

Community Newsletter

Week 3, Term 1 2020



From the Principal's Desk

Welcome back to the 2020 school year. Welcome also to our new families and new staff members Mrs Lee, Miss Watson and Mr Baty. Last Friday, I had the pleasure to meet new families at a welcome morning tea. It was an opportune time for first timers to be introduced to members of the School Board, P&C and Fathering Project at the gathering. I urge all new and existing parents to support our initiatives of community engagement here at Lakelands PS.

As parents, carers and educators we all want what is best for our children and a key indicator for student success is the extent to which families encourage learning at home and involve themselves in their child's education.

Congratulations parents and carers for the way you prepared you children for the return of the school year. Your high level of preparedness has allowed our teachers to hit the ground running and this has resulted in a smooth start for 2020. Having our children ready for school means that they are at school on time and this means between 8:20am-8:30am. The school gates open at 8:20am so what we don't want is students at the gates at 7:40am, as the students are unsupervised at this time and have arrived way too early.

Regular attendance at school is also very important for your child's academic success. *Did you know in 2019 there was 1450 days lost to families taking holidays during the school term?* This is huge amount of days and has impacted negatively on the school's attendance rate compared to *like* schools. While I acknowledge those Bali flights can be very cheap during the term, students are unwell, days off for birthdays and seeing dad off at the airport as he goes to work, they all add up and will have a negative impact on your child's academic progress. It's not ok to stay away! Hopefully we can educate our community and increase our regular attendance rate so that our students can strive to reach their potential.

Lakelands staff spent two days engaged in professional learning before the students started. On Thursday, 30 January, Mindful Meditation Australia conducted a course with our staff on the brain science behind meditation and the benefits of being mindful for ourselves and our students. On Friday, 31 January Behaviour Tonics inducted staff on the 123 Magic & Emotional coaching behaviour

management approach. It is our intention to offer both the Mindful Meditation and 123 Magic courses to parents as an evening event sometime in the first part of this year.

Our parent information sessions have been well attended, and the messages of the school/home partnership, academic behaviours and pastoral initiatives all aimed at providing the right environment for our students to thrive have been well received. I'd like to acknowledge the dedication of the class teachers in preparing for these information sessions.

Hopefully families recognised that our class stationery lists were a lot cheaper than they were last year. This was a conscious effort to make the book lists more affordable by only having the necessary items to start the year with. Parents/Carers may also have noticed the Voluntary Contribution amount of \$54 per child for the year if you pay before the end of Term 1 and \$60 after that. That equates to a cost of \$1.35 per week. While these contributions are voluntary the extra funds we collect from families go towards updating technology, books in the Library and resources for your child's education. At Lakelands PS last year only 34% of families paid their voluntary contribution. ***Have you paid your voluntary contributions yet?***

Our next School Board meeting will be held on Tuesday, 17 March at 6pm. Our School Board meetings are open to the community and if you are interested in coming along to see what happens please RSVP at the front office. Meetings last no longer than 90 minutes and board members stay behind for a light supper after the meetings. We are all very excited to be back into the swing of things and there is a wonderful array of school events this term. We have already had the new families welcome morning tea, although we didn't have a lot of new families attend, it was a nice welcome for them. Coming up we have the P&C AGM, Cyber safety parent information sessions, School Board meeting, Summer Carnival and School Photos to look forward to. I look forward to seeing as many of you as possible throughout the term and on behalf of the staff at Lakelands and the School Board, wish you and particularly your children a bountiful 2020.

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Leadership Team

Introducing our 2020 Student Leadership Team
The student leadership team were elected in Term 4 2019. We would like to introduce and welcome the following students as School Councillors; Chloe, Annabelle, Tane, Cruz, Flynn and Madi. Special congratulations also to Mackenzie and Jaxon who have been elected to represent Lakelands Primary School on Mandurah Junior Council this year. We are hoping to have the first ever Lakelands Primary School Junior Mayor this year!

The first job for our Student Leadership Team is begin fundraising for the Year 6 camp which will be taking place in Term 3. The first fundraiser will begin over the coming weeks, student councillors will be selling raffle tickets at school on Monday, Wednesday and Friday mornings for the Mandurah Rotary Duck Race which takes place on 11 April 2019 at Mandurah Foreshore. Buy a \$5 ticket and watch up to 10,000 plastic ducks race for your chance to win:

- 1st prize: \$13,990 Motor Vehicle
- 2nd prize: \$2,000 Diamond Setting
- 3rd prize: \$700 Freedom Proangler 10 Kayak, paddle & seat



Ride2School Day

Friday, 13 March 2020 marks the thirteenth National Ride2School Day, where over 250,000 Australian children will ride and walk to school. It is a day about celebrating riding and walking and encouraging everyone to give it a go!

At Lakelands Primary School we support Active Transport, which includes riding, walking, scoot or skating to school.

To help celebrate this day Lakelands Primary will be holding a dress up your bike day. Students are encouraged to dress up their bikes and ride to school on this day. Please ensure that on the day your child's name and classroom number is clearly marked somewhere on their bike. All bikes and scooters will be judged and prizes will be awarded to the best looking bikes.

Chaplain's Chat

Welcome back to 2020! I hope you enjoyed time off with the kids! The "Wellbeing" Centre in the school is open, and you are always welcome to pop in, or make an appointment to see me. The Chaplaincy service is here to "support" families, students & staff. There are many services in Mandurah available to families for extra support. We also have bread available to families struggling to make lunches for their kids. If that is you, please contact me and we can support you with extra bread. This is a confidential service. I look forward to catching up with you.

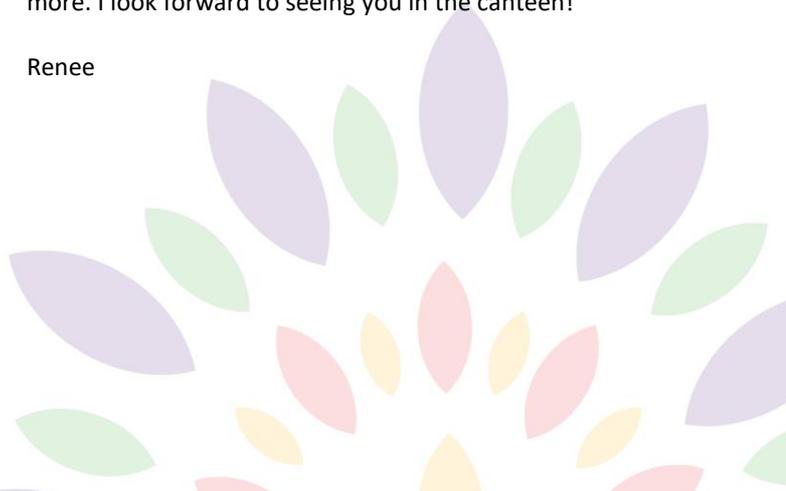
Kelly Waldeck

Canteen

Hi everyone, welcome to 2020! This year is seeing some new changes with an early lunch and late recess and this has meant a small change to online ordering – the new cutoff time for Quickcliq is now 8.30am. The canteen window is still available in the mornings for over the counter ordering until 8.45am. Slushies, Paddle Pops and Icy Poles will only be available at afternoon recess so if you've ordered any of these, they can be collected from the canteen window at that time.

We have lots of healthy options available including salads – Sweet Chilli Chicken, Caesar, Tuna, Egg. We have wraps/rolls/sandwiches with your choice of fillings and more. I look forward to seeing you in the canteen!

Renee



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Medical Information

Students who are identified as having a specific medical diagnosis including: asthma, anaphylaxis, allergies or seizures are required to have a current medical plan in place, with all medications accounted for and in date. This is imperative in assisting staff when caring for your child. Each plan is required to be completed each 12 months to ensure the most up-to-date information is on hand.

As your child brings home their medical plan to be updated, please have your doctor sign the plan and return as soon as possible with any required medications, so we can continue to support your child as needed. Without a current plan and medication this can be challenging. We appreciate your support with this.

School Banking

School banking is every Thursday morning before school in the undercover area. There are no fees involved. It's a great way to teach your children about money and savings.

Physical Education

We have exciting news this year! Lakelands PS has joined Singleton PS, Meadow Springs PS and Oakwood PS to form a new Physical Education Coastal School Sports Association (CSSA). We are only small with big plans to grow in the future with new schools being built around our area. What does this mean for our school? We are able to compete in a larger number of sports at an interschool level. Our first competition is the Summer Carnival held at Coastal Lakes College in week 9 of this term. Students in Years 5 and 6 have chosen a sport out of cricket, league tag, tee ball and basketball to train and compete in this term.

The next inter school competition is the Winter Carnival in Term 2 week 9. The sports students in Years 5 and 6 will be able to compete in are AFL, soccer, Netball and volleyball. We will still compete in inter school cross country and inter school athletics with students from Years 3 to 6 eligible to participate. Watch this space!

Wellbeing Team

Inspiring Growth Through Positivity

Check out our new Positivity Panels in the Block 4 student toilets! As part of our Inspiring Growth Through Positivity project, the Lakelands Wellbeing Team chose quotes and pattern ideas to brighten up our student toilets and promote positivity. Suzi Bird, one of our parents and a fabulous artist, then took the ideas and turned them into these stunning hand painted panels. The students love them and their colourful message is a brilliant daily reminder of positivity.

More good news... we applied and won an Alcoa community grant to have similar boards created and installed throughout the other toilets over the coming year. Watch this Space!



Oakwood Dental

We have sent out Dental registration forms for Pre Primary students and any new students to the school, if I have missed anyone please ask them to call 9586 7622 or pop into the Dental Clinic at Oakwood Primary School to register. We will collect the forms from your school once they have been handed back in. We will be open full time from Monday, 17 February with our new Area Dental Therapist, Candice Blakeney.

A note from the Community Health Nurse

My name is Philippa Sgro and I am the Community Health Nurse who visits your school. Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment Program.

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Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential. If you have a concern about your child's health or development, please contact me on 0406 3030 709

School Photos

Our school photo's will take place in Week 5, 3-5 March. Approximately two weeks prior to the photo day every student will receive a Kapture Photography personalised flyer to bring home. The only method of ordering your photos is online through the Kapture website as your payment is secure and can be easily verified at any time.



Sibling orders can ONLY be placed online. Late requests cannot be granted.

You have the option to order a sibling photo package online, however please note **sibling orders will close in most instances at 12-midday sharp, one business day before the first photo date.** We suggest you place your sibling order as soon as you receive your flyer with your order instructions as places are limited.

Log on to kapture.com.au for your sibling photo order cut-off date and time.

You can place an order online for class or individual photographs at any time for the remainder of the current school year. However, a \$20 fee will apply if you order more than 10 days after photography.

If your child is in a sports or special group photo, you can use the same school code on your information flyer to view and order these photos on the Kapture website, around the time that school photos are ready to be delivered. Please note class groups, individual and sibling portraits are not available to view online prior to purchase.

Kapture offer a money back guarantee for any parent who is not fully satisfied with their photo package. Should you have any queries before or after photo day, please direct

them to the Kapture office on 9240 1714 or email enquiries@kapture.com.au.

*All students will be photographed individually on photo day for school administration records AS WELL as included in their class group photo available for purchase to all families. Should there be any reason why your child should **NOT** be*

included in the photo shoot –please contact the school office.

Bring your ring pulls, bread clips, bottle lids, plastic cool drink bottles and ink cartridges to the Science Room

RECYCLING MATTERS AT LPS

School only
PAPER

Crunch&Sip®

Re-fuel with Crunch&Sip®

Participating in the Crunch&Sip® program is an easy way to help your kids stay healthy and happy!

Crunch&Sip® is a set break during the school day for kids to munch on vegetables or fruit brought from home and rehydrate with water. This gives students the chance to re-fuel, assisting physical and mental performance in the classroom.

While primary school aged children in WA are doing a great job of eating enough fruit, only 1 in 6 are getting enough vegetables! Why not pack some fresh vegetables for Crunch&Sip® today such as carrot, celery, snow peas, broccoli, cauliflower, cherry tomatoes or cucumber?



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Lakelands
PRIMARY SCHOOL



the *Carly Ryan* foundation.

Parent Online Safety Presentation

Presented by Sonya Ryan, CEO

Lakelands Primary School

Wednesday 18th March
6.30pm

1 Cowana Parkway, Lakelands WA

The presentation explores

- Online Safety
- Opportunities vs risks
- Privacy settings
- Awareness
- Managing self
- Emotional intelligence
- Resilience
- Critical thinking
- Understanding the law
- Image based abuse
- Respectful relationships
- Communication
- Practical guidance
- Connection to support services

EFTPOS AVAILABLE FOR TAX DEDUCTIBLE DONATIONS

carlyryanfoundation.com

Creating a positive experience online for all Australian families.



Government of Western Australia
Child and Adolescent Health Service



Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

Who is this program for?
Parents, carers and/or grandparents of a child aged between 3 and 8 years.

What is involved?

- Seminar Series – 90-minute talks on:
 - children's behaviour
 - the tough part of parenting
 - raising confident children
 - raising emotionally resilient children.
- Discussion Group – small, 2-hour groups:
 - misbehaving
 - fighting and aggression
 - hassle-free shopping with children.
- Group Triple P – 8-week parenting course.



Program details:	
Type:	Seminar Series 1 - The Power of Positive Parenting
Place:	Lakelands Library & Community Centre
Date/s:	Monday 24 February 2020 (1 day only)
Time:	9.30 am to 11.30 am
Cost:	FREE

How do I book?
Visit www.healthywa.wa.gov.au/parentgroups.
If unable to book online, contact the Child Health Booking System on 1300 749 869.

Childcare: Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

Visit www.healthywa.wa.gov.au/parentgroups for more information.

This document can be made available in alternative formats on request for a person with a disability.

4 DADS

Term 1, 2020 Toolbox

Dads and Kids Breakfast Club Feel free to drop in for a fun morning with activities for you and your children. Meet other dads and enjoy a free breakfast and a coffee. When: 9.30am-11.30am Fortnightly Saturdays 2, 22 Feb, 7, 21 Mar, 4, 18 Apr Where: Child & Parent Centre 3 Kooljack St, Dudley Park No cost, breakfast included	Dads Supporting Dads An open drop-in group where fathers can chat about taking care of themselves and their family over a relaxed bbq with like-minded men. First Tuesday of every month. When: 6.30-8.30pm 4 Feb, 3 Mar, 7 Apr Where: 21 George St, Mandurah No cost, BBQ meal included
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Tuning into Teens
Raising teenagers is a challenge!
Here is a 6 session parenting program to boost parent-teen connection. For parents of teens aged 10-16 years old (*musms welcome).
When: 6.30pm-8.30pm
Thursdays 27 Feb, 5, 12, 19, 26 Mar, 2 Apr
Where: 21 George St, Mandurah
No cost, please call to register.

Book a Dads one-on-one session Tuesday, Wednesday or Thursday at no cost. Located at 21 George Street, Mandurah.
Call 61640619 or email 4families.mandurah@relationships.wa.org.au

Relationships Australia
WESTERN AUSTRALIA
4Dads is funded by the Australian Government Department of Social Services



Let's Get Neighbourly in Meadow Springs!



Bring your neighbours together for a fun gathering with support to make it happen!

Join our FREE workshops to find out more

Together we can create a safer, happier and more connected community

All welcome

Workshop Series

Wednesday 26 February & Wednesday 4 March
6.30 pm - 8.30 pm

Meadow Springs Sports Facility, Oakmont Avenue, Meadow Springs

Refreshments Provided

To secure your place, call Nick on 0419 777 712 or email nick.benson@mandurah.wa.gov.au with your contact details, dietary requirements.



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Lakelands
PRIMARY SCHOOL

HOCKEY

FREE COME & TRY DAY

22ND FEB 2020 | 4PM - 6PM

All Ages Welcome

FREE Session

All Equipment Supplied

Ever wanted to try Hockey?

This is a fun afternoon session where you can get a taste of what the sport is about, have a try and see if you enjoy it.

Where is it Held?

The Sporting Globe Stadium
(Mandurah Hockey Stadium)
Fuchsia Court, Halls Head

book online at: peelhockey.com.au/try

Junior Competitions	Senior Competitions
School Years 1 to 4 - HookIn2Hockey	Senior Mens Comp
School Years 5 to 6 - J5-6 Comp	Senior Womens Comp
School Years 7 to 9 - J7-9 Comp	Social 7's Comp (Mixed)
School Years 10 to 12 - J10-12 Comp	

PEEL HOCKEY For more information visit www.peelhockey.com.au



ALCOA Department of Local Government, Sport and Cultural Industries THE SPORTING GLOBE™ 1977-2017 Bendigo Bank HOOKIN2 HOCKEY

