



Lynwood Times

A newsletter for the community of Lynwood Park Public School

Great Expectations - Great Attitudes - Great Achievements - Great School

31st July 2020

T3 W2 Dates for Your Diary

Aug 3
Education
Week

Aug 5
School Athletics
Carnival?

Aug 6
S3 Graffiti Ed
Talk

Aug 10-28
Y1-2 Phonics
Screener

Aug 17
P&C Meeting

Aug 17
Year 5 Check-
In Assessment

Aug 18
1960s Mufti
Day and Disco

Start of ICAS
competitions

Aug 19
Staff Twilight
Mandatory CPR
Training

Aug 24-Sep 4
Swim Scheme

Aug 24-Sep 18
K-2 Gymnastics

Sep 4
60s Art Comp
Entries Due

Sep 10
School Photos

Principal's Message

Dear Parents and Carers

Welcome back to Term 3. It promises to be very busy and packed full of learning for our students.

Semester 1 Reports Due to COVID-19 lockdown procedures earlier in the year and the "learning from home" period, the Department has directed schools to modify their reporting to parents for Semester 1 2020. In accordance with this requirement, our reports this semester will look different to other periods and contain information regarding your child's learning in a different format. Also note that your child's absences total may seem higher than usual. Again, this is due to the "learning from home" period and the Department's directives on how we should record absences, which was based on your child's level of verifiable engagement with learning during this time.

Reports will go home this Friday (July 31st). Included in the envelope will be your child's self-assessment of their learning this semester. If you have any questions regarding your child's report, please send a note to your child's classroom teacher requesting a telephone interview and provide a number that is best for the teacher to contact you on. Preferable days and times to contact you would also be helpful.

Gymnastics This week we started our biennial gymnastics program. We were fortunate to receive a federal government Sporting Schools grant worth \$7,500.00, which means that all of our students K-6 can access the program and our parents don't have to make a financial contribution. Students in years 3 to 6 start this week and our K-2 students will participate in weeks 6 to 9.

60th Anniversary Celebrations: We have started our investigation of all things 50s and 60s to mark our 60th birthday. Dates have been set for special days, the first one being our 60s Mufti and Disco day on August 18th. On this day, we will be asking the students to wear mufti – specifically fashion from the 1960s. We will also be having a disco where we will be practicing our 60s dance moves and there will be a Twist competition. Mrs Stanaway has already started teaching her dance group some of the easier dances from that time. It should be a fun day! We will take photos and load them on the website, app and newsletter.

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.

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

Have a great fortnight – Mrs Leigh Bade – Principal

School Canteen

Starting on Monday Week 3 (3rd August), children will be able to order recess and lunch direct from the canteen in the morning prior to 9am.

Please try to send your child to school with the correct money in order to minimise handling.

Alternatively, you can set up a prepaid account with Miss Cathy, or even better, order through the app Flexischools.



ICAS Competitions

This year's ICAS competitions across a range of subject areas will commence on Tuesday 18th August.

We have 5 students sitting for the Digital Technology paper, 5 students for Science, 8 students for Spelling, 9 students for English and 11 students for Mathematics.

Mr McMasters will be supervising these assessments.

We wish all our students the best of luck!

Silver Awards – Semester One 2020

Kayleigh S 4/5M
Ruhan K 4/5M
Alexis P 4/5M
Kanan K 5/6T
Michelle D 4/5M
Levi M 4/5M
Lily M 4/5M
Angel P 4/5M
Charli T 4/5M
Ariana B KB
Solomon F KB

Ayden C 3/4C
Ved P 3/4C
Steven S 3/4C
Ahaan T 3/4C
Kaylee G 3/4C
Alev M 3/4C
Jadon A 3/4C
Mahdi B 3/4C
Kgaon K 3/4C
Mikayla L 3/4C
Clara S 3/4C

Oscar D 3/4C
Gabrielle R 3/4C
Jade P 4/5M
Tilakk K 4/5M
Aurora T 3/4C
Bushra Q 3/4C
Mason W 3/4C
Savreen T KB
Charlotte W KB
Wania A 3/4C

Congratulations Silver Award students! Good job!

Last Newsletter's Word Wizards

Word: **conundrum**

Meaning: **a confusing and difficult problem or question**

Word Wizards:

Kabir Q (5/6A), Gurshaan P (5/6A)

Word of the Week

enigma

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

"What would life be if we had no courage to attempt anything?"

Vincent Van Gogh 1853 - 1890



This week's message from Brian the Lion

Now that we are back after our holidays, Brian wants us to be a Learner in the Classroom. We can show this by:

Be A Learner: In the Classroom

- Be responsible for our own learning
- Strive for quality work
- Be prepared with all our equipment
- Complete our work
- Be positively involved with what is going on in class



The PBL Team



K-2 GOT IT

Got It! Tip of the Week

Emotional moments can be an opportunity to teach your child and build your relationship with them. One way to do this is spending a few minutes each day talking with your child about emotional events happening in their life. This quality time might happen after school, after dinner, or at bedtime. Not all children will want to talk openly about feelings. Be patient and try talking when you are doing something together, like driving or doing household tasks. But if they don't want to talk, it is important not to pressure them. This is not the time to discipline; it is just a time for listening and reflecting your child's emotions. Over time, this will build your child's trust in you and help them to feel more comfortable with sharing their feelings.

GROUP PARENTING
PROGRAM *Helping
children learn to
understand and regulate
their emotions.*
www.tuningintokids.org.au



Values Focus at Lynwood Park

In addition to the three Positive Behaviour for Learning expectations of **Be a Learner, Be Respectful and Be Safe**, we also teach the students about the values that make a person stand out from the crowd to be a "great" person.

For the second half of last term we taught the children about being a **Knowledgeable** person. The first half of this term will be devoted to investigating what it means to be a **HARDWORKING** person ...

Hardworking People are ...

- * **Determined**
- * **Responsible**
- * **Focused**
- and
- * **Disciplined**

In Week 4, we will recognise those students who have been actively displaying the value of being **Hardworking**. The next value we will be looking at in Term 3 is being a **Team Player**.

GOT IT

On Wednesday we celebrated the completion of the GOT IT program, which was a group facilitated by our school and run by NSW Health. We were very lucky to have been part of the program. The program included:

- Teacher and parent questionnaires completed on each of our K-2 students
- 10 weeks of face to face student workshops with our focus group
- 10 weeks of personalised parent phone meetings
- Teacher training and workshops focusing on emotion coaching which will be able to be used with all students across our school
- Ongoing support for our school to provide other services to our school and community

We were very fortunate that for our final student workshop on Wednesday the parents were able to join in on the fun. We read the beautiful book “The Invisible String” by Patrice Karst, participated in a pizza massage, learned some relaxation techniques, communicated about big emotions and received handmade cards and letters.

I am very proud of Addison, Ella, Jaxon, Willow and Zalah for being part of the “Rockstar Faders.” I would also like to say thank you to the parents and teachers for their participation and Jeff and the GOT IT team for professionally leading the program.

Mrs MacLaren



Mindfulness is like Gym for the Mind!

*The following ideas and suggestions are courtesy of **Smiling Mind**, which we use as a staff here at Lynwood Park. We also use some of their meditations and soothing practices in the classrooms. The app is free to download.*

Mindfulness can reduce emotional distress, settle and calm students and reduce behavioural challenges. Mindfulness enhances and strengthens the areas of the brain that are involved in learning, thinking and memory. Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

What is mental health and mindfulness?

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others. With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future. Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.

How you can support your child at home?

Mindful Eating

Think about how your family eats their meals - is everyone all over the place or do you sit down and enjoy a meal together? Try and use meal time to savour your food, speak to each other and be present without any unnecessary distractions.

Mindful Attention

Spend time inside your house or in the garden and take the time to simply pay attention to what you can see, hear and smell. It's amazing how often we go about our day without noticing what's in front of us.

Mindful Communication

Try and practice mindful communication by being aware when you are distracted and not paying attention, and bring your attention back. Try and remind yourself to stop multitasking and simply pay attention when you're speaking to one another - really try and focus on what is being said and see if you can listen without thinking of other things - its hard, but worth it!

Anxiety or Panic

While mindfulness is designed to be a practice that is beneficial to practise regularly, it can also be a really useful tool when you or your child might be experiencing specific challenges.

If your child is experiencing anxiety, mindfulness practice can be used to reduce the physical activation that often is experienced with anxiety. A body scan (The Bubble Journey) or visualisation (The Wish Tree) can be great meditations to use when you need to calm down. (These are meditations on the app).

Sleep

If your child is experiencing difficulty with sleep, it is important to develop a routine that is calming before bed. Playing a meditation before bed is a great way for children to wind down and get ready for sleep. There are many sleep meditations in the app.

Disruptive Behaviour

Acting out and disruptive behaviour can sometimes be a symptom of other emotional reactions and responses. Supporting your child to develop the skills to manage their emotions and behaviour is important. Regular mindfulness practice can help your child learn how to be aware of their thoughts and feelings and can help them to learn how to manage their own feelings.

Junior Dance Group

Our junior dancers (Years 1-3) have been shimmying to some music from the 1960's and learning some moves from back in the day. Each lunchtime, students have been using the new moves they have learnt to choreograph their own dance routines in small groups. It has been great to see the effort the girls have put in and the cooperation required to all work together to create an entertaining dance.

Take a look at some of the moves from the "60's"!

Ms Stanaway



Pony Step



Swimming forwards



Fosse arms behind back



The Twist

NSW Health Primary School Dental Program

NSW Health is working with public primary schools to offer free dental check-ups and preventive care to students as part of a school-based mobile dental program. Lynwood Park Public School has been selected to participate in this program.

The program involves a mobile dental team making scheduled visits to our school. During the first appointment, a dental check-up and preventive care package will be provided - subject to parental consent.

The program is scheduled to visit Lynwood Park from 23/09/2020 to 24/09/2020.

Parent Information and Consent Packs will be sent home including information sheets, consent forms and the program privacy statement. Parents/guardians who want their child to receive care are advised to:

1. Read all the information provided
2. Carefully complete the consent forms
3. Return the consent forms to the school as soon as possible

More information about the program is available on the NSW Health website:
<https://www.health.nsw.gov.au/oralhealth/primaryschool dental>.



Book Club - Issue 5

Please submit all orders online no later than 12pm Friday 7th August 2020. No late orders will be accepted. **No cash payments.**

A large advertisement for the NSW Health Primary School Mobile Dental Program. It features a smiling young girl in a school uniform holding a large orange toothbrush. To her right is a pink model of human teeth. The NSW Government logo is in the top left. At the bottom, there is a banner with the text 'NSW Health Primary School Mobile Dental Program' and a small illustration of children brushing their teeth. The background has a pattern of green and brown dots.

Gymnastics

This week saw the start of our school Gymnastics Program for 2020. Throughout the term, children of Lynwood Park will partake in bending, stretching, tumbling and getting to know their gymnastic abilities. The first lesson was very encouraging as all children enjoyed themselves and gave each activity a full-hearted attempt. The lessons will continue for Years 3-6 for the next 3 weeks and then K-2 will see out the term with their 4 lessons.

We look forward to seeing more up and coming gymnasts in the future.

The gymnastics lessons were made available to us from local provider - Sydney Academy of Gymnastics - and the funding was from a sporting grant we applied for and received from the Federal government.

Mr McMasters
Gymnastics Coordinator



5/6 Aqua – Do Now

To get the day off to a good start 5/6 Aqua have a **Do Now** activity to complete as soon as they enter the classroom. This activity could be related to any key learning area. Sometimes it is completed on whiteboards, sometimes in Workbooks and sometimes we need to do some fitness.

Some activities that we do are grammar, sentence structure, 6 minute writing, spelling train, number of the day, number busting, Just Dance, Tabata or following up with other learning that we are enjoying.

Here are some examples of our work.

under Do now
Under the sea in the deep end there lives a monster with big green eyes. He hide within the coral and only comes out to eat the fish. He's fur is black and blends in with bits of coral. No fish ever go near the deep end cause they know they will be eaten. There is a secret the monster is hiding all he wants is a friend. He get very lonely he's mother and father left him because he was the only one with black fur and that's a sign of evil they had said.

6 Minute Writing

Pobble 365 Isolation
Long ago in a vast open land and a lake which a house sat by, waiting for a visitor. Rumors have spread that in the house a mythical beast lived. Its horror was terrifying and it threw stains of blood on the wall. Once you enter the house you'll get cursed and you'll be trapped and witness the beast's rage.
The web 2/7/20

Pobble 365 website

Word Bingo 27.7.20
almost thousand careful
queue shirt alone
forces transfer energy

Word Bingo

used had ate eaten chickens
Simple Sentence - probably, noticeable, neither, cupboard, instead, half, waf, shelf, wolf, leaf, halves, loaves, shelves, wolves, leaves, culture, trade, tax es, influence, agreement, acquire, amateur, vacuum, vicious, valuable.
1. When we went to buy a vacuum at Officeworks we also bought colour pencils for our cousin.
Compound - When we went to buy a vacuum at officeworks we also bought colour pencils for our cousin and books for our cousins.
the shop yet he still hadn't fixed the float

Writing Sentences

Do Now 28/7/20
-quadrilateral parallelogram
triangle isosceles triangle
a shape with parallel lines
a shape with unequal sides scalene triangle
-2 shapes with rotational symmetry
pentagon hexagon

Drawing and labelling 2 dimensional shapes

Writing 27/7/2020
The monster at the bottom of the sea is an animal that is the guardian of nature in the sea. Any coral or other plants or animals he defends. If his name was Assassinator he will kill any human who tries to destroy nature of sea. He is a deadly creature.
He has a shark head and has a body which has some flaps to swim better. This creature is so hard to capture because of its strength, agility and intelligence. The first victim was a shark.

6 Minute Writing

Spelling Train
remember-run-net-team-massive-extra-angry-yacht-top-pat-tear-ran-nothing-green-normal-leniant-told-door-rock-kangaroo-opera-apple-egg-garment-tip-pat-tart-thing-gain-none-everyone-eager-rash-hat-track
✓✓✓ wow!

Spelling Word Train

6 minute writing
"That can't be true! Why would there be a monster at the bottom of the sea?" I asked, confused. "Well, there is and you can believe it or not, it's true" Taylor replied. "Do you have any proof?" asked Becca interested. "No, but people have claimed to see this horrific beast while scuba diving" Taylor said. "Are there photos?" "No" "Well, there's no proof" I said. "What does it look like and what does it do?" Becca asked.
"It imagine a snail-like biter, it looks nothing like it. Instead it's a big slimy blue creature that curses whoever or whatever it sees in the water" Taylor said. "What are its features?" I asked. "Bulging yellow eyes, 4 arms, 2 legs, brown teeth, bushy hair and spiky."

6 Minute Writing



INVITE YOU TO COME AND TRY

Baseball

WHEN Sunday 16 August 11am - 1pm
Sunday 23 August 10am - 12pm

WHERE Ashley Brown Reserve
Northcott Road, Lalor Park
(carpark is off Kennedy Parade)

COST Free

AGE T-Ball - 4 - 8yr olds
Modball - 9yr olds
Liveball - 10yr olds+

FOR MORE INFO CONTACT

David Rowley (President) on 0418 241 194
or kingslangleybaseball@gmail.com



Road safety tips for parents



Road safety around your child's school

Your child's safety depends on you

Drop off and pick up by car

Make sure your children are in an appropriate child car seat that is fitted and used correctly.

Stick to the **40km/h speed limit** in a school zone as children are about.

Look for buses pulling out – watch for flashing **wig wag lights**.

Always park and turn legally around schools.
Avoid dangerous manoeuvres such as U-turns and three-point turns.

Always **give way to pedestrians** particularly when entering and leaving driveways.

Drop your children off and pick them up on the **school side of the road** in your school's designated drop off and pick up area. Calling out to them from across the road is dangerous – they may run to you without checking for traffic.

It's safest for children to get out of the car on the **kerb side of the road** to be away from passing traffic.

Walking together to and from school

Plan your trip to school so you use pedestrian crossings where possible.

Always **hold your child's hand**. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.

Drop off and pick up your child near the school gate and avoid calling them from across the road.

Talk with your children about **Stop, Look, Listen and Think** every time they cross the road.

STOP! one step back from the kerb.

LOOK! for traffic to your right left and right again.

LISTEN! for the sounds of approaching traffic.

THINK! whether it is safe to cross.

Young children can learn these **safe pedestrian habits** from you and continue them later on when they are old enough to travel alone.

Lynwood Park P&C NEWS



NEXT MEETING

Monday 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

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