



# Lake Illawarra South Public School

## Newsletter

Term 1 Week 10: Tuesday 02 APRIL 2024

### CALENDAR

#### APRIL

- 01 Easter Monday Public Holiday
- 03 Author Visit (K-4)
- 04 OC Applications open
- 05 Ride2School Day  
Peer Support Leader Training (Yr 6)
- 08 Assembly @ 1:45pm  
Peer Support Leader Training (Yr 6)
- 09 Cross Country Carnival
- 10 Yr 6 EOs due online
- 11 State Swimming Carnival
- 12 Sate Swimming Carnival  
Last day of term
- 22 NSW Cricket Clinic
- 29 Staff Development Day (pupil-free)
- 30 Anzac Service

#### MAY

- 01 Peer Support
- 02 Family Science Night

### CONTACT

#### Lake Illawarra South Public School

119-129 Reddall Parade  
LAKE ILLAWARRA NSW 2528  
DHARAWAL COUNTRY

Phone: 4295 1924  
Fax: 4297 2803  
Email: lakeillaws-p.school@ det.nsw.edu.au  
Web: www.lakeillaws-p.schools.nsw.edu.au

### PRINCIPAL'S MESSAGE

The school was filled with smiling faces on Thursday during our annual Easter Hat parade. It was lovely to see so many families and friends be able to join us for the festivities. A big thank you to Mrs Perceval who coordinated all the activities students were able to participate in during the week.

The students looked fantastic in their school uniforms for school photos. Please contact MSP Photography directly if you have any questions or late orders.

The 2023 Annual Report has been finalised and published on the school website. I will present the Annual report in detail at the next P&C meeting.

Ms Heidi Primmosich, our School Chaplain has announced that she is vacating her position at the end of this term. I would like to take this opportunity to thank Miss Heidi for the outstanding work she has done at Lake South supporting our students. We will miss you very much. Generate Services is currently recruiting a replacement for Ms Heidi.

Please be aware that students return for Term 2 on **Tuesday 30<sup>th</sup> April**. Staff will return on Monday 29<sup>th</sup> April for the School Development Day. The focus of this day is literacy and mathematics.

Karen Simula  
**Principal**

### SCHOOL BYTES

We are excited to announce our school has now transitioned to the School Bytes administration and finance system. Information about downloading

the School Bytes app is attached to the end of this newsletter.

The School Bytes portal provides flexibility for you to conveniently:

- Make school payments online (including paying for multiple siblings at once)
- Use a family credit to pay for an activity or school contributions
- Download a receipt for payments made
- View all historical payments in one place
- Complete and submit digital permission notes
- View the status of all permission notes
- Request a refund if required

This can be done where you want at any time: day or night. Through the portal, you will easily be able to download a receipt once a payment has been made and have access to view all historical payments when needed. Online payments are processed in real-time and can be viewed by school staff immediately. While our preference is for payments to be made via the portal, we will still accept payment via cash and EFTPOS.

Please be aware that the school is not using School Bytes for attendance. Absence SMS messages will be sent from our attendance software Sentral.

## CROSS COUNTRY CARNIVAL

Our school Cross Country Carnival will be held on Tuesday 9<sup>th</sup> April (weather permitting). The carnival will commence at 9:00am. Please note, that as with all PSSA events, only students 8 years of age and over will go on to the District Cross Country Carnival. Students are able to wear their house colours if they wish.

Swans: red                      Pelicans: yellow

Cranes: green                 Gulls: blue

Parents and carers are able to attend this event.

## GRIP LEADERSHIP CONFERENCE

Mr Bruce accompanied the primary students of our school's SRC to the GRIP Leadership Conference at Wollongong University of Wollongong last week. Students were involved in activities that enhanced their leadership skills. There was opportunity for the students to share ideas with other schools and think about how these could be adapted to Lake South.

## YEAR 6 EOI for 2025

All year 6 students should have now received their paper copies and information on Moving into Year 7 in 2025.

If you wish to access these forms online, please go to the Lake Illawarra South Public School webpage at: [lakeillaws-p.schools.nsw.gov.au](http://lakeillaws-p.schools.nsw.gov.au)

select enrolments and scroll down to "Moving to High School".

The link will take you to the Expression of Interest page. The Expression of Interest forms must be filled out online by 10th April 2024.

## SOLAR CAR CHALLENGE

Last Wednesday, Stage 3 students participated in a solar car challenge. Students had to build their vehicles using cardboard. The car motors were connected to solar panels. Gears were used to move the back wheels. Initially the sky was overcast but the sun broke through the clouds and the cars were off racing. Shellharbour City Mayor, Chris Homer attended the event and was impressed with students' knowledge about renewable energy.

## STATE SWIMMING CARNIVAL

Best wishes for the upcoming State PSSA Swimming Championships to Lukas and Storm. Lukas is competing in freestyle 50m, backstroke 50m and breaststroke 50m events and Storm is competing in freestyle 50m.

## SPORTS NEWS

Congratulations to Leilani who has been selected in the South Coast Girls' Soccer team. Leilani will travel to Tamworth later in the year to compete against other regions in NSW. Well done, Leilani.

## YR 5 OPPORTUNITY CLASS 2025

Applications for placement in a Year 5 Opportunity Class in 2025 open on Thursday 4<sup>th</sup> April and close on Monday 20<sup>th</sup> May. Parents and carers will be able to apply from the website listed below at that time. Please be advised that the closing date is strictly observed and no late applications will be taken except under serious and well-documented extenuating circumstances.

The Opportunity Class Placement Test will be held on Thursday 1<sup>st</sup> August 2024.

<https://education.nsw.gov.au/oc>

## SHARE OUR SPACE

Lake Illawarra South Public School's grounds will be open to the public during the upcoming spring vacation period. So come along and make use of the grounds, cycle track and basketball court.



## ANZAC SERVICE

Our school leaders will be representing Lake Illawarra South Public School at the Shellharbour City ANZAC Commemoration Service during the school vacation period. Our school ANZAC commemorative service will be held on 30<sup>th</sup> April.

## PEER SUPPORT TRAINING

Students in Year 6 will undertake Peer Support training this Friday and next Monday. The training will be facilitated by Mrs Gibson Dean and Miss O'Keefe. Peer Support is an opportunity for students to build relationships and a sense of belonging.

Our Peer Support program will commence in Term 2.

## AUSTRALIAN EARLY DEVELOPMENT CENSUS (AEDC)

Lake Illawarra South Public School will take part in the Australian Early Development Census early next term. The AEDC is a national census that is conducted every three years by the Australian

Government, in partnership with state and territory governments. It measures how children have developed by the time they start their first year of full-time school.

Please be advised that your child's participation in the AEDC is voluntary. Detailed information regarding the AEDC has been sent home with Kindergarten students today.

## STAGE 3 CAMP RAFFLE

A big thank you to all the families which were able to support our Stage 3 Camp raffle. \$750 was raised. The following people were prizewinners:

\$100 Woolworths voucher – Monica

\$50 fuel voucher – Zaxon

\$50 Bunning voucher – Jonty

\$50 Hoyts voucher – Phil

\$50 Bowling voucher – Noula

\$50 Events voucher – Darren

All winners who were not present at the draw have been contacted.

Most raffle booklets sold – Electra and Bailey. Well done to you both.

## P&C EASTER FUNDRAISERS

Thank you to all the families who contributed donations to the P&C Easter Raffle and bought tickets. Thank you also to those who purchased Hot Cross Buns. The P&C is very grateful for your ongoing support. A total of \$800 was raised from these fundraisers.

## FAMILY STEM NIGHT

We are hosting our first Family STEM Night early in Term 2 and are looking to collect recyclable materials for the event. Please send any of the following items to school:

- Large and medium-sized cardboard boxes
- Ice cream and margarine containers
- Newspapers
- Milk and juice cartons
- Water bottles
- Lids
- Cardboard tubes (not toilet rolls)

## RIDE2SCHOOL DAY

Lake Illawarra South PS will hold Ride2School Day this Friday. Please ensure your child's scooter or bike is in good mechanical condition, with working brakes and they have a securely-fitted helmet. Students are able to meet Mrs Lawler and Mr Bruce at Warilla Surf Club at 8:10am or at the kiosk at 8:15am.



## 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.

## ATTENDANCE

Attending school every day matters. Lake Illawarra South aims for all students to have a 95% or above average attendance rate. Missing a day here or there may not seem like much but absences add up and can impact your child's learning more than you think. When your child misses one day a week over a year, that equates to 40 days of school – 8 weeks of lessons and 2.5 years over their school life lost. As many children's education has been interrupted through periods of learning from home due to COVID-19 over the last two and half years, now is the time to prioritise face-to-face learning and making the most of every school day.

**EVERY**day  
counts  
attendance matters

This is the student attendance data for the last fortnight broken down into year groups:

**Kinder:** 93%  
**Year 1:** 86%  
**Year 2:** 91%  
**Year 3:** 85%  
**Year 4:** 95%  
**Year 5:** 88%  
**Year 6:** 87%

The highest attendance rate for the last two weeks is by Kindergarten girls at 100%.

## 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.

## NUT AWARE SCHOOL

Lake Illawarra South is a Nut Aware School. We would like to remind our community that we have students with severe allergies. To support these students, we ask that families do not send sandwiches with peanut/nut spreads, such as Nutella and peanut butter. Please also do not send loose nuts or nut bars. Thank you for your cooperation.

## BODY BRIGHT

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 fifth theme *Happy* and sixth theme *Thoughtful* from the program.

## POSITIVE BEHAVIOUR FOR LEARNING

The focus for the next two weeks is *Respect – Be a good friend*. Building friendships and positive relationships are important social skills for students.



Friendships are often the first relationships young people have outside their core family unit. There are a number of things that make a person a good friend such as remembering important events like birthdays or special memories, spending time with each other, helping out when you have a problem and cheering you up when you are sad. Good friends are trustworthy and are someone who you can rely on.

## 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 Gaby to place your order.

School uniforms are able to be purchased by cash payment, EFTPOS facilities in person. Uniforms are not able to be purchased online.















AUSTRALIA'S #1 NON-COMPETITIVE SOCCER PROGRAM



## TERM 2, 2024 SOCCER FUN FOR GIRLS & BOYS AGED 2-12!

STARTING FROM 4 MAY 2024

Free

FIRST 20 NEW  
ENROLMENTS RECEIVE A  
FREE GRASSHOPPER  
SOCCER CAP

FOR A FREE TRIAL CALL: 0493 021 829

### MITE-E SOCCER (2-3YO)

A great introduction to Soccer!  
Children work with their parents to  
learn new soccer skills and develop  
their motor skills! Lots of fun games  
in a non-competitive environment!



**35 MINUTE CLASSES**  
**\$165 FOR 8 WEEKS**

### PINT SIZE SOCCER (4-5YO)

Children take their first kicks in soccer! They'll  
be introduced to shooting, dribbling, goal  
keeping and more. Children get to play lots  
of fun, skill based games. Grasshoppers get  
introduced to Pint Size 1v1 Big Game!



**50 MINUTE CLASSES**  
**\$170 FOR 8 WEEKS**

### INTRO TO MICRO (5-6YO) MICRO (6-8YO)

The ultimate challenge for young  
soccer players! They'll learn the rules  
of the Grasshopper Soccer Big Game  
and develop their skills in passing,  
dribbling, shooting and more!



**INTRO - 60 MINS \$175 FOR 8 WEEKS**  
**MICRO - 60 MINS \$175 FOR 8 WEEKS**

### MICRO PLUS (8-12YO)

This program focuses on skill  
development and teamwork. Children  
will enjoy all the favourite soccer based  
games, fine tune their skills as well as  
play the Grasshopper Soccer Big Game!



**60 MINUTE CLASSES**  
**\$175 FOR 8 WEEKS**

M: 0493 021 829 | E: [southcoast@grasshoppersoccer.com.au](mailto:southcoast@grasshoppersoccer.com.au)

[GRASSHOPPERSOCCER.COM.AU/SOUTHCOAST](http://GRASSHOPPERSOCCER.COM.AU/SOUTHCOAST)



/GRASSHOPPERSOCCER.SOUTHCOAST







Trading as



AUSTRALIAN CAPACITY BUILDERS

# Learning to Thrive INFORMATION AFTERNOON

Jumping  
Castle

Sausage  
Sizzle

Arts &  
Crafts

And  
More

Loads of fun!

## Address

Scout Hall  
George St Warilla

## Date and Time

Date: Thur 4th April  
Time: 4:00-6:30

## Register here

[www.bradannii.com.au](http://www.bradannii.com.au)

## Requirements

Children and young  
adults between 8-25  
and funded through  
NDIS

I support the  
ndis



# PLAYERS NEEDED

Age 11 years

NEW  
PLAYERS  
WELCOME

Please contact  
Chantel  
0493 439 050



LIKE



COMMENT



SHARE





# Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



## Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news



# 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
	<b>Homemade Pizza</b>			<b>Pizza Combo</b> \$6.50
Vegemite (V) \$2.20	Cheese (V) \$4.50	Water 600 ml \$2.50		Pizza – choose flavour (50c for BBQ meatlovers) + Milk (choose flavour))
Cheese (V) \$2.60	Ham & cheese \$4.50	Popper 200 ml apple/blackcurrant \$2.20		
	Hawaiin \$4.50			<b>Pasta Combo</b> \$7.00
Salad (V) \$4.70	BBQ Meat Lovers \$5.00	Milk 300 ml Chocolate/Strawberry \$2.50		Pasta Bolognese <b>OR</b> Mac & Cheese + Milk (choose flavour)
Ham or chicken \$3.60	<b>Chicken Fingers</b>			
Chicken, lettuce, mayo \$4.20	3 pack \$3.00	<b>BITES</b>		<b>Wrap Combo</b> \$7.50
Ham, cheese \$4.00	5 pack \$5.00	Carrot Sticks 50c		Chicken, lettuce, mayo wrap Fruit Milk – choose flavour
Ham or chicken salad \$5.50 <small>Salad consists of lettuce, tomato, cheese, beetroot, carrot &amp; cucumber.</small>	Homemade Pasta Bolognese \$5.00	Milk Pots (3 max) 50c TNT Blue Raspberry \$2.00		
<b>Wraps are extra 80c</b>	Homemade Mac & Cheese (V) \$5.00	Frozen pineapple pops \$1.00		
<b>GF bread available extra \$1.00</b>	Homemade Chicken Burrito \$5.00	Seasonal fruit \$1.00		
	Chicken Burger (lettuce & mayo) \$6.00	Quelch Ice Block – 5 flavours \$1.00		
<b>SALAD TUBS (GF)</b>	Deluxe Chicken Burger (salad) \$6.50	Cheese & Crackers \$1.20		<b>PICNIC BOXES</b>
Salad (V) \$5.50	Corn Cup (V) \$1.50	Custard Tub \$1.20		Cheese, crackers, veggie sticks, dip, fruit (V) \$3.50
Ham or chicken salad \$6.00	Homemade Garlic Bread \$2.20	Homemade Banana Muffins \$1.20		Add ham to above box \$4.50
		Juicies – lemonade \$2.00		
		Rice Crackers – sour cream & chives \$1.50		
<b>RECESS PACKS</b>	<b>JAFFLES (Gluten free bread \$1 extra)</b>	<b>EXTRAS</b>		<b>BIRTHDAY TREATS</b>
Muffin & carrot sticks (V) \$1.60	Baked Beans \$4.00	Tomato Sauce 30c		Ice Blocks \$1.00 each
Muffin & fruit (V) \$2.00	Cheese (V) \$2.60	Forks/spoons (for items not purchased at canteen) 10c		Muffins \$1.20 each
Rice cracker, fruit & popper (GF, V) \$4.60	Ham & Cheese \$4.50			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
Homemade slice & flavoured milk \$3.00	Apple Pie (V) \$3.00			
	Banana Pie (V) \$3.00			
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 <a href="http://www.school24.net.au">www.school24.net.au</a> or install the School24 mobile app Ordering closes at 9am daily School ID #25465963			<b>A feedback letterbox will be placed near the canteen for the children &amp; community to suggest any foods they would like sold, for any competitions they would like and for any feedback.</b>



is for

**HAPPY!**

**H**

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The fifth theme is HAPPY from joyful movement.

We know that there are many physical and mental health benefits to be gained by engaging in physical activity. It is important that children are supported to develop a healthy and balanced relationship with movement, as their interests and bodies change and develop. Doing too little, or too much, physical activity can impact health negatively, so it's important to help children find movement and activities that bring them joy and that help them to feel good in their body.

Butterfly Body Bright aims to help children to be HAPPY in their bodies by engaging in fun and joyful movement, regularly.

For more information on helping your child to be HAPPY through joyful movement check out the HAPPY tip sheet at [www.butterflybodybright.org.au/resources](http://www.butterflybodybright.org.au/resources)

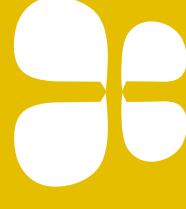
For more information about the program visit [www.butterflybodybright.org.au](http://www.butterflybodybright.org.au)

# Butterfly Body Bright

## What can you do at home?

Explore ways to move that are non-competitive and fun for your child and help your whole family feel good in their body. Celebrating how bodies function, rather than how they look can help build a positive body image.

Butterfly Body  
Bright is a  
program of



Butterfly

is for  
**THOUGHTFUL!**

**T**

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The sixth theme is **THOUGHTFUL** with their eating.

We know that messaging around health and nutrition can be incredibly confusing. We also know that establishing positive and balanced attitudes towards eating can be a protective factor, reducing the risk of developing disordered eating and more serious eating issues. There is an enormous focus on 'what to eat', but sadly, children are not always supported on 'how to eat'.

Butterfly Body Bright helps children to be **THOUGHTFUL** with their eating by helping children to learn to listen to their body cues, be mindful when eating, and to be curious and non-judgemental towards foods. These approaches can help to build a positive relationship with food and eating.



### What can you do at home?

Avoid shaming foods or food groups and strive to speak in a neutral way about food. Label food by its name (e.g., 'fruit and vegetables' rather than 'healthy foods' or 'lollies', rather than 'sugary treats'). This can help reduce shame, guilt and anxiety around certain foods and support a balanced and positive relationship towards eating.

Butterfly Body  
Bright is a  
program of



**Butterfly**

For more information on helping your child develop a positive relationship with food read the **THOUGHTFUL** tip sheet at [www.butterflybodybright.org.au/resources](http://www.butterflybodybright.org.au/resources)

For more information about the program visit [www.butterflybodybright.org.au](http://www.butterflybodybright.org.au)