



Lynwood Times

A newsletter for the community of Lynwood Park Public School

Great Expectations - Great Attitudes - Great Achievements - Great School

3rd July 2020

T2 W10 Dates for Your Diary

July 20
Staff
Development
Day

July 21
Students return

July 27-Aug 21
Y3-6
Gymnastics

July 31
Reports due to
go home?

Aug 3
Education
Week

Aug 5
School Athletics
Carnival?

Aug 10-28
Y1-2 Phonics
Screener

Aug 17
P&C Meeting

Aug 19
Staff Twilight
Mandatory CPR
Training

Aug 24-Sep 4
Swim Scheme

Aug 24-Sep 18
K-2 Gymnastics

Sep 10
School Photos

Principal's Message

Dear Parents and Carers

Well we made it to the end of Term 2, and what a semester it has been! The staff and I would like to thank you all for your patience, understanding and support. We could not have had the success we have had this semester without you. Hopefully the second half of the year will be more positive and much less stressful.

Access to grounds during the vacation: Just a reminder that school grounds are off limits during vacation periods as well as during normal school terms unless you have explicit approval from the principal or the department of education. The only people who have permission to be on school grounds during the break are the children and Camp Australia staff using the grounds for vacation care, school staff who will be working during the break and any trades who have been approved to complete work during the break.

60th Anniversary Celebrations: 2020 marks the 60th birthday of our lovely school. To celebrate this special year, the children and staff will be investigating all things 50s and 60s during Term 3. For each of our key learning areas, we will be looking back to what was happening in the world and our local area during the 1950s and 1960s. We will also be having lots of fun while we are learning. For instance the staff are planning a 1960s Mufti Dress and Disco day, a 1960s Art Competition and a 1950s and 1960s Games Day. We will include our parents and local community as much as we can (given Covid19 restrictions), and the staff are already investigating ways that we can share what is happening virtually on-line. If you have any memorabilia from the 1950s and 1960s that you think the children will find interesting, we would very much appreciate the opportunity to borrow it if possible. Naturally we promise to look after your possessions carefully. For more information, please contact the office and we will have one of our History Committee contact you to arrange pick up and/or delivery.

Scripture - Special Religious Education (SRE): Scripture will recommence in Week 2 of Term 3. Social distancing and hygiene protocols as advised by the department will be in place. We welcome back our hardworking scripture teachers who donate their time each week.

P&C Meetings: The department has also given approval for school P&C meetings to proceed provided strict hygiene and distancing protocols are followed. Our first meeting for the term will be at 6pm on Monday 17th August. We will meet at the staffroom in order to determine the number of people attending. If there are too many of us for the staffroom space, we will meet in the library. The meeting must conclude by 6.45pm at the latest and we ask that no children are brought to the meeting. Please see the P&C flyer attached to this newsletter.

The school's website is at: www.lynwoodpk-p.schools.nsw.gov.au

Have a peaceful break with your family – Mrs Leigh Bade – Principal

Swim Scheme August 24 – September 4

Early in Term 3 a note will be going home inviting parents to enrol their child(ren) in our annual swimming scheme. The scheme is for students in Years 2, 3, 4, 5 and 6.

Keep an eye out for the note if you are interested in your child(ren) attending. Places will be limited so allocation will be based on the order that notes and full payment is received.



Uniform Shops

In Term 3 the Excel Uniform Shop will continue to operate on Monday afternoons from 2.30-3.30pm.

This time may be extended as the term progresses.

Our P&C Used Uniform Shop will be reopening on Wednesday mornings from 8.30-9.15am. Again, this time may be extended later in the term. See the P&C flyer attached to this newsletter.

For both uniform shops, department hygiene and distancing protocols will apply.

Assembly Award Recipients - Term 2 Week 10 – 29th June 2020

K-2 Citizenship – **Annabelle P. 1/20**

3-6 Citizenship – **Brittany J. 5/6A**

K-2 Fairplay – **Sophie M. KR**

3-6 Sportsmanship – **Clara S. 3/4C**

K-2 Knowledgeable – **Micah M. 1/2Y**

3-6 Knowledgeable – **Poppy M. 5/6T**

K-2 Knowledgeable – **Mason K. KB**

3-6 Knowledgeable – **Krishn R. 4/5M**

K-2 Principal's Award -
Eve B. 2P

3-6 Principal's Award -
Mara T. 3/4R

Congratulations to these wonderful students! Well done!

Last Newsletter's Word Wizards

Word: **opulence**

Meaning: **Great wealth or luxuriousness**
Opulence is the noun, and opulent is the adjective

Word Wizards: Amira D (4/5M), Kabir Q (5/6A),
Renee S (4/5M), Steven S (3/4C), Ved P (3/4C),
Gurshaan P (5/6A)

Word of the Week

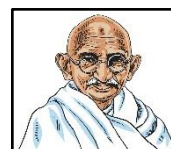
conundrum

Students who see Mrs Bade in her office (after asking nicely with the office ladies first) and who can explain properly what this word means, wins a little prize!

Also, you have to know how to pronounce it!

Quote of the Week

"It is health that is real wealth, and not pieces of gold and silver"
Mahatma Gandhi 1869 - 1948



This week's message from Brian the Lion

This week, Brian's message is that he wants us to be Safe during the holidays. We can show this by:

Be Safe: In the Holidays

- Play safely and learn the rules of games
- Follow the road rules when walking and riding your bikes and scooters
- Wash your hands before you eat and after you go to the bathroom

Brian wants you to come back safely next term!

The PBL Team



K-2 GOT IT

Got It! Tip of the Week

Reading feelings books will help you to support your child to learn about emotions. While reading different books, you may ask your child questions that help them to think about different emotions and to learn how to recognise feelings. For example, you might ask, "How do you think she is feeling?", "How do you know that he is feeling sad?", "What is his face doing that lets us know he is angry?" and "What is her body doing to let us know she is excited?". You can also start asking your child how they might feel if they were in the same situation as the character in the book.

Suggested reading:
*When I'm Feeling...
Boxed Set 8 feelings*
by Trace Moroney



Phonics Screening Check trial - Information for parents and carers

At the beginning of this year, our school volunteered for, and was lucky enough to be accepted into, the NSW Phonics Screening Check Trial. The trial will be determining the accuracy and benefits of an assessment tool developed by the Department of Education (in conjunction with the developers of a similar tool in the UK). This tool will eventually be used across all government schools in NSW for students in Years 1 and 2.

What is phonics?

Phonics is the relationship between letters and sounds and is vital in learning to read. Some children struggle with learning to read so it is important that these children are identified quickly so teachers can plan for any specific support they may need with regard to phonics knowledge and application when reading.

What is the Phonics Screening Check?

The Phonics Screening Check is a short, quick assessment that tells teachers how your child is progressing in phonics. Your child will sit with the class teacher and will be asked to read 40 words aloud. These words include 20 real words and 20 nonsense words. The test normally takes a few minutes. If your child is struggling, the teacher will stop the check. The check is carefully designed not to be stressful for your child.

Why use nonsense words?

The assessment includes pseudo or nonsense words to see if the student is able to use their knowledge of blending to read a word rather than their memory of having seen that word before. An example of a nonsense word is "*glub*".

When will the phonics screening take place?

The Phonics Screening Check is being trialled in some NSW Department for Education schools in Term 3, 2020. We will be trialling during Weeks 4, 5 and 6.

2 Purple Damper Procedure

As part of our focus on procedure writing and healthy lifestyles, 2 Purple were pleased to be able to use the new staffroom living skills space to create damper this week. It was a new experience for many students who had not tried damper before. Every student was keen to be involved in the making of the damper according to the recipe instructions and everyone ate a slice of the damper, to mixed reactions!

Take a look at some photos of our cooking and read some student reactions to the process.



Today 2 Purple made damper bread. We followed a proper procedure and it turned out awesome. I am going to have butter for my topping. – Gemma

We made damper. It was salty if you eat it plain, but I tried it with golden syrup and it was better. I give it a 2 out of 10. – Taha

We had turns of mixing the damper and we needed to wait for a few minutes while it cooked. It tasted a bit salty. I give it a 5 out of 10. After we ate the damper bread we were so thirsty. – Harang



I liked the damper. It was unbelievable. – Grace

We had lots of fun making damper bread even though it was sticky. - Parvathi

2 Purple made a mess in the kitchen. Mrs Thompson was a little shocked! The dough was sticky. I felt nervous that our damper would not work. We ate it and it tasted so good! – Zainab



Having Fun with the New Line Markings

Last weekend the people who re-asphalted both our quads came back to finish off the line marking. We now have lots of hopscotch grids, handball grids, a newly marked netball court and new 100s chart!



Snapshots from the School Cross Country!



Stage 3 Biodiversity Audit

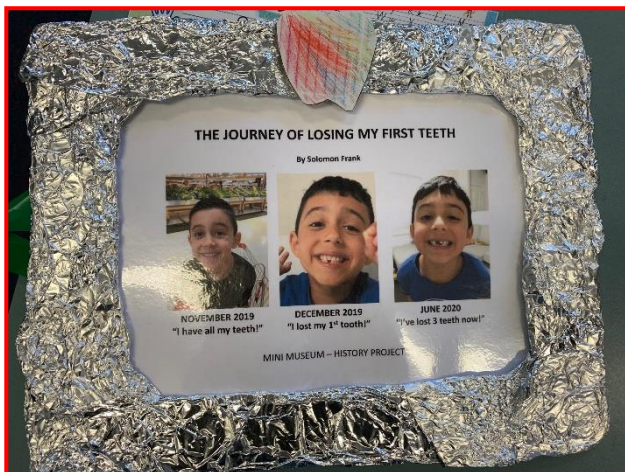
On Tuesday 23rd of June, Stage 3 students participated in a biodiversity audit. Staff from Longneck Lagoon came to our school to help with the fieldwork. Students surveyed the occurrence of invertebrates in shrubs, plants and leaf litter. They rated the level of ideal habitats for wildlife throughout the school, conducted a herbivore study and surveyed the types of birds on school property.

Students then spent the afternoon brainstorming ideas on what we can do around the school in order to attract more wildlife. Stage 3 will now begin making plans for how to spend the remaining Sustainable Schools Grant in order to improve the biodiversity of our school.



Kindergarten's Mini Museum

This term kindergarten has been learning about different ways stories of the past can be told and ways history can be shared. On Tuesday the 30th of June Kindy Blue and Kindy Red held a mini museum afternoon. We brought in objects (artefacts) and photographs and shared the story or special memory with the class. We then got to walk around the classroom and look at all of the special artefacts just like a real museum. We had lots of fun!



Keeping families and children well

COVID-19 Bulletin

Information for schools, child care services and family day care services in western Sydney.

Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

Welcome to the latest COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for childcare services, schools and families to keep everyone healthy and active during this time.

COVID-19 testing

Do you, or someone you know, have a sore/scratchy throat, cough, fever, shortness of breath or unusual aches and pains? Other reported symptoms of COVID-19 include loss of smell, loss of taste, runny nose, diarrhoea, nausea/vomiting, and loss of appetite. Free and confidential COVID-19 testing is available for anyone with symptoms. Call your GP or the Coronavirus Information line on 1800 020 080 for information.

Public testing clinics in western Sydney:

Blacktown Hospital 18 Blacktown Road, Blacktown 7am - 11pm, 7 days Phone (02) 9881 8000	Westmead Hospital Level 2, E Block, Corner of Hawkesbury Road and Darcy Road, Westmead 7am - 9pm, 7 days Phone (02) 8890 5555	The Children's Hospital, Westmead Corner of Hawkesbury Road and Hainsworth Street, Westmead 10am - 8pm, 7 days (02) 9845 0000
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Drive-through clinics

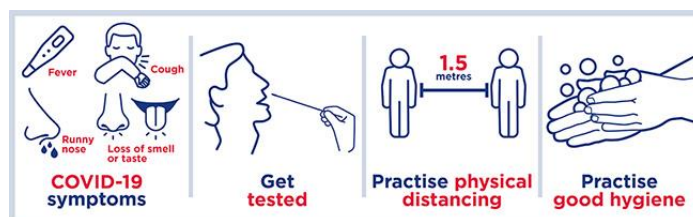
Drive-through clinics are also open at Merrylands Stockland Mall (12+ years only) and Murray Farm Reserve, Carlingford (appointment required, phone 8197 9627). These clinics are open Monday to Friday from 9am to 4pm with most tests done in 10 minutes. Other GP-led respiratory clinics are found in Blacktown, Castle Hill and Riverstone.

See [here](#) for more information on COVID testing locations.

Public Health Orders: What I can and can't do under the rules

As restrictions are being eased it is still important to:

- Stay within the recommended numbers for any family or group gatherings (up to 20 people) and physical distance (stay 1.5 metres apart from others)
- Stay home if you are sick – do not go to work
- Do not go into a household with someone who has a symptoms of fever, cough, runny nose, shortness of breath, loss of taste/smell, nausea, or diarrhoea.
- Do not let someone with these symptoms come into your household
- Travel to and from areas of Victoria with COVID-19 outbreaks is discouraged. Find more information [here](#).



From **Wednesday 1 July**, the following activities will be allowed:

- Kids' sport and adult community sports competitions for those aged 18 years and under.
- The number of people allowed inside [indoor venues that can open](#) will be determined by the one person per [4 square metre rule](#), with no upper limit. This includes function centres. All activity must be seated only.
- Cultural and sporting events at outdoor venues with a maximum capacity of 40,000 will be allowed up to 25% of their normal capacity. Events must be ticketed, seated and follow strict guidelines.

For the latest guidance: www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules

For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



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Health
Western Sydney
Local Health District

Hotline to support COVID in Western Sydney

Feeling the stress of COVID-19 and want to talk? *COVID-19 Let's Talk* is a new FREE mental health phone service launched by Western Sydney Local Health District. The service aims to help families, educators, teachers and GPs deal with the stresses and lifestyle changes brought by the COVID-19 pandemic. The phone line is open Monday – Friday from 8.30am – 5pm on 8890 5236. For more information: view [the pulse article](#).

Pram friendly walks in Sydney

Are you looking for great places to walk with your pram? Or do you simply prefer flat walking tracks? The *ellalist* has compiled a list of [pram friendly walking tracks in Sydney](#) that you can visit with your family these school holidays. Remember, children should not be kept in sedentary for too long, it's great for them to walk and explore also! Always follow Public Health Orders while enjoying the outdoors.

Staying active in wet weather

Managing screen time is important but you can help by choosing screen time that gets kids active. The [Just Dance Now](#) game allows you to dance along to high energy songs using a smartphone as your controller and internet-connected screen (eg. smart TV, laptop or computer). The game offers a range of songs from different genres and eras and multiple difficulty levels so everyone in the family will find something they enjoy.

To start dancing:

Step 1: Download Just Dance Now to your mobile device

Step 2: Visit [justdancenow.com](#) on any internet-connected screen

Step 3: Dance with your friends and family anywhere you want

*In app purchases available



Another reminder to limit small screen time



As the school holidays approach, many parents may be preparing for more time at home with their children. It can be easy to entertain the kids with electronic devices but important to remember that this may be taking away from time spent being active. [This video](#) has some great tips for keeping the whole family's screen time behaviours in check.

All healthy choices count

Every healthy choice is a win for kids and parents. Even the smallest healthy changes to your family's lifestyle can make a positive impact on the health of minds and bodies. [This video](#) explains the benefits of small changes and how you can easily implement small changes today!



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Community members of the week – Kids' Early Learning Blacktown City Family Day Care

Thank you to Pooja from one of Kids' Early Learning's family day care services for sharing a great activity she completed with the children in her care to celebrate Fresh Veggie Day last week on June 16. Vegetables are great – to encourage children to enjoy them, include activities that help children appreciate, accept and try new veggies.

Pooja introduced a wide range of vegetables to the children.

They were encouraged to touch, see, smell and taste all the colourful vegetables! They also made veggie sticks and admired their 'rainbow' creations. Extending on how vegetables are grown, Pooja showed how to dry out seeds, re-plant, nourish and watch them grow!



Breastfeeding as a working Mum

Mothers are encouraged to continue to breastfeed when they return to work after maternity leave. The [Australian Breastfeeding Association](#) has some tips on how incorporate breastfeeding into your return to work. You can also read [mother's personal stories](#) about their own experiences.

Smart snack swaps

Check out our easy [guide](#) on how to swap those snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

Family recipe idea

Need some inspiration for meals to create for the whole family? Try these easy and delicious recipes:

- [Avocado, lettuce & egg rice paper rolls](#)
- [Easy minestrone soup](#)



Please provide feedback on our COVID-19 bulletin

Thank you to those who have provided us with valuable feedback. We appreciate any feedback or suggestions you have on our 'Keeping families and children safe – COVID-19' bulletin. Please click [here](#) to complete our short bulletin survey. Thank you



COVID-19 - need more information or help?

Find all relevant COVID-19 phone numbers on the [Who To Call Poster](#).

You may like to print it out and hang it somewhere accessible to all.

- Call 1800 020 080 (24/7) for health questions or to check symptoms
- Call 13 77 88 (24/7) for non-health related questions
- Call 1800 512 348 (24/7) for mental wellbeing support
- Visit www.healthdirect.gov.au to check symptoms
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information
- Call 13 14 50 for FREE help in your language.

For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



Lynwood Park P&C NEWS



NEXT MEETING

Wednesday 17th August, 2020
6pm (meet at the staffroom)

For further enquiries please email: lynwoodparkpandc@gmail.com or phone: 96223093 or you can connect through our Facebook page

The meetings include an update from our School Principal, a summary of financials, and an update from the president and the P&C sub-committees.

CONNECT WITH THE SCHOOL COMMUNITY- Our Facebook group helps us connect with our school community and allows us to share school and P&C information.

www.facebook.com/lynwoodparkpandc

LIKE US ON FACEBOOK.



P&C STORE

Re-opens Term 3, Week 1

Wednesday 8:30am - 9:15am

We ask that you please help us by adhering to social distancing and the following guidelines:

- Please wait outside Frederick St gate.
- Only one person allowed in at a time
- No trying on of garments
- We accept Cash Only, exact money is required, NO CHANGE WILL BE GIVEN

Here is the **2nd hand stock** availability list (June 2020) and prices to assist you with your purchase (condition and availability will vary on 2nd hand items).

Girls Dress	\$10	- Sizes 4 -12
Girls Skort	\$5	- Sizes 6 - 12
Blue/White Polo	\$5	- Sizes 10 -14
Sports Polo	\$5	- All except 10 & 14
Sports Shorts	\$5	- size 10
Boys Cargo Shorts	\$5	- All except size 8
Jersey shorts	\$5	- Size 4 to 12
Long trackpants	\$5	- All Sizes
Jackets	\$10	- Size 10 -14
Jumpers	\$5	- Size 6 only
Hats	\$5	- a few 2 nd hand

New School Back Packs, Excursion Bags, Homework Folios and Rain ponchos are also available for purchase.

Junior backpack	\$35.00
Senior backpack	\$40.00
Homework/Library folio	\$10.00
Excursion Bag	\$10.00
Rain Poncho – M/L	\$15.00