



**Lindenow Primary
School & Woodglen
Campus**

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LINDENOW PRIMARY SCHOOL - NEWSLETTER #01

2nd February 2024



CALENDAR OF EVENTS

JANUARY

Monday 29th
Full Staff Back

Tuesday 30th
Students start at
School

FEBRUARY

Friday 3rd
NO LUNCH ORDERS

Tuesday 13th
Whole School
Swimming Carnival

Friday 16th
Book Club Orders
Due

Monday 19th
Questacon Incursion

Thursday 29th
Division Swimming
Sports

PRINCIPAL'S UPDATE

Welcome back to 2024 at LPS! It has been a wonderful start to the school year, and it is fantastic to see students settled, focused and organised.

HATS, HATS, HATS

All students need to be wearing a wide-brimmed hat while outside during term 1 and term 4. This is a major part of our sun smart policy and how we educate and remind students to be sun smart every day. Putting sunscreen on in the morning before getting to school is also a good strategy.

MOBILE PHONES

Our mobile policy remains the same as previous years. All students who choose or need to bring their phone to school MUST drop it off at the office and it will be safely stored and locked away until they leave for the day.

BUS SAFETY

All bus travellers went through a bus safety talk yesterday. It covered how the driver makes travel safe and what students can do to be safe bus travellers. They all received an information pamphlet and a ball. We look forward to all our students being respectful and responsible bus travellers.

CLASS EXPECTATIONS

This week, all classrooms have been organising their behaviour expectations relating to the school values, the 3 Rs. We see it as extremely important that families understand the expectations and behaviour management strategies implemented. Please have a read when they are sent home and direct any questions to your child's teacher.

FAMILY ASSISTANCE

We all understand that the long holiday period can sometimes not go perfectly for all families. If any student or family needs any form of assistance please come in and see myself, Mrs Byrne or your child's teacher. We have lots of option for our LPS families!

Have an awesome weekend!

Mr Cairns

Our Class of 2024

Our wonderful Grade 6 students received their Class of 2024 school tops this week. They were proudly presented with their tops by our Prep class.





SUPERVISION OF STUDENTS BEFORE AND AFTER SCHOOL

Lindenow Primary School & 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 run at school from 8.15 am to 8.45 am each day.

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

Community Notices.....



Carer Wellbeing Walking Retreat!

Tuesday 23 to Friday 26 April 2024

Would you like to take some time out to improve your wellbeing?

Join us for this Carer Wellbeing Retreat as we walk the Great Southern Rail Trail from Fish Creek to Port Welshpool over 4 days / 3 nights.

Open to carers who live in Gippsland and care for a person who meets the eligibility criteria under the Disability Services Act 1986.

We will be staying at Foster and making our way along the Great Southern Rail Trail from Fish Creek to finish on the shore at Port Welshpool.

We will walk 37.8 km in total, averaging 10 - 12 km per day, with a bus available for those who require a pickup along the way.

Morning meditation sessions will be offered, and afternoon wellbeing discussions facilitated, with each person developing a Wellbeing Plan.

Accommodation and food is paid for.

Interested?

Scan the QR code, give us a call on 1300 736 765 or email us at admin@icg.asn.au

Places finalised by Monday 4 March 2024



1300 736 765

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LINDENOW Wellbeing

★ Unlocking the power of sleep

★ PROMOTING HEALTH HABITS

Welcome to the first in a series of Children's Wellbeing articles prepared by our school Wellbeing team. We aim to bring you information and reminders about Children's Wellbeing over the next few newsletters. The aim for these articles is to help our students have the best possible start to the school year. This week we present to you some information on sleep. Do you know if your child is getting enough sleep?

★ WHY IS SLEEP IMPORTANT?

Sleep restores children physically. It helps them learn and remember things, and it boosts immunity. And sleep helps children grow. For example, children's bodies produce growth hormone when they're asleep. Children of all ages need to get enough sleep so they can play, learn and concentrate during the day.

Sleep at different ages

Babies, children and teenagers need different amounts of sleep. For example, as babies and children get older, the amount of sleep they need slowly decreases. Also, sleep patterns change as babies and children get older. For example, as babies get older, they begin to sleep less during the day and more at night.

★ TODDLERS & PRESCHOOLERS: WHEN AND HOW MUCH THEY SLEEP

Toddlers need 11-14 hours of sleep every 24 hours. Usually this is a sleep of 10-12 hours a night, and a nap of 1-2 hours during the day. Some toddlers aren't keen on going to bed at night. Often this is because they'd like to stay up with the family. This is the most common sleep problem reported by parents. It peaks around 18 months and improves with age. Less than 5% of 2-year-olds wake 3 or more times overnight.

Children aged 3-5 years need 10-13 hours of sleep a night. Some preschoolers might also have day naps that last for about an hour. When preschoolers get enough sleep overnight, they won't need these naps anymore.

★ SCHOOL AGE & TEENAGERS: WHEN AND HOW MUCH THEY SLEEP

Children aged 5-11 years need 9-11 hours of sleep a night. Children over 5 years of age rarely nap during the day. If your child often needs daytime naps, it's good to check they're getting enough sleep overnight. See your GP if you have concerns. Primary school-age children are usually tired after school and might look forward to bedtime from about 7.30 pm.

Children entering puberty generally need about 8-10 hours of sleep a night. Changes to the circadian rhythm during adolescence mean it's normal for teenagers to want to go to bed later at night – often around 11 pm or later – then get up later in the morning. Good daytime habits and sleep environment habits can help teenagers get enough sleep.

Did you know? Over 90% of adolescent children don't get the recommended amount of sleep on school nights. Getting enough good-quality sleep is important during this period, because sleep is vital for thinking, learning and concentration skills. Lack of sleep in these years has also been linked to mental health conditions like depression and anxiety.

Please see 'The Raising Children Network' @ raisingchildren.net.au 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 a brown paper bag and enclose the money. Lunch orders must be placed in the box on the Wy Yung building before 9.30 am. Thank you!

FARMERS HOME HOTEL