



Lake Illawarra South Public School

Newsletter

Term 1 Week 6: Monday 01 MARCH 2021

CALENDAR

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PRINCIPAL'S MESSAGE

Staff is completing CPR and Anaphylaxis face to face training this week with Royal Life Saving NSW trainers. This training provides staff with essential information about recognising and providing an emergency response should the need occur.

Last week, saw our lovely Scripture teachers return for 2021. We would like to take this opportunity to

thank them for devoting their time to our students each week. It is very much appreciated. If you have not returned the note regarding your child's scripture preference for 2021, please do so at your earliest convenience.

As COVID-19 restrictions ease across NSW, we are once again able to offer *Park and Play* at Lake Illawarra South. The program will recommence at the beginning of Term 2. It is a play program for pre-school aged children and their parents/carers. A variety of play activities are provided each week. The program is kindly provided to our community by Shellharbour City Council.

I had a lovely time celebrating with the students who competed the Summer Reading Challenge. Students were treated to pizza, watermelon and a drink provided by our fabulous canteen lady, Mrs Ruddock.

Lake Illawarra South Public School is very proud to be part of the Lake Learning Community along with Primbee PS, Warilla North PS, Mt Warrigal PS, Windang PS and Lake Illawarra High. Lake Illawarra HS has some fantastic results from the 2020 HSC including, an increase of 11.7% of students in the top 3 bands of the HSC - the highest lift across the five high schools in the Lake Illawarra South Network. LIHS has maintained a tight focus on improving student attendance including the use of the Clontarf program to support improvements in Aboriginal male student attendance. The school is also continuing its work on curriculum compliance and engagement of students in their learning. Congratulations to Mr Hicks and his fabulous team of teachers and support workers.

Karen Simula
Principal

COVID INTENSIVE LEARNING SUPPORT PROGRAM

Letters were sent home last Friday and today regarding student participation in the COVID Intensive Learning Support Program (COVID ILSP).

The 2021 COVID ILSP provides small group targeted tuition for students with a range of abilities to support their learning. This support is tailored to student needs to ensure that students' educational outcomes continue to improve in 2021.

Please contact your child's class teacher or the program's coordinator, Mrs Smith if you would like further information.

PERSONALISED LEARNING PLANS

Teachers will be making contact with parents and carers this week, if they have not already done so, for input in Personalised Learning Plans and Individual Education Plans for those students who require them.

SCHOOLS CLEAN UP DAY

This Friday is Schools Clean Up Day. Students from K to Year 4 will be cleaning up our school grounds and stage 3 students will remove rubbish from the foreshore of Lake Illawarra. Permission notes for Stage 3 students are now due.



Remember to bring gloves, tongs and bucket.

HOME READING PARENT SESSIONS

Lake Illawarra South Public School staff are presenting a parent information session on helping your child with home reading tomorrow morning (Tuesday 2nd March) beginning at 9.00am in the school library. Information about students learn to read and strategies that parents can use to

support them will be shared. A repeat session will be held at 6.00pm tomorrow evening.

LEADERS' FEATURE

Our School Leaders were featured in the Illawarra Mercury on Friday 19th February. If you missed it, you can view it on the Mercury's online gallery.



STUDENT REPRESENTATIVE COUNCIL

Congratulations to our newly elected SRC for 2021. These students will be presented with their badges at assembly tomorrow 2nd March.

KR – Aaron & Cooper

K/1P – Zahli & Channel

1/2O – Harper & Sebastian

1/2S – Cooper & Elon

3/4B – Lexi & Ella

3/4O – Corey & Ariana

4/5I – Teina & Addyson

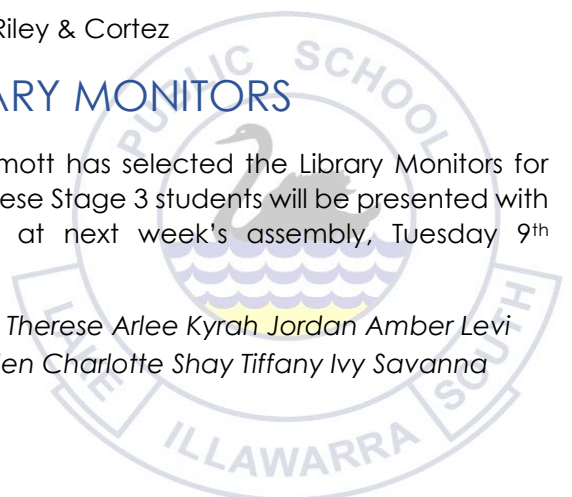
5/6C – Jackson & Diarmid

5/6G – Riley & Cortez

LIBRARY MONITORS

Mrs Willmott has selected the Library Monitors for 2021. These Stage 3 students will be presented with badges at next week's assembly, Tuesday 9th March.

*Emily Therese Arlee Kyrah Jordan Amber Levi
Aiden Charlotte Shay Tiffany Ivy Savanna*



LIFE EDUCATION

As part of our Personal Development, Health and Physical education (PDHPE) program, the Life Education van will again visit our school in Week 10 of this term. Life Education is a positive approach to teaching students about healthy lifestyles. Students have the opportunity to visit the van with their class teacher for an exciting time to learn about their bodies and health. The visit includes the mobile classroom lesson and student workbooks which provide the necessary activities to further complement PDHPE lessons.

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Positive Behaviour for Learning (PBL) is a whole-school framework that promotes positive behaviour across a school and helps schools develop safe and supportive learning environments. Lake Illawarra South Public School has been a PBL school for a number of years. Students benefit from:

- increased time focused on instruction
- improved social-emotional wellbeing
- positive and respectful relationships
- a predictable learning environment

Throughout the year, students are explicitly taught the school expectations through a series of lessons.

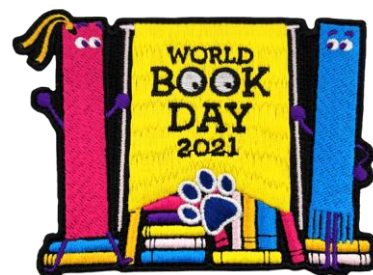
The focus for this week is *Respect – Share equipment and the playground*. sharing resources and playground areas with others, encourages positive relationships, maintains a harmonious environment and promotes fairness amongst students.

The focus for the following two weeks is *Responsibility – Follow instructions*. It is important for students to be able to follow instructions so that they can function effectively across different environments. It enhances their ability to act on requests from others and requires students to attend to detail in spoken language, to sequence the information in the appropriate steps and to seek clarification if needed. Following directions helps students stay safe in emergencies and in everyday situations.

WORLD BOOK DAY

Share a story anytime, anywhere! It's never too early or late to read stories with your child and spending just ten minutes every day enjoying books together can make a difference to development. Reading boosts creativity and imagination, improves wellbeing and is a positive experience for everyone. Not to mention it's great fun.

World Book Day is all about taking ten minutes to share stories. See the website's *Share A Story Corner* videos for simple stories, and tips for reading together at www.worldbookday.com



During this week, to celebrate World Book Day (4th March) and the commencement of the NSW Premier's reading challenge, the library will be running a raffle for students who borrow a book to share at home with their family. All students can borrow during their library lesson or the 2nd half of lunch on Monday and Wednesday.

PREMIER'S READING CHALLENGE

The NSW Premier's reading Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier's Reading Challenge (PRC) is open to all NSW students from Kindergarten to Year 9. see the student website for more information:

<https://online.det.nsw.edu.au/prc/studentExperience>

KEY DATES

Challenge opens: Monday 1st March

Challenge closes: Friday 20th August

STAYING SAFE ONLINE

The e-Safety Commissioner website is a fantastic resource for parents who would like tips about helping their children safely navigate the digital world and help them to avoid harmful online experiences. The website has tips targeted at various age groups. Please take the time to visit the website at:

<https://www.esafety.gov.au/parents/skills-advice/online-safety-basics>

ATTENDANCE

Thank you to those parents and carers who promptly inform the school of their child's absence. Schools are required to contact parents if a child is away for 2 days or more. A specific reason for each absence from school is required.

Please respond to requests with a specific reason for each date given. The roll will then be updated. We also require information about the illness if a child has been absent from school sick. The reason for illness is then recorded on the roll.

DRIVING AND PARKING NEAR SCHOOLS

The beginning and end of the school day are busy times for pedestrians and drivers outside schools. You can help keep children safe by remembering the following:

- drop your child off and pick them up on the school side of the road
- never call out to them from across the road - it is very dangerous
- always take extra care in 40km school zones
- follow all parking signs - these help keep your child as safe as possible
- park responsibly even if it means you need to walk further
- never double park - it is illegal and puts children at risk
- never do a U-turn or a three-point turn outside the school as it puts children at risk of harm
 - model safe and considerate pedestrian and driver behaviours to your child
- always give way to pedestrians particularly when entering and leaving driveways
- ensure that you do not access school driveways or carparks as this prevents the normal running of the school and poses a great risk to our students

- be aware that fines for many offences are increased if committed in a school zone.



POP PAYMENTS - PARENTS PAYING ONLINE

POP allows parents to make online payments through the school's webpage. The payment facility is accessed on the front page of our website by selecting \$MAKE A PAYMENT. This is an additional service; you are still able to make cash payments at the office.

When making a POP payment, please indicate clearly the receipt number on the permission note.

If you require further information, please see our office staff, they will be more than happy to assist.

Please be aware that this facility CANNOT be used for canteen or uniform shop payments.

COVID-19

In accordance with advice from NSW Health, parents and carers are reminded NOT to send children to school if they are unwell, even with the mildest flu-like symptoms. NSW Health has requested that school encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the COVID-19 clinics. Students and staff with flu-like symptoms will need to be tested and provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school. A screenshot of the result may be emailed to the school email account.

lakeillaws-p.school@det.nsw.edu.au

Students who do not undertake a COVID-19 test will not be permitted to return to school for a 10-day period. Additionally, they must be symptom-free for at least three days prior to returning to school.

Parents and carers are not allowed on school sites or at off-site school events held during school hours except for the following purposes only:

- Essential parent and carer meetings with teacher and/or school executives with a scheduled appointment.
- parents and carers who attend a school administration building or another defined location for the purpose of picking up their child if they are unwell or where they have been asked to arrange for a COVID-19 test after their child has displayed flu-like symptoms while at school.
- Volunteer parents and carers who need to be on-site for uniform shop duties.

The Service NSW COVID safe check-in is required for visitors to the school, complementing existing school visitor sign-in processes, including the external visitors to the school site form. Please ensure you sign in using the QR code upon entering the school grounds. The QR Codes are located at each entrance to the school, at the front office and the Uniform Shop.

LIBRARY NEWS

All students require a library bag with their name and class clearly marked. Library bags keep our books protected, clean and dry on the trip to and from school. The bag can be any bag that will suitably protect the books. Thank you to all the families who have sent in their child's books in labelled library bags already.

Many students have already started borrowing and enjoying choosing their books to take home. Books go home on their allocated library day and should be returned in their library bags the following week.

Please ensure your child brings their library books on their allocated library day and brings a library bag for borrowing. Class library days for Term One are as follows:

Tuesday: 5/6C & KR

Wednesday: 1/2S, K/1P, 4/5I & 1/2O

Thursday: 3/4B, 3/4O & 5/6G

UNIFORM SHOP

The Uniform Shop is open each Monday from 2.30pm to 3.00pm. The Uniform Shop is located in the school hall. Please be aware that all transactions must be made in cash. Orders are able to be taken at the front office at any time during the school term.



NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.gov.au

Key dates for students in K-10:

Challenge opens Monday March 1

Challenge closes for student entries Friday August 20

Artwork by Dr Bronwyn Bancroft



SHELL COVE

Family RIDE and RUN

SUNDAY 7 MARCH 2021



THE WATERFRONT
SHELL COVE
SHELLHARBOUR CITY
**FESTIVAL OF
SPORT**

Register online prior to the
day and **SAVE**

shellharbourcityfestivalofsport.com.au
Or register on the day from 7.00am

**New
Bike Ride**

7.00am – Registration
7.45am – Warm up
8.00am – 4km or 9km bike ride
9.30am – 4km Walk/Run – 9km run only
Start and Finish: Keith Hockey Oval, Boolwaroo Parade, Shellharbour

Drink Stations will be located at start/finish as well as at the half way mark.
Prams, strollers, wheelchairs and dogs on lead are welcome!

Prizes, fruit and participation gift.

PROCEEDS TO:



SHELLHARBOUR
HOSPITAL
AUXILIARY

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ILLAWARRA STINGRAYS

FEMALE FOOTBALL DEVELOPMENT PROGRAM

JOIN OUR NEWLY FORMED: FEMALE FOOTBALL ACADEMY

The Academy will provide a focus on the female game.

Our aim is to support talented young female football players in their transition from local Club, GCL and NPL2 level players to NPLW, W-League and Matilda's. We are the regions highest level of female football and a direct pathway to W-League and Matilda's.

The list of Players raised in the Stingray's nursery, who now represent Matilda's and various W-League teams, is incomparable.

- Legendary striker **Michelle Carney** is club captain.
- Current W-League players in our senior squad include **Caitlin Cooper, Erica Hallway, Danica Matos, Chloe Middleton and Margaux Chauvet.**
- Goalkeeper **Sally James** had a stand out season in 2020 and is currently in the Young Matildas squad.

Norm Boardman - Illawarra Stingrays Girls Football Development Manager.

Norm is an A-Licensed Coach, with experience as Head Coach of Western Sydney Wanderers W-League and Macarthur Rams NPLW. Norm will manage all aspects of the Academy along with our team of highly qualified, experienced and current coaching team at Stingray's.

OUR GOAL IS:

- Offer tailored, specific to female, player programs.
- Provide female players access to the highest level of coaching.
- Player reviews will be provided by our Girls Football Development Manager.
- Ease the transition from GSAP to NPL competition.
- Identify and nurture talented female players to progress through the regions pathways.
- Bring a focus to female football & players, by working cohesively with clubs, players & coaches.

Academies will be running during every school term: **Term ONE - 5 Week INTENSIVE PROGRAM**

Day: Wednesday

Dates: March 3rd, 10th, 17th, 24th & 31st

Location: Guest Park, Fairy Meadow

Day: Thursday

Dates: March 4th, 11th, 18th, 25th & April 1st

Location: Albion Oval, Albion Park

Guest Park is the **new** home of Women's Football Development for the Illawarra region.

It is a large playing surface, new lighting & upgraded change room facilities.

7-11 years: 4:45pm

Cost: \$100.00 per player + \$55 Stingray academy uniform

12-15 years: 6:00pm

Cost: \$150.00 per player + \$65 Stingray academy uniform

REGISTER AT:

<http://www.illawarrastingrays.com.au/?p=2017>

MOTHERS & SONS PROGRAM



When: Thursdays, Term 2
29th April- 3rd June 2021, 4pm-6pm

Where: Illawarra Women's Health Centre
2-10 Belfast Street, Warilla

Call: to register your interest with Denika
Thomas on 4255 6800 or 0459 028 972

A program supporting mothers to raise happy, respectful and connected boys aged 6-8 years old

What happens?

The program is run by a female and male facilitator over six weekly sessions, two hours in length. The first session is attended by the mothers only, while the five remaining have both mothers and their sons, sometimes working together and sometimes doing separate activities all aiming at providing information and tips on how to integrate information into the family's life.

The sessions explore the role of the mother and where parenting skills and ideas come from; emotion regulation; the importance of male role models in a son's life and what masculinity means today. As a group we focus on the developing of a strong, enduring and positive connections between mothers and sons and healthy relationships beyond the family sphere.

Mothers have been asking how they can connect, understand and support their son's development emotionally. How to parent a young boy as a mother and how to raise a respectful boy into a respectful man.

As there are no programs like this in Australia, we developed our own (called Mothers and Sons Program!). It is specifically designed for boys 6-8 years old, as research tells us this is the critical time to teach boys around emotional regulation and respectful behaviour.

Why a Mothers and Sons program?

*"After attending the
program my son and I
have been able to
communicate better"*

Mother of a 6yo son.

Please note this program is not a therapeutic behavioural change program. It is information sharing and support. Limited child minding will be offered.