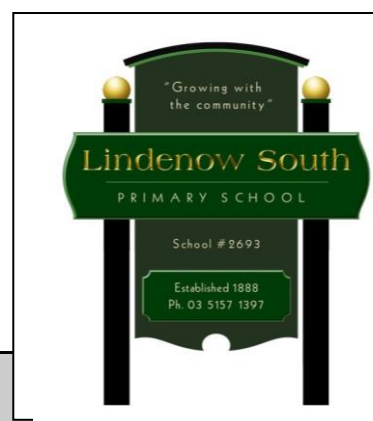


# Lindenow South Primary School

607 Lindenow/Glenaladale Road  
Lindenow South, 3875  
Telephone: 03 51571397  
Fax: 03 51571722  
Email: [lindenow.south.ps@edumail.vic.gov.au](mailto:lindenow.south.ps@edumail.vic.gov.au)  
Mr. Michael Walker - Principal

*'Growing with the Community' est. 1888*

*Your Local School - Award winner, Innovative and Caring*



## Newsletter

21<sup>st</sup> February 2022

WEEK 8

### Upcoming Dates:

14<sup>th</sup> March – Labour Day Public Holiday

### Principals Report

It's been a quiet yet productive week at school. All of our students have settled down into good educational routines, with our new students especially doing well. The school veggie patch has had some serious restoration after the hiatus caused by the summer holidays, and in fact is ready now to be planted out with its winter crops.

We are currently COVID free and testing amongst staff and students is continuing to come back negative at this stage. Please let me know if you require additional RAT tests. We continue to receive insufficient quantities, however, if you run out (or are about to) then you will receive a box.

Just a note about NAPLAN for 2022, as you would be aware, all students in years 3 and 5 participate in the testing. This year is the first year that we will be completing all the tests online. We spent some time last year completing a series of practice tests in order to see if we had the required hardware to do this successfully. All was ok. So, from May 10<sup>th</sup>, our grade 5's will be testing madly (note: we don't have any grade 3 students this year).

**Michael Walker**



- Please do not drop your child off at school before 8:00am and NEVER drop them if there is not at least one staff car in the carpark.
- If you have to visit the school, please keep it to the absolute minimum time on site, wear a mask and observe social distancing.
- If your child rides a bike or scooter to school, then please ensure they have a helmet in good working condition to protect their valuable brains.
- **WIDE BRIM HATS ARE NOW REQUIRED BY ALL STUDENTS FOR RECESS AND LUNCHTIMES.**

## JOKE OF THE WEEK

A termite  
walks into the bar  
and asks,

“Is the bar  
tender here?”

## QUOTE OF THE WEEK

***“The way I see it,  
if you want the  
rainbow, you  
gotta put up with  
the rain.”***

—DOLLY PARTON—

Parade

# EARTH DAY

N C P A P E R O V M G K  
F I Z D H X U T R E E W  
Y B A G S L Q M C J P O  
G N K F T R E U S E V H  
L Q E L P C S X I B M D  
A J V O H F K N G Z U A  
S I B W A T E R O P C Y  
S M G E X D Z A H L Q F  
O P U R S W C L E A N T  
K Y M S A G P B V N I Z  
C E A R T H F O D T J U  
W P L N K S A V E M Y R

BAGS

FLOWERS

REUSE

CLEAN

GLASS

SAVE

DAY

PAPER

TREE

EARTH

PLANT

WATER





# LEGO Mindstorms

## Build and Program a Robot



### **Want to build and program a working robot model?**

Children will work in groups of three to build and program a LEGO Mindstorms EV3 robot to complete fun challenges.

Learn and practise simple coding skills over four weeks and watch your robot follow your every command.

Participants must commit to all four weeks when booking.

Bairnsdale Library  
4.00 pm – 5.00 pm

Wednesday 16 March  
Wednesday 23 March  
Wednesday 30 March  
Wednesday 6 April

Phone 5152 4225 or book in person at the library for these FREE sessions.

||||| /  
**Libraries**  
**Change Lives**



# WANT TO MAKE FRIENDS WHILE PLAYING AN AWESOME SPORT?

Woolworths NetSetGO  
registrations are  
**open now!**

 REGISTER NOW



|                               |   |
|-------------------------------|---|
| <b>Program</b>                | <b>NetSetGo</b>   |
| <b>Age Group</b>              | <b>Must be turning 8 in 2022 and up to 10 turning 11 in 2022</b>  |
| <b>NetSetGo Centre</b>        | <b>Bairnsdale Netball Association</b>   |
| <b>Session Day &amp; Time</b> | <b>Thursday 17<sup>th</sup> February 2022 from 4.30pm for 45mins</b>  |
| <b>Duration of Program</b>    | <b>8 Weeks with the final session held on 7<sup>th</sup> April 2022</b>   |
| <b>Cost:</b>                  | <b>\$76.00 (includes NV Membership &amp; a participant pack)</b>  |
| <b>Location</b>               | <b>WORLD Netball Courts – Wallace Street Bairnsdale</b>   |
| <b>Further Information</b>    | <b>Email your Name, DOB, Address, Email &amp; Mobile to <a href="mailto:bdale.n.a@hotmail.com">bdale.n.a@hotmail.com</a> and we will forward you the Registration Details</b> |

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## CHILDREN ARE WHAT THEY EAT

### FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

#### Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionery or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.



### ENCOURAGING HEALTHY HABITS

**Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.**

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.