



**Lindenow Primary School &
Woodglen Campus**

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

lindenow.ps@education.vic.gov.au

LINDENOW PRIMARY SCHOOL - NEWSLETTER #08 21ST MARCH 2024

CALENDAR OF EVENTS

MARCH

Tuesday 26th
School Council
6.30pm

Thursday 28th
Food Fight

Last Day of Term
Early Dismissal
2.30pm

APRIL

Monday 15th
Start Term 2

Thursday 25th
Anzac Day
No School, Public
Holiday

PRINCIPAL'S UPDATE

It was fantastic to see so many students and their families attend parent-teacher interviews yesterday. It was pleasing to hear a wide range of positives about student learning. What a wonderful way to start the year!

5/6 and 1/2 STAFFING

We are making a slight change to the classroom teachers in these areas. Miss Gray is going to jump into 1/2 next term and work across both classrooms before heading off on maternity leave. That means, Regina Virgo will be teaching Monday and Tuesday in 5/6 for term two. Regina has worked at the school for the past 6 years, whilst studying teaching and received permission to teach earlier this year.

FOOD FIGHT – Last day of term

Everyone is getting excited for our newest fundraising event for Foodbank. It is wonderful to see families generating funds for a company that provides not only food for families in need at school but also for the homeless. Students need to wear an older white t-shirt, shorts/pants and runners.

Make sure you pack a towel and be prepared to go home with colourful clothing!

FIELD DAYS – April 5th and 6th

Make sure you get your volunteer forms into the office ASAP. Leah Hammond and her team are putting together another impressive lineup of goodies for the catering shed this year. It is our biggest fundraising event, so please get on board the catering train.

LAWN BOWLS TRAINING – 5/6 students

A reminder that Mr O'Brien and Mr Collins need your lawn bowls permissions forms returned ASAP. Training will continue next Tuesday, and the competition is in early term 2.

MORNING DROP-OFF

An important reminder to all parents that our first bus arrives at 8.10 am and formal supervision does not begin until 8.30 am. If your child is not arriving via bus, you need to drop your child off after 8.10 am so they are adequately supervised. The closer to 8.30 am, the better!

Due to finishing on Thursday next week, there will be no lunch orders
Camp, Sports, and Excursion Fund (CSEF) forms for families that hold a current health care card need to be returned to our office by the end of this term.



LINDENOW Wellbeing

★ Anxiety, worries and fears in children

★ ANXIETY IS NORMAL

Anxiety, worries and fear: a natural part of childhood.

Anxiety is the feeling of worry or fear that something bad is going to happen. It's also the physical reactions that go with the feeling, like 'butterflies in the stomach' and it's associated behaviour like avoiding what's causing the anxiety or wanting a lot of reassurance.

Anxiety, worry and fear are natural emotions.

It's common for children to feel anxious, worried or afraid. In most cases, these feelings come and go and don't last long. In fact, different anxieties, fears, and worries often develop at different stages of development.

★ WHAT ARE KIDS ANXIOUS ABOUT?

Babies and toddlers are often anxious about separation from you. They also fear things like loud noises, heights and strangers. But babies and toddlers don't tend to worry in the way that older children do.

Preschoolers might start to show fear of being on their own and of the dark. But worry still isn't common in this age group. If preschoolers do worry, it tends to be about things like getting sick or hurt.

School-age children might be afraid of supernatural things like ghosts, social situations, criticism, tests and physical harm or threat. Children over 8 years of age might worry about things like failure at sport or school, war, pandemics, the environment, family relationships and so on.

★ HOW TO SUPPORT CHILDREN WITH ANXIETY

If you think your child is showing signs of typical childhood anxiety, worries or fears, you can support them in several ways:

- Acknowledge your child's fear or worry, and let them know that most children feel anxious sometimes.
- Talk with your child about their worries.
- Gently encourage and support your child to face situations they're anxious about.
- Wait until your child gets anxious before you step in to help.
- Praise your child for doing something they're anxious about.
- Avoid criticising your child for being afraid or worried.
- Avoid labelling your child as 'shy' or 'anxious'.
- Make sure your child eats **healthy food**, does enough **physical activity** and gets the **sleep** they need. Good physical health is important for mental health.

Did you know? The stepladder approach is a step-by-step way of helping children and teenagers handle anxiety.

• The approach involves tackling **little things** before facing really scary things.

• The approach encourages children and teenagers to face their fears, rather than avoiding them.

• You can use the approach for different ages and anxieties.

Please see 'The Raising Children Network' @ raisingchildren.net.au for more information.

★ THE STEP LADDER APPROACH FOR A 7 YEAR OLD

Example of the stepladder approach for a 7-year-old with separation anxiety.

This child has **separation anxiety**. They're afraid of leaving their mother, even for a short time. At the start of the stepladder, this child can't sleep alone and sleeps in their parents' bed.

Here's a stepladder for this child:

1. They stay inside and play while Mum puts the washing on the line.
2. They stay in their bedroom and play for 30 minutes while Mum is in a different room.
3. They stay at home with Dad while Mum visits the neighbour for 10 minutes.
4. They sleep on a mattress on the floor, next to Mum and Dad's bed.
5. They stay at home with Dad while Mum goes shopping for 30 minutes.
6. They stay at home with Dad while Mum goes out to lunch.
7. They sleep on the mattress on the floor but move it closer to the door, away from Mum and Dad's bed.
8. They stay at home with another trusted adult while Mum and Dad go out for lunch.
9. They stay at home with Dad while Mum goes out for the evening.
10. They stay at home with another trusted adult while Mum and Dad go out for the evening.
11. They sleep in their own bedroom.
12. They stay at home with another trusted adult and sleep in their own bedroom while Mum and Dad go out for the evening.


If you're unsure about how to do this, consider talking to a professional – perhaps a **child and family health nurse**, your **GP**, **psychologist** or contact the school.

Fun Singers

This week the Fun Singers welcomed Romeo's Nan, Rosette to rehearsal. The fun singers had asked to learn Auslan (Australian Sign Language) to go with the chorus of their new song "I am Australian". Romeo thought his Nan would be the perfect person to help.

We agree Romeo! We loved learning from Rosette today.

We can wait to practice all we have learnt and look forward to performing for Rosette and the community soon.



uEducateUs




Have you downloaded the uEducateUs app yet?

Our app

With the uEducateUs app you can record absences, receive updates, read newsletters, see upcoming events and sign permission forms.

Parent Teacher Interviews are now available to book via the uEducateUs app

Any questions, please contact the office.



East Gippsland Field Days – Catering Shed

Friday, April 5th & Saturday, April 6th

We need your help!

We need volunteers to help in the catering shed at this year's East Gippsland Field Days Event. This is a combined fundraising venture between Lindenow Primary School, Lindenow Preschool, and The Meerlieu Community Group and is our major fundraising activity for the year. All groups involved use their share of the profits to support the children and community members they represent.

We will provide a pass for anyone willing to work a shift in the Catering Shed (last year valued @ \$20)

Please consider volunteering your time during the field days to help make the catering shed successful! You can choose the job you do, whether that is serving customers or helping in some way to prepare goods for sale- YOU get to CHOOSE a job with which you are comfortable! Please fill out this form and return it to the community group you are connected with, and we will be in contact with further details, Thanks in advance!

Name: _____

Phone: _____

Email: _____

I can help on Friday 5th:	I can help on Saturday 6th:
9 am-12 pm	9am-12pm
11 am-2 pm	11am-2pm
1 pm-4 pm	2 pm-5 pm (mostly packing up)
Other time: (Please specify)	Other time: (please specify)

We also need a small team of people to help set up on Thursday, from 9 am until 12 pm. If you can assist with this, please circle the statement below and we will be in touch with you, thanks so much!

I can help with Set up on Thursday 4th April, 9 am-12 pm.

Perhaps volunteering isn't going to work for you this year, but you still want to contribute?

Consider donating the Lindenow and District Catering Committee to help us cover our costs so more of the profits can come back to the School, Kinder, and Community group we support. Bank details below:

Account Name: Lindenow & District Charity Committee

BSB: 633 000

Account number: 112 208 897

Please return your form by Friday 22nd March.

Please contact Leah Hammond at 0438 841 721 if you have any questions.

We will send out your roster and Field Days pass before the end of the term.

**EAST
GIPPSLAND
FIELD DAYS**



BIG.GREENSHEED

LINDENOW + DISTRICT CHARITY COMMITTEE

Cake Stall **DONATIONS**

Hello, this year we will be selling homemade sweet treats at the field days

WE NEED

YOUR HELP

Please bake some goddies and drop them to our collection point at THE LONG Paddock on 4th and 5th of April
Any Q's contact Leah 0438 841 721

Thank you!



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 8.15 am to 8.45 am daily.



Community Notices



*Logging and Felling *Wood Chipping *Wood Splitting and Firewood
*Mulch Sales *24/7 Emergency Tree Works *Stumps *Land Clearing

Providing 5 star service for over 20 years.
No job too big or small
Fully Insured

www.eastgippslandtreeworks.com.au
CALL US FOR A FREE QUOTE: 0408 171 470

JUNIOR FOOTBALL TRAINING

Starting Wed nights 5-6 pm at

Lindenow Football Oval.

Age groups 9-, 10- & 11-year-old in u11

12- & 13-year-olds in u13

14 & 15-year-olds in u15

Training will change over to Thurs nights
once cricket has finished!

AUSKICK will start in TERM 2 for 5-8-
year-olds.

For any enquires
ph. Leah 0417 554 009



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

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

DRINKS

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

Please write your order and name clearly on a brown paper bag and enclose money. Lunch orders must be placed in the box on the Wy Yung Building on a **Thursday**. Lunch orders will be delivered on Friday.

FARMERS HOME HOTEL

CFA
cfa.vic.gov.au

BECOME A CFA JUNIOR VOLUNTEER TODAY

Aged 11 to 15? Learn teamwork, leadership, emergency response skills, community service, and have fun

For more information:
Email - mossitambo.sec@members.cfa.vic.gov.au
or see our Facebook page -
<http://www.facebook.com/mossitambo>



Division Tennis Championships

Wednesday 27th March

Bairnsdale Tennis Courts

CONVENOR: Nick O'Brien, Gavin McCoy

DATE: Wednesday 27th March

VENUE: Bairnsdale Tennis Courts

STARTING TIME: 9:30am

FINISHING TIME: 2:00pm

STUDENT SELECTION REQUIREMENTS

Schools may send as many students as they wish HOWEVER we ask that you only send those students who can play tennis competitively.

Students must be able to score their own games, serve and be competent enough to engage in a short rally.

ORGANISATION FOR DIVISION CHAMPIONSHIP

Nick O'Brien and Gavin McCoy will be the convenors and will be organising and running the day.

The Championship will commence at 9:30am and will conclude at about 2:00pm.

Students will be placed into a pool and play about 4 games of singles throughout the day.

The successful students will be announced on the day and will each receive a notice containing all Regional Tennis Championship details.

STUDENTS WILL NEED TO:

- Come dressed in either their school sports uniform or tennis attire.
- Bring their own racquet, hat, sunscreen, snack, lunch and drink for the day
- **Game balls will be supplied.**

Please complete the attached nomination form and email to Nick O'Brien by Friday, 22nd March.

nicholas.obrien@education.vic.gov.au

Qualifying for Regional Tennis Championships

Four girls and four boys will be selected from the winners of the Division Carnival. Individuals will compete at the Region Championships on **Wednesday, 24th April 2024.**

What's On at Schoolworks this Easter?

2nd-12th

April

Our BIG Annual SALE!

Heaps of reduced stock



Playdough with Karyn
Make your own playdough & complete a building challenge!
Monday 8th & Friday 12th at 10am \$10 (Booking Essential)



More info & to book

Special Kids Lunch Menu



Easter School

Holiday Activities

Storytime for little ones with Karyn
Friday 5th @ 10am FREE

FREE Lego & Board Games available all through holidays 9-4pm



Enter the LEGO building challenge & win \$15 voucher



Cupcake Decorating
Classes: Wednesday 3rd & 10th 10am and 10.30am \$8 (Booking Essential)

Find the hidden Easter Chicks in store and win a \$15 voucher



Ph: 5152 4086 147 Macleod St, Bairnsdale

EAST GIPPSLAND SHIRE LIBRARIES

FREE AGES 5-12 NO BOOKINGS REQUIRED

STEM Fun Come and Try Day



Come and try some of our new STEM gadgets!

Try out our Bee-Bots, Osmo, Gravitrax and Snap Circuits.

Drop in anytime between the times listed to join in on the fun.

Parents/carers are required to accompany their children.

For more information about this FREE event, phone 5152 4225 or ask staff at the library.

Omeo Service Centre
Tuesday 2 April
10.00 am - 12.00 pm

Mallacoota Service Centre
Tuesday 2 April
10.00 am - 12.00 pm

Bairnsdale Library
Friday 5 April
10.00 am - 12.00 pm

Lakes Entrance Service Centre
Monday 8 April
10.00 am - 12.00 pm

Paynesville Service Centre
Friday 12 April
2.00 pm - 4.00 pm

Orbost Service Centre
Friday 12 April
10.00 am - 12.00 pm



EAST GIPPSLAND SHIRE LIBRARIES

AGE 5-12 FREE BOOKINGS ESSENTIAL

School Holiday Session Fractured Fairy Tale



Join us for a fun and exciting session of magic and fairy tales!

Come along and experience the magic of fairy tales. Meet new people and make new friends.

Create a fairy tale name, try on different costumes to make a memorable character and go on your very own quest solving clues around the library.

Make a shield or banner to take home at the end of the session and make sure to take advantage of fantastic photo opportunities.

Presented by Upstage Theatre School.

Tuesday 2 April
Orbost Service Centre
1.00 pm - 3.00 pm

Friday 5 April
Paynesville Service Centre
1.00 pm - 3.00 pm

Monday 8 April
Omeo Service Centre
1.30 pm - 3.30 pm

Wednesday 10 April
Bairnsdale Library
1.00 pm - 3.00 pm

Friday 12 April
Lakes Entrance Service Centre
1.00 pm - 3.00 pm

Phone 5152 4225 or book in person at the library for this FREE event.



NET SET GO

REGISTRATIONS OPEN 3RD APRIL
 TRAINING BEGINS TERM 2
 THURSDAYS 4-5PM

CONTACT

JESS DAVIES 0439329057

OR

LARA CAPLYGIN

0419892844



netball
 AUSTRALIA



AGES 5-12 FREE BOOKINGS ESSENTIAL

EAST GIPPSLAND
 SHIRE LIBRARIES

Migration School Holiday Film Screening

PG Parental Guidance
 Suggested
 Very mild themes,
 some scenes may scare
 very young children



Join us for a viewing of the film,
Migration!

Mack is an adventure-loathing duck who does not intend to leave his New England pond anytime soon.

However, he is convinced by his more adventurous wife, Pam, to head south for the winter.

Join the two ducks, along with their two kids Dax and Gwen and Mack's Uncle Dan, on a brand new adventure this school holidays!

Wednesday 3 April
 Bairnsdale Library
 2.00 pm – 4.00 pm

Friday 5 April
 Lakes Entrance Service
 Centre
 2.00 pm – 4.00 pm

Friday 5 April
 Omeo Service Centre
 2.00 pm – 4.00 pm

Monday 8 April
 Orbost Service Centre
 2.00 pm – 4.00 pm

Monday 8 April
 Paynesville Service
 Centre
 2.00 pm – 4.00 pm

Wednesday 10 April
 Mallacoota Service
 Centre
 2.00 pm – 4.00 pm

Phone 5152 4225 or
 book in person at the
 library for this FREE
 event.



AGES 5-12 FREE BOOKINGS ESSENTIAL

EAST GIPPSLAND
 SHIRE LIBRARIES

Birdfeeders School Holiday Activity



Get into the swing of your school holidays with the library's school holiday program!

Come along and join in the fun with a full activity session!

Come ready to listen to stories, play games, win prizes and customise and decorate your own birdfeeder and special pen to take home at the end! All materials are provided.

Phone 5152 4225 or book in person at the library for this FREE event.

Thursday 4 April
 Omeo Service Centre
 1.30 pm – 4.00 pm

Thursday 4 April
 Lakes Entrance Service
 Centre
 1.00 pm – 3.00 pm

Thursday 4 April
 Paynesville Service
 Centre
 1.00 pm – 3.00 pm

Friday 5 April
 Orbost Service Centre
 1.00 pm – 3.00 pm

Tuesday 9 April
 Bairnsdale Library
 1.00 pm – 3.00 pm

Tuesday 9 April
 Mallacoota Service
 Centre
 10.00 am – 12.00 pm



EMERGENCY RESPONSE EXPO



Meet your local East Gippsland emergency response organisations.

Find out what they do, and how you can do it too.

Food, vehicle and equipment displays, demonstrations, and plenty of photo opportunities for the family!

Location: Howitt Park, Bairnsdale
 Time: 10am – 2pm
 Date: Saturday 23 March

For more information, contact
 Chloe Peters (03) 5153 9500
 or chloep@egipps.vic.gov.au



Plus more!

COMMUNITY EVENT
★ MOVIE NIGHT ★

WONKA



12TH APRIL 2024 **OUTDOOR MOVIE NIGHT**

PIZZA TRUCK - THE TRAVELLING SQUID - THE DOUGHSHACK - MELTING MOMENTS
AVAILABLE FOR PURCHASE AT OWN COST
GATES OPEN @ 5PM MOVIE @ 6.30PM



BRING YOUR OODIE'S, BLANKETS, CHAIRS, BEAN BAGS, AND SNUGGLE UP UNDER THE STARS AND ENJOY THE MOVIE.



0476 225 013 yowie@gippslandyouthspaces.org.au

Nowa Nowa Recreation Reserve
2092 Princes Hwy



GIPPSLAND YOUTH **Omeo Pump & Skills Track**



POP UP OUTREACH
VR, NINTENDO SWITCH, BOARD GAMES, SPORTS
ACTIVITIES ETC
11AM - 1PM
AGES 12 - 25

Pick up & return from Swifts Creek @ 10.30am
from General Store: Great Alpine Road
Bring your scooters or skateboards, don't forget helmet & safety gear

0476 225 013

6 CREEK ST, OMEO

[YOWIE@GIPPSLANDYOUTH.ORG.AU](mailto:yowie@gippslandyouth.org.au)





TEDDY BEAR HOSPITAL GOOD FRIDAY APPEAL





Melbourne Convention and Exhibition Centre (MCEC)



Friday, 29th March
2024 (Good Friday)





Book Tickets here

Select a 30 minute window for arrival between 9AM - 5PM

Bairnsdale Pony Club Inc.
AOO13201Y
Interschool
GYMKHANA
Racecourse Rd, Bairnsdale



WEDNESDAY 24th APRIL 2024
STARTING AT 8.30AM
ENTRIES CLOSE WEDNESDAY 17TH APRIL 2024

EVENTS: ALL ENTRANTS MUST COMPETE IN 6 EVENTS

- Event 1: Rider
- Event 2: Handy Mount
- Event 3: Pair of Riders
- Event 4: Show jumping – One Round Stakes (Art 238.2.1 – 40-90cm)
*****40cm nearest to time
- Event 5: Show jumping – Super Two Phase (Art 274.2 - 40-90cm)
*****40cm nearest to time
- Event 6: Show jumping – Beginner x-rails (nearest to time - ungraded pre/primary school only)
- Event 7: Games- Bending race
- Event 8: Games – Milk bottle race
- Event 9: Games – Golf ball race
- Event 10: Activity course

INDIVIDUALS OR TEAMS OF 3 OR 4 RIDERS
(Composite teams can be arranged)
Open to all P.C. & non-P.C. riders
Rules to be under P.C.V. Guidelines

This event will be run with separate teams, events & ribbons for Secondary & Primary/Pre-school students.

FULL CANTEEN FACILITIES AVAILABLE ALL DAY
CASH ONLY

Enquiries: Jan Bromwich: 0409524183 – Georgie Favaloro: 0427365255



April 2024
Holiday Program

Book via Try Booking

<https://www.trybooking.com/CNRXU>

Tues 9th, Wed 10th & Thur 11th
1hr Ninja - Gymnastics - Trampoline
Sessions for 5-12yrs
or
1hr Open Gym Sessions for 2yr-
6yrs & 5yr - 17yrs





BAIRNSDALE TENNIS CLUB

EASTER HOLIDAY TENNIS CAMP



Our holiday camps give junior Players the chance to improve their game while having lots of fun.

With our experienced and friendly coaches our camps will focus on improving all aspects of the game including; fitness, technique, tactical skills and match play.

Dates: Monday 8th April & Tuesday 9th April

Start: 9:30am & Finish 12:30pm

Cost: \$40 one day or \$75 for two days

For any enquiries or to book please
call Gavin McCoy: 0430221027
Email: gavinmccoctennis@outlook.com

FREE
ENTRY



FRIDAY 29 MARCH
10AM - 5PM

MELBOURNE CONVENTION AND EXHIBITION CENTRE

Melbourne's Favourite Family Fun Day!