



Education
Public Schools

Lake Illawarra South Public School

Newsletter

Term 3 Week 10: Monday 19 SEPTEMBER 2022

CALENDAR

SEPTEMBER

- 19 LLC Public Speaking Competition
- 21 DjamaLang Visit to Lake High
Canteen open
- 22 Public Holiday
- 23 Colour Run
Last day of Term Three

OCTOBER

- 10 Students and staff return for Term 4
- 18 Yr 5 Check in assessments begin
- 20 Kinder 2023 Parent info session
- 25 Yr 3 & 4 Check in assessments
commence
- 27 St 3 Gala Day @ LIHS

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PRINCIPAL'S MESSAGE

This week sees our school chaplain, Mrs Elise Hellyer, commence her maternity leave. On behalf of the school, I would like to thank her for the dedication and support she has shown to the students of Lake South. We wish her all the very best for the upcoming birth and new addition to her family.

Thank you to those parents who were able to attend parent-teacher interviews last week to discuss their child's academic, social and emotional needs. If you were unable to attend last week and would like to catch up with your child's teacher, please contact the school office on 4295 1924 to make an appointment.

The school leaders, Gemma, Indy, Kiarrie and Zayah will be representing our school at the Shellharbour City Memorial Service for the Queen today.

Staff and students are looking forward to the Colour Run this Friday – it will be lots of fun.

Over the school holidays, the school hall floor will be stripped back and repolished.

From next term, a concierge iPad will be in the front office for all visitors to sign into the school.

Please be advised that students return for Term Four on Monday 10th October. Have a safe and relaxing holiday break.

Karen Simula

Principal

PUBLIC HOLIDAY

This Thursday has been announced as a National Day of Mourning for Queen Elizabeth II and is declared a public holiday. Students should not attend school on this day.

STAFF DEVELOPMENT DAY

Tuesday 20th December is designated as a Staff Development Day in Term 4. Staff will be onsite for a half day on this date as they have completed twilight sessions throughout the year.

COLOUR EXPLOSION FUN RUN



The Student Representative Council has planned a Colour Explosion Colour Fun Run for the last day of this term – Friday 23rd September. Detailed information about fundraising and a permission note have been sent home with students. The colour run commences at 1:45pm

PUBLIC SPEAKING

Lake Illawarra South Public School will be represented by the following students in the Lake Learning Community Public Speaking Competition today.

Early Stage 1: Archer

Stage 1: Hannah

Stage 2: Noe

Stage 3: Addyson

Our students will be competing against students from Primbee, Windang, Warilla North and Mount Warrigal Public Schools. We wish all the speakers the very best.



NAPLAN 2022

Students in Years 3 and 5 received their NAPLAN results last week. If you have any questions, please do not hesitate to contact your child's class teacher.

STAGE THREE STEAM PROJECT

Stage Three students have been working with teachers from Lake Illawarra High School over a number of sessions to complete a Creative and Critical Thinking Project. Students were required to create a town from found materials and then program Spheros to navigate through the town.

STAGE THREE TRANSITION

Stage Three students have undertaken a number of sessions with Lake Illawarra High School staff and students about transitioning to high school. Students have had the opportunity to ask questions about how high schools operate and what they can expect in the first few days and weeks of high school.

KINDERGARTEN CHICKS

Kindergarten has enjoyed the responsibility of raising chicks last week. The students were able to watch the chicks hatch from the safety of their protective eggs. Students have been able to care for the newborn chicks by giving them food, water and lots of gentle cuddles. Other classes have had the opportunity to visit the Kinder Room to see the young chicks.



EVACUATION DRILL

As part of our Work, Health and Safety requirements, the school undertook an evacuation drill last Friday. Students were very sensible and moved quickly to the Eastern playground. The drill ran smoothly and there were no adjustments required to be made.

SPELLING BEE FINALISTS

Congratulations to Diarmid and Chleo who participated in the Premier's Spelling Bee regional finals which were held remotely via Zoom. Both students did very well achieving Level 3 in their respective stages. Thank you to Mrs Castelli for your support and assistance with the Spelling Bee in 2022.

KINDERGARTEN 2023

The school is currently finalising the schedule for Kinder Orientation for those students commencing big school in 2023. If you know of a family who is in area and has not yet enrolled their child, please encourage them to contact the school as soon as possible.

BREAKFAST CLUB

A reminder that Breakfast Club is on each morning in the library for students who require breakfast. Cereal or toast is provided. Please be aware there is no cost to access this service.

CANTEEN NEWS

A reminder that the canteen is open this Wednesday due to the public holiday on Thursday. A copy of the menu is attached at the end of this newsletter.

POSITIVE BEHAVIOUR FOR LEARNING

This week's Positive Behaviour for Learning focus is *Respect – Allow others to learn*. Encouraging students to focus on their own work and minimise disruptions to other students ensures maximum time is devoted to learning. This focus highlights that learning time is precious for everyone and that everyone can contribute to a positive learning environment.

KA VISIT TO LIHS

Kindergarten students had a lovely time in Week 8 visiting the agriculture plot at Lake Illawarra High School. Students were able to see a variety of animals and they also had morning tea while they were there.



UNIFORMS

School uniforms are available from the front office. please contact Ms Mayo at the front office to place your order. Please be aware that correct money is needed at the time of purchase.

CHANGES TO ISOLATION REQUIREMENTS

On Thursday 31st August, National Cabinet agreed to reduce the isolation period for COVID-19 positive cases from 7 days to 5 days, with the following caveats:

This would only apply to people with no symptoms at Day 5 of their isolation

7 days isolation remains for workers in high-risk settings including aged care, disability care and those providing care in the home.

SENSORY PROCESSING

Sensory processing difficulties affect up to 1 in 6 children and involve a group of symptoms and related behaviours that happen when someone has trouble taking in information from their senses and responding appropriately.

This can be information related to sight, hearing, touch, smell and taste, or information related to internal sensations in the body, like pain and movement sensations.

Some children with sensory processing difficulties might behave in unusual ways, or in ways that are not typical for their age. Others might avoid particular activities.

Most children have occasional difficulties with sensory information but when these reactions happen frequently, or for long periods of time, they can interfere with social interaction, learning, behaviour or development.

Children with sensory processing difficulties might be:

- oversensitive (hypersensitive) – that is, they take in too much sensory information;
- or
- undersensitive (hyposensitive) – that is, they take in too little sensory information.

Some children with sensory processing difficulties can be a mixture of oversensitive and undersensitive. Their reactions can vary depending on the situation and environment.

Symptoms of Sensory Processing Difficulties: Oversensitive

Here are some examples of behaviour that you might see if your child is oversensitive, sometimes called hypersensitive.

Sound

Your child hides or runs away from common sounds like the sound of the vacuum cleaner or your child is hard to settle during or after noisy activities or birthday parties.

Sight

Your child avoids brightly lit places or avoids looking at faces or busy spaces like walls with lots of pictures, or your child prefers dull-coloured clothes or food.

Smell and Taste

Your child walks away from strong smells like perfume or eats only bland foods.

Touch

Your child avoids messy play, rubs hands or fingers or holds them tightly together after touching everyday objects, or refuses to wear clothes like socks on the toes.

Movement or Body Position

Your child avoids playground equipment like swings or monkey bars or gets upset or feels unwell in cars or on public transport.

Other Internal Sensations

Your child is upset by changes in temperature. Your child avoids having a bath or swimming or avoids going to the toilet because he or she does not like the feeling, or your child is hard to settle after a minor cut or scrape.

Symptoms of Sensory Processing Difficulties: Undersensitive

Here are some examples of behaviour that you might see if your child is undersensitive, sometimes called hyposensitive.

Sound

Your child does not notice noises like alarms or always wants the volume on loud.

Sight

Your child like to watch lights go on and off, or doesn't notice changes in personal details, like someone having a new haircut.

Smell and Taste

Your child seeks out strong smells or likes strong tastes like salty or spicy.

Touch

Your child does not respond when someone taps him/her on the shoulder, or fidgets a lot or drops things that are easy to hold.

Movement or Body Positions

Your child does not like being turned upside down or stretching a lot.

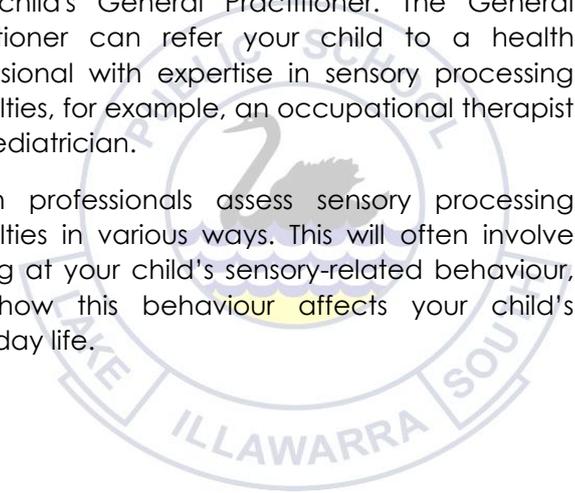
Other Internal Sensations

Your child does not seem to feel pain.

Assessment of Sensory Processing Difficulties

If you are concerned that your child has sensory processing difficulties, it is a good idea to talk with your child's General Practitioner. The General Practitioner can refer your child to a health professional with expertise in sensory processing difficulties, for example, an occupational therapist or paediatrician.

Health professionals assess sensory processing difficulties in various ways. This will often involve looking at your child's sensory-related behaviour, and how this behaviour affects your child's everyday life.



Assessment might include:

- Interviews with you and your child's other carers or educators
- Interviews with your child
- Questionnaires about your child's sensory-related behaviours
- Face-to-face observations or tests

Treatment for Children with Sensory Processing Difficulties

Sensory processing difficulties can improve with treatment and help your child to manage in a variety of different environments.

Source:

<https://raisingchildren.net.au/guides/a-z-health-reference/sensory-processing-difficulties>



Snacks & Drinks

Popcorn	\$1.00
Noodles	\$1.50
Red Rock	\$2.50
Muffin	\$1.50
Water 350ml	\$1.50
Water 600ml	\$2.00
Popper 100%	\$2.00
Oak Milk	\$3.00
Chill J Drink	\$3.00
Up n Go	\$3.00
Frozen Juice Cup	\$1.50
Frozen Jelly	\$1.50
Ice Mony	\$1.50

Fresh Sandwiches & Wraps

Cheese, Vegemite OR Jam	\$2
Ham	\$2.50
Ham & Cheese	\$3
Tuna	\$3
Tuna, Lettuce & Mayo	\$3.50
Salad	4
Chicken, Lettuce & Mayo	\$4
Ham, Cheese & Tomato	\$4
Ham & Salad	\$4.50
Roast Beef & Salad	\$4.50
Tuna & Salad	\$4.50
Chicken & Salad	\$5

Prices are for a sandwich.

Upgrade to a wrap for an extra \$1.50

Tasty Tempters

Home Made Sausage Roll	\$3.50	Lasagne, Spaghetti Or Meatball Pasta	\$5.00
Hot Dog	\$3.50	Creamy Curry Chicken Pasta	\$5.00
Meat Pie	\$4.50	Nuggets	6 for \$4.00
Butter Chicken & Rice	\$5.00	Gluten Free Nuggets	6 for \$4.50
Hot Noodles (chicken)	\$3.50		

