

Lismore Primary School Scoop



*Lismore Primary School considers the safety of children as being of paramount importance.
LPS is committed to inclusion of all children from different cultural, linguistic backgrounds, all abilities and individual needs.*

Our school has a zero tolerance of child abuse.

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FROM MY DESK ...

I hope that all of our mothers and grandmothers in the Lismore community had a wonderful Mother's Day on Sunday and were spoilt by their families. Although we weren't able to hold our usual Mother's Day Stall or provide a pampering afternoon tea, we do hope you enjoyed the Mother's Day fridge magnet and a nice cup of tea included in the weekly home learning pack. I certainly was spoilt with a beautiful card, chocolates and flowers from my four beautiful children.

I would like to once again say thank you to our amazing students and families. The work that families are doing to support education is greatly appreciated. Working from home one day a week as well as trying to support my four children has proven challenging so I do understand the effort and time required by you all. Please be assured you're doing a great job. Our goal was to reiterate this message in our little video posted to SeeSaw and our school Facebook page last Friday. We hope you enjoyed it!

I would also like to say thank you for the messages of support and gratitude provided to our staff throughout the remote and flexible learning phase. There have been days during this term when we have been a bit flat and receiving these messages certainly puts the smile back on our faces and spring back into our step.

RETURNING TO SCHOOL!!!

There is however light at the end of the tunnel with the announcement yesterday that students will return to school this term. As outlined in a letter sent to families via SeeSaw yesterday, students in Foundation, Grade 1 and Grade 2 will return to school from **Tuesday 26 May**. To support all school staff to prepare for this transition, **Monday 25 May** will be a **pupil-free day**. All other year levels will return to school from **Tuesday 9 June** following the Queen's Birthday Public Holiday. We are super excited and can't wait to see all of our smiley students back at school, it certainly has been a little quieter onsite this term.

WEBEX

This week our WebEx meetings have continued with a high percentage of students logging onto this live platform. We had our first Whole School assembly this week hosted by Mrs Evans and Miss Sheils. The Acknowledgement of Country was read, national anthem played and Young Achievers of the Week presented virtually. Our school captain Breeana is looking forward to running our virtual assembly next Monday morning.



HEALTH & WELLBEING

Now more than ever, we all need to ensure we are looking after our Health & Wellbeing. As a staff we have made a conscious effort to include wellbeing as a regular agenda item. Staff still meet regularly as a team to discuss student learning, progress and gather feedback and evidence. We have made brain breaks and mindfulness moments a regular addition to our meetings. These are super important in allowing us to refocus and engage with our work in a positive way. We encourage all of our students to take regular brain breaks throughout the day and parents too. This could simply be a stretch, walk outside, quick game or some meditation. We have included a snippet below from a fellow colleague for you to consider.

NORMALISING ANXIETY AND WORRY!



Everyone gets worried or scared about things from time to time. These are feelings just like feeling happy, sad, angry or confused. Sometimes we can get worried a lot and then we don't have as much fun or like doing things as much. This is when we it is helpful to be able to manage our worries and stress and learn how to relax so we can feel better. We all get stressed and need to find ways to calm ourselves down and stay calm. Some activities you can do on your own and some mum and dad can join in, because they get stressed too. Some you may really like and others you may not and that's okay because we are all different and not everything suits everyone.

Let's begin with a very simple meditation

1. Find yourself a place where you can lie down...on your back with your hands on your tummy.
2. Focus your attention on your breath – you don't need to change your breath at all, just notice it.
3. Watch your hands go up and then down as you breathe, now close your eyes and feel your hands as they rise and fall on your tummy.

See if you can do this for a minute or even two... You can find a guided meditation called 'The Breath' Meditation on the "Peaceful Kids" Website...it takes about 5 minutes.

<https://www.peacefulkids.com.au/meditations1.html>

When you have finished have a think about how you are feeling...maybe draw a picture of yourself.

ANNUAL REPORT

Our 2019 Annual Report has now been endorsed by school council and our school council president. The Annual Report is available on our school website under the School News tab.

Enjoy the rest of the week, I know I will be visiting my mum and dad now that the visiting family restrictions have been lifted.

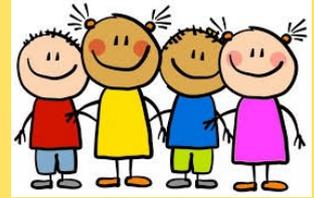
Jess Kattwinkel

Dates to Remember

Monday 25th May	Pupil free day – No School for students
Tuesday 26th May	Foundation, Grade 1 and Grade 2 return to school / Grade 3-6 remote learning
Monday 8th June	Queen's birthday Public Holiday – No School
Tuesday 9th June	All year levels return to school
Friday 26th June	Term 2 ends
Monday 13th July	Term 3 begins

Respect Responsibility Excellence Persistence

ONE LINERS!

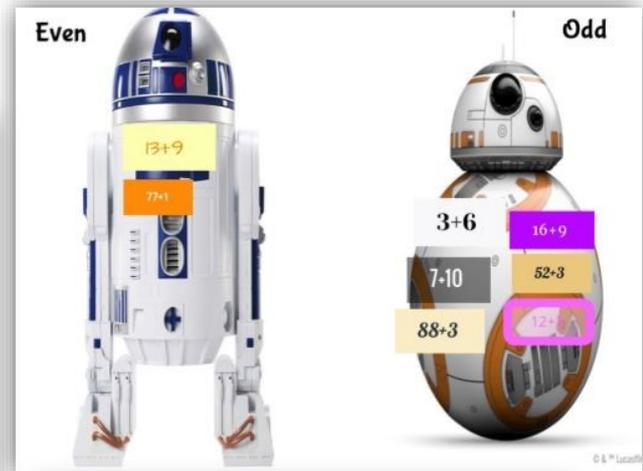


F-2 - The F-2 students have been successfully connecting to individual Webex meetings with great success and enthusiasm.

3-6 - It has been awesome to see students show their creativity and flair when responding to all learning tasks.

REMOTE LEARNING

	1 more	10 more	100 more	1000 more
452	453	462	552	1,452
361	362	372	461	1,361
789	790	799	889	1,789
1,023	1,024	1,033	1,123	2,023
	1 less	10 less	100 less	1000 less
1,360	1,359	1,350	1,260	360
5,781	5,780	5,771	5,681	4,781
8,172	8,171	8,162	8,072	7,172
10,359	10,358	10,348	10,248	9,358



YOUNG ACHIEVERS OF THE WEEK



F-2 Class - Angus Moyle for writing a fantastic rhyming poem last week. Your handwriting and illustrations were sensational. Keep up the great work with your tasks.

3-6 Class - Zak West for commitment to our new way of learning. You have shown great determination and independence.



HAPPY BIRTHDAY TO Angus and Mrs. K

Hip Hip Hooray Have a Brilliant Day!

REMOTE LEARNING

This week we decided to add an element of fun to our small group WebEx meetings. Everyone was encouraged to wear wacky socks to their meeting. Here are some of the wacky socks! Thanks for making the effort everyone, we love it!

