



Lynwood Times

A newsletter for the community of Lynwood Park Public School

Great Expectations - Great Attitudes - Great Achievements - Great School

28th Aug 2020

T3 W6 **Dates for** **Your Diary**

Aug 24-Sep 18
K-2 Gymnastics

Sep 1
ICAS Maths

Sep 3
ICAS Spelling

Sep 9
60s Games and Sports Afternoon

Sep 10
School Photos

Sep 11
60s Writing Comp Entries Due

Sep 18
60s Art Comp Entries Due

Sep 23, 24
Dental Visit

Sep 24
Longneck Lagoon Leadership Day

Sep 25
Last Day of Term

Oct 12
Start of Term 4 for Staff and Students

Principal's Message

Dear Parents and Carers

I hope you have had a healthy past fortnight and that you and your family have remained safe. We are rapidly approaching the end of another term!

Kindergarten Enrolments for 2021 As mentioned in the last newsletter, we are taking Kindergarten enrolments for 2021. If you or a neighbor has a school aged child (must turn 5 years before July 31 2021), enrolment forms are available from the office. Call our friendly office staff for more information.

60s Mufti and Disco Day Tuesday last week was our 60s Mufti Day with lots of 60s Dancing at our discos throughout the day. Everyone had so much fun and there were a lot of prize winners for fabulous Twisting! Photos are included in this newsletter and will be available on our website as soon as we fix a few technical glitches.

School Photos Our main school photo day will be Thursday 10th September. Please make sure to read the article later in the newsletter from the photographer for login details and how to order and pay online.

Update Contact Details This week we sent home a form requesting families to update contact details in case the school needs to contact you quickly or in case of an emergency. Even if you think your details are accurate, it won't hurt to fill out the form so we can check our details in the system. Please return the form as soon as possible so we can ensure contact details are up to date.

Tell Them From Me – Parent Survey Several parents have completed the survey already and we thank them sincerely. The parent online survey for this valuable information gathering activity is now available at:

<http://nsw.tellthemfromme.com/lpps>

The more parents who complete the survey, the more valuable the information is to our planning.

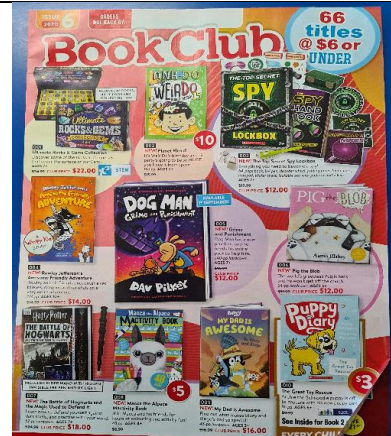
60s Art and Writing Competitions and 60s Games and Sports Afternoon We have organised an Art and Writing competition around the theme of the 1960s to help celebrate our 60th Birthday. All students will be participating and we will be displaying work around the school and online. On Wednesday Week 8 we will be having a 60s Games and Sports afternoon. The teachers will organise activities for the children to rotate through – such as Jacks, Marbles, Elastics, Twister etc. It will be a lot of fun and we will keep you posted.

Unauthorised Access to School Grounds Unfortunately we have again experienced unauthorised access onto our grounds from neighbours who have gate access via boundary fences. This is illegal and if it continues, we will have no choice but to bolt the gates shut.

Have a great fortnight – Mrs Leigh Bade – Principal

Book Club - Issue 6

Please submit all orders online no later than 12pm Friday 11th September 2020.
No late orders will be accepted. No cash payments.



Silver Awards – Term 3 2020

Reyanveer B 1/2Y
Sophia P 1/2Y
Leon L 1/2Y
Imogene T 1/2Y
Micah M 1/2Y
Callum A 2P
Gemma B 2P
Zainab B 2P
Amelai C 2P
Grace F 2P
Jillian G 2P
Hudson I 2P
Ryker J 2P
Harang K 2P
Nmaya M 2P
Parvathi NK 2P
Gabriel P 2P

Fawad A KB
Heeva D KB
Mason K KB
Eden K KB
Amaziah P KB
Mehreen T KB
Paul T KB
Ebony C 5/6A
David A 5/6A
Brittany J 5/6A
Beeon K 5/6A
Jacob M 5/6A
Harry s 5/6A
Joanne Y 5/6A
Cooper S 2P
Taha S 2P
Aislin W 2P
Katlyn S 2P

Krishn R 4/5M
Sione T 4/5M
Retaj A 4/5M
Cooper L 3/4C
Naomi B 5/6T
Poppy M 5/6T
Doyel S 5/6T
Katija Z 5/6T
Sanawbar A 5/6T
Izabelle G 5/6T
Japleen K 5/6T
Meena Q 5/6T
Auspal R 5/6T
Abhay S 5/6T
Shanella T 5/6T
Kaylen T 5/6T
Austin S 2P

Congratulations Silver Award students! Good job!

Last Newsletter’s Word Wizards

Word: **ingratiate**

Meaning: *bring oneself into favour with someone by flattering them or trying to please them*

Word Wizards:

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

Word of the Week

capitulate

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 hurts the victim most is not the cruelty of the oppressor (bully), but the silence of the bystander”
Elie Wiesel 1928 – 2016



Brian the Lion wants us to use the playground equipment safety and respectfully!

We are so lucky to have such wonderful new playground equipment! All students have the opportunity to play on the equipment with their class group or at special times with their year groups. The equipment helps us to become co-ordinated and to develop our muscles, so we have to remember to:

- * Be Safe – no chasing, tips or racing games on or near the equipment
- * Be Safe – no food or drinks on the equipment
- * Be Responsible – wait for our turn
- * Be Responsible – follow teacher instructions at all times



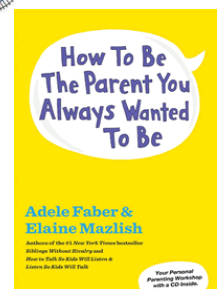
K-2 GOT IT



Got It! Tip of the Week

Slow things down and tune in to how your child is feeling. You might need to use your *ears* to listen to what they are saying; your *eyes* to notice their face, their body language, and what is going on around them; your *imagination* to put yourself in their shoes; your *words* to reflect back what you hear and notice; and your *heart*, to feel what they are feeling. Let them know that you understand and accept their feelings, and that all feelings are OK. For example, you might say, "I think I would feel sad too if I lost my favourite toy".

(BOOK *Raising an Emotionally Intelligent Child : The Heart of Parenting* by John Gottman)



BOOK *How To Be The Parent You Always Wanted To Be* by Adele Faber and Elaine Mazlish

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Thursday 10 September 2020

advancedlife
photography & print specialists

ORDER NOW go to www.advancedlife.com.au and enter the code

THB H6L 8EH

Dear Parents,

School photographs are scheduled to be taken by advancedlife. Whilst an envelope and flyer have been distributed, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit advanced order code. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please contact us at www.advancedlife.com.au/contact

NSW Health Primary School Mobile Dental Program

Dental staff from the NSW Health Primary School Mobile Dental Program will be visiting Lynwood Park Public School on **Wednesday 23rd & Thursday 24th September** to provide students from K-6 with a free dental check.

On the day, they will be providing the following services:

- Comprehensive oral examination (Check up)
- Oral health information (Diet and tooth brushing advice)
- Height & weight check
- Fluoride application (if consented to on form)
- Dental X-ray (if required, and consented to on form)



At the conclusion of the appointment, students will be given a tote bag which includes a toothbrush, toothpaste, and a bouncy ball.

A letter will be sent home via post detailing the outcome of the appointment within 10 days. If required, your child will be placed on a waiting list for a follow up appointment for further treatment, and you will be contacted when an appointment becomes available. These appointments are offered on a priority basis, with urgent treatment needs being offered appointments first.

In addition to regular infection control procedures, additional processes are in place due to COVID-19. These include daily screening of staff prior to the shift (temperature & questionnaire), increased personal protective equipment use, and maintaining physical distancing between staff on site.

Forms to participate in the program have already been sent home. Please make sure you fill in both the blue Consent Form and the white Child Dental Benefits Schedule form and return to the school by 1st September 2020 (Tuesday next week).

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 first half of this term we taught the children about being a **Hardworking** person. The remaining half of the term will be devoted to investigating what it means to be a **TEAM PLAYER** ...

Team Players ...

- * **Cooperate** and work well with others
- * **Appreciate other points of view**
- * **Get along** with different people
- * **Value all contributions**

In Week 8, we will recognise those students who have been actively displaying the value of being **Team Players**. The next value we will be looking at in Term 4 is being **Problem Solvers**.



Mrs Amanda Cash – School Administration Officer



Mr Mark Leonard – School General Assistant



Mrs Tracy Killen – School Learning Support Officer



Mrs Luise Heiler – School Administration Manager

This week was SASS (School Administrative and Support Staff) Recognition Week, where schools across NSW recognise and thank their SASS staff for all the wonderful work they do to keep schools functioning smoothly and safely.

We have a wonderful SASS staff at Lynwood Park Public School and I am very proud of them and thankful to them for all the work they do – often out of the gaze of parents and teaching staff. It is heart-warming to watch them just “get on with things” out of their dedication to the children of Lynwood Park PS.

I would also like to take the opportunity to recognise and thank Mrs Vicki Wharton who comes in each Tuesday to work in the office and assist in the running of our school.

Mrs Leigh Bade - Principal



Mrs Sharon Ro\sitano – School Learning Support Officer

Term 3 Learning

Some happy and excited year 4 students who have received their **Pen Licences**.



Classifying and constructing **3D** objects.



Using fabric and oil pastels to create and make a **1960's tessellating pattern**.



Drawing and using cut out paper shapes to make **perspective kaleidoscope art**.



1960's Themed Art Lessons

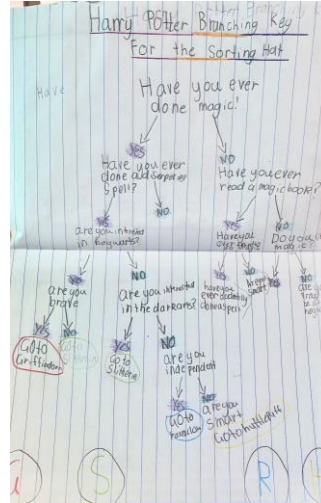
Students have been exploring the bright colours and vibrant patterns used on clothing and textiles during the 1960's. Here are some photos of students Tie Dying and printing with inks on plain fabrics.



Digital Technologies – Part Two

This is part two of our article on the Digital Technologies strand of the new Science and Technology syllabus.

Years 3-6 students in action, exploring the Digital Technologies strand



If you are interested in supporting your child and their knowledge of Digital Technologies, you can visit <https://www.digitaltechnologieshub.edu.au/families/learning-at-home>

This website contains a collection of activities that have been designed for you to complete in your home or around your local community to assist in building your child's knowledge of the Digital Technologies curriculum. These activities require minimal preparation from you and the knowledge required to enable you to complete the tasks with your children is included on the website.

Mrs Sinclair

60s Disco Fever!







ACTION CALENDAR - FOR FAMILIES



30 actions to help parents look after themselves and their families in challenging times. Please use and share

1 Go on a smile collecting mission, starting with a smile in the mirror

2 Choose one song each and arrange a family dance off

3 Send someone a message to show you really appreciate them

4 Take turns to notice 3 things around you that are beautiful

5 Be kind to yourself and others

6 Together, make a list of things you are grateful for

7 Think of a goal to work towards and do one thing to get started

8 Take a mindful walk together and notice what you see hear and smell

9 Play Musical Statues

10 Create a bedtime routine together to help with sleep

11 Bake cupcakes and decorate them as gifts for each other

12 Cross your arms and give yourself a hug

13 Take turns to share a happy memory

14 Find out about the values and traditions of another culture

15 Do something together to support a local charity

16 Create a collage of things that make you feel happy

17 Before bedtime, share what has gone well during the day

18 Introduce a family 'Daily Pause' to be calm together

19 Create a family wishes jar and take steps to make them happen

20 Learn a new skill together as a family

21 Create a kindness box to keep a record of kind actions

22 'Surpriserise' yourself. Find unexpected ways to move your body

23 Make a rainbow salad

24 Smile and say something positive every time you walk into a room

25 Create a poster highlighting everybody's strengths

26 Notice the shapes, colours and smells of a new family meal

27 Make a list of things that have helped you cope with difficult times

28 Tell someone you love how much they mean to you and why

29 Do something good for the environment

30 Hold an awards ceremony to celebrate acts of kindness



"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind

Helping Your Child to Relax

There will inevitably be times when your child will find school more difficult and stressful than usual and moving to a new class, key stage or year group can be one of those times. Their feelings may manifest themselves in a variety of ways. Difficulty sleeping, moodiness, withdrawal or reluctance to go to school are some of the most common.

If you feel your child is experiencing stress or anxiety, then do arrange to speak to the teacher to see if there is anything happening at school and anything that can be done to support them. Also, have a look at your home life and see if anything could be a cause, such as moving house, a new baby, relationship difficulties or stress in a parent which can also be factors.

Here are some ways in which you can build chill out time into your regular routine so that you can encourage your child to develop strategies to manage stress.

- Make 'down time' a rule for everyone in the house.
- Encourage good use of 'down time' by making new books available to read, introducing a new style of music to listen to or helping your child to learn a craft.
- Don't fill your child's week with organised clubs and activities.
- Encourage good time-management techniques. Younger children can be shown how to learn a couple of spellings a night rather than leaving them all to the last minute, for example. Older children can learn to pack their bags the night before school or make a 'to do' list.
- Try to eat together as a family every day and ban phones and other devices from the table. Family meal time is a great time to talk, decompress, reflect on the day and share ideas.
- Plan regular family activities such as a bike ride, movie night or trip to the park.
- Play board games or card games together. Teach your child the games you knew as a youngster and let them teach you their favourites.
- Prioritise sleep. Younger children in particular benefit from a regular bedtime routine. Make late nights an exceptional treat, even at weekends.
- Regularly review your child's workload, to include school work, socialising time, clubs, sports and activities. Make sure that you continue to be able to achieve a daily spell of 'down time'. As they get older, include them in this.
- Let your child see you following 'down time' rules too. Teach them that stress is a fact of life for everyone and that what matters is being able to manage it effectively.

