw.edu.au/prc/home.html> started last Monday. Have you started reading yet?

Dorothea Mackellar Poetry Competition. The library will be entering Stage 2 and 3 students poetry again this year. Have a look at the theme for this year's competition on the official website.

<https://dorothea.com.au/>

Thank you to all parents and carers who have purchased a library bag from the office.

Happy autumn and International Women's Day from your Library.

Mrs Latimer

Skoobag

All newsletters are available on Lakemba Public School's App. Search for Lakemba Public School in your phone's App Store and download the free app. Keep up to date. Currently there are 364 people who have installed the App.

Scripture

Special Religious Education (SRE or Scripture) has begun for 2018. All students attend the scripture group indicated on their enrolment form. If you do not wish your student to attend Scripture lessons, you must write a letter to your child's teacher saying this.

Scripture teachers are volunteers who are trained by their religious leaders to deliver the message of their beliefs to students in schools. All groups must be registered with the Department of Education. All scripture teachers must have Working with Children Checks and provide photo identification before they are allowed to work in classrooms with students. Classroom teachers remain in the classroom as a supervisor during Scripture lessons.



Crunch&Sip®



Crunch&Sip is a set time during the school day to eat vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit and a bottle of water to school each day for the Crunch&Sip break.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

The **objectives** of Crunch&Sip are to:

- increase awareness of the importance of eating vegetables and fruit and drinking water
- give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch&Sip break in the classroom
- encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps
- encourage parents to provide students with fruit or vegetables every day
- develop strategies to help students who don't have regular access to fruit and vegetables.

2018 Crunch&Sip Launch

Like the colours of the rainbow.



Cucumber's nice. I haven't had it before.

The Kindy kids ate capsicum and loved it!



School as Community Centre News

ATTENTION Bangladeshi Parents!

'Tuning Into Kids' Parent Program: We have a few places still available for this great program. This is not for parents who have problems – but for parents who want to understand their children's emotions better – and help them deal with disappointment, anger and friendship issues. Tuesday 12.30-2.30 for the next 5 weeks. FREE with childcare.

HEAL: Healthy Eating and Lifestyle Program: For ALL women who have or are at risk of diabetes, are looking to manage their weight or have other health issues such as high blood pressure, cholesterol or heart disease. A friendly supportive lifestyle program which will help you manage your health. Thursdays 12.30-2.30. **This program has now been opened up to women of any background so come along.**

Work Readiness Workshop for Job Seekers: Presented by employers with information about what they are looking for in a job application. Tuesday 13th March 9.30 at the Multicultural Network, Level 2A, 40 Raymond St, Bankstown.

Lakemba Community Markets: are on the first Saturday of every month at Jubilee Reserve in Lakemba. A great opportunity for a catch up with friends, provide support to local businesses and have fun with your kids.

Movie and Markets in the Park: There will be an extra Night Market on Saturday 17th March – starting at 4.30 with the movie Moana being shown at 7:15!! Bring a rug and some food for a lovely family evening.

Horizon Theatre will be putting on a Community Event in the Wiley Park Amphitheatre on Sunday March 25th from 11.30-1.00pm. All welcome.

All the information about community programs are posted on our Facebook page. Go to



www.facebook.com/LakembaWileyParkSaCC

Rina Wendi on 9759 4061 for more information about any programs or activities.

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Roles and Responsibilities of P&C Office Bearers

The **President**'s duties include:

- Convening meetings, ensuring that they run in accordance with the agenda and constitution
- Ensuring fair discussion by providing everyone with the opportunity to contribute
- Liaising with the principal, and ensuring activities are sanctioned
- Working with the Treasurer to ensure financial accountability
- Ensuring that the school community is kept informed of activities and developments
- Coordinating P&C items for the school newsletter, and ensuring information is accurate and complete
- Seeking sponsorship for P&C events
- Being the public 'face' of the P&C.

The **Vice-President** supports the President by

- Chairing meetings in his/ her absence
- Sharing duties and responsibilities as agreed (outlined above)
- Being supportive and attending meetings.

The **Secretary**'s responsibilities include preparing in anticipation of meetings through

- notifying members of dates for meetings; preparing and distributing agendas; obtaining reports from sub-committees, receiving and managing correspondence and noting apologies
- taking minutes of meetings and distributing them promptly
- updating membership register after each general meeting
- clearing mail and keeping the President informed on all issues
- ensuring close communication and cooperation between the parent association, office staff, school staff and parents
- Monitoring the P&C email account and referring enquiries as required.

The Secretary's role is essential to the effective and efficient operation of the P&C by supporting the President and being responsible for communication and correspondence, and maintaining effective records.

The **Treasurer** is accountable for, and reports on, the finances of the P&C.

The Treasurer is responsible for:

- keeping accurate financial records of all receipts and expenditures
- issuing receipts for all monies received, and paying accounts as authorized
- banking all money regularly
- presenting a financial report at each general meeting
- arranging an externally audited financial report for the Annual General Meeting (AGM)
- Reconciling deposits and cheque books with monthly bank statements.



Annual General Meeting FRIDAY 16th MARCH

*50c membership must be paid before the meeting starts to
vote or nominate for a position.*

P&C Executive Officer Nomination Form

Name: _____ Signature: _____

Child's Name: _____ Child's Class: _____

I wish to nominate as a candidate for the position of:

President

Treasurer

Secretary

Vice-President

2nd Vice-President/ Fundraising

Additional Officer/s as determined by the Association (additional Officers are not considered part of the P&C Executive Committee)

2018 Membership fee of 50c paid

Yes

No

Seconded by:

Name: _____ Signature: _____

Child's Name: _____ Child's Class: _____