



Education
Public Schools

Lake Illawarra South Public School

Newsletter

Term 1 Week 4: Monday 19 FEBRAURY 2024

CALENDAR

FEB

19 Parent Teacher Interviews Week

Life Education

Assembly @ 1:45pm

20 Life Education

21 Life Education

District Swimming Carnival

Cricket Blast afternoon

LIHS Expo Night

23 Scripture commences

26 Kiss & Drop commences for Kinder

Assembly @ 1:45pm

27 K-2 AFL commences

MAR

01 Schools Clean Up Day

06 Yarn Up Breakfast

CONTACT

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PRINCIPAL'S MESSAGE

I am very excited about the government's announcement that Lake Illawarra South has been successful in securing a preschool as part of the 100 preschools initiative. This will be transformative for

our students and for our local community. An email has been sent to all families today with further details. Please be aware this is a long-term project and as information comes to hand, I will keep the community informed.

The Welcome Back to School Barbeque was well attended and the weather held out for us – just. It was terrific to see so many families enjoying each other's company and connecting with staff. Thank you to all those who attended for making it such a wonderful event on our school calendar.

Students have settled well into their classroom routines and have been displaying outstanding behaviour both in the classroom and on the playground. I am very proud of how students are keeping minor issues small and working together to resolve issues.

Last Friday, Neveah was invited to the Lake Illawarra South Principal Network Meeting to acknowledge Country in her role as the Aboriginal and Torres Strait Islander Student Representative Council member. She spoke articulately and with confidence, acknowledging Country, telling her story and explaining her role within the SRC. We are very proud of her. A photo of Neveah with the Director Educational Leadership, Karen Brown, is at the end of this newsletter.

Lake Illawarra South is taking part in the *Every Day Matters* attendance campaign. Information about parents can support regular school attendance will be sent home in the coming weeks.

Karen Simula
Principal

TERM ONE PARENT INTERVIEWS

As in previous years, we will be holding parent-teacher interviews in this week. This is an opportunity for parents to share information with teachers about their child and their learning needs. A parent questionnaire was sent home with students in the first week of school. Please return the questionnaire about your child prior to your interview as this will frame the discussion for Term 1 interview. It is also important to return the questionnaire if you are unable to meet with your child's teacher as it will provide your child's teacher with valuable information about your child.

If you have not yet booked an interview time, please book your interview by going to schoolinterviews.com.au and enter the code **9t38q**.

SWIMMING CARNIVAL

The weather held out for our annual swimming carnival last Wednesday. A huge thank you to Miss Koerner and Mrs Trotter for their preparation and organisation of the day.

Congratulations to all the students who participated in various events. You should all be very proud of your achievements. Well done to the students who have qualified for the District carnival this Wednesday. Qualifying students received information regarding the District carnival last week.

HOUSE LEADERS

Congratulations to the 2024 Sports House Leaders.

Cranes: Andrei & Skye

Pelicans: Dane & Electra

Gulls: Jaxon J. & Isla

Swans: Bailey & Chleo

SRC

The following students have been elected by their peers as class representatives on the Student representative Council for 2024:

1P: Tristan & Alexander

2S: Ari & Isla

3B: Kobi & Cooper

3/4L: Elon & Alex

4/5B: Dean & Aiden

5/6C: Tahj & Leilani

5/6O: Sophie & Penny

Aboriginal & Torres Strait Islander Representative:
Neveah

LIBRARY MONITORS

Congratulations to the following students who have been selected as Library Monitors for 2024:

Levi, Bodhi, Abby, Dylan C., Willow, Jacqueline, Angel, Zara, Dylan M., Charlee and Avleen.

Miss Koerner and the other staff are looking forward to working with these students throughout the year.

LIFE EDUCATION

As part of our Personal Development, Health and Physical Education (PDHPE) program, the Life Education van is visiting our school this week. Life Education is a positive approach to teaching students about healthy lifestyles. It is a fun and exciting time to learn about their bodies and health.



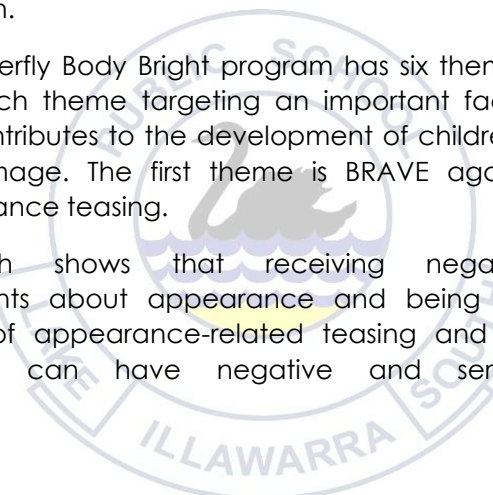
FOR A SAFER, SMARTER LIFE.

BODY BRIGHT

Students in Years 3 to 6 have commenced Butterfly Body Bright lessons this week with our school chaplain.

The Butterfly Body Bright program has six themes, with each theme targeting an important factor that contributes to the development of children's body image. The first theme is BRAVE against appearance teasing.

Research shows that receiving negative comments about appearance and being the target of appearance-related teasing and /or bullying can have negative and serious



consequences on a child's body image and self-esteem. It can also increase their risk of experiencing disordered eating and eating disorders.

Butterfly Body Bright helps children to be BRAVE in their bodies, by empowering them to stand up for their own bodies and for others. It's never okay to tease or make negative comments about another's appearance.

The program is supported by six themes:

- B** – Brave
- R** – Resilient
- I** – Inclusive
- G** – Grateful
- H** – Happy
- T** – Thoughtful

Information regarding the first theme BRAVE is at the end of this newsletter.

ST 3 CANBERRA EXCURSION

Stage 3 students are currently fundraising to subsidise their overnight excursion to Canberra. A terrific range of vouchers (movies, petrol, groceries, hardware, bowling) has been sourced for this raffle. If you would like to purchase tickets, you may do so at the front office or at the Welcome Barbeque on Wednesday.

CLEAN UP SCHOOLS DAY



Schools Clean Up Day is scheduled for Friday 1st March. Further information regarding this event will be sent home with students shortly.

CANTEEN

We are very excited that Kelley is opening the canteen five days per week for recess and lunch. Lunch orders are able to be placed online through the School24 app. Information regarding the canteen was sent home with students last week. A

copy of the menu is attached to the end of this newsletter.

BREAKFAST CLUB

Breakfast Club is held in the library each morning from 8:10am. Our Breakfast Club is supported by FoodBank Australia.

NUT AWARE SCHOOL

A reminder that Lake Illawarra South Public School is a Nut Aware School. We do have students who are highly allergic to a range of nut products and contact with products containing nuts can result in a life-threatening anaphylactic reaction for these children.

As one strategy to minimise exposure to nuts, we ask that students not bring nuts or nut products to school or school activities. Some products that contain nuts include Nutella, peanut butter, chocolate bars and muesli/health bars.

We also actively discourage students from sharing food.

UPDATING YOUR CHILD'S HEALTH DETAILS

We would appreciate information from parents about their child's health, even if you are not requesting specific support from our school. It is important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and other health related issues should be provided. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify office staff of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this matter and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your child's health needs or as otherwise required by law.

ATTENDANCE

EVERY DAY MATTERS

We want to do all we can to be sure your child achieves their potential and enjoys being in school.

We know that school is the best place to learn. By attending school every day your child will get the most out of their learning and improve their career and life options.

When your child is absent it is important you let the school know, including the reason why, on the day or the day before. This helps make sure we know where our students are and offer support for you and your family if needed.

If you are having trouble getting your child to school every day or on time, please talk to our school staff so we can work together, because every day counts.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.



POSITIVE BEHAVIOUR FOR LEARNING

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.

This week's Positive Behaviour for Learning focus is *Respect - Wear School Uniform*. Wearing a uniform gives students a sense of belonging and builds a sense of community. Uniforms also enhance pride in the school.

The focus for Weeks 5 and 6 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.

CHAPLAIN NEWS

Our chaplain, Mrs Promissich, is on site each Monday and Tuesday to support students and their families with their wellbeing. If you would like your child to connect with Miss Heidi, please contact your child's class teacher.

UNIFORMS

School uniforms are available from the front office. Please contact Ms Mayo to place your order.

School uniforms are able to be purchased by cash payment or EFTPOS facilities at the school office. Uniforms are not able to be purchased online.





NSW Netball Primary All Schools Boys 12 Years & Under Selection Trial 2024



The NSW Netball Primary All Schools Boys 12 Years and Under Pathway Program is a School Sport Unit initiative. Initial trials will be held during Term 1 to select 6 All Schools teams from identified areas around NSW. These selected teams will participate in a final championship to be held in Sydney on 15 and 16 August 2024. A NSW All Schools team will be selected from the final championship to compete at the School Sport Australia, Netball Boys 12 Years and Under Championship in Victoria from 7 to 13 September 2024.

Who can register to trial?

This trial is only for primary school boys 12 years and under. Boys can be 12, however must not be turning 13 in 2024. Boys turning 9 years of age or younger during 2024 are deemed too young for selection and will not be eligible to trial.

Cost?

Cost per student is \$10.00, payable through the registration process.

Registration

To register for the Primary All Schools Selection Trial in your area, follow the link or QR Code below to complete the application form by the **closing date, Thursday 29 February 2024.**



Students must only register for and attend one of the trials.

Trial dates & venues

Monday 4 March 2024

Mid North Coast & Inland - Maitland Basketball Stadium, Maitland.

Tuesday 5 March 2024

Sydney Basin - Billbergia Indoor Sports Stadium, Camellia.

Wednesday 6 March 2024

South Coast - Shoalhaven Indoor Sports Stadium, Bomaderry.

Thursday 7 March 2024

Western Plains - Orange PCYC, Orange.

Friday 8 March 2024

Northern Coastal & Inland - Sportz Central, Coffs Harbour.

Wednesday 13 March 2024

Southern Inland - MPS Equex Centre, Wagga Wagga.

Thursday 15 and Friday 16 August 2024

All Schools State Selection Trial - Penrith Valley Indoor Sports Stadium, Cambridge Park.

Further trial information

Follow the links for each trial or utilise the QR Code below to access the School Sport Unit website representative school sport calendar for further trial information.

Note: Each trial is posted on the calendar as a NSW PSSA trial event and will occur during weeks 6 and 7.



NSW Australian Football Primary All Schools Girls 12 Years & Under Selection Trial 2024



The NSW Australian Football Primary All Schools Girls 12 Years and Under Pathway Program is a School Sport Unit initiative. Initial trials will be held during Term 1 to select 6 All Schools teams from identified areas around NSW. These selected teams will participate in a final championship to be held in Albury on 20 and 21 May 2024. A NSW All Schools team will be selected from the final championship to compete at the School Sport Australia, Australian Football Girls 12 Years and Under Championship in Victoria from 4 to 10 August 2024.

Who can register to trial?

This trial is only for primary school girls 12 years and under. Girls can be 12, however must not be turning 13 in 2024. Girls enrolled in secondary school are ineligible to trial. Tackling is permitted and will occur at this level of competition. Girls turning 9 years of age or younger during 2024 are deemed too young for selection and will not be eligible to trial.

Cost?

Cost per student is \$10.00, payable through the registration process.

Trial dates & venues

Monday 4 March 2024

Metro East - Robertson Road Fields, Centennial Park

Metro West - Greenway Park, Hoxton Park

Mid North Coast & Inland - Tulkaba Park, Teralba

Southern Inland - Bolton Park, Wagga Wagga

Tuesday 5 March 2024

Northern Coastal & Inland - Wiigulga Sports Complex, Woolgoolga

Wednesday 6 March 2024

South Coast - Gundry Oval, Moruya

Monday 20 and Tuesday 21 May 2024

All Schools State Selection Trial - Lavington Sports Complex, Albury

Registration

To register for the Primary All Schools Selection Trial in your area, follow the link or QR Code below to complete the application form by the **closing date, Thursday 29 February 2024.**



Students must only register for and attend one of the trials.

Further trial information

Follow the links for each trial or utilise the QR Code below to access the School Sport Unit website representative school sport calendar for further trial information.

Note: Each trial is posted on the calendar as a NSWPSA trial event and will occur during week 6.



B

is for
BRAVE!

Butterfly Body Bright has 6 themes, with each theme targeting an important factor that contributes to the development of children's body image. The first theme is BRAVE against appearance teasing.

Research shows that receiving negative comments about appearance and being the target of appearance-related teasing and/or bullying can have negative and serious consequences on a child's body image and self-esteem. It can also increase their risk of experiencing disordered eating and eating disorders.

Butterfly Body Bright helps children to be BRAVE in their bodies, by empowering them to stand up for their own bodies and for others. It's never OK to tease or make negative comments about another's appearance.

For more information on how to help your child to be BRAVE in their body check out the BRAVE tip sheet at www.butterflybodybright.org.au/resources

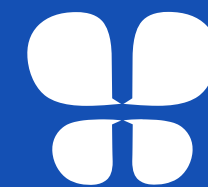
For more information about the program visit www.butterflybodybright.org.au

Butterfly Body Bright

What can you do at home?

Adopt a zero tolerance to appearance teasing or bullying, including any negative comments about appearance. Challenge and call out language, comments, teasing and nicknames that are appearance-based.

Butterfly Body
Bright is a
program of



Butterfly

Install the App in 4 easy steps!



The free Audiri school app offers parents a convenient way to stay up-to-date with the school calendar, last-minute forms, newsletters, all school communications, and even make cashless payments. With Audiri, you can get started in just a few minutes by following these simple steps:

- 1.** Open the Apple App Store or the Google Play Store and search for 'Audiri'. Install the app.
- 2.** Create an account and follow the prompts. Click 'Sign up'. Enter your email address, create a password and click on 'Sign up'. A confirmation email will be sent to confirm your account. Open the confirmation email and confirm your account.
- 3.** Open the app, and click 'Add/Remove'. Type your school's name and press enter.
- 4.** Tap the + icon to add. Now you can see your school, under My Schools & Services.



Search Audiri in the app store



audiri.com.au



Every Day Matters



When it comes to attending school, every day matters

If your child misses as little as **1 day per fortnight**, they will miss **4 weeks of school per year**, which adds up to over **1 year missed over their school life.**



Scan the QR code to learn more

Make sure your child doesn't miss out on the important things like:



Learning



Strengthening friendships



Build skills through fun

LAKE ILLAWARRA SOUTH PUBLIC SCHOOL - CANTEEN MENU 2024

Canteen will be open 5 Days for Recess & Lunch

SANDWICHES, WRAPS & SALADS - lunch only	HOT FOOD	DRINKS (Breakfast, recess & lunch)	MILK COMBOS
Vegemite (V)	Homemade Pizza Cheese (V)	Water 600 ml	Pizza Combo Pizza – choose flavour (50c for BBQ meatlovers) + Milk (choose flavour))
Cheese (V)	Ham & cheese Hawaii	Popper 200 ml apple/blackcurrant	Pasta Combo Pasta Bolognese OR Mac & Cheese + Milk (choose flavour)
Salad (V)	BBQ Meat Lovers	Milk 300 ml Chocolate/Strawberry	
Ham or chicken	Chicken Fingers		
Chicken, lettuce, mayo	3 pack	BITES	Wrap Combo Chicken, lettuce, mayo wrap
Ham, cheese	5 pack	Carrot Sticks	Fruit
Ham or chicken salad <small>Salad consists of lettuce, tomato, cheese, beetroot, carrot & cucumber.</small>	Homemade Pasta Bolognese	Milk Pots (3 max) TNT Blue Raspberry	Milk – choose flavour
Wraps are extra 80c	Homemade Mac & Cheese (V)	Frozen pineapple pops	
GF bread available extra \$1.00	Homemade Chicken Burrito	Seasonal fruit	
	Chicken Burger (lettuce & mayo)	Queich Ice Block – 5 flavours	
SALAD TUBS (GF)	Deluxe Chicken Burger (salad)	Cheese & Crackers	PICNIC BOXES
Salad (V)	Corn Cup (V)	Custard Tub	Cheese, crackers, veggie sticks, dip, fruit (V)
Ham or chicken salad	Homemade Garlic Bread	Homemade Banana Muffins	Add ham to above box
		Juicies – lemonade	
		Rice Crackers – sour cream & chives	
RECESS PACKS	JAFFLES (Gluten free bread \$1 extra)	EXTRAS	BIRTHDAY TREATS
Muffin & carrot sticks (V)	Baked Beans		
Muffin & fruit (V)	Cheese (V)	Tomato Sauce	Ice Blocks \$1.00 each
Rice cracker, fruit & popper (GF, V)	Ham & Cheese	Forks/spoons (for items not purchased at canteen)	Muffins \$1.20 each
Homemade slice & flavoured milk	Apple Pie (V)		Birthday Treats are an alternative for cakes. They can be ordered for the whole class through school24 with 2 days notice required. Treats to be picked up by students at lunch bell.
	Banana Pie (V)		
The menu is updated daily. Check our whiteboard for daily treats. Keep up to date on our specials & news via Facebook – Kelley's Place Lake South	Online Ordering is preferred Please login to www.school24.net.au or install the School24 mobile app Ordering closes at 9am daily School ID #25465963	A feedback letterbox will be placed near the canteen for the children & community to suggest any foods they would like sold, for any competitions they would like and for any feedback.	