

Lismore Primary School Scoop

*Lismore Primary School considers the safety of children as being of paramount importance.
Our school has a zero tolerance of child abuse.*

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FROM MY DESK ...

Welcome back! I hope you all had a wonderful holiday with your family and friends. It certainly is great to have a break from the frantic rushing of a morning, and the packing of lunch boxes! We have had a positive start to the term with students looking relaxed after the holidays and ready to learn.

Our school is looking fabulous with the corridor, Art Room, F-2 and 3-6 rooms being freshly painted. We have new concrete paths and the area for our new playground has been set up ready for its installation in August. Exciting times for our school.

TIMETABLE

Attached to today's newsletter is a copy of the fortnightly timetable which outlines the curriculum covered throughout a two week period. This term 'inquiry based learning' will focus on the geography and history curriculum areas including Aboriginal Studies. Our junior students will focus on 'then and now' and cover a range of concepts relating to how daily life of the present is different from the past and how it could change in the future. Our senior students will explore a range of concepts relating to the stories of the First Fleet; including reasons for the journey, who travelled to Australia, their experiences following arrival and the impact colonisation had on Indigenous Australians. Buddies sessions will continue on a fortnightly basis as per Semester One and will focus on an introduction to Aboriginal Art. Friday afternoons we will continue our focus on sustainability and the community garden.

COMMUNITY FOODIES – PARTNERING WITH SOUTHWEST HEALTHCARE

Lismore Primary School and South West Healthcare have partnered to engage in a pilot program focussing on Healthy foods. This is a fantastic opportunity for our students to learn from experts and participate in hands on learning. Students in years 3-6 will participate in five sessions run over the first five weeks of Term 3. This week, South West Healthcare Dietician Casey Weel will present a session called 'Eat More Whole Foods' to our 3-6 students. The session will focus on the five different food groups, serving sizes of different foods and health benefits from each of the food groups.

Next **Thursday July 25th**, our whole school will travel to Warrnambool to engage in a tour and educational activity at the Warrnambool Community Garden facilitated by an expert. This will allow our students the opportunity to build upon the knowledge they have gained working in our school community garden as well as learn from experts in this area. Please see permission form for further details regarding this excursion and return to school ASAP.

LUNCH ORDERS

Lismore Primary School is excited to be introducing weekly lunch orders. Lunch orders will be provided by the local Birdcage Café each Friday. Lunch order forms and envelopes will go home each Wednesday and are due back to school on a Thursday. Lunch orders are optional and are a service to the school community. Please ensure the correct change in the envelopes as money and order forms will go directly to the Birdcage Café. Lunch orders will begin next week.

With the introduction of lunch orders, hot lunches will now be limited to Mondays **only**. Please remember to clearly label hot food. Please note our school encourages healthy eating and we would appreciate your support in ensuring healthy food choices. Foods such as chicken nuggets and fish fingers are not appropriate school lunch choices.

GARDEN BARK

We have a large pile of bark that was removed from the front playground area during our recent school works. If you are interested in collecting a trailer load for your garden please let us know.

ATHLETICS

This year all of our school and interschool athletics will be held during Term 3. Practice for athletics has begun this week. Our annual school House Sports is planned for **Friday 2nd August**. More details regarding this day will be available in future newsletters. The F-2 Interschool Athletics will follow on **Tuesday 6th August @ Skipton P.S** and the 3-6 Athletics will be on **Friday 23rd August @ Llamberris Oval** in Ballarat.

SAVE THE DATE- TRIVIA NIGHT

The date for our annual trivia night has been set. This year our Trivia Night will be held on **Friday 6th September**, 7.00pm at the Lismore Community Centre and once again we are fortunate to have the wonderful team of OCRFM Community Radio hosting our event. The OCRFM team run a seamless, challenging, fun and amusing evening enjoyed by all.

LISMORE PINE PLANTATION

At our last school council meeting we approved the harvesting of the Lismore Primary School pine plantation located on the Hamilton Highway. Works are expected to begin in the very near future, weather pending.

ANNUAL PARENT OPINION SURVEY

The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 22nd July to Sunday 11th August**.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The survey results will be reported back to the school at the end of September. Survey results will be communicated to parents through annual reporting.

Keep an eye out for an email which contains the link and our unique school pin to complete the survey. Thanks in advance for your support.

Have a wonderful week!

Jess Kattwinkel

HEALTHY EATING/HEALTHY HOT LUNCH MEAL



Tasty Tuna Noodles

Makes 2 serves

Ingredients:

**1 pkt 2 minute noodles
(discard the flavour sachet)**
**1 x 110g can of tuna in tomato
and onion sauce**
1/4 cup grated carrot
1/4 cup grated zucchini
grated cheese (optional)

Method:

- ✦ Break up the 2 minute noodles.
- ✦ Mix raw noodles, grated carrot and grated zucchini together.
- ✦ Cook noodles (with the grated vegetables in it) according to instructions, then drain.
- ✦ Mix through the tuna in tomato and onion sauce and cheese (optional).


- ✦ Pack into two small containers.
- ✦ Refrigerate unused portion until required (for up to 2 days).



Respect Responsibility Excellence Persistence

Dates to Remember

Thursday 25th July	Warrnambool Community Garden excursion
Wed Oct 9th-Fri Oct 11th	3-6 School Camp
Friday 2nd August	Lismore Primary House Sports
Tuesday 6th August	F-2 Athletics @ Skipton
Monday 12th August	Curriculum Day for staff/ NO SCHOOL
Wednesday 21st August	School Council meeting @ 5.30 pm
Friday 23rd August	3-6 Athletics @ Llanberris
Friday 6th September	Lismore Primary School Trivia Night



Lismore Supported Playgroup

Thank you for your interest in the Lismore Supported Playgroup incorporating the smalltalk program. This Playgroup is about supporting parents to provide enriching home learning opportunities for their young children. A facilitator will share information and ideas around parenting and child development in a relaxed setting. Some of the topics will include - teachable moments, being warm and gentle and following your child's lead.

A Family Transition plan will be developed together in consultation with all families and the facilitator. The purpose of the Family Transition Plan is to ensure that families are supported to access services that will assist them at the end of their participation in the Supported Playgroup. This may include Community led Playgroups, Childcare, Kindergarten, Specialist children's services etc.

There is also a Home Coaching component available to eligible families, which allows you to explore these ideas further in your own home. A Home Coach may visit you if you wish at a time suitable to you and your child each fortnight.

Name of Venue: Lismore Primary School (Health& Wellbeing Room)
Street Address: 77 William Street
Suburb: Lismore

Each session will start at 10:00am and finish at 12:00 noon.

The dates for Term Three are:

Session 1: Tuesday- 23rd July
 Session 2: Tuesday- 30th July
 Session 3: Tuesday- 6th August
 Session 4: Tuesday- 13th August
 Session 5: Tuesday- 20th August
 Session 6: Tuesday- 27th August
 Session 7: Tuesday- 3rd September
 Session 8: Tuesday- 10th September
 Session 9: Tuesday- 17th September

If you could please ensure your child brings along appropriate clothing, hat, water bottle and healthy snacks to eat if they get hungry during the session.

The Playgroup sessions are designed to be flexible and informal, which allows for sleeping babies, tired children, as well as children with lots of energy! Dads and siblings are welcome.

I will be your group facilitator and I hope you enjoy your involvement in the Supported Playgroup.

Kind Regards,

Kate Leahy
 Early Years Practitioner
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**HAPPY
BIRTHDAY
to
Kayleb!**

**We hope you had
a
brilliant day.**

*Hip Hip
Hooray*



Teresa's Clearing Sale

FOR SALE (available until 25/7/2019)

Fisher & Paykel (Quicksmart - 5.5/6.5kg) washing machine - \$330 ono

Kelvinator2 refrigerator (420litre) - \$360 ono

Student/computer desk (black & grey) - **free**

Brass/black enamel/porcelain queen bed frame - \$60 ono

50's style sideboard - **free**

Set drawers - old style - **free**

Antique oak wardrobe/linen press - stained glass insert - \$100 ono

Antique walnut (round mirror) dresser (2 drawer) - \$20

4-poster timber bed & 2 matching bedside tables - \$450 ono

Electric lawnmower - \$20

Cupboard (black) 6 basket inserts - \$20

Extendable table (from 6-8) - \$40 ono

Bench oven - \$40 ono

Garden sleepers - \$100 ono (approx 12)

Ring - Teresa 0400 940 813

Pine Bookcase 6'x2' - \$40 ono

COMMUNITY NEWS



LISMORE PRIMARY SCHOOL

INVITES YOU TO OUR
ANNUAL MAJOR
FUNDRAISER



FRIDAY 6th SEPTEMBER

Doors open 6.30pm for a 7.00pm sharp start
@ Lismore Community Centre

\$10 per person, tables of up to 10

BOOKINGS ESSENTIAL Penny 0413 560 710 or
Tania 0408 523 497

A fun and entertaining evening hosted by the wonderful team at OCRFM
Community Radio with a great mix of general knowledge and music themed
trivia from a wider range of genres.

HEAPS of fantastic prizes up for grabs in our spinning wheel draws
and raffles & a prize for the overall winners!

Delicious savoury, sweet, or mixed platters available.
To order & pay for platters contact Lauren 0488 976 603.
BYO drinks.

OPEN DAY BRING A FRIEND AND WIN

Seriously, just for turning up you could both score
an instant prize, like:

► Air Pods ► iWatches ► Deakin merch

You'll also gain entry into our mega-draw to each win
\$2000 cash and an Apple iPhone XR. That's enough to
take you from caravan park to penthouse at schoolies!

Register at deakin.edu.au/bring-a-friend, then choose
a mate to bring and win.

OPEN DAY SUNDAY 04 AUGUST
Warrnambool

