



**Lindenow Primary School  
& Woodglen Campus**

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## LINDENOW PRIMARY SCHOOL - NEWSLETTER #02 9<sup>TH</sup> FEBRUARY 2024



### CALENDAR OF EVENTS

#### FEBRUARY

- Tuesday 13<sup>th</sup>  
Whole School  
Swimming Carnival
- Friday 16<sup>th</sup>  
Book Club Orders  
Due
- Monday 19<sup>th</sup>  
Questacon IncurSION
- Monday 19<sup>th</sup>  
School Council  
Meeting
- Thursday 22<sup>nd</sup>  
Welcome BBQ
- Thursday 29<sup>th</sup>  
Division Swimming  
Sports - Qualified  
Students

### PRINCIPAL'S UPDATE

It has been wonderful having the chance to walk through and sit in everyone's classroom this week. Students are focussed and completing some challenging tasks, which is excellent. Keep up the good work everyone!

#### ASSEMBLY – Every Monday at 2.50pm

Our four school captains are excited, and slightly nervous, to be kicking off our student-led whole school assemblies next week. Parents and carers are always welcome to attend.

#### SWIMMING CARNIVAL – Tuesday 13<sup>th</sup> February

The excitement is building as our annual swimming carnival is just around the corner. All students will have the opportunity to enjoy novelty races and 50 metre stroke events. Make sure you wear your house colours, have appropriate swimwear, and have everything you need to be sun smart. May the best house win!

#### SCHOOL COUNCIL NOMINATIONS

If you or any other parents are interested in joining our school council, please fill in the nomination form on page 2. We only meet twice a term and work as an efficient group every meeting. This is your chance to have a say in decisions made at LPS.

#### WELCOME BBQ – Thursday 22<sup>nd</sup> February

Our annual welcome event is only two weeks away. There will be classroom information sessions, sausages on the barbeque and a wonderful performance to top off the night. More information to come!

#### PARENT-TEACHER INTERVIEWS

Due to declining numbers of parents attending parent-teacher interviews, this term we will be altering the format to try and make this a more valuable catch-up for parents, students and teachers. Stay tuned for more!

#### 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.

Enjoy a weekend full of fun and laughter!

Mr Cairns

## School Council Nominations

### Form 2: Notice of Election and Call for Nominations

An election is to be conducted for members of the school council of

#### ***Lindenow Primary School***

Nomination forms may be obtained from the school by contacting our office at 5157 1340, [Lindenow.ps@education.vic.gov.au](mailto:Lindenow.ps@education.vic.gov.au) or in person and it must be lodged at the schools' office by **4.00 pm on Friday 16<sup>th</sup> February 2024**.

The ballot will close at **4.00 pm on the 5<sup>th</sup> of March 2024**.

Following the closing of nominations, a list of the nominations received will be posted at the school.

The terms of office, membership categories and the number of positions in each membership category open for election are as follows:

MEMBERSHIP CATEGORY	TERM OF OFFICE	NUMBER OF POSITIONS:
Parent member	From the day after the date of the declaration of the poll in 2024 to and inclusive of the date of the declaration of the poll in 2025	4
School member employee	From the day after the date of the declaration of the poll in 2024 to and inclusive of the date of the declaration of the poll in 2025	1
School Members Community	From the day after the date of the declaration of the poll in 2024 to and inclusive of the date of the declaration of the poll in 2025	2

Following the closing of nominations, a list of the nominations received will be posted at the school.

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

***Mr Adam Cairns***

Principal

# ***STOP! PLEASE READ....***

The first meeting for the Lindenow and District Catering Committee is coming up and we need new members.

Come along to our first meeting next **Tuesday, Feb 13th, at 7 pm at Lindenow Primary School** admin building.

Ever thought about volunteering but you're worried about the long-term commitment? Then this is the committee for you! We'll have fortnightly meetings this term (5 or 6 in total) and be done and dusted by the time term 2 rolls around! Get as involved as you want, our only task is to prepare and organize the catering shed for the East Gippsland Field days. We divide the profits equally between the three groups involved- Lindenow Primary School, Lindenow and District Preschool, and the Meerlieu Community Group. Please come along and help make this year a success.

See you there!



## **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

# PE NEWS

Our Phys Ed program is up and running again for 2024 and your child's Phys Ed class will be as follows:

Grades 3 & 4 every Monday

Grades 5 & 6 every Monday

Grades Prep, 1 & 2 every Tuesday

To allow your children to get the most out of our Phys Ed program it is important that students come to school prepared for physical activity on the day of their Phys Ed class. This means that all students require broad-brimmed hats during terms one and four, a drink bottle with water means students can have a quick drink and join straight back in when they get thirsty. Students also need to be correctly attired in clothes that allow them to run, jump, kick, throw, etc. School uniform is great for this but a problem can often occur when students wear footwear that is not conducive to running around. Obviously, from time to time a student may be ill or carrying an injury which makes physical activity difficult, and if this is the case then a simple signed note from home asking for them to be excused from Phys Ed activities is required.

## Individual Trials for State Sporting Selection

We are on the lookout for any of our students who may be considered elite athletes in their chosen field. There will be trials held over the next couple of months to select students to represent Victoria in cricket, basketball, football, soccer, and netball. Nominations for these trials close on Friday 1<sup>st</sup> March. There will also be opportunities to represent our school in tennis and golf.

If your child would like to try out for any of these sports please contact me at school. Students trialing for the Big 5 sports of cricket, basketball, football, netball, and soccer must be considered to be elite in their chosen sport and if chosen will need to be available regularly for training in Melbourne as well as to travel interstate for the competitions. Students will be expected to be able to commit to being at all training sessions and to cover the cost of their travel.

The first levels of competition for Tennis and Golf are held locally and details for entering these are available by contacting me at school.

MR Nick O'Brien

Sports Co-Ordinator

Lindenow Primary School



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

Places finalised by Monday 4 March 2024



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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# LINDENOW Wellbeing

## ★ Screen time and digital wellbeing

### ★ SCREEN TIME: PART OF A HEALTHY LIFESTYLE

Screen time and digital technology use can be part of a healthy lifestyle when they're balanced with other activities that are good for your child's development. These activities include physical play, outdoor play, creative play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep. These tips can help you encourage your child to use digital technology in balanced and healthy ways.

### ★ WHAT ARE THE SCREEN TIME GUIDELINES?

The Australian Institute of Family Studies (AIFS), a Melbourne-based Australian Government agency has set the following guidelines to ensure children's development, health and wellbeing.

**0-2 years old: No screen time.**

**0-5 Years old: No more than one hour per day.**

**5-17 Years old: No more than two hours of sedentary recreational screen time per day.**

## ★ KEEPING CHILDREN SAFE ONLINE

There can be risks when children are online. If left unsupervised, children may be at risk of danger or seeing inappropriate content. **These are the current recommendations from the Victorian Police.** Be aware of who your child talks to online. If they aren't friends in person, ask your child how they know them. Be aware of the social media your child uses. Review any posts they make, and who they are messaging. Talk to your child about the dangers of sharing personal information and images online (including intimate images). **Ensure your child uses computers and devices in shared areas of your home.** If your child becomes worried about someone they've met online, ensure they stop contact immediately. **Ensure all children's devices and accounts are secure for children.** **\*\*\*Set the devices your child uses up for privacy and online safety by:** Using parental controls on computers, phones and other devices. Parental controls can help monitor and control screen time, and access to online content. Enabling safe search settings on browsers, search engines, applications (apps) and YouTube. Selecting the highest privacy settings on any social media accounts your child uses.

## ★ MAKE RULES ABOUT SCREEN TIME AND DIGITAL TECHNOLOGY USE

You can help your child balance screen time and digital technology use with other activities. One of the best ways to do this is by working together on **family rules**

Your family's rules might cover:

- **Where** your child can use digital technology – for example, only in family rooms and not in the bedroom.
- **When** your child can use digital technology – for example, mealtimes are free of TV, computers and phones, or no screens before school or until chores are finished
- **How** your child can use digital technology – for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush
- **How** you handle digital technology use for children of different ages – for example, there might be some games that your older child can play only when their younger sibling is out or has gone to bed
- **How** your child can stay safe online – for example, by letting you know if they come across upsetting and inappropriate content, or by checking privacy and location settings and personal data safety.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity.

**Did you know?** It is not a crime for children under 13 to use social media networks (like Snapchat, TikTok, Instagram, Pinterest) but it is a violation of terms and conditions. Children who lie about their age to access these networks can also be vulnerable to contact from predators and online bullying.

# 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





# FUN IS FULL SWING IN

LINDENOW STH GLENALADALE POP-UP  
BLAST COMMENCING 19TH FEBRUARY 430-  
530PM AT LINDENOW SOUTH OVAL  
SCAN QR CODE TO REGISTER!



Sign up Today!

[Play Cricket](#)

PROUDLY  
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## Woodglen Playgroup 2024

Welcome to Woodglen Playgroup for 2024. 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 will send out a new timetable in the school holidays prior to the new term with the dates and some activities that will run too. 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 in February!

*Blair Wassink*

**CONTACT DETAILS : [woodglenplaygroup@gmail.com](mailto:woodglenplaygroup@gmail.com) OR 0488692120**

Month	Date
February	19th—Water play
March	18th—Easter Activities