

Community Newsletter

Week 6, Term 3 2020



From the Principal's Desk

Term 3 is now mid-way through and I'd like to make a few observations of mine as we work through a very different world together as a school community. Firstly, through necessity we have prioritised our academic learning time by decreasing the amount of interruptions to student learning. The fact of the matter is without assemblies, incursions and interruptions, we have increased learning time for our students. Given that we missed a big chunk of learning time during the COVID lock down during April and May, we are endeavouring to make sure Lakelands students are progressing through the expected year level curriculum content. For this I thank the hard work of Lakelands staff. We still have some fun things to look forward to at the end of term like our faction athletics carnival, book fair and free dress and crazy hair days.

Secondly, within the Karnup Schools Network we have had teachers from other schools visit us to observe our teachers in action teaching writing. Our whole school approach using the 7 Steps to Writing Success is of keen interest to other schools in our network. The schools that visited Lakelands PS were suitably impressed by the expertise demonstrated by our staff and have gone back to their schools full of enthusiasm and eager to implement what they observed at our school.

Lastly and probably most excitingly is, we are nearing publication of our 2020-2023 Business Plan. This strategic document will guide our school through the next four years, as a road map to positive student outcomes for all students. The P&C, School Board, staff and students have all had input into our plan and we will be excited to have it published by the end of this term. We have elected to operate a 4-year Business Plan instead of a traditional 3-year plan, due to the interruptions this year with NAPLAN testing and school in general.

As previously highlighted in a recent Seesaw message to all parents, the continuation of Phase 4 by the McGowan government has forced our school to review all planned whole school events that were scheduled in the anticipated Phase 5 easing of restrictions. The restrictions in Phase 4 in relation to adult 1.5m physical distancing and venue capacity, means that it is unsafe to go ahead with the Festival of the Stars on the 10th September or our school assemblies, the book week activities will also look very different this year.

Mrs. de Oliveira is continuing with her plans to run our faction carnival. We are hoping that the adults in our community adhere to restrictions during our Faction Athletics carnival on Friday 18th September. Covid-19 Restrictions being:

- A limit of 2 adults in attendance per family
- Adults keep 1.5 metres away from other adults wherever possible, especially while spectating and queuing for food.
- Adults avoid physical greetings such as handshaking, hugs and kisses
- Stay at home if you have any cold or flu symptoms

This event will provide a litmus test as to the school's capacity to conduct a COVID safe event. The community's failure to comply with the restrictions will put in jeopardy future events later in the year.

SCHOOL PARKING

Thank you to those parents who have adapted quickly to the new parking conditions at the front of the school. The past 15 weeks I've spent in the school carparks before and after school has seen a marked increase in the safe flow of traffic through our school and the number of parents following the road rules. The



biggest behaviour change I've observed has been parents parking in a car parking bays so that their children can leave or enter the car in a safe manner.

A reminder that the Staff Carpark along Cawana Parkway is not a kiss and drop area. The kiss and drop is located on the oval side of the school. Of particular concern to me while out in the carparks is that, I have observed students crossing the roads on foot and on bikes/scooters in an unsafe manner. PLEASE reinforce with your child to use the manned crosswalk and not to ride their bikes/scooters recklessly.

Community Newsletter

Week 6, Term 3 2020



Does your child have a helmet and are they using it correctly?



Congratulations to Cooper, Cruise and Summer for competing in the State Schools Cross Country championships held at the UWA Sports Park. Cooper and Cruise both competed in the 2500m event with over 200 participants and Summer from Year 3 ran in a mixed gender event over 2000m. The day was a

great experience for our students and by their recounts of their races they had a lot of fun. Thanks for the parents for transporting the students to and from the venue making the experience possible.



Congratulations to our future tennis star Naomi from Year 6 for her successful selection into the Applecross Senior High School Specialist Tennis Program. The Applecross tennis program is the longest running and most successful tennis program in the state and we wish Naomi the brightest of futures as she pursues

her dream of a professional tennis career.

Enrolments 2021

Planning for the 2021 school year has begun and it is most beneficial to have accurate student enrolment numbers to project into our future planning. Can families ensure they have done either one of the following in preparation for next year as it pertains to their particular circumstance:

- Enrolled into Kindy
- Enrolled into Pre-Primary
- Let the front office know via email if your child isn't returning to Lakelands PS in 2021
- Year 6 students enrolled into a high school

School Board

Our meeting has changed from week 7 to week 8 for this term only. We will now be meeting on Tuesday 8 September at 6pm. Deputy Principal, L'ticia Howes will be our guest speaker and we will be discussing the revamped Behaviour Management Policy and reviewing the last draft of our 2020-2023 Business Plan among other items. Our meetings are open to anyone to attend. It is a great way to get to know other parents and staff as well as keeping up to date with what's happening at our school. If you would like more information, please contact myself or Brad Mitchell.

Megan Cleary- Board Chair

Megancleary2018@hotmail.com

Chaplin's Chat

Term 3 is flying by...we are already at week 6. With Spring around the corner, people are starting to get excited by the prospects of life outdoors again. Our Aussie way of life is done in the great outdoors, picnics, parks, BBQ's and the beach. Something to look forward to after COVID lockdown and doom and gloom. Even though we are well protected in W.A, there is still some anxiety around COVID and the new normal of our lives. We have all been affected to some degree with fear and anxiety. Time locked down has caused many to re-think our values and to take stock of our lives, to dig deeper and look at what is really important in life. I hope you have had the opportunity to do this.

The Chaplain is available to have a chat to kids for any reason. Please feel free to use my services.

Kelly Waldeck – Chaplain

Tuesday/Thursday/Friday



Waste Wise

Earlier this term, TB3.1 worked with a visitor from the Waste Authority to count and weigh the rubbish that is sent to landfill on a typical day by Lakelands Primary

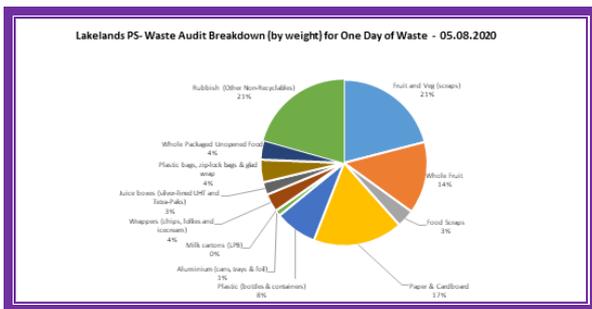
School. The results were quite surprising. We were especially surprised by how much whole food (packaged and fruit) is getting thrown out without being opened or started (18%). The following graph is based on a count of 8kg or approximately 41% of the school's rubbish over just

Community Newsletter

Week 6, Term 3 2020



one day! Keep an eye out for some new initiatives set to be introduced next term to lower our environmental footprint.



For throwing, a small ball (such as a tennis ball) or a beanbag is ideal to begin with. For catching a large light weight ball (about 20cm in diameter) is ideal and for kicking a similar ball is most suitable.

The focus for all of these activities should be **FUN** – do not become overly concerned with technique as this will develop with age and maturity.

Kitten Hit

Resources: A 10cm ball suspended in a stocking or bag, hanging from climbing frame. Ensure that the ball can swing freely through its full arc without hitting anything. The ball needs to be about chest height.

Starting Position: Children stand close enough to hit the ball with an open hand.

Movement: Children should stand with their feet slightly apart and lightly on their feet to be able to move freely from side-to-side or forward-back. The child taps the ball gently to get it moving and continues to hit the ball, aiming for about 5 continuous hits with the dominant hand, swap to the other hand.

Extras: The child can change the task to throw and catch.

Critical point: Children should be light on their feet to enable them to move to accommodate the direction of the ball movement.

Module 3: Easy

Cassowary Kicking

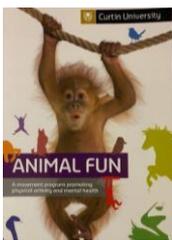
Resources: A flat firm floor surface with a 20cm diameter ball suspended in a stocking or bag, so that it nearly touches the ground. Tie the stocking/bag to a tree branch or cross bar on the climbing frame. Ensure the ball can swing completely through its full arc without hitting any other piece of equipment.

Starting Position: Child stands next to the ball but far enough away to be able to kick freely.

Movement: The child kicks the ball with their preferred foot and then puts the foot down. The child should stop the ball from swinging using their hands. The child repeats the kick and stop 5 times with their preferred foot, and then repeats the kicking/stopping 5 times with their other foot.

Extras: Some children might be able to kick the ball while it is swinging and should be encouraged to have a go. Some children might be able to do 2 or more kicks without putting their foot on the ground between kicks.

Critical point: Ensure that the child does the kicking with both legs.



Animal Fun - Module Three

A big hello to our Kindy and Pre-primary families. I hope that you are finding time to follow our Animal Fun program at home. The most important role that you as a parent or caregiver can play is in helping your child to practice movement skills frequently in a fun way. It does not need to be a chore but included in your normal family play time. Our focus for this week's newsletter is **Module 3 Throwing, Catching and Kicking** and this is very relevant with our upcoming faction carnival. These are skills which require the coordination of the arms, legs and trunk. The correct technique for these skills can be taught. Skills are usually completely mature after age 7.

All of these skills require balance and the activities in this module have given children the opportunity to continue to practice their balancing whilst beginning to develop the correct techniques required to be skilled at throwing, catching and kicking.

It is important to allow very young children the chance to practice these skills with the appropriate equipment. Balls that are too heavy or hard can cause a child to be fearful.

Activities to try at home

1. Make a pom-pom with cardboard or a paper ball – by scrunching up newspaper and using masking tape to practice kitten hit. Hang your ball from a door frame or somewhere outdoors.
2. Challenge your family or friends to a game of Kitten Hit or Cassowary Kicking by suspending a soccer ball in a stocking and record how many taps or kicks in a row you achieve.

Name	Kitten Hit Total	Cassowary Hit Total

3. Kick for distance. Run and kick a soccer ball as far as you can. Hop or skip to collect the ball and try again. Can you beat your personal distance?

Community Newsletter

Week 6, Term 3 2020



Home Challenge

We value your cooperation with supporting Animal Fun at home. As a bonus, this newsletter I will be offering a challenge to all Kindy and Pre-primary families. Please take a video of your child/family participating in either Kitten Hit or Cassowary Hit and send through to your class teacher via seesaw. When the video is received by the class teacher, the students name will be put in to a raffle draw with one prize for each class. I will announce winners in the next newsletter. I can't wait to see and hear about the fun you have at home with Animal Fun! Remember, if you need any assistance with Animal Fun please have a chat to our wonderful Kindy and Pre-primary teachers.

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

P & C News

We have a few great events coming up this term starting with the 5 and 10c challenge.

5 and 10c Challenge

The 5 and 10c challenge is back again from Monday, 24 August to Friday, 4 September. The class with the heaviest bottle at the end of the challenge will win a class prize. Thank you to the student council for delivering the collection bottles to all the classes. Good Luck to all the classes. We can't wait to see who wins the trophy this year.

Scholastics Bookfair

The Scholastics Bookfair will be held later today and tomorrow in the undercover area.

Mums and Dads Raffle

At the last P&C meeting we discussed some different ways to celebrate our amazing mums and dads as we were unable to host our annual Mother's Day stall. We came up with the idea to have a Mums and Dads Appreciation Raffle. We have 3 prizes for 3 lucky mums and 3 prizes for 3 lucky dads. Tickets are 50cents each and the lucky winners will be drawn on Friday, 4 September at 2.30pm. Notes will be coming home soon.

Bunnings Sausage Sizzle

Sunday, 13 September the P&C will be cooking up a storm for our 1st Sausage Sizzle of the year at Bunnings Mandurah. Please come on down say hi and support Lakelands P&C.

Discount Card

For only \$10 you can save \$100s by purchasing the 2020 Lakelands Primary School Discount 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 fifth issue has now closed. You can still view and order books online via the link. www.scholastic.com.au/LOOP.

Meetings

Our next meeting will be held on Wednesday, 9 September at 8.45am in the Staffroom, light refreshments provided. Everyone is welcome.

Emma-lee Whybrow
Emmaleewhybrow2019@outlook.com

School Banking



We would like to say a huge thankyou to Kimberly Bebbington who has volunteered as our School Banking Co-ordinator for the last 4 + years. We wish her well and good luck in her new job.

We would also like to welcome Ian Allen as our new School Banking Co-ordinator! Our School Banking volunteers are vital in helping students practice saving regularly. If you have some spare time on a Thursday morning and would like to help Ian with the school banking program, please come by and see Ian outside Block 3.

School Banking is a great way to practice regular savings. Saving regularly is an important habit to get into, whether you're saving a little or a lot. Remember, there is no minimum deposit with School Banking, you can send as little as 5c per week in, saving regularly is what is important.

Community Newsletter

Week 6, Term 3 2020



Lakelands
PRIMARY SCHOOL



For every deposit made at school, students will receive a Dollarmites token. Once students

have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

If your child has lost their book, please contact your School Banking coordinator for a replacement or visit any Commonwealth Bank branch.

Thank you for supporting the School Banking program at Lakelands Primary School. We would also like to thank the wonderful parents who volunteer as our School Banking Co-ordinators and process our banking every week.

If you would like to know more about School Banking, please ask for a 2020 School Banking program information pack from the school office or visit www.commbank.com.au/schoolbanking



GET READY KIDS!

Summer Basketball starts next term

Comet Bay Basketball Club need you to start getting your teams together. Ask your friends at school to join your team!

We do not supply coaches or managers so ask your mums and dads if they can help out or try your older siblings.

Keep checking our Comet Bay Basketball Facebook page for more info on when our team nominations and single player waitlists are open.

Email: Cometbaybasketballclub@yahoo.com for any questions.

We look forward to seeing you on the Basketball Courts soon!

Fun swimming lessons for children aged five to 17 years of age in both the October and January school holidays.

Enrolments for VacSwim in January are now open!

Take the plunge! Find a program near you and [enrol now](#).

VacSwim has helped children across Western Australia to stay safe and confident in the water for over 100 years. We offer:

- ▶ vital swimming and water safety skills
- ▶ lessons for beginner, intermediate and advanced swimmers
- ▶ a variety of [programs](#) ranging from five to ten days
- ▶ opportunities to progress through [stages 1-16](#) and obtain [Bronze Medallion](#)
- ▶ lessons at over 180 pool and beach [locations](#) throughout Western Australia
- ▶ friendly, qualified swimming staff.

Programs will operate in line with current health advice. Physical distancing and good hygiene practices will be in place.

Information in your language



Enrol in VacSwim

Take the plunge! Enrol your child in January VacSwim programs.

ENROL NOW

Relationships Australia
WESTERN AUSTRALIA

1300 364 277
www.relationshipswa.org.au

Upcoming Parenting Workshops - Term 3



Dads & Daughters Tuesday 18 August, 6.30pm to 9pm

Stronger Stepfamilies Tuesday 25 August, 6.30pm to 9pm

Emotion Coaching Your Child Monday 31 August, 9.30am to 12noon

Supporting Your Anxious Child Tuesday 15 September, 9.30am to 12noon

Parenting Your Angry Teens Monday 21 September, 6.30pm to 9pm

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

Community Newsletter

Week 6, Term 3 2020



Lakelands
PRIMARY SCHOOL

4 DADS

Term 3, 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
11. 25 Jul. 8. 22 Aug. 5. 19 Sept. 3 Oct

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 likeminded men.

First Tuesday of every month.
When: 6.30pm-8.30pm
7 July, 4 Aug, 1 Sept, 6 Oct

Where: 21 George St. Mandurah

No cost. BBQ meal included



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 10-18 years old ("mums welcome").

When: 12.30pm-2.30pm
Tuesday 18, 25 Aug, 1. 8. 15. 22 Sept

Where: headspace, The Hub 91 Allnutt 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



4Dads is funded by the Australian Government Department of Social Services



Tuning in to Teens

Emotional Intelligent Parenting

FREE six session parenting program for parents of 10 to 16 year olds

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence. Teenagers with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

When: Tuesday 18, 25 August, 1, 8, 15 and 22 September 2020

Where: headspace, The Hub 91 Allnutt St, Mandurah

Time: 12.30pm - 2.30pm

FREE: Please send your email address to 4families@relationships.wa.org.au to register and receive log-in details.

4dads is funded by the Australian Government Department of Social Services



HAVE A GO DAY TEEBALL & BASEBALL

Sunday August 23rd
10am-12pm
Larkhill sportsplex

*** AGES 4-14 ***

TEEBALL

U7 9.15 SAT
U9 8AM SAT
U11 4.30PM FRI
U13 5.45PM FRI

\$160 PER CHILD

DISCOUNT
FOR
MULTIPLE
CHILDREN

BASEBALL

LL \$190
IL \$220
JL \$220

ALL GAMES PLAYED ON
SATURDAYS
FIXTURES YET TO BE
RELEASED



FOR MORE INFO
WWW.SHPIRATES.ORG
SECRET HARBOUR PIRATES DISTRICT TEEBALL AND
BASEBALL ASSOCIATION



HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES - WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!



Beginners & new families welcome!

Mandurah Junior Cricket Club, Meadow Springs 'Marvellous' Monday from 4:30 Term 4 & Term 1

Cost only \$99 incl. pack

Shaded playground for the little ones



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

KIDSPORT

OFFICIAL GEAR PARTNER

