



## LINDENOW PRIMARY SCHOOL & WOODGLEN CAMPUS

140 Henry Street, Lindenow 3865

Telephone 5157 1340 Mobile 0419 133 136

17th November 2022

NEWSLETTER NO. 35

### Principal's Message—Term 4, Week 7

#### **\*\*150th BOOK LAUNCH—This SATURDAY from 10.30am at Lindenow Hall\*\***

*All families are invited and encouraged to attend our 150th Book Launch this Saturday. Books will be for sale for \$30 each and finger food served after the official launch at 11.00am.*

*There will be plenty of photos on display and we look forward to hearing some stories from past and present students and staff. See you there!*

#### **Lindenow Lions Club HAM NIGHT**

One of our most important fundraisers of the year is coming up on *Monday 5th December* at the Lindenow Bowls Club. We will need to have 10 salads and 10 desserts donated from families to feed the hungry crowd. We will also need two or three people to assist serving and clearing from 6.00 – 8.00pm. Please fill in the attached form ASAP so we can continue organising the event. Any questions, please call the office.

#### **LEADERSHIP DAY—Friday 25th November**

I will be taking 14 of our school leaders on a leadership tour that will include a range of exciting challenges and tasks. This is aimed at building confidence, celebrating their leadership role and understanding more about how to become an effective and efficient leader. More information to come!

#### **SAVE THE DATE...**

- ♦ *GRADE 6 GRADUATION—Wednesday 14th December at 5.30pm in the Learning Centre*
- ♦ *END OF YEAR CELEBRATION—Thursday 15th December at 5.00pm on the Red Court*

I look forward to seeing lots of smiling faces at the book launch Saturday.

Mr Cairns

#### **JOKE OF THE WEEK.....**

**Where's the best place to find ham?**

**THE HAM-AZON!**

### **EVENTS CALENDAR**

#### **NOVEMBER**

Wednesday 16th 23rd & 30th—Prep Transitions  
Friday 18th—Jump Rope for Heart—Wear Red  
Saturday 19th—Lindenow PS 150th Book Launch  
Friday 25th—Leadership Day  
Tuesday 29th—Nagle Orientation Day

#### **DECEMBER**

Monday 5th—Ham Night  
Tuesday 6th—BSC Orientation Day  
Wednesday 14th—Grade 6 Graduation  
Thursday 15th—End of Year Celebration  
Friday 16th—Last day of School—No early Finish

## HAM NIGHT CATERING – MONDAY 5th DECEMBER

Salad & dessert size to be enough to feed 8-10 people.

Salad description .....

Dessert description .....

### I can help on the night

*You will be contacted personally with more information, thank you.*

Name.....

phone number.....



(examples only)



### 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](mailto:woodglenplaygroup@hotmail.com) or text 0427836274

#### Playgroup Dates 2022

Monday November 14th 9.30-11.30

December 2nd, 4pm onwards

Christmas break up session. Crafts and pizzas for dinner.



### LINDENOW PRIMARY SCHOOL 1120



### - Book Launch - Celebrating 150 Years

To commemorate this occasion we have published a book highlighting the history of Lindenow PS with a collection of stories, interesting anecdotes and memories from past students, teachers, staff etc. with a connection to LPS.

This community event is open to everyone. It will be a fantastic day with speeches, and a few stories from the past and the book will be available for purchase.

**Saturday, November 19th, 2022**  
**10.30am**  
**Lindenow Public Hall**

**Jump Rope for Heart has started!**

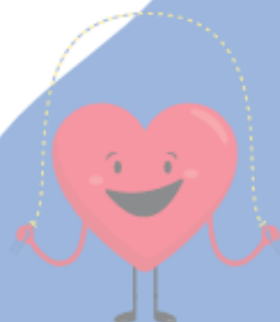
Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

This year is the 40<sup>th</sup> year of Jump Rope for Heart! To celebrate this milestone, we've got an audacious goal to see our student Heart Heroes at Lindenow to log 40 hours of skipping throughout the program!

[Register your child online](https://www.jump rope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.  
[www.jump rope.org.au/parents](https://www.jump rope.org.au/parents)

Students will be encouraged to skip during recess, lunch and at home. You can share their online fundraising page with family and friends to help raise money for this great cause. We will hold our school Jump Off Day on later in the term on the 18<sup>th</sup> of November, this will mark the end of the program and is a chance for everyone to come together to skip and show off their skills.

Thank you for supporting the Jump Rope for Heart program!





## KANGA CRICKETERS

Our students all played very well and the team showed a high level of good sportsmanship. They won three out of four games and missed out on moving onto state competition by a handful of runs. Well done.



### Open Invitation – Lawn Bowling

In recent years Lindenow Primary School students have been enjoying the experience of competitive and non-competitive lawn bowls tournaments for Grades 4-6 students.

This year, the opportunity for after school bowls sessions have become available for all LPS students in Term Four.

These sessions will be aimed at training opportunities for Grade 4/5 students that would like to compete in Term One of 2023, however all students are welcome to come and enjoy game that can be played by all ages.

All sessions will be on a Wednesday afternoon from 4:00pm – 5:00pm. Students will walk across from the school to the Lindenow Bowls Club with Amanda Stewart and Mr Collins.

The first session will be held on **Wednesday the 9<sup>th</sup> of November** and continue until the 7<sup>th</sup> of December. If any student from any grade at Lindenow Primary School would like to be involved in this fun after school activity, please notify the office of the days your child might like to attend.

Look forward to seeing LPS students getting out and enjoying a friendly game of Lawn Bowls!

Mr Collins & Amanda Stewart.



2018



2019



2021



2022

# Community Notices.....





## Wellbeing and Mental Health

Undertaking Sport and Life Training this year has proved to be the most valuable and important training we have ever committed to as a club.  
- Noel from Lindenow South FNC

This session is designed to give participants an understanding of anxiety and depression and provides them with positive mental health habits for life. It educates participants in how to have real conversations and aims to reduce the stigma that remains around mental health issues. Participants are encouraged to ask good questions of their friends and to be open and honest about how they are coping and gain a better understanding of support structures available. People who reveal that they are languishing are connected to people with capacity to ensure they receive follow up.

**TIME**  
6.30PM - 8.00PM  
**DATE**  
8th December 2022  
**LOCATION**  
In the Clubrooms

**PROUDLY FUNDED BY:**  
 **Bendigo Bank**



**For more information**  
[www.sportandlifetraining.com.au](http://www.sportandlifetraining.com.au)  
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[scott.angove@sportandlifetraining.com.au](mailto:scott.angove@sportandlifetraining.com.au)



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**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

## "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



## All Come Out to Play Children's Session

ALL come out to play! is a musical fun interactive program about Gender Equality

### An interactive program about Gender Equality

The All Come Out to Play session follows a day in the life of two children who have all kinds of adventures with their dad while their mum is off at work.

The session gives all the participating children the opportunity to show their nurturing, caring side, take some physical risks with a balancing activity and celebrate their different personalities through songs and dances.

This session is part of the East Gippsland 16 Days of Activism campaign for the elimination of violence against women.

Wed. 30 November  
Orbest Service Centre  
10.00 am - 11.00 am

Thur. 1 December  
Bairnsdale Library  
10.00 am - 11.00 am

Thur. 1 December  
Mallacoota  
Service Centre  
10.00 am - 11.00 am

Wed. 7 December  
Orbest Service Centre  
11.00 am - 12.00 pm

Thur. 8 December  
Lakes Entrance  
Service Centre  
10.00 am - 11.00 am

Fri. 9 December  
Paynesville Service Centre  
10.00 am - 11.00 am

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

Libraries  
Change Lives



## Join the JOEY RANGERS

Join Scouts Victoria and Parks Victoria for a combined Scouts and Junior Ranger program for 5-7 year olds at Bairnsdale Scout Group.

Enrol today for this four day program, to learn valuable life skills, foster independence, and experience Scouting at Bairnsdale Scout Group.

Activities will include bird watching, creating bird boxes, water bug discovery and more!

**The cost is free!**

The program will run from December 6-9, 4:30-5:30pm.  
Applications close on November 29.

Visit [scoutsvictoria.com.au/joeey-rangers](http://scoutsvictoria.com.au/joeey-rangers) to join.

Parks  
VICTORIA



### PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Come join online for interactive parenting sessions. Share ideas and feel supported. Free for all.

#### ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

#### DEALING WITH ANGER

Helping parents and kids deal with anger and frustration

#### RESPONDING TO BEHAVIOUR

Understand why children behave the way they do

#### STRATEGIES THAT WORK

How can parenting be easier and more fun!

**DAY:** Tuesday

**TIME:** 1pm - 2.30pm

**WHEN:** November 15, 22, 29 2022

**WHERE:** Online - FREE

**Register:** Via the QR code or link

INQUIRIES:  
Michelle Brown 0429174150  
Michelle.Brown@anglicarevic.org.au

<https://forms.office.com/r/WFGSNGXMT1>



PARENTZONE

[anglicarevic.org.au](http://anglicarevic.org.au)

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