



LINDENOW PRIMARY SCHOOL - NEWSLETTER #14 19th May 2023



CALENDAR OF EVENTS

MAY

Friday 19th
Grade 6 Nagle Visit

Tuesday 23rd
District Winter Sports

Wednesday 24th
School Photos

Friday 26th
Interschool Gymkhana

Friday 26th
Lindenow Art Show
Saturday 27th
Lindenow Art Show

JUNE

Thursday 1st
Regional Cross Country

Friday 9th
Student Free Day

Monday 12th
Kings Birthday Public Holiday

Lindenow Primary School & Woodglen Campus

140 Henry Street
Lindenow VIC 3865
Ph: (03) 5157 1340
lindenow.ps@education.vic.gov.au

PRINCIPAL'S UPDATE

On Monday, we had 27 students attend the Division Cross Country at Nagle. All students represented the school beautifully and put in their best effort. We now have two students, Skylah Connelly and Lewis Jennion, going through to the regional event. We are extremely proud of their effort, and we wish them luck!

SCHOOL PHOTOS – Wednesday 24th May

Thank you to the families who have already returned their forms for next Wednesday's photos. Please return these envelopes regardless if you're not purchasing the photos. It is a busy day, and we hope all class, individual and sibling photos are completed by lunchtime. Please see the office if you need a sibling photo form. Unfortunately, this company does not have the option of viewing the photos before purchase but their quality of work is of high standard.

DISTRICT WINTER SPORTS – Tuesday 23rd May

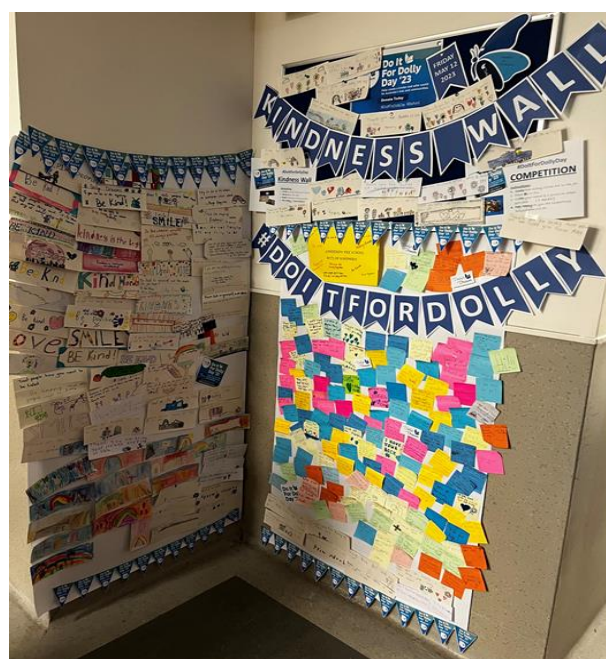
Our 5/6 students, and a few grade 4s, are off to compete in Netball, Football and Tee-Ball in Bairnsdale next Tuesday. They have been training in the afternoons to sharpen their skills and gel as team. Good luck to all teams.....GO LINDENOW!

LINDENOW ART SHOW – Friday 26th and Saturday 27th May

The excitement is building for the annual instalment of the always wonderful, Lindenow Art and Craft Show. There will be student artwork on display at the hall and 24 of our 'Fun Singers' will be performing on Saturday as well. Make sure you get down there and check it out.

Have a fun weekend!

Mr Cairns



Lindenow Primary School Presents...

2023 Music Showcase



Save the date:

Wednesday 9th August. 2023

LPS is excited to announce ALL year Prep to 6 students will be performing in an evening music showcase titled "Feel The Beat" at the Lindenow Town Hall.

Students will perform with their class. Year 3-6 students will be performing in class bands. Year P-2 students will be performing a combination of Dance, Drama and Music acts.

The concert will also include our Fun Singers and an exciting Finale Act including all students!

Please keep an eye out for future newsletters for more information!

LINDENOW PRIMARY LUNCH MENU



HOT FOOD

Hotdog	\$4.50
Mrs Mac Pie 175g	\$4.50
Sausage roll	\$4.00
Mini Pizza	\$5.00
Nachos	\$5.00
Bacon & egg quiche	\$5.00



DRINKS

Small flavoured milk	\$3.50
Just Juice - apple	\$3.50



SANDWICHES & WRAPS

Vegemite	\$2.50
Ham & Cheese	\$3.50
Chicken & Lettuce	\$3.50
Cheese & Tomato	\$3.50
Ham & Salad	\$6.00
Chicken & Salad	\$6.00

Please write your order and name clearly on an envelope and enclose money. Lunch orders must be placed in the box on the Wy Yung building before 9.30 am. Thank you

FARMERS HOME HOTEL

Sleep Health for Students

Research by the Australian Institute of Family Studies shows that many children and young people are not getting enough sleep on school nights.

This can affect thinking, concentration, memory, reaction times and mood.



SLEEP TIPS FOR CHILDREN

- Establish a regular sleep pattern
- A consistent bedtime routine
- Make sure the bedroom is comfortable
- Bed is for sleeping, not entertainment
- Some foods can disturb sleep
- Caffeine is a stimulant
- Take care with daytime naps
- Exercise and time outside
- Work with your doctor

For more information on sleep health for students, refer to:

- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline
- [Sleep explained](#), from the Better Health Channel.

SUPERVISION OF STUDENTS BEFORE AND AFTER SCHOOL

Lindenow Primary School & Woodglen Campus grounds are supervised by school staff from 8.30am until 3.45pm. Outside of these hours, school staff will not be available to supervise students.

Supervision	8.30am-9.00am
First Session	9.00am-11.00am
Recess	11.00am-11.30am
Second Session	11.30am-1.30pm
Lunch	1.30pm-2.10pm
Last Session	2.10pm-3.30pm
First Bus	Leaves 3.12pm
Last Bus	Leaves 3.45pm

Students arriving at school by bus can participate in the supervised Breakfast Program run at school from 8.15am-8.45am each day.



An expression of interest has been handed out to a few students, these form are due back ASAP. Thank you



On Tuesday May the 30th we are hosting a morning tea fundraiser for the Cancer Council. Please bring a gold coin donation, the students will be offered a warm or cold milo drink and a donut at school.

All monies raised will be donated to the Cancer Council

Please fill out the form and return to school by the 28th of May.

Children to bring along a named unbreakable mug/cup on the day.

Student Name:..... grade..... (Please circle your choice)

Milo: warm or cold

Donut: yes or no

Name..... grade..... (Please circle your choice)

Milo: warm or cold

Donut: yes or no

Name..... grade..... (Please circle your choice)

Milo: warm or cold

Donut: yes or no

WOODGLEN PLAYGROUP

Playgroup at the Woodglen Campus is held on the dates below from 9.30-11.30am. If you have time please bring a plate to share, but no stress as there is always plenty. Remember....if you know of others in the local area who would be interested, please let them know about our little playgroup.

Kind Regards, Katie

E-mail woodglenplaygroup@hotmail.com or text 0427836274

Playgroup Dates 2023

June – Monday 5th (is 4's Kinder Day)

July – Monday 3rd

August – Monday 7th

September – Monday 4th

October – Monday 2nd & Monday 30th

November – EOY/Christmas Celebration Monday 27th



Community Notices.....



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• Mulch Sales • 24/7 Emergency Tree Works • Stumps • Land Clearing

Providing 5 star service for over 20 years.

No job too big or too small
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"GETTING THE RIGHT SUPPORT EARLY CAN MAKE ALL THE DIFFERENCE"

Want to know more? Please speak with your Early Help Family Worker or speak with a staff member who can refer you to the Early Help Family worker.

Early Help Family Worker

Contact

Email

Location

Early Help Family Services is here to support you and your family in your community and be available where you live, work, learn and play.

Early Help is available to parents/caregivers and families with children from birth to 18 years.

Early Help can provide:

- Individual support for families and caregivers
- Safe and confidential parenting groups
- Connection to peer support groups
- Support, information and referrals to help with parenting, child/adolescent behaviour, housing, family problems, mental health and disability

Opening Night
Invitation

Lindenow Arts Ink

Exhibition

Friday 26th May

6-7.30pm

Lindenow Public Hall
152 Main Street Lindenow

Exhibition Open:

Saturday 27th May 10am - 4pm

Sunday 28th May 10am - 3pm



BAIRNSDALE PRODUCTION LINE THEATRE CO. PRESENTS

THE NEXT GENERATION SCHOOL of ROCK THE MUSICAL

Based on the Paramount movie written by MIKE WHITE
Book by JULIAN FELLOWES · Lyrics by GLENN SLATER
Music by ANDREW LLOYD WEBBER

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
ON BEHALF OF THE REALLY USEFUL GROUP LIMITED

MAY 5, 6, 12, 13, 18, 19 & 20 at 7.30PM
and MAY 7, 14 & 21 at 2.00PM

Tickets: Adults \$40 | Concession \$35
Children \$25 (14 and under) | Family \$120 (2 adults, 2 children)



Forge Theatre and Arts Hub (03) 5152 1402
www.eastgippsland.vic.gov.au/forgetheatre
Dairnsdale or Lakes Entrance Visitor
Information Centres or Shire Service Centres

Forge Theatre and Arts Hub
80 McKean Street, Bairnsdale

www.bairnsdaleproductionline.org



FAMILY FUN NIGHT

Carers of children with a disability you are invited to
Interchange Gippsland's Family Fun Night!

Date: Friday 5th May and Friday 19th May 2023

Time: 5pm-8pm

Location: Interchange Gippsland Bairnsdale office,
Aroma Cafe Eastwood

Cost: FREE (book now - places are limited)

Come along to our Family Fun Night and enjoy games, craft, sensory activities and a pizza dinner for the whole family! Carers will then be treated to coffee, dessert and some child-free time at Aroma Cafe while the kids enjoy ice-cream and an interactive Wacky Wombat workshop!



RSVP to secure your spot by emailing Rebecca at admin@icg.asn.au
or by scanning the QR code below

1300 736 765

www.icg.asn.au

admin@icg.asn.au

@InterchangeGippsland

SCAN



FRIDAY NIGHTS 28TH APRIL - 16TH JUNE
6.30PM - 7.00 PM
WEST BAIRNSDALE OVAL

Get your team together and be apart of our inaugural annual Corporate Cup event

• Businesses
• Companies
• Organisations
• Sports teams
• Families

REGISTER NOW

EAST GIPPSLAND SOFTBALL

2023

CORPORATE CUP

www.eastgippslandsoftball.org.au
eastgippslandsoftball@gmail.com



Nagle College
Bairnsdale

CONSIDERING NAGLE COLLEGE FOR 2024?

Applications for entry into Year 7 for the 2024 academic year are due by Friday 26 May.

For more information and to download your College application please visit www.nagle.vic.edu.au/enrolment/enrolment-process or contact our Registrar, Mrs Sharon Williams at 5152 9984 or registrar@nagle.vic.edu.au.

20 Hope Avenue, Bairnsdale | 5152 6122 | nagle@nagle.vic.edu.au | nagle.vic.edu.au

EAST GIPPSLAND
SHIRE LIBRARIES

FREE AGES 5-12 BOOKINGS ESSENTIAL

LEGO Club 2023



Junior LEGO enthusiasts are invited to attend our after-school LEGO Club sessions

The sessions are held in Meeting Room 1 at Bairnsdale Library, and incorporate freestyle creativity and themed construction activities.

Donations welcome

The library will gladly accept donations of old or new LEGO brand pieces for our LEGO Club collection.

Children aged six and under must be accompanied by an adult.

Bookings for each session open on the day of the previous session.

Phone 5152 4225 or book in person at the library for these FREE sessions.

Bairnsdale Library
4.00 pm - 5.00 pm

Wednesday 8 February

Wednesday 8 March

Wednesday 12 April

Wednesday 10 May

Wednesday 14 June

Wednesday 12 July

Wednesday 9 August

Wednesday 13 September

Wednesday 11 October

Wednesday 8 November

Wednesday 13 December

Libraries Change Lives