

# Community Newsletter

Week 9, Term 2 2020



## From the Principal's Desk

As we leap out of phase 2 into phase 3 lifting of COVID-19 restrictions we are approaching the school holidays and we will be finally allowed to travel more broadly throughout our amazing state, maybe enjoying some warmer weather up north. To those Lakelands families' safe travels. To all our parent/carer community, thank you for the way you have been respecting the Covid-19 restrictions. While it is great to have you back on school site, parents are asked to remain outside of the classes unless attending a prearranged meeting.

During my back gate duties in the morning and afternoon I have enjoyed talking to parents and getting to learn even more student names. Cars using the back kiss and drive along Catalina Dr over the past 8 weeks have been using it very effectively with the earlier opening time and the traffic is flowing as expected when motorists follow the road rules. Please be aware there is ***NO kiss and drive at the front of the school along Cawana Parkway*** and parents are not permitted to park in the staff carpark adjacent to the big Tuart tree at the front of the school.

Parents/Carers commenting on the Residents of Lakelands Community Facebook page about perceived parking issues have never approached me personally to enquire about parking conditions/solutions or even bothered to gain an understanding of what we are putting in place as a school to create a safe environment for our students at pick up and drop off times. Comments on this Facebook page are ill-informed and a whinge that does nothing to promote change. We are attempting to address the traffic congestion but we do rely on motorist following the road rules to begin with.

Enough of my rant now for something positive. In recent enrolment interviews with new families over the past two weeks I have had the privilege of offering guided tours of our school's facilities. Touring through classrooms, art and science room, school garden, library, Wellness centre, technology centre, canteen, sporting facilities, before and after school service and playgrounds the new parents are very complimentary about what they have seen of Lakelands PS and are excited that their decision to make the move to Lakelands PS half way through the year is

justified. This is a proud moment for me as the Principal of Lakelands PS.



Year 2 students making their own reading pod.

The human analogue clock. An innovative way TB5.3 are teaching the concept of time. I had to investigate when I saw



so many students lying down during class.



## Outdoor classroom addition

This week we have added seating to our outdoor classroom to enable the area to be better accessed for the purposes of

Waste wise activities and outdoor learning. Soon there will be a shed installed to house the equipment students will use to maintain and propagate our garden. Exciting times ahead for our waste wise team.

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Week 9, Term 2 2020



## Defibrillator located at the front of the school



Thanks to a collaborative effort from our P&C, St. Johns and Mrs Muir we are now able to unveil our new community accessible

defibrillator that is located on the outside of the Administration building. The school is also registered on the St Johns First Responder App should someone at the school or within our community need it. Fingers crossed that we don't have to use it.

## Cross Country

This year's event will be held on the school grounds on Wednesday, 24 June 2020 (Years 3 and 4) and Friday, 26 June 2020 (Years 5 and 6) starting at 2pm.

Due to COVID-19 restrictions of 100 parents allowed on school grounds during events, parents and carers are encouraged to watch the race from outside the school fence along the course route. If this number is increased between now and the race date, we can reconsider having parents onsite for this event.

Each student needs to bring a hat, water, sneakers and, an asthma puffer if needed. Students must wear their school uniform including their hat and sunscreen on the day so they are recognizable to staff.

## School Board

It was so lovely being able to meet with the board again and great to see a new face, Kathryn White. Thank you to all members for attending and for making it an engaging interactive meeting. Some items discussed were the business plan, the new moral purpose statement and we analysed all the survey results that staff, students and families participated in. The overall results were very pleasing. It's so wonderful to be part of this great school. If anyone would like more information or is interested in attending our future meetings, please don't hesitate to contact myself or Brad Mitchell.

## Lost Property

Our lost property box is full of school jackets at the moment, if your child is missing their jacket, please check the box in our undercover area.

## Kindergarten Enrolments 2021

Our Kindergarten Enrolments for 2021 are now open. Please go to our website for the relevant forms to download and return to the office by email ([Lakelands.PS@education.wa.edu.au](mailto:Lakelands.PS@education.wa.edu.au)) or mail box. <http://www.lakelandsps.wa.edu.au/.../enrol.../enrolment-process/>

## P & C News

Welcome to Week 9 of Term 2. I hope everyone has enjoyed being back at school this term and are looking forward to the upcoming holidays. The P&C have been working away in the background coming up with some great events for next term. We are also very excited to share that we were successful in our St John's Heart Grant application. Located outside the Admin building is a community accessible defibrillator. We are registered on the St John's First Responder App if anyone in our community or school needs it. We hope we won't need to use it.

## Free Dress day

On the last day of term, Friday, 3 July, all students are welcome to come in free dress for a gold coin donation. Unfortunately, due to ongoing restrictions we will not be holding our sausage sizzle. Please give your gold coin donation to your teacher in the morning and someone from the P & C will collect them.

## Carpark Raffle

Term 3's carpark raffle will be drawn on Friday, 3 July at 2.30pm. The winner will be announced on the school Facebook page and will also be notified via call or email. Please have all entries in by Thursday, 2 July. Tickets are 50 cents each. Remember you have to be in it to win it. Good Luck to everyone.

## Billy G's Cookie Dough

Thank you to everyone who has participated in our cookie dough fundraiser. To date we have sold a whopping 954 tubs. We have 2 incredible students at the top of our leader board with over 100 tubs between them. All orders close Friday, 26 June and all money for the cash tubs also

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Week 9, Term 2 2020



needs to be handed in by Friday, 26 June. Prizes need to be ordered by 28 June. Please note we need to have all prizes ordered by the cut-off date as we collect them with the dough orders. The P&C will post a notice on the School Facebook page to arrange collection.

## School Banking

Unfortunately, we don't have any news on when we can start back with school banking. Thank you for all your patience we really appreciate it, as soon as we receive any information we will post it on the schools Facebook page.

## Discount Card

For only \$10 you can save \$100 by purchasing the 2020 Lakelands Primary School Discount Card from the office. There are currently 54 local businesses offering discounts to card holders. There is something for everyone including beauty and hair services, driving lessons, web design and many more. It's great value and available to everyone.

## Scholastics

The fourth issue of the book club is now closed. You can still view and order books online [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP).

## Meetings

Our next meeting will be held on Wednesday, 24 June at 8.45am in the Staffroom, light refreshments provided. Everyone is welcome.

I hope you all have a safe and enjoyable holiday break. Please stay safe and we look forward to seeing you all back for Term 3.

Emma-Lee Whybrow  
[Emmaleewhybrow2019@outlook.com](mailto:Emmaleewhybrow2019@outlook.com)

## Animal Fun - Module One



### Balance and Strength

The activities in this module focus on developing static and dynamic balance, strengthening muscles and climbing skills.

**Static Balance** is required when a child needs to maintain balance in a stationary position such as standing in line, sitting at a desk or sitting on the mat. These everyday tasks in any classroom require a child to have good core strength and the ability to balance their body in a given position. Children with poor balance may be seen to slouch over their desks, flop and fidget when on the mat and bump into others when lining up.

**Dynamic Balance** is required when moving. The ability to correct their bodies when becoming unbalanced is important to prevent injury. Unbalanced movements can lead to a lack of confidence in attempting more complex tasks. Children with poor dynamic balance are often seen as clumsy or accident prone.

**Strong leg muscles** are essential for every day health and fitness. They allow a child to walk, run, skip, hop and kick. All of these movements form the basis for many sports and games but most importantly allow a child to enjoy being active.

A competent **climber** has strong arm muscles, good motor planning skills, balance and coordination. Climbing is important for young children as it allows them to participate fully in a range of playground games and encourages vigorous activity which is a good way of using/spending energy.

**Personal Best:** Time your child and members of your family to see who can balance on one leg the longest (Flamingo). Practice a few times over several days and watch how quickly balance can improve! Record your results here in the table.



### Dog Scratching

**Resources:** Enough space for the children to be able to crawl around easily on a comfortable surface.

**Starting Position:**

Children on their hands and knees in a crawling position; tummy tucked in (ask them to pull their belly buttons in, but not hold their breath)



**Movement:**

Ask the children to crawl forwards using opposite arm/leg movement, i.e. right arm/left leg, left arm/right leg. Ask them to slow pant while crawling. After about 4 paces, ask them to stop and scratch their tummy with their (L) front paw. Crawl forwards again, then scratch with the (R) front paw.



**Extras:**

This would work well with the other dog activities.



**Critical Point:**

Legs and one arm stay on surface when other arm is lifted for scratching.

**Module 1: Medium**

### Forest

**Resources:** None

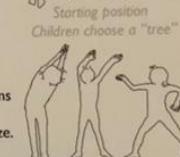
**Starting Position:**

Children face in various directions. Choose which type of tree they want to be.



**Movement:**

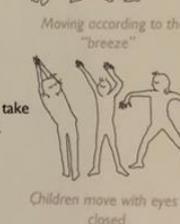
Gum Tree (Feet apart, arms spread).  
Pine Tree (Feet together, arms up, palms together).  
Moreton Bay Fig (Feet wide apart, arms wide).  
Children move according to the breeze. No breeze, slight breeze, stormy.



**Extras:**

Night time in the forest. Children close eyes.

**Critical Point:** Children need to take care not to knock other trees over.



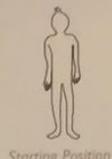
**Module 1: Easy**

### Flamingo

**Resources:** A flat firm floor surface.

**Starting Position:**

Children stand with arms by their sides and feet flat on the ground.



**Movement:**

Ask the children to stand on their (R) leg and use their arms for balance. Then ask them to stand on their (R) leg with the (L) foot placed against the knee of the (R) leg and use their arms for balance. Then ask them to place their hands on their hips. Swap to stand on the (L) leg.



**Extras:**

Change the floor surface to softfall, grass or soft sand.



**Critical Point:**

Keep hands on hips.



**Module 1: Difficult**

Date	Name	Time Left leg	Time Right Leg	

Thank you for taking the time to learn about this exciting program. I hope you give these activities a go with your children. Module two will be in our next Newsletter.

Jodie Burrage  
Animal Fun Coordinator  
On behalf of the ECE team.

# Community Newsletter

Week 9, Term 2 2020



**Lakelands**  
PRIMARY SCHOOL



**Mandurah Scouts invite all youth ages 6 & 7 to begin their Scouting Adventure with us.**

We offer a youth led program that mixes outdoor adventure with games and Indoor learning projects.

Youth are empowered to make discoveries and learn life skills. They are encouraged to act co-operatively and respectfully towards fellow Scouts and Leaders and to try new things. Scouting builds confidence, resilience, perseverance and tolerance in an atmosphere of adventure, fun and friendship. Let your child be part of an experience that will last a lifetime.

For more information contact us via email at [gl.mandurah@scoutswa.com.au](mailto:gl.mandurah@scoutswa.com.au) or through the Facebook page 'Mandurah Scout Group'.



**Jump into Joey!**  
For Fun & Friendship

Joey's meet 5.30pm-6.30pm  
Wednesdays during the school term  
at the Coedrup mall, Wanjassa St,  
Coedrup. All are welcome and you  
can come and try for the first 4  
weeks for free!

**Crunch&Sip®**

**What foods can I pack for Crunch&Sip®?**

**Allowed**

**Vegetables**  
✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

**Fruit**  
✓ All fresh fruit (eg whole fruits, chopped melon etc.)  
✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)  
✓ Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

**Water**  
✓ Only plain water

**Not Allowed**

**Drinks**  
✗ Any drinks other than plain water including fruit or vegetable juice, fruit juice drink, fruit cordial, mineral waters, carbonated water

**All other foods not permitted include:**  
✗ Dips, including those that are vegetable based  
✗ 'Fruit' products (eg fruit leather, fruit roll-ups, fruit bars or similar)  
✗ Fruit jams, jellies, pies and cakes  
✗ Fruit canned in syrup or jelly or with artificial sweeteners  
✗ Canned or processed vegetables  
✗ Vegetable or potato crisps, hot potato chips  
✗ Vegetable pastries (pies, pasties, sausage rolls)  
✗ Vegetable cakes, fritters, quiches, breads or similar  
✗ Popcorn

**4 Big Kids 2020 July Vacation Care Program**

During times - Departure time and Return 4.30pm. Children must be at the centre 10mins before departure to avoid missing the bus. Week 1 Limited Spaces.

Mon 6th July	Tue 7th July	Wed 8th July	Thurs 9th July	Fri 10th July
<b>CINEMAS</b> Rookingham And Rookingham Rosemere \$8 for Popcorn and DRINK <b>MUST BE CASH</b> BYO Lunch	<b>Mandurah Museum</b>  <b>&amp; Treasure Hunt</b> Puzzle on the Mandurah Forestry BYO Lunch	<b>Things that FLY</b> Kite making, Paper Planes, Origami <b>Adventure Escape Playground</b> BYO Lunch	<b>Art and Crafts</b> Paint a Ceramic or Canvas <b>10 Pin Bowling And Playground (Rookingham)</b> Lunch Provided	<b>ZONE BOWLING</b>  <b>10 Pin Bowling And Playground (Rookingham)</b> Lunch Provided
<b>Mon 13th July</b>  <b>Caterpillar Park and Gardening Day</b> BYO Lunch	<b>Tue 14th July</b>  <b>Pyjama &amp; Games Day</b> ( \$3.50 will be applied to your account if grip socks are needed ) BYO Lunch	<b>Wed 15th July</b>  <b>Environment Day</b> Rookingham Lunch Provided	<b>Thurs 16th July</b>  <b>ICE SKATING</b> 8 years and over <b>OR TROPICAL TWIST</b> 8 years and under Indoor Playground BYO Lunch	<b>Fri 17th July</b>  <b>BYO Lunch</b>



**4 Big Kids**  
Before/After School & Vacation Care  
Mandurah

**6 July - 17 July**  
**Vacation Care**  
6.30am - 6.30pm

**Outside School Hours Care Before/After Care**  
**Vacation Care**  
North Mandurah Primary School  
Park Road, Mandurah  
Children from Kinley to 15 yrs

Phone 0411 589 249  
[www.4bigkids.com/ParentHandBook](http://www.4bigkids.com/ParentHandBook)  
Email: [schoolies\\_4bigkids@bigpond.com](mailto:schoolies_4bigkids@bigpond.com)

4 Big Kids Outside School Hours Care Mandurah WA

☐ MON 20th July - STUDENT FREE DAY - Activity to be confirmed    Child's Name: \_\_\_\_\_




## Playgroups are back at the Child and Parent Centre!

**The Explorers**

At this playgroup we investigate simple science & maths activities. Come along and join in the fun.

**Every Monday**  
2 sessions available  
9.30am to 10.30am  
11.00am to 12.00pm  
**Bookings essential**

**Tuesday Playgroup**

Immerse yourself in our peaceful, relaxed environment whilst enjoying craft and play activities with your child(ren).

**Every Tuesday**  
10am to 11.30am  
**Bookings essential**

**Rhyme Time**

Come along and join in rhyme time and story time with the Child and Parent Centre.

**Every Thursday**  
9.30am to 10.00am  
**Bookings essential**

**Friday Playgroup**

Come and join us for rhyme time, story time, exciting crafts and imaginative play activities.

**Every Friday**  
2 sessions available  
9.30am to 11.00am  
12.00pm to 1.30pm  
**Bookings essential**

- Our playgroups will have a different format to enable us to comply with the Government restrictions of social distancing and regular sanitisation.
- There will be no shared fruit at any of these sessions.
- Playgroups will initially have a maximum of 10 adults and their children.
- Please register your place by phoning the Child and Parent Centre - Dudley Park.

Venue: Child and Parent Centre - Dudley Park, Kooljack Street, Dudley Park  
Please telephone 9537 5603

Childandparentcentres.wa.edu.au • 95375603  
cpcadm@anglicarewa.org.au

In partnership with 

# Community Newsletter

Week 9, Term 2 2020



**Lakelands**  
PRIMARY SCHOOL

*Relationships Australia*  
WESTERN AUSTRALIA 1300 364 277  
www.relationshipswa.org.au

## Mindfulness

A workshop for couples and individuals



Mindfulness is about consciously bringing your awareness to the here and now. Mindfulness training helps you to live in the present moment and engage fully in what you are doing.

Research has shown that mindfulness training helps you to deal with stress better, improve your concentration, reduce obsessive thinking, as well as improve your psychological and physical well-being.

This one night seminar gives you an experiential introduction to Mindfulness, covering:

- Simple mindfulness exercises
- How to manage uncomfortable or painful feelings
- How to manage negative thinking

**Monday 29 June, 6.30pm to 9pm**  
Don't miss out! Book by Thursday 25 June

Lotteries House, 7 Anzac Place, Mandurah

**\$15 per person (\$10 for concession card holders)**

Places are limited so book now on 6164 0588 or Email: [Mandurah.Education@relationshipswa.org.au](mailto:Mandurah.Education@relationshipswa.org.au)

**These workshops are being run face-to-face following all physical distancing and health requirements. Numbers are limited.**

## ONLINE WORKSHOPS

June - July 2020  
Special Introductory Price \$155 per workshop

**Mastering Talking Teen Skills** Mon 22 June 6:00pm-9pm  
Go to sleep, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty, and help to ensure they feel their daughters take happy, embracing individuals.

**Healthy Conflict in Relationships** Wed 24 June 6:00pm-9pm  
Conflict is a normal part of any relationship. How to manage it and resolve problems in a way that improves relationships rather than harms them is the focus of this workshop.

**Self-Worth - An Introduction** Wed 24 June 6:00pm-9pm  
A healthy understanding of our self-worth is one of the keys to personal well-being. It helps strengthen relationships and promotes a consistently good emotional state in which practical goals become their greatest value and pursuit.

**Supporting Your Anxious Child**  
3 sessions available Morning Workshop: Thurs 28 June 6:00am-9pm  
Evening Workshop: Tues 30 June 6:00pm-9pm  
Do you sometimes think your child seems overly anxious? Getting a clear example of common signs of feeling safe? Do they, at times seem irritable, regularly having emotional outbursts? They may be experiencing anxiety. This workshop explores anxiety in a way that is understandable and gives you concrete suggestions to support your anxious child.

**Express Yourself Assertively** Thurs 2 July 6:00-9pm  
Learning yourself effectively gives you the edge in improving your relationships with family, friends, neighbours and work colleagues. It helps you to be more confident in negotiating the needs of others.

**Reuniting After Separation** Thurs 2 July 6:00-9pm  
It's important for fathers to distinguish between their parenting role and the relationship with their child. This workshop helps fathers understand their role in their child's life and how to support their child's needs as they find their way through the family, separation and reconnection. The workshop is designed to be a resource for your child.

- All workshops are interactive and participants will meet either in a virtual, Zoom or video call (Unfortunately some phones are not suitable)
- We will be using the Zoom platform so please ensure your device is updated
- Registration and payment prior to the session is required.

Places are limited - please contact (08) 6164 0100 to register today

*Relationships Australia*

## Friday Night Skillz

Youth Sport Program



**Come and join our City of Mandurah Youth Team for an evening of sporting activities, including Football, Touch Rugby, Cricket and More!**

Bus leaves Billy Dover Youth Centre at 3.30pm and returns at 6.15pm. Dinner provided!

Starting Fridays from the 2nd week of term.

Location: Lakelands Football Oval (Near Coastal Lakes College)

Cost: Free

Contact Youth Development on 9550 3670 to sign up!  
P: 9550 3670  
E: [youth@mandurah.wa.gov.au](mailto:youth@mandurah.wa.gov.au)  
[mandurah.wa.gov.au/youth](http://mandurah.wa.gov.au/youth)

Department of Education & Training Western Australia  
Department of Sport and Recreation Western Australia  
Football Australia  
Mandurah City Council  
Mandurah Community Centre  
Mandurah Football Club  
Mandurah Rugby Football Club  
Mandurah Touch Rugby Club  
Mandurah Youth Centre

*Relationships Australia*  
WESTERN AUSTRALIA 1300 364 277  
www.relationshipswa.org.au

## Communication in Relationships

A one night workshop for individuals and couples



Communication is much more than imparting information or seeking answers. In relationships, effective communication is the avenue through which people connect, thus enhancing intimacy and understanding.

This one-night seminar looks at:

- Components of communication, both verbal and non-verbal
- Barriers and roadblocks - why communication can break down
- New skills in communication which include a shift in attitude
- Problem-solving techniques and opportunities to practice them.

**Wednesday 24 June, 6.30pm to 9pm**  
Don't miss out! Book by Thursday 19<sup>th</sup> June

Lotteries House, 7 Anzac Place, Mandurah

**\$15 per person or \$25 per couple (\$10 or \$15 per couple for concession card holders)**

Places are limited, so book now on 6164 0588 or Email: [Mandurah.Education@relationshipswa.org.au](mailto:Mandurah.Education@relationshipswa.org.au)

**These workshops are being run face-to-face at Lotteries House, following all physical distancing and health requirements. Numbers are limited.**