

LAKEMBA LINK

Term 4 – Week 2



Alice Street South, Wiley Park 2195

P: 02 9759 2915 E: lakemba-p.school@det.nsw.edu.au

Dear Parents and Carers,

Welcome to Term 4! I hope you all enjoyed the holiday break and managed to recharge ready for a very busy term. We are busy planning for the events that signal the end of another year of learning at Lakemba Public School – Potato Hill Gallery, Swimming Scheme, Presentation Day, Year 6 Farewell and the formal sharing of student achievement through the Semester 2 Academic Reports. Every day in Term 4 are regular school days. All students are expected to attend unless they are sick.

Term 4 is a very important time for Year 6 students. It marks their last term of Primary School and finalisation of their preparation for High School.

It is now time to relax and enjoy some down time during the school holidays. Please stay safe as you spend time with family and friends.

Kind regards,
Jann Price

School Holiday Work

I hope you have had the opportunity to see all the wonderful work that was completed during the school holidays. Area A has been fully refurbished with new asphalt and our outdoor areas around the school have had a fresh coat of paint.



CHANGE OF DATE

During the holiday break the Department of Education announced a change of date to the end of the school year for students and staff.

Students' last day of school this is year Friday 16th December. Monday 19th December is a Professional Learning Day for staff.

Important Dates

Friday 21 st October	Kindergarten 2023 Orientation
Tuesday 25 th October	Combined Primary School Music Festival (choir and dance)
Thursday 27 th October	Beverly Hills Network Public Speaking Competition
Friday 28 th October	Kindergarten 2023 Orientation
Thursday 3 rd November	Potato Hill Gallery
Friday 4 th November	Kindergarten 2023 Orientation
Monday 7 th November to Friday 18 th November	Swimming School Years 2 - 6
Wednesday 23 rd November	Year 1 Excursion to Botany Bay Environmental Education Centre
Thursday 24 th November	Year 2 Excursion to Botany Bay Environmental Education Centre
Monday 28 th November	Stage 2 Excursion to Botany Bay Environmental Education Centre
Friday 30th November	Last day to trade certificates
Friday 16th December	Last Day of School for 2022 for students
Tuesday 31 st January	First day of school for 2023 for Years 1 – 6
Friday 3 rd February	First day of school for Kindergarten 2023

Filming

Over the weekend a group of students from Australian Film and Television School in Sydney will be using the school to film a short video as part of their final project for their degree. While the school will be used as the location it will not be identified. We will receive a copy of the short film that I hope to share with the community before the end of the year.



 @LakembaPS
Follow us on Twitter

You are invited

Potato Hill Gallery

Through our eyes



Thursday 3rd November
2.00pm - 4.00pm



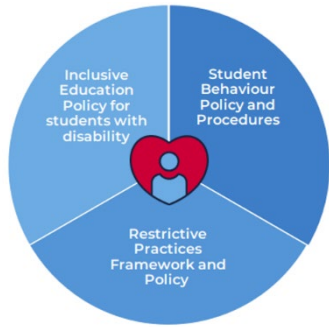
Through our eyes ...

The students at Lakemba Public School invite you to
Potato Hill Gallery – their biannual Art Exhibition.

Take the time to rediscover and enjoy the work of famous
artists.

Thursday 3rd November 2.00pm - 4.00pm
School Hall

Inclusive, Engaging and Respectful (IER) Schools Policy



The *Inclusive Education Policy* and the *Student Behaviour Policy 2022* became operational at the beginning of this term.

The key change is the approach all NSW public schools will take to address disruptive or inappropriate behaviour by a student. The

duration of a suspension will be reduced along with the number of suspensions across a school year. Every school will be able to draw on the support of a range of staff including behaviour specialists to effectively address issues resulting in these behaviours in order to prevent future escalations.

The new policy does not mean, however, that students who are violent or seriously disrupt the learning and wellbeing of others will be kept at school. Any student who puts the safety of other students, teachers and staff or visitors at risk of harm – will be suspended until it is safe for them to return. Lakemba Public School staff are reviewing our current approach to all of the areas covered by these policies and wish to share any changes we believe need to make with you next term.

Our school already takes a strong, positive student-centred approach, but we want to work with you to ensure, together, every student has the right support at the right time to help them grow into confident, resilient adults.

For more information on these policies, please visit the [NSW Department of Education website](https://www.nsw.gov.au/department-of-education).

Merit Awards, Special Awards and Pennants



Thank you to families who keep their children's awards safe at home so they can trade them for the next level of the System. Students can trade bundles of five awards for the next level on the Award System. From the beginning of Term 4 students can only trade 5 awards a week. We have decided to do this as some students save up their awards and trade many multiples of five awards. Recently a student traded 45 awards. It takes teachers a considerable amount of time to write awards

hence our change to five awards a week.

This change means that students who are close to trading awards for a pennant that will them a Medal of Excellence Award should start bringing their awards in to their teacher. **The last day for trading awards this year will be Wednesday 30th November.** This will allow teachers time to prepare for Presentation Day. *No awards will be traded after this day.* Students will have to keep them safe and trade them next year.

School Planning for 2023

To assist us in planning for 2023 please notify the front office on 9759 2915 if your child will not be returning to Lakemba Public School next year. This does not include Year 6 students going to high school.

Kindergarten 2023

If your child turns 5 on or before 31st July, 2023 they are eligible to start school at the beginning of 2023.

Enrolments should be made online through the school website

lakemba-p.school@det.nsw.edu.au



Lakemba Public School

Excellence in Practice

T: 02 9759 2915

E: lakemba-p.school@det.nsw.edu.au

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Mental Health Week at Lakemba

The term mental health refers to how a person thinks, feels and acts when faced with things that happen in their life. It is a great time to take the opportunity to Think about how you handle stress, happiness, disappointment and upsets with friends.

Everyone – children, parents, mums, dads, brothers, sisters and grandparents – is



responsible for taking care of their own mental health and have strategies in place to help them through tough times.

1. *Make social connection* — especially face-to-face — a priority
2. *Stay active* – it's good for your brain.
3. *Talk to someone* – they don't have to solve your problem but they can listen.
4. *Use your senses* – listen to your favourite music, squeeze a stress ball, go for a walk and enjoy nature.
5. *Relax* – mindful breathing, yoga, deep breathing.
6. *Prioritise leisure* - take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things.
7. *Eat a brain-healthy diet* to support strong mental health - Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts) avocados, beans leafy greens (spinach, kale and brussel sprouts) and fresh fruit such as blueberries.
8. *Sleep* - It matters more than you think. Take a break from the stimulation of screens — TV, phones, tablets or computers — in the hours before bedtime. Consider reading or listening to relaxing music instead.
9. *Find purpose and meaning* - This is different for everyone but finding purpose in your day is a big factor to good mental health. You might try one of the following:
 - Engage in work that makes you feel useful.
 - Invest in relationships and spend quality time with people who matter to you.
 - Volunteer, which can help enrich your life and make you happier.
 - Care for others, which can be as rewarding and meaningful as it is challenging.
 - Think of one good deed or gesture to do each day.
10. *Get help if you need it* - If you or a loved one needs support, there are many programs and resources that are available to you such as Lifeline, Kids Helpline.

School Photos

School photos were taken on Thursday. If you have any questions please contact the office who may be able to help. The photos will not be delivered back to the school for a number of weeks.



Do you have our FREE School App?
Search Lakemba Public School in your phone's App store.

SALE SALE

Lakemba Public School

15%

OFF

Friday 21st of October 2022

Friday 28th of October 2022

SHOP NOW TO AVOID LONG QUEUES FOR BACK TO SCHOOL

Exchanges only. Tags must be attached and the garment in new condition.
Terms and Conditions apply.*

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Swimming School – Places Filling Fast!

The note for Swimming Scheme from 7th to 18th November inclusive has been distributed to all students in Years 2 through to Year 6.

The Swimming School is a ten day program at Roselands Aquatic Centre. Students' confidence and skill in the water will be assessed before they are placed in groups that will develop their ability to be safe and comfortable in the water. More able students will be taught to swim. Students who cannot confidently swim 25m are encouraged to attend.

Students will be bused to and from the pool each day. The cost of the program is \$95. This includes bus transport and pool entry for the entirety of the program.



Students are expected to attend the program every day. Refunds will not be given for students who do not attend.

Overseas Travel

Many families at Lakemba Public School take their children out of school and travel overseas for long periods of time during the year. As far as possible all travel should be arranged during school holidays and not during school time. Australian law states that



students must attend school every day unless they are sick.

Families wanting to travel overseas must apply for *Extended Leave Travel* BEFORE they travel and provide their travel itinerary. Please be aware that all leave taken to travel is recorded as unjustified as per Department of Education guidelines. Thank you to the many parents who do this. The documents required are available at the office.

COVID Smart Updates

- **Students and Staff Should Continue to Stay Home When Sick** and only attend school when they are symptom free.
- **Students and staff will be sent home if they are displaying symptoms of COVID.**
- **Students, staff and families should continue to use RAT tests regularly.**
- **Close contacts can attend school if they are symptom free.** It is recommended that close contacts wear a mask.
- **Enhanced cleaning practices will continue.** Cleaning of high contact areas throughout the school will continue during the day e.g. toilets, seat, bubbler, outdoor equipment.
- **Personal hygiene practices will continue.** This includes hand washing before entering the classroom before breaks as well as before eating.
- Vaccination is encouraged.

Combined Public Schools Music Festival

Our choir and dance group will be performing at the Combined Public Schools Music Festival at Bankstown Sports Club on Tuesday 25th October 2022 at 7.00pm. Good luck to our students and a big thanks to the teachers who spend their own time preparing our students for their exciting time on stage.

Selective High School 2024

Selective High Schools cater for academically gifted students with high potential who may otherwise be without sufficient classmates at their own academic standard at a regular High School. Selective High Schools help these students to learn by grouping them with students of similar ability and by using specialised teaching methods.

If you would like to have your Year 5 child considered for Year 7 Selective High School entry in 2024 you must apply online using a valid email address. *This cannot be the student's email address.* Detailed instructions on how to apply and the link to the online form can be found at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Applications close on 16th November. The Selective High School Test will be held on 4 May 2023.

School Security

Please help keep our school safe. If you see anything unusual happening in the school grounds at any time, please call School Security on 1300 880 021



Attendance Matters

Every student. Every day.

Extended Leave - Travel

Every student is expected to be at school all day every day unless they are sick.

We know that the great majority of our students have close family such as grandparents living in their home country. While we believe that contact with family is important for everyone's social and emotional wellbeing, we believe that extended time away from school to visit family overseas, can impact students' academic progress. This impact can be multiplied if families travel overseas regularly such as every year or second year.

Families should organise their travel to include scheduled school holidays to reduce the number of days students are not engaged in formal schooling. Our school does not provide work for students who travel overseas.

It is important to note that all extended Leave for travel is recorded as unjustified leave as per Department of Education requirements.

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au

Looking for Something To Do? Movies Under the Stars

Enjoy a Saturday night movie at our temporary outdoor cinema locations

Bring a picnic blanket for a night under the stars with food trucks serving burgers, hot dogs, popcorn and more! Check out our website for the latest updates and to see what movie is up next.

When: This October and November

Where: Parks across CBCity

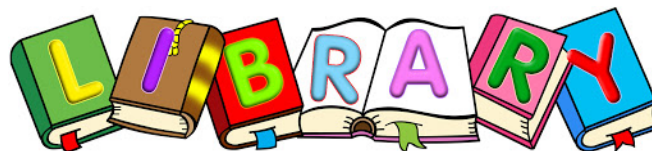
For more information, visit cb.city/movies



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Like us and follow us on Facebook



During Term 4 library lessons will be on the following days:

Monday:	1 Possum, 1 Lizard, 2 Lorikeet, 6 Koala
Tuesday:	K Flying Fox, 2 Crocodile, 3 Owl, 4 Wombat, 6 Goanna
Wednesday:	3 Magpie, 4 Emu, 5 Frog,
Thursday:	K Kangaroo, K Bandicoot, 1 Cockatoo, 3 Galah, 5 Python, 4 Wallaby
Friday:	1 Echidna, 2 Kookaburra

The Library is always buying new books to keep our shelves stocked with the latest and greatest books and to support the learning that is happening in the classrooms. We are always on the lookout for new ways to get the best resources into the hands of our students. We maintain a balanced and current collection with a diverse range of materials to meet the learning needs of our staff and students. Our books are carefully selected to meet students reading interests and abilities.

Lakemba parents are also welcome to our library on **Wednesday mornings from 8.30 to 9.00 am**. You can come along with your child/ren and read a book or play a game. Mrs Pogalva will be in the library to assist you.

Mrs Pogalva

Teacher Librarian



School as Community Centre News

Welcome back for term 4 and how wonderful it is to see families returning to the Centre and lots of fresh faces joining us for the first time. It is an exciting time of year with lots of activities and busy calendars.

The Community Centre is fortunate in welcoming Koorana Playgroup to deliver playgroup on both Mondays and Wednesdays for children from birth to 5 years and their parents/carers. Please choose to attend either Monday or Friday to allow for all children the opportunity to attend Playgroup once a week. As the weather warms up, please also bring a hat for your child, and apply sunscreen as we head outside to play on the newly painted verandah!

Tuesday 25th October is Espresso Coffee with TAFE enrolment day starting at 9.30am – 10.30am only.

Tuesday the 1st of November is the first day of class from 9.30am – 2.00pm.

On completion of the six week course students will walk away with a Statement of Attainment and a qualification to enter the workforce.

We have two more weeks to appreciate and absorb the knowledge and expertise of the Sydney University students at the Toddler Talk and Language Learners groups. The children and their parents have flourished and grown under the guidance and support of the students in developing and enhancing the children's Language and Literacy skills.

STARTTS is an organisation coming to the Centre this term and is bringing along two innovative programs

- A musical therapy program, SING and GROW for parent and child on a Monday afternoon. The musical instruments are provided for you, and it is a free program over an 8-week period.
- Friday's program PEEP is for those parents/carers looking to develop and extend on their child's learning as their child's First Teacher. This program is also free and will run for a period of 8 weeks.

Both programs are for children birth to 5 years with enrolment essential as only 10 places per group.

EACH has joined the Community Centre on Thursday offering a service to our families and the wider community in assisting parents/carers in any questions or concerns they may have about their child/ren's development. This program is for children birth to 7 years and their parents/carers with appointments necessary.

Please Note:

Thursday the 3rd of November 2022, StEPS will be onsite at the Community Centre to conduct eyesight screening for all those children enrolling for Kindergarten in 2023. Registration forms may be collected from the Community Centre to register your child. This is a free service.

Contact Leonie Williams (Facilitator) on **0404 015 001** or leonie.williams15@det.nsw.edu.au to register for all programs.