



# Lake Illawarra South Public School

## Newsletter

Term 3 Week 10: Monday 13 SEPTEMBER 2021

### CALENDAR

#### SEPT

**13** Week 10 *Learning From Home*  
Packs available

**17** Last day of term

#### OCT

**04** Week 1 *Learning from Home* Packs  
available

***The canteen is closed during Level 4  
restrictions***

a profound effect on the learning that continues to take place. Please do not hesitate to reach out to your child's teacher or the school if you require support.

At this stage, Lake Illawarra South remains under Level 4 school restrictions. The Premier has announced the staged return-to-school plan for children across the state. The dates for students returning to school (Level 3 plus restrictions) under COVID-safe conditions are as follows:

**25 October** – Kindergarten and Year 1 return

**1 November** – Years 2 and 6 return

**8 November** – Years 3, 4 and 5 return

This plan will proceed as long as community transmission and vaccination rate requirements have been met. Staff are required to be fully vaccinated by 8 November. Mask wearing for primary students is strongly recommended for students returning to school.

If stay-at-home rules are lifted (Level 3) prior to this, we will see a full return to school with reduced mingling and on-site activities.

Schools in areas of concern (Level 4) will continue learning from home.

Students' last day of Term 3 is Friday 17 September. Term 4 commences on Monday 4 October. Please note there is no School Development Day at the beginning of Term 4.

Karen Simula  
**Principal**

### SASS RECOGNITION WEEK

Last week was SASS Recognition Week. It is a week where we acknowledge the tremendous role our

### CONTACT

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### PRINCIPAL'S MESSAGE

As we enter the last week of the term, I would like to extend my heartfelt gratitude to our school community for your ongoing perseverance and commitment to remote learning and your support of the school. We acknowledge the experience of remote learning will be different for each family. The connection between the school, teachers, parents and carers and students is vital to ensure everyone feels supported. Even in the remote learning environment these connections can have

School Administrative and Support Staff play in our school. We have a very talented and dedicated group of employees who often complete a large amount of work above and beyond their job descriptions. This has been even more evident this year with the demands of our current learning from home period. They are important contributors to the success of the school and Lake Illawarra South Public School would not run as smoothly or effectively as it does without them.

Our amazing team is:

School Administration Manager – Gina Kampas

School Administration Officer – Gaby Mayo

School Learning & Support Officers – Mel Willetts, Michelle Humphries, Joy Mateo & Jenny Maher

General Assistant – John Fell

## FRUIT AND VEG MONTH

September is National Fruit and Veg month, a month-long celebration of everyone's favourite and flavourful plants – fruits and veggies.

The theme for this year's event is "Festival Fruit and Veg!"



The United Nations has declared 2021 as the International Year of Fruits and Vegetables. This year the world will be celebrating the amazing contribution fruits and vegetables make to our health, our planet's health and our livelihoods – and our school is going to join the party.

Did you know our local area (Shoalhaven & Illawarra) has the 2<sup>nd</sup> lowest vegetable intake across the state. Let's make a change.

Teachers have included some activities to celebrate fruit and veg month this week. Students may like to make a fruit and veg- inspired headband, cap or hat on Tuesday 14 September. Post your fabulous designs on Seesaw or Google Classroom.

## KINDERGARTEN 2022

If you have a child starting school in 2022 and are yet to complete the enrolment process, please do so as soon as possible.

You can enrol in the following ways:

- complete an [online enrolment form](#) if you live in our school local intake area
- email the school at [lakeillaws-p.school@det.nsw.edu.au](mailto:lakeillaws-p.school@det.nsw.edu.au)
- call the office on 4295 1924 to share your contact details and request an application.

We ask that you please pass this information on to friends and family who have a child starting school next year.

## ASSISTANT PRINCIPAL – CURRICULUM & INSTRUCTION

The two positions of Assistant Principal Curriculum & Instruction were advertised last Wednesday. Thank you to the P&C who were able to secure a member to sit on the selection panel. Mrs Susie Baker will represent the P&C for these two positions.

## R U OK? DAY

R U OK? Day was on 9 September. Asking someone if they are ok can be the beginning of a powerful conversation. You don't need to be an expert to reach out – just a good friend and a great listener. Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

It is important to check in with our loved ones, family and friends on a regular basis to make sure they are OK, particularly during these challenging times.

## SCREEN-FREE ACTIVITIES

There are some screen-free activities you can do on weekends, in the school holidays or when your child has completed their school work at the end of the newsletter. You can also download them from:

<https://blog.pobble.com/non-screen-activities-for-kids-printable-sheets?>

## STUDENT WELLBEING

It is normal for people to be feeling and acting a bit differently during challenging times. We should all seek help from others when we feel down or vulnerable and children and young people should tell an adult if they are worried about a friend or themselves.

Please contact our school wellbeing team for further information or if you have concerns about your child. Please also let your children know that the School Chaplain and School Counsellor is available to support them if they wish.

Some children prefer to talk to someone they don't know about how they are feeling. Potential sources of free, anonymous and confidential support for your children include:

- Kids Helpline - 1800 55 1800 [kidshelpline.com.au](https://www.kidshelpline.com.au)
- Be You - <https://beyou.edu.au/>
- Emerging Minds - <https://emergingminds.com.au/about/contact-us/>
- Headspace – 1800 650 890 [ehespace.org.au](https://www.headspace.org.au)

## PARENT WELLBEING

The NSW Department of Education has released a [Parent and Carers Toolkit](#). This toolkit is a resource to support the mothers, fathers, carers and guardians that support us all and is available online or to download as a PDF. Click [here](#) for links to support the balance of working and learning from home.

## ZOOM "OFFICE HOURS"

Teachers have planned catch up sessions for each Stage in Zoom. These meetings are an opportunity for students to connect with each other and their teachers. It is also an opportunity for students to ask questions about the learning tasks that have been set. Detailed information was emailed to families on Sunday 1<sup>st</sup> August. These meetings are scheduled as follows:

**EARLY STAGE 1:** Wednesday 12.15pm – 1.00pm

Thursday 12.15pm – 1.00pm

**STAGE 1:** Tuesday 11.00am – 12.00pm

Wednesday 11.00am – 12.00pm

**STAGE 2:** Tuesday 12.10pm – 1.00pm

**STAGE 3:** Tuesday 9.00am – 10.00am

Thursday 9.00am – 10.00am

These meetings are **optional**.

## STUDENT ONLINE BEHAVIOUR

Please be advised that students working online are expected to follow all Department and school behaviour expectations. Please report any incidents of inappropriate online behaviour to your child's classroom teacher.

## UNWELL STUDENTS

Students should not attend school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms will be sent home and should not return to school until they have received a negative test result and are symptom-free.

In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.

## WONDER RECYCLING REWARDS

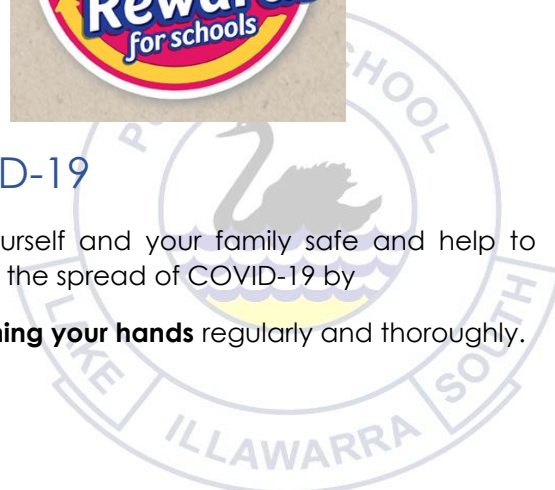
Please keep collecting bread bags and bread tags. You can drop them off if you are collecting a *Learning From Home* pack.



## COVID-19

Keep yourself and your family safe and help to manage the spread of COVID-19 by

1. **Washing your hands** regularly and thoroughly.



2. **Sneezing and coughing** into your elbow or a tissue, disposing of the tissue straight away and then washing your hands.
3. **Staying home** if you are unwell.



### Where to get help

Contact the school if you are concerned about your child's wellbeing to discuss the most appropriate support. Support is also available through a number of agencies and community organisations. Parents and carers can

- call the National Coronavirus Health Information Line (1800 020 080)
- review the NSW Health COVID-19 website for the latest information and advice
- obtain help and information from your local General Practitioner or Community Health Centre

## VACCINATION CLINIC

A walk-in vaccination clinic is available on Tuesdays and Thursday at Shellharbour City Centre. The clinic is available to anyone 18 years and over. The vaccine administered is AstraZeneca. No appointment necessary.

Tuesdays & Thursdays

9.30am – 3.00pm

5-8 Memorial drive

Shellharbour City centre

Shellharbour City Centre

Walk-in AstraZeneca

## Vaccination Clinic

The AstraZeneca vaccine is now available for people aged 18 years and over at the Shellharbour City Centre Vaccination Clinic.

### Where?

5-8 Memorial Drive  
Shellharbour City Centre

### When?

Tuesdays & Thursdays  
9:30am - 3pm

No appointment needed.



For more information:  
[islhd.health.nsw.gov.au](http://islhd.health.nsw.gov.au)



 Find us on Facebook



Health  
Illawarra Shoalhaven  
Local Health District



## Fruit and vegetables are amazing and you can encourage your family to recognise how incredible they are.

When buying, preparing and eating fruit and vegetables talk about:

their colours their tastes

the different types

the wide variety of ways they can be prepared and eaten

their various textures

Put fruit and veg front and centre in your meals and snacks and celebrate everything they have to offer during and after Festival Fruit & Veg!



**NEED MORE:** For some fruit and veg party food ideas go to [healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes/](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes/)



## Fruit and vegetables are cheap for the amount of goodness they provide. To make the most of your fruit and veg dollar try these tips:



### 1. Reduce the waste.

Cut back on waste by: planning your meals – writing (and sticking to) a shopping list with ingredients for your meal plan can help you save time and money; using up leftovers; and storing fruit and vegetables correctly

### 2. Buy in season.

In season fruit and vegetables can be cheaper and last longer

### 3. Use frozen, canned and dried.

Look for specials on frozen fruit and veg, canned vegetables, canned fruit and dried vegetables like legumes

**NEED MORE:** For more information on reducing food waste check out this resource - [healthy-kids.com.au/wp-content/uploads/2021/08/ReduceWaste.pdf](https://healthy-kids.com.au/wp-content/uploads/2021/08/ReduceWaste.pdf)



# Non-screen activities you can do at home

Pobble

25  
Ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

Learning from home is fun!

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.