



**Lindenow Primary
School & Woodglen
Campus**

140 Henry Street
Lindenow VIC 3865
Ph: (03) 5157 1340

LINDENOW PRIMARY SCHOOL – NEWSLETTER 9TH OCTOBER 2025

PRINCIPAL'S MESSAGE

Welcome back to our final term for the year. This is traditionally a busy term full of learning, transition visits, graduations, end of year concerts, and Christmas celebrations. If this week is anything to go by...it is going to be a wonderful term to close out the year.

STAFFING

We are getting closer to saying goodbye to Reg as she heads off on maternity leave. She only has a week and a half left.

Most families will already know that Mrs Crunden is going to be off for at least the first half of the term. Unfortunately, she had an accident on her bicycle trying to avoid a black snake on the rail trail. She is recovering well. Mrs Byrne and I have a plan to cover art lessons. While we wait for Mrs Crunden to recover, we are putting a hold on Clay Day.

HATS, HATS, HATS!

An important part of the school's Sun Smart policy is that *ALL* students need to be wearing hats at recess, lunch and any outdoor excursions. We prefer students to be wearing a wide brimmed hat that keeps the sun off their face, ears and neck. We also have sunscreen available for students in classrooms and the office. We seem to have a lot (up to 20 or more some days) of students coming to the office asking to borrow a hat during recess and lunch. We prefer that families supply their child with a wide brimmed hat that they are responsible for. The hats are only spares for excursions and camps.

REGIONAL ATHLETICS – Wednesday 15th October

Congratulations and good luck to the four students representing LPS at the regional event in Newborough next week. Jasmine Alexander, Dustin Hellisen, Kaiilan Baxter and Lilliana Murray are going to give it everything in their events in an effort to make it to the State Championships.

SMILE SQUAD

Thank you to the families who have returned their forms for the Smile Squad dental van. This is going to be available for students from next week and will be located at the end of the staff car park. It will be here for most of the term, so please be patient while they work through the list of LPS students. If you haven't completed the paperwork or registered online for the program, there's still time! Please see the following pages for instructions on how to register using the Smile Squad QR code.

STUDENT TOILET REFURBISHMENT

Everything is moving quickly with our latest renovation. All areas inside the toilet block have been gutted and are being prepared for the next stage of work. Thank you to the students for being respectful and responsible while using the portable bathrooms.

Have fun!

Mr Cairns

Congratulations!



THE 4R'S AWARDS

Congratulations to this weeks 4r's recipients!
Well done for following the school's values.

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Cuppa, Cake & Connection

For Parents of Kids Who Think or Learn Differently 🗨️ 🍰

Raising a child with ADHD, Autism, learning challenges, or big emotions?

It can be incredibly rewarding — and incredibly challenging, but you're not alone.

On the **last Wednesday of every month**, our **Wellbeing Team** invites you to join us for a relaxed **cuppa, a chat — and of course, cake!**

📍 **Staff Room**

🕒 **8:45–9:30 am** It's a friendly space to connect with other parents who understand what it's like — to

share stories, ask questions, have a laugh and chat with our wellbeing team. All parents are welcome, but the conversation will centre around supporting families of **Kids Who Think or Learn Differently**. No need to book — just come in after drop-off

Please sign in first



Child Safety and Wellbeing at Lindenow Primary School:

Information for families and the school community

Lindenow Primary School is committed to providing a safe and secure environment where students feel safe.

Our child safety framework includes policies, codes, and procedures that explain how we support and maintain the safety and well-being of our students and protect them from harm. These documents are available on our website: [HOME | Lindenow PS](#)

We are also committed to continuous improvement of our child safety framework. We are currently reviewing our child safety policies and practices to ensure they are up to date and effective.

Our students and families are important partners in this process. We welcome your feedback or ideas on ways we can improve our approach to child safety and wellbeing.

If you have any suggestions or comments, please contact Adam Cairns, Principal, on 5157 1340 or lindenow.ps@education.vic.gov.au



IT'S NOT TOO LATE TO PROVIDE CONSENT

Smile Squad will start at our school on Monday, 13th October!

All children deserve a healthy smile, and the Smile Squad is coming to Lindenow Primary School to help make sure this happens.

Smile Squad is a Victorian Government program that provides free dental care to all Victorian government primary and secondary school students.

The friendly Smile Squad dental team will visit Lindenow Primary School on **Monday, 13th October** to conduct a free annual dental health examination for every student and provide free follow-up treatment as needed.

What do you need to do?

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic> OR use the below QR code:

A promotional poster for the Smile Squad dental program. The top half has an orange background with the text "FREE DENTAL COMING SOON TO THIS SCHOOL" in large white letters. Below this, in smaller white text, it says "The Smile Squad will soon visit this school to provide all students with free, high quality dental care." and "www.smilesquad.vic.gov.au". The bottom half of the poster features a photograph of two smiling children, a girl with curly hair in a yellow shirt and a boy in a blue plaid shirt. At the very bottom, there is a white banner containing a red van with "FREE DENTAL" written on its side, the "SMILE SQUAD" logo (a smiling tooth), and logos for "dental health services victoria" and "VICTORIA".

PREP ENROLMENTS ARE OPEN!

LINDENOW PRIMARY SCHOOL

PHYSICAL EDUCATION

Our comprehensive sports program offers a variety of activities, encouraging students to develop their physical skills, teamwork, and perseverance. Promoting a healthy and active lifestyle aims to instil a lifelong love for sports, build confidence, and teach valuable lessons in discipline and resilience.



ENRICHMENT PROGRAMS

Our specialized learning and reading programs are tailored to meet the individual learning needs of all students.



WELL-BEING PROGRAM

A dedicated Well-Being officer and program ensures that all students have access to the tools they need to be ready to learn.



DEDICATED VISUAL & PERFORMING ARTS PROGRAM

All students have the opportunity to develop their visual and performance creativity through our specialist classes led by teachers who are respected artists in their fields.



DUAL CAMPUSES

Lindenow & Woodglen
Our Woodglen campus nestled in the beautiful Mitchell River Valley, is an integral part of our educational & well-being programs.



GET IN TOUCH

☎ 03 5157 1340

🌐 www.lindenowps.vic.edu.au

✉ lindenow.ps@education.vic.gov.au

OUR VALUES
Respect
Responsibility
Resilience

Lindenow Primary School's learning environment is designed to meet the unique needs of our students, fostering student agency and positive behaviour in learning. Embracing a student-first philosophy, we aim to equip our students with the knowledge, skills, and strategies necessary to confidently respond to the demands of an ever-changing world and navigate life's challenges. Our core values include high expectations, shared responsibility, a sense of community, respect, trust, honesty, and building resilience.

**FIND OUT WHAT LEARNING AT
LINDENOW PRIMARY SCHOOL
IS ALL ABOUT BY BOOKING A
SCHOOL TOUR.**

**CONTACT US TO ARRANGE
YOURS.**

NEXT GENERATION Celebrating young artists



Fletcher Sandy, Koala inspired by Melpa the Artist. Oil pastel. Buchan Primary School 2025

Opening event 4.30-6.00pm Friday 19 September. All welcome FREE
East Gippsland Art Gallery 2 Nicholson St. Bairnsdale
Tuesday-Friday 10am-4pm | Saturday 10am-2pm



19 September - 25 October 2025

1 HOUR BEFORE BED NO SCREEN TIME

Research has shown the blue light produced by screens disrupt the body's sleep hormone. It is recommended that children should not use a screen in the hour before bedtime. Here are some great activities that you can do in the hour before bed.

TIPS ON WHAT TO DO BEFORE BEDTIME

Interact with family members

Play a game

Read a book

Do a puzzle

ART

Craft or colouring in

Prepare for next day

Shower, bath, brush teeth



7 TOP TIPS TO HELP CHILDREN REDUCE SCREEN TIME

- 1 Empower students to collect data on their screen time and set goals.
- 2 Introduce a "healthy brain diet" with learning, connection, downtime, and joy.
- 3 Role model vulnerability by sharing your own struggles and joys.
- 4 Join students in their interests rather than always expecting them to join yours.
- 5 Collaborate with parents for a unified approach at home and school.
- 6 Implement consistent screen time limits, like no devices after dinner.
- 7 Find the student's passion and tie it to their long-term goals.

* Success comes when we can get children/students to name it and own it.

suelarkey.com.au



Every day counts

Attending school every day means experiencing what counts - the learning, friendships, fun and opportunities that can shape their future.



SCHOOL SUPERVISION TIMES

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

The First Bus Leaves at 3.12 pm

The Last Bus Leaves at 3.45 pm

Lindenow Primary School and Woodglen Campus grounds are supervised by school staff from 8.30 am until 3.45 pm.

Outside of these hours, school staff will not be available to supervise students.



Students arriving at school by bus can participate in the supervised Breakfast Program, which runs from 8.30 am to 9.00 am daily.



PREP ENROLMENTS ARE OPEN!

Woodglen Playgroup 2025



Welcome to Woodglen Playgroup for 2025. Our sessions will run from 9:30 – 11:30am at the Woodglen Primary School, Woodglen. If you have time to pack something we really appreciate if you can bring a plate of food to share for morning tea. Tea/Coffee will be provided for adults if they wish.

This year sees a slight change up to the timetabling (apologies to those that are used to the first Monday of each month). I have provided dates from July through to December. As always bikes/scooters/trikes are welcome and kids are free to direct their own play too.

There is also a messenger group that I will pop up reminders in and in case of an emergency, hopefully be able to reach people promptly. If you aren't part of this group and would like to be please let me know. Please feel free to add other local families that would like to join as well. We always welcome new families, the more the merrier.

Please if you have any passions, ideas, feedback etc. let me know. Always open to ideas for different activities for our little people.

Looking forward to seeing everyone soon! If anyone has any interest in the running of this program moving into 2026 please contact me to have a chat.

Blair Wassink

CONTACT DETAILS : woodglenplaygroup@gmail.com OR 0488692120

Month	Date
July	21st – Fine Motor Skills
August	18th—Sensory Play (spare clothes may be needed)
October	13th—Water Play (spare clothes)
November	10th—Playdough
December	8th—Christmas Craft



Community Announcements

Matt Portelli

Certified PGA Professional – Advanced in Coaching

Head Teaching Pro at Bairnsdale Golf Club

M: 0474 696 486

matt@mattportelligolf.com

www.mattportelligolf.com



SCAN FOR INFO



RACQUETBALL REBELS

*After School
Racquetball Program*

WEDNESDAYS 4PM – 5:30PM

Catering for ALL ages From 6–16yrs

FUN based skills & Games

ALL equipment provided

FREE Come & Try Session for week 1

Safe, supportive & inclusive environment

FREE fruit supplied each week

TERM 4 STARTS WEDNESDAY 8TH OCTOBER

CONTACT HANNAH 0402 909 536 FOR MORE INFO