



# CONNECT

## Lancefield Primary School Newsletter

Term 3 Week 6— Thursday 19th August 2021

### News from the Principal – Jo Emond

**At the moment** it is normal for children and all of us, to feel some anxiety, and the way a child responds to the current situation depends partly on the way their parents/ carers respond. It also depends on several other factors such as the unique qualities the child brings to the situation (eg their temperament, thinking styles etc). Parents/ carers can do several things to optimise their child’s response.

**LISTEN** It is important to listen, acknowledge and normalise your child’s experience. Provide opportunities for them to express their concerns. Try to find times to listen during the day rather than at bedtime when everyone is tired. It can be hard just to listen, but this may be all your child needs. Try not to dismiss their feelings or rush to reassure them, but instead, listen first.

**AVOID EXCESSIVE REASSURANCE** Try not to use statements such as “Don’t worry”, “You’ll be okay” or “Nothing bad is going to happen” as this is not helpful, and you can’t truthfully guarantee that nothing bad will happen. Evidence shows that when parents/carers provide such reassurance, it sometimes makes children more anxious and prevents them from developing their own skills around thinking rationally, staying calm and learning that they will be okay. Instead of answering the questions, consider asking questions such as “What do you think you can do to help you worry less?” or “What do you think you can say to yourself to help you worry less?” For some children, their worry gets out of control because they have unrealistic thoughts about how likely it is that something bad is going to happen, so try to help them to think realistically. The media often focuses on negative outcomes, so consider limiting your exposure to the media and only use reliable sources.

**FOCUS ON COURAGE** Another way to shape your child’s response is to focus your attention on the times they can be courageous or deal with their worry. Use what experts call ‘labelled praise’ or rewards to shape their behaviour by focusing on all the times they are courageous and rewarding the behaviour you want to see. **Talk about**

**BUG from our Kimochi’s program and practice the kotowaza of “Put your brave in front”!**

**BE A CALM ROLE MODEL** Be a calm, coping role model. One of the most useful things we can do to help reduce our children’s worry is to be calm ourselves. Our children take cues from us about how to react, and they learn how to handle challenging situations by watching and listening to what we say. The COVID-19 pandemic provides a great opportunity to teach our children how to deal with stressful situations – as this will not be the only time in their life, they experience a highly stressful situation. Think about what you want your child to learn from you, as showing your children how you positively handle your worry can be useful. If your child is still being affected daily, it is recommended that you seek professional advice, perhaps speaking to your local doctor in the first instance and of course always let us know! We are here to help.

### Parent Voluntary Contributions 2021!

This year several families have made a voluntary contribution to our school. I am very excited to let you know that we are purchasing new furniture for our classroom atrium area for all students to use and share.



|                                     |
|-------------------------------------|
| August                              |
| 30-1 Year 3/4 Camp Toolangi         |
| September                           |
| 3 School Photos                     |
| 3 Parent Opinion Survey closes      |
| 9 Prep 2022 Info 6.30pm             |
| 17 Last Day Term 3<br>2.15pm Finish |

### Child safe:

Lancefield Primary School is committed to child safety.

We want all children to be safe, happy and em-



### *Principals message continued...*

A huge thank you to the families who have made these new purchases for all students to use, possible in 2021. The furniture we currently have in the atrium area is all second hand from various places and it is time to replace this and make this area a more workable and comfortable learning space for all students to enjoy. We will be purchasing three different sets of tables and seating to allow for flexible learning options.

We are also purchasing a beautiful rug with an aboriginal pattern for this area. All students have had the opportunity to vote for their preferred pattern. This has been ordered and is on its way.

Below is a photo of our new rug. This will make a lovely meaningful addition to our common learning space.

This design represents and celebrates the relationship between First Nations peoples and our Country. Aboriginal culture tells us that Country is our mother and gives us our identity and sense of belonging. Our relationship with Country is sacred, and is interconnected with our culture, family and kinship, traditions, songlines, languages, and physical, spiritual, and emotional wellbeing. The meeting place circles scattered throughout represent the diversity, strength and resilience of our First Nation's communities, families, and cultures. The lines and detailed patterns across the artwork symbolise our songlines and an aerial view of Country.



### **Parent Survey**

If you received a link via email to complete the DET parent survey you have until September the 3<sup>rd</sup> to complete this.

### **3/4 camp**

At this stage 3/4 camp is forging ahead ( Week 8 ) as we are a regional school heading to a regional camp and will be the only school onsite at that time. This is of course all dependant on the current ever evolving COVID19 crisis we are living with. Keep fingers crossed that regional schools will remain open!

### **Book Week**

Next week is Book Week and we are celebrating by holding a **DRESS UP day** on Friday 27<sup>th</sup> of August. Students can choose to come dressed up as their favourite book character.

**A proper welcome** to Sharon Gilbert our new business manager! Sharon is getting to know everyone at LPS (even the chickens!) and is loving her time with us.





Lancefield Primary School

# *Library Fund*

Lancefield Primary School Council invite you to join them in building our beautiful LPS book collection and encourage you to donate to our LPS library fund.

All donations will go directly to the purchase of new books (picture story books, nonfiction, novels) for our students to read at school and borrow to take home.

Donations from families will be recognised with a plaque placed in new books.

To donate to the LPS library fund, please call the school office for assistance. All donations are tax deductible.



## Preps

We have again had a bit of a rollercoaster couple of weeks with some days spent in remote learning but luckily, we have spent the majority of that time back at school.

We have all enjoyed spending some time in the kitchen where we have already made some delicious recipes including rice paper rolls and yummy pizza. Everyone is encouraged to try the food that is made and all students have been enthusiastic. As part of the Stephanie Alexander Kitchen Garden (SAKG) program we are also learning about plants and we have planted our own tomatoes to see how they grow from seeds.

Coinciding with our SAKG lessons we have also been learning about procedure writing and how they are used. The students have been using verbs (doing words) to describe their actions.

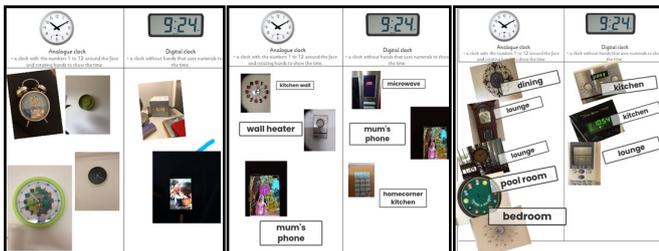
In Maths we have been looking at different ways to solve sharing equations. We have used block, counter and drawing pictures to help us answer some tough questions.

Our Topic for the term is paddock to plate and we have been looking at different types of farms and where they are located, how the food gets to the shops and what foods we get from the different types of shops.

## Years 1/2

During remote learning, we went on a clock hunt to find analogue and digital clocks around the home. We have been exploring the features of clocks and learning to tell the time to the hour and half past. We have been looking at the clock during the day and learning to recognise times of the day, e.g. when school starts or when play time begins and ends.

At home, you can support your child's understanding of time by incidentally pointing out times on a clock, e.g. "It's now 7:30/half past 7, bedtime. See, the hour hand is half way between the 6 and the 7, and the minute hand is on the 6."



## Years 3/4

It's project time! Our grade 3/4's have been working hard on their 'Where in the World' projects connected to our geography topic. Presentations are underway and we are very proud of the effort and information they have shared about their chosen countries. Thank you to the helpers at home who have supported our kids in putting together their masterpieces. We've seen a mix of slide shows, posters, books, models and there's still more to come!



## Years 5/6

For Science Week 2021 the Year 5/6 students have been looking at water in the environment. The kids have been investigating the water cycle and looking at what contributes to water pollution. To help us visualise this we created a beach scene using sand and water. The students devised a hypothesis about whether water pollution could be reversed like proper little scientists.

The kids then had various pollutants introduced into their environment that needed to be cleaned up using the available tools: a straw, a sieve, a sponge, our hands and spoons.

This was a dreadfully messy and fun science demonstration. We learnt that chemicals (food colouring) were almost impossible to remove using our tools at hand but we were most successful at removing the hard debris (paper strips).

Next step... we are going to be making our own water filters to clean dirty water.



## PE

In Physical Education students in Prep- 4 are continuing to work on their sporting schools gymnastics program. Students have used an array of equipment to perform jumps, different shapes and have learnt how to land safely in a motorbike position. It's been really great to see how students have been able to use what they learnt remotely and apply it back into the PE classroom.

In the coming weeks students will continue to refine different shapes and movements and apply them to rolls, cartwheels and on the beam and bar. They will also look at introducing other aspects of gymnastics and start looking at different gym-sports, such as rhythmic gymnastics, acrobatics and aerobics.

The grade 5 and 6 students have begun looking at a unit on minor games and the strategies and rules that are involved in them. They will then use this information to work together in small groups to create their own unique game (including some of the rules from known games). They are then going to teach their game to their fellow classmates in the last few weeks of school.



# ART

Everyone has been super busy in the Art room in term 3! We are covering lots of different topics such as exploring the use of colour in art and different drawing techniques. The Grade 5 and 6 students also presented their projects from last term which they should all be very proud of!



## AUGUST BIRTHDAYS

Happy birthday to all of the staff and students that celebrated birthday's in AUGUST



|          |           |          |     |
|----------|-----------|----------|-----|
| Jye      | Liv       | Thomas H | Bec |
| Ryeleigh | Tyler     | Tilly H  | Jo  |
| Willie   | Lucy R    | Jai      |     |
| Jack T   | Christian | Zara     |     |
| Kenzie   | Lacey     | Ella S   |     |

## ATTENDANCE

Parents and guardians are responsible for contacting the school on the day their child will be absent from school to inform them and to provide an explanation of their absence.

This must be done prior to the commencement of the school day.

This may be done by entering an absent note on Compass, contacting the school office on 54292307, or sending the school an email: lancefield.ps@education.vic.gov.au

## SCHOOL UNIFORM AND BAG SALE!

We have school uniform and school bags available from school at discounted prices. This is left over stock from our previous supplier. If you are interested in purchasing any bags or uniform, please contact Sharon in the office to see if we have the size you need in stock.

### UNIFORM AVAILABLE:

|                                  |  |                    |
|----------------------------------|--|--------------------|
| Rugby Style Windcheater \$30.40  | Double Knee track pants straight leg \$22.40 | School bag \$36.00 |
| Windcheater \$24.00              | Double Knee track pants rib cuff \$22.40     |                    |
| Rugby unisex shorts \$16.00      | Summer Dress \$20.80                         |                    |
| Cargo shorts \$21.60             | Winter tunic \$36.80                         |                    |
| Straight leg track pants \$20.80 | Bootleg pants \$24.00                        |                    |



# STUDENT ACHIEVEMENT AWARDS

*Congratulations to the following students for their*

*Achievement Awards:*

**WEEK 5**

|       |           |  |
|-------|-----------|--|
| ART   | Trinity   | Excellent descriptions of artworks and the art element used.   |
| MUSIC | Ella S    | Great listening and leadership   |
|       | Viola     | Setting a wonderful presto tempo.  |
| PE    | Charlie B | Excellent sportsmanship at athletics trials.   |
| SAKG  | Linkyn    | Showing a positive attitude in the kitchen   |
|       | Willie    | Taking great care and pride in gardening and cooking activities                                      |
| PA    | Henry     | Outstanding reading of a decodable text  |
| PT    | Mikayla   | For her fantastic effort in her writing and attempting new words.                                    |
| 1W    | Harvey    | Always showing consideration and empathy to others   |
|       | Duke      | Focussing on his writing and making plausible spelling attempts                                      |
| 2C    | Hattie    | For her continuous beaming smiles and positive attitude, tackling all tasks with gusto!              |
| 3/4K  | Maddison  | Awesome job with your work, great concentration & effort.  |
| 3/4N  | Samuel    | For his effort and concentration when making his fact and opinion game.                              |
| 5C    | Hailey    | Making wonderful improvements in her writing by experimenting with figurative language and dialogue. |
| 6W    | Rylee     | Excellent application to remote learning with her house Olympics.                                    |



## LOCK DOWN POEM

By James O / 34KB

**L**onely and bored  
**O**nline school  
**C**ovid-19  
**K**eeps me awake  
**D**on't know when it will end  
**O**ngoing chaos  
**W**hy don't people listen  
**N**ow we're stuck at home again



# Meet Cloud!

Cloud has been introduced to your child's classroom to teach us about the feelings happy, sad and mad. Cloud is the character who can be moody, so sometimes it's hard to get along with friends. When Cloud is happy, everyone feels fantastic but when Cloud is sad or mad, it can be difficult. Cloud has a hard time controlling anger so people may be hurt even though it's not intentional. Cloud can help children develop patience, tolerance and understanding for friends who are still learning to express upset feelings in a positive, healthy way.

## Some ideas you can talk about and try with your children

### Common Language

**Calm-down breath:** Strategy of taking a deep breath to calm feelings before speaking or acting

- Remind your child to take a calm-down breath when needed. "Stephen, let's take a calm-down breath." (Take one yourself so you are doing this together.)
- Model and tell your child when you need to take a calm-down breath. "Aunty Sue is going to take a calm-down breath so I can make sure I can talk calmly because I feel mad."
- Acknowledge when you see your child use a calm-down breath. "Did you take a calm-down breath? I notice you are feeling mad, and you are talking to me so calmly! Thank you."

### Family Fun: Playful Ways to Practice

**Blow Out the Candles** This is the same action as using the calm-down breath. For fun, light as many candles as you can find, or bake a cake and add candles. Take turns with your family using your calm-down breath to blow out the candles!

**Marching Madness** With your family, describe things that can make you feel mad. Show your child how you can use your body in positive ways to shift the madness to a smaller place. March in place and say, "I feel so mad because ..." (name something that can make you mad). Let your child march out madness by imitating your marching model.

**Basket of Comfort** Talk to your child about sad feelings. Explain that everybody feels sad sometimes, so we need to learn ways to soothe/comfort those sad feelings. Share what you say and do to feel comforted when you feel sad. Ask your child to describe what he/she does. Use a basket to collect things from around your home that might comfort feelings of sadness. Some suggestions: happy pictures, comfort toys, a favourite storybook, a stuffed animal, music. Now you have this "go to" basket of comfort next time your child needs soothing and comfort for sad feelings.



# Meet Huggtopus!

Huggtopus can help teach your child about the feelings silly, frustrated, excited, and proud. Huggtopus (or Huggs) is our Kimochis® Character who is strong and affectionate, but who sometimes gets a little carried away with such a big, friendly personality. She might hug too tightly or play too roughly, which upsets her friends. This can be confusing and frustrating to Huggs because she doesn't know why her friends say, "Don't bother me." With Huggtopus, your child is learning to read social cues, such as facial expressions, body language, and sounds from peers. Huggtopus also teaches children how to celebrate our differences. Huggs is a six-legged octopus and is proud that she is so unique!

## Some ideas you can talk about and try with your children

### Common Language

**"Not now" signal:** A nonverbal strategy to show children that they are interrupting. Put your pointer finger by your ear between you and your child. Do not make eye contact. Look and respond when you are ready to talk

- Practice using the "Not now" signal with your child. Ask your child to pretend to be a parent talking on the phone. Interrupt so you can model how to respond to the "Not now" signal. Wait until the "parent" is off the phone to say, "Sorry I interrupted." Reverse roles so your child can respond to you giving this same signal.
- Before you begin a job/phone call, give your child an idea of how long you'll need. Help your child find something to do during that time. Set a timer so expectations are clear. Remind your child that if he/she forgets, you will not make eye contact and will use the "Not now" signal.
- Acknowledge when you sense or can see your child noticing that you are busy and not interrupting you. For example, "Thanks for your patience. You could see I was busy. What did you want to tell me?"

### Family Fun: Playful Ways to Practice

**Let's Get Excited:** Make a list of family activities that would create excited feelings, like having a picnic in the backyard, hanging out together, calling an old family friend.

Surprises create excited feelings. Get creative and silly! Do some unexpected things in your daily routine to create positive feelings and excitement. For example:

- Plan a birthday party for your child's favourite stuffed animal, complete with invitations and cake!
- Have a "backward dinner" and serve dessert first.
- Get everyone in the car. Say, "You never know where our car will go." Then drive to a special park, an ice cream store, Grandma's house—somewhere that will make your child feel excited.

**Frustrated Furry Friends:** Talk about what each family member does to help manage frustration.



## Stephanie Alexander Kitchen Garden (SAKG)



**Preps first day in the kitchen.** Creating and baking Alphabet Grizzini, served with fresh hommus. The grizzini was decorated using seeds and herbs from the garden. After each weekly cooking session the recipes will be shared with families on SeeSaw.



**Preps first day gardening.** Collecting tomato seeds. Gardening sessions will be completed on Mondays in conjunction with Play Based Learning.



Pizza was next on the menu, with toppings such as; pumpkin & feta, potato with rosemary, ham & capsicum



Cleaning the workstations is one of the cooking tasks. Preps are keen to clean. They wash the dishes, wipe the benches and sweep the floor. After eating they scrape their plate and stack into the dishwasher.



Vietnamese rice paper rolls were popular. Fillings included carrot, bean shoots, coriander, capsicum, tofu and rice noodles. Served with a dipping sauce.



A big thank you to the Grade 3/4 Compost Monitors for their amazing work. A compost bucket is located in every classroom. Each day the Compost Monitors empty the buckets into our kitchen garden compost bins. The compost in these bins is alive with wonderful worms, as shown in this photo. The worms are eating through multiple kilograms of scraps each week. Please remember to only add fruit and vegetables to the compost, any plastic will not breakdown and the worms will not eat it, this includes the little stickers on your fruit. Thanks again to the Compost Monitors.

Kaye



*Lancefield Primary School*

*We are celebrating*

**BOOK WEEK 2021**

*This year's Children's Book Council of Australia book week  
theme is*

*"Old Worlds, New Worlds, Other Worlds"*

*21st -27th August*

*We will be celebrating our love of books with a dress up day on  
Friday 27<sup>th</sup> August*

*If you wish, come dressed as your favourite book character.*

*If COVID restrictions and weather permit, we may hold an  
outside Book Week parade on the school basketball court.  
(Assemblies and gatherings currently are not permitted)*

*We will keep you informed closer to the date.*



# IMPROVING THE HEALTH AND WELLBEING OF MEN AND BOYS IN THE MACEDON RANGES

## Unpacking the Man Box

Online event:

Wednesday 1 September

6.30 - 8.30pm

Register here:

<https://bit.ly/3rUMNLq>

In-person event:

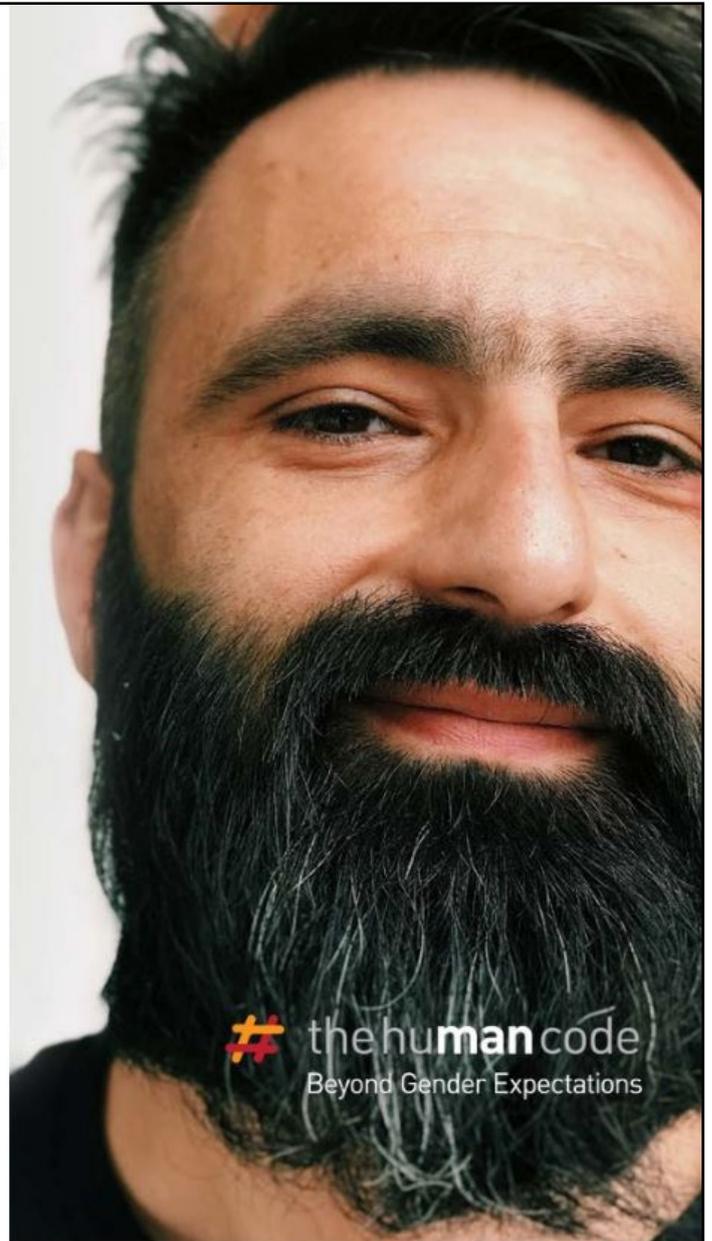
Monday 13 September

6.30 - 8.30pm

Norma Richardson Hall  
Woodend

Register here:

<https://bit.ly/37sZeVq>



 the human code  
Beyond Gender Expectations



# ENROLMENTS CLOSING 20 AUGUST

*Start Your Journey with us*

More information visit: [assumption.vic.edu.au](http://assumption.vic.edu.au)



## ENROL NOW PREP 2022



Please enrol as soon as possible we are planning for 2022

**DON'T MISS OUT**



**LANCEFIELD PRIMARY SCHOOL**

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PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION