



Education
Public Schools

Lake Illawarra South Public School

Newsletter

Term 1 Week 6: Monday 04 MARCH 2024

CALENDAR

MARCH

- 04 Dragon's Assembly @ 1:45pm
- 05 K-2 AFL
- 06 PLP Breakfast
Cricket Blast
- 07 League Legends – Stages 2 & 3
- 08 International Women's Day
- 11 Assembly @ 1:45pm
- 13 NAPLAN Writing – Yrs 3 & 5
P&C Meeting @ 9am
- 14 NAPLAN Reading – Yrs 3 & 5
International Maths Day
- 16 Working Bee
- 18 Assembly @ 1:45pm
- 19 NAPLAN Language Conventions –
Yrs 3 & 5
- 20 NAPLAN Numeracy – Yrs 3 & 5

CONTACT

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PRINCIPAL'S MESSAGE

Welcome to Week 6. All classes are settled, happy and learning. Walking around the school, there is a buzz in the air and our students are demonstrating

positive engagement with their learning and high effort with their work and behaviour. It has been wonderful to see our Kindergarten students adjust so quickly to their new routines and 'big school' life.

The school has applied for a federal grant to refurbish the Eastern toilet block and convert the eastern side of the building to a permanent Breakfast Club. Fingers crossed.

Teachers, last week, participated in Stage Evaluation and Target Setting (SETS) Days to evaluate the previous 5-week teaching and learning cycle and to plan for the upcoming cycle. Teachers used student learning assessments, behaviour and attendance data to make adjustments to their teaching programs.

The Executive Team has begun to engage in the Primary Curriculum Self-Assessment professional development. This course supports the school in ensuring compliance of teaching and learning programs with the NSW Education Standards Authority (NESA) and the NSW Department of Education.

I would also like to welcome back Mrs Carol Cooper and her dogs Annie and Evie as part of our Story Dog initiative. Mrs Cooper and her dogs will be working with a group of students from Year 2 to further develop their reading skills.

I would also like to welcome Mr Sam Mongta to our staff. Mr Mongta is a School Learning and Support Officer (SLSO) and will be working with students from Stage 3.

Karen Simula
Principal

CLEAN UP SCHOOLS DAY

Students gathered their buckets, bags, gloves and tongs to work collectively to remove litter and rubbish from the school grounds and the foreshore of Lake Illawarra last Friday. Students did a fantastic job to clear rubbish from our playground and ensured that the rubbish was disposed of correctly to protect our beautiful environment. Thanks to Mr Bruce for coordinating this event for our students.

DISTRICT SWIMMING CARNIVAL

33 students from Lake Illawarra South represented our school at the District Swimming Carnival on Wednesday 21st February. Our students are to be commended on the exceptional behaviour and sportsmanship shown on the day. Thank you to all parents, grandparents and carers who transported children and supported our swimmers at the carnival. Your assistance on the day was greatly appreciated.

Congratulations to our entire swimming team, who, for the second year in a row ensured Lake South was the small schools district champions. Congratulations to Lukas, Kobi, Marlie, Storm and Bailey who will represent the Mid-South District at the Regional Swimming carnival to be held in March. We wish them all the very best and look forward to hearing of their successes.

Congratulations to Lukas who received the most points in the 8-10 year old boys' events at the district carnival and is the Junior Boys Mid-South Age Champion. Lukas will be presented with a Mid-South medallion to acknowledge his outstanding achievement.

PLP BREAKFAST

Our Aboriginal and Torres Strait Islander families are warmly invited to have a yarn with classroom teachers to have input in students' Personalised Learning Pathways. The breakfast will be held this Wednesday from 7:45am.

SCHOOL PHOTOS

School photos are scheduled for 24th March. Detailed information will be sent home with students shortly.

VOLUNTEER INDUCTIONS

If you wish to get involved in our school community by volunteering, we ask that you attend our annual volunteer induction session. Annual inductions are

required for all volunteers that work across our school. This includes activities such as helping with P&C events and assisting in classrooms. Our next induction sessions will be held on Monday 11th March. One session will be held at 8:40am and another at 2:50pm.

NAPLAN

Shortly, students in Years 3 and 5 will undertake NAPLAN assessments. NAPLAN provides schools with valuable information about students' learning progress in literacy and numeracy. NAPLAN is only one of the methods we use to assess student learning.

NAPLAN will take place from 13th March until 14th March at Lake Illawarra South.

Preparation for NAPLAN

Students are not expected to study for NAPLAN and do not need excessive preparation or the use of services by coaching providers. You can support your child by reassuring them that NAPLAN is a part of their school program. If you or your child/children would like to know more about the NAPLAN online platform you can go to the public demonstration site and do some practice tests.

Participation in NAPLAN

Adjustments are available for students who have diverse functional abilities and needs. On a case-by-case basis, reasonable adjustments for individual students can be made so they can complete NAPLAN. Speak to your child's teacher to discuss the adjustments available.

Assessment tips

You can support your child by reminding them to simply do their best. You can also encourage:

- a healthy diet
- drinking lots of water
- getting enough sleep
- exercise and relaxation time

These, along with arriving at school on time ready to sit the test, will help prepare our students to bring their best on the day.

THIRD PARTY SOFTWARE

Information regarding third party software use was sent home with students recently. Please return the completed note to school as soon as possible. If you have any questions regarding the use of third party providers, please speak with your child's classroom teacher.

SPORTS NEWS

Congratulations to Ella who has been selected in the Southern Illawarra Zone basketball team. Ella will travel to Goulburn later this month to trial for the South Coast team. All the very best, Ella.

PREMIER'S READING CHALLENGE

The NSW Premier's Reading Challenge began on Monday 26th February. The 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. All students in K-6 at Lake South will participate in 2024. Students in 3-6 will add to their personal online reading log during library lessons and students in K-2 will have their reading logs completed online by Miss Koerner with texts read at school.

P&C MEETING

The next P&C meeting will be held on Wednesday 13th March at 9:00am in the school library. All welcome to attend.

AUDIRI

Please ensure that you have installed and updated Audiri to receive notifications from the school.

ATTENDANCE

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 to let the school know the reason why. This helps us to 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 speak with staff so we can work together because every day matters.

BREAKFAST CLUB

Breakfast Club is held in the library each morning from 8:10am. All students are welcome to attend. Our Breakfast Club is supported by Foodbank Australia.

BODY BRIGHT

Negative body image starts young, with studies reporting body dissatisfaction being experienced by approximately 50% of pre-adolescent girls and, increasingly, pre-adolescent boys.

Body dissatisfaction can contribute to negative physical and mental health and poor social outcomes, as well as being a significant risk factor to the development of disordered eating and eating disorders.

Butterfly Body Bright can help schools, families and communities to foster a positive foundation during childhood for:

- body satisfaction
- healthy eating
- physical activity

Students in Years 3 to 6 are continuing to work through the Body Bright modules with Miss Heidi and their classroom teachers.

Please see the end of this newsletter for information on the 2nd theme *R is for resilient* from the program.

FREE HOME INTERNET

The Australian Government is offering free home internet until 31 December 2025, for up to 30,000 unconnected families with school aged students, through its School Student Broadband Initiative (SSBI).

The SSBI aims to help families with school-aged children who may be struggling with cost-of-living issues and are unable to maintain a broadband internet connection at home.

To be eligible for the SSBI, families must:

- have a child living at home that is enrolled in an Australian school (from Kinder to Year 12 in NSW)
- not have an active nbn® network internet service in the previous 14 days. Having a mobile internet service does not affect eligibility.
- live in a premises that can access a standard nbn® service
- either be referred by a Nominating Organisation or have your suitability determined via an assessment conducted by the programs National Referral Centre (NRC)

A National Referral Centre (NRC) has been established to help Australian families that meet the eligibility criteria to have the National Broadband Network connected at their home. To

check your eligibility, families should contact the NRC using the following contact details:

National Referral Centre ph; 1800 954 610 (Mon – Fri, 10am – 6pm)

Visit their website at

<https://www.anglicare.org.au/student-internet>

Email studentinternet@anglicarevic.org.au

Callback and webchat functions are also available via the Anglicare website.

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.

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 next week is *Responsibility – Follow Instructions*. It is important for students to follow instructions so they can function effectively across different environments. Following instructions also ensures they can complete tasks effectively. Some teacher instructions also ensure students remain safe.

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, EFTPOS facilities or back to School Vouchers in person. Uniforms are not able to be purchased online.

WORKPLACE RESPECT

This term, you will notice new posters around NSW Department of Education schools that aim to help support a safe and respectful culture at school.

These posters are part of an initiative to remind everybody to treat our hard-working school staff with kindness and respect. Every school community around the state is very different. While most schools are respectful and harmonious, violence and unsafe behaviour in any form is not acceptable in schools. School staff and students have the right to learn and work in safe and respectful learning environments.

With that in mind, we encourage you to join everyone at our school in getting behind this important work to make a positive change.

We value our partnerships with you to support our students to learn, grow, and belong. It is up to us – the school and the parent-body - to be good respectful role models to our students. Together, we can create a safe and harmonious environment for our students and staff.



is for
RESILIENT!

R

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The second theme is **RESILIENT** to unhelpful media messages.

The images and messages children are exposed to in media can be taken on board and influence their thoughts and attitudes, particularly when it comes to body and appearance stereotypes and ideals. Research shows that the more a child is exposed to media that presents appearance ideals (such as thin for girls and muscular for boys), the more likely they are to use these ideals to judge their own appearance and make negative comparisons, which can increase body dissatisfaction.

Butterfly Body Bright helps children to be **RESILIENT** by strengthening their media literacy skills, by helping them to deconstruct and challenge the messages and images they hear and see.

For more information on how to help your child have a positive experience with media read the **RESILIENT** 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?

Ensure your child is viewing content that is age appropriate (including social media) and do your best to role model positive and kind language around appearance and body shape/size when viewing media yourself.

Butterfly Body
Bright is a
program of



Butterfly

FREE Lesson



SOUTH COAST GYMNASTICS ACADEMY

Contact SCGA for your free trial lesson today.

Only valid for new athletes of SCGA.

Already a member? Why not bring along a friend to share the fun!

Terms and Conditions Apply.

SCGA (02) 42275722 ADMIN@SCGA.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

Everyone deserves to feel safe at school



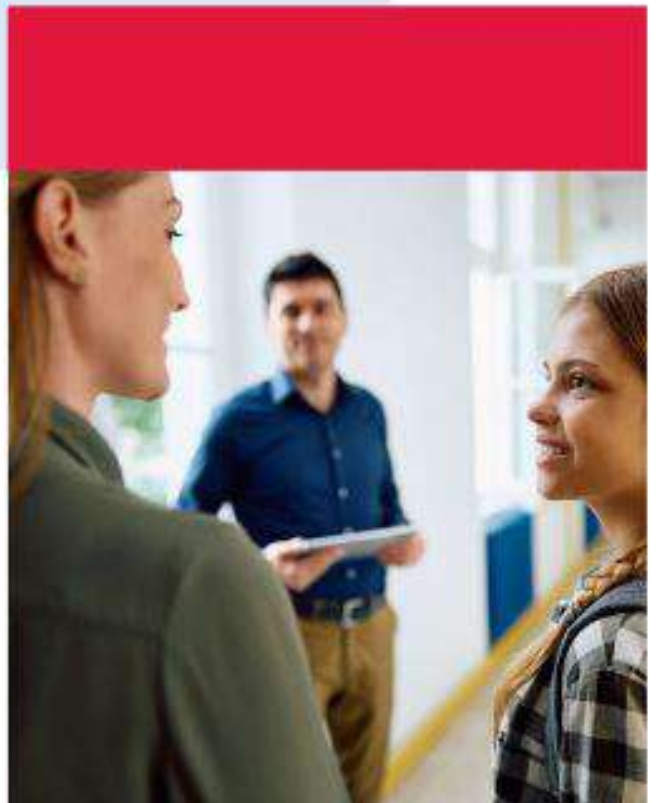
Please treat our staff and students with **kindness and respect**



Aggressive behaviour will **not be tolerated**



Together, **we can create a safe and harmonious environment** for our students and staff



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	Popper 200 ml apple/blackcurrant	Pasta Combo Pasta Bolognese OR Mac & Cheese + Milk (choose flavour)
Salad (V)	Hawaiin	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)	Milk – choose flavour
Wraps are extra 80c	Homemade Mac & Cheese (V)	TNT Blue Raspberry	
GF bread available extra \$1.00	Homemade Chicken Burrito	Frozen pineapple pops	
	Chicken Burger (lettuce & mayo)	Seasonal fruit	
SALAD TUBS (GF)	Deluxe Chicken Burger (salad)	Queich Ice Block – 5 flavours	PICNIC BOXES
Salad (V)	Corn Cup (V)	Cheese & Crackers	Cheese, crackers, veggie sticks, dip, fruit (V)
Ham or chicken salad	Homemade Garlic Bread	Custard Tub	Add ham to above box
		Homemade Banana Muffins	
		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)		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.
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		