



## LINDENOW PRIMARY SCHOOL - NEWSLETTER #13 11<sup>th</sup> May 2023



### CALENDAR OF EVENTS

#### MAY

Friday 12<sup>th</sup>  
Mother's Day Stall

Issue 3 Bookclub  
Closes

Do It For Dolly Day

Monday 15<sup>th</sup>  
Division Cross  
Country

Friday 19<sup>th</sup>  
Grade 6 Nagle Visit

Tuesday 23<sup>rd</sup>  
District Winter  
Sports

Wednesday 24<sup>th</sup>  
School Photos

Friday 26<sup>th</sup>  
Lindenow Art Show  
Saturday 27<sup>th</sup>  
Lindenow Art Show

**Lindenow Primary  
School & Woodglen  
Campus**

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

### PRINCIPAL'S UPDATE

Next week, we get to celebrate our wonderful Education Support staff. These nine extremely important staff members are integral to improving student learning and the running of our school. We appreciate the work they do with all our students and thank you for making our school a positive and inclusive environment.

### CROSS COUNTRY – HISTORIC VICTORY AS WOODGLEN WINS IT!

It was another bumper crowd that was out to support our whole-school cross country on Tuesday. The effort and team spirit from students on the day was fantastic! We now have 34 students heading off to the division event on Monday at Nagle College with Mr Collins, Mr O'Brien and Steve. Good luck to everyone who made it through and continue giving 100% effort!

### 'DO IT FOR DOLLY' DAY – TOMORROW!!!

We have an important fundraising day coming up tomorrow. Students are asked to come in anything bright blue while making a gold coin donation that will go towards changing the culture of bullying, anxiety, depression and youth suicide. We want everyone onboard to make a change.

### MOTHER'S DAY STALL – TOMORROW!!!

Also, our annual Mother's Day stall will be held in the Learning Centre from 9.30am tomorrow. Students are welcome to bring along some money to spend on some beautiful gifts for the special person in their lives. There have been some amazing donations for the stall, including beautiful homemade candles from Josie Antonopoulos.

### SCHOOL PHOTOS – Wednesday 24<sup>th</sup> May

It's coming around to that time again where you need to clean your shoes, trim your hair, and have your uniform ironed. All students received an envelope this week regarding ordering photos. Make sure you complete the order form and return it to the office next week. There are also envelopes available at the office for sibling photos.

### IMPORTANT REMINDERS...

- 2024 Year 7 transition paperwork needs to be returned to the office by tomorrow.
- Lunch orders last week were a hit! A reminder, they are only provided Friday's.
- We have sibling photo envelopes at the office, if you're interested.

*Happy Mother's Day to everyone who plays this amazing role for their family and others. It may not seem like it every day, but we appreciate your dedication and organisation.*

Mr Cairns

# 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.





**Tomorrow**

A Mother's Day stall will be held at school on Friday 12th May between 9am—11.00am for children to purchase a gift.

Donations of homemade treats such as cookies, slices, coconut choc balls etc. would be appreciated. (Ingredients must be listed). If any parents or carers who has some spare time to help on the day will be greatly appreciated. Please contact the office for more details.

## 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 5<sup>th</sup> (is 4's Kinder Day)

July – Monday 3<sup>rd</sup>

August – Monday 7<sup>th</sup>

September – Monday 4<sup>th</sup>

October – Monday 2<sup>nd</sup> & Monday 30<sup>th</sup>

November – EOY/Christmas Celebration Monday 27<sup>th</sup>



## Community Notices.....




**EAST GIPPSLAND  
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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



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



## 2023 Lindenow Art & Craft Exhibition May 26<sup>th</sup> - May 28<sup>th</sup>

Lindenow Public Hall  
152 Main Road, Lindenow

**Opening Night**  
Friday 26<sup>th</sup> May 6-7.30pm

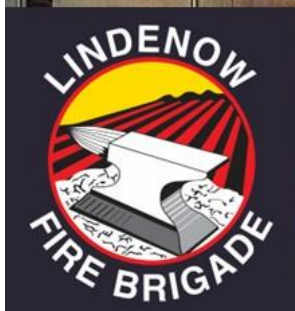
Saturday 27<sup>th</sup> May 10am-4pm  
Sunday 28<sup>th</sup> May 10am-3pm  
Entry by gold coin donation

ART ACTIVITIES  
All abilities, Family Friendly  
Art Exhibits  
Art-Work: sold off the wall  
Lindenow PS Art Display  
Demonstrations  
Specialist trading stalls  
Market (Sunday)  
Live Music  
Open Art Studios Trail and more.



MORE INFO: JULIE PH: 03 5157 6317 OR PAULINE: lindenowartsink@gmail.com  
Celebrating the Arts of East Gippsland

# Lindenow CFA Virtual Online Information Session



MONDAY 14<sup>TH</sup> MAY  
7PM TO 9PM

Join the event on our Facebook page.  
Ask us questions about joining, online.





FRIDAY NIGHTS 28TH APRIL - 16TH JUNE  
5.30PM - 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](http://www.eastgippslandsoftball.org.au)  
[eastgippslandsoftball@gmail.com](mailto: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](http://www.nagle.vic.edu.au/enrolment/enrolment-process) or contact our Registrar, Mrs Sharon Williams at 5152 9984 or [registrar@nagle.vic.edu.au](mailto:registrar@nagle.vic.edu.au).

20 Hope Avenue, Bairnsdale | 5152 6122 | [nagle@nagle.vic.edu.au](mailto:nagle@nagle.vic.edu.au) | [nagle.vic.edu.au](http://nagle.vic.edu.au)



# 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](mailto:admin@icg.asn.au) or by scanning the QR code below

1300 736 765  
[www.icg.asn.au](http://www.icg.asn.au)

[admin@icg.asn.au](mailto:admin@icg.asn.au)  
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