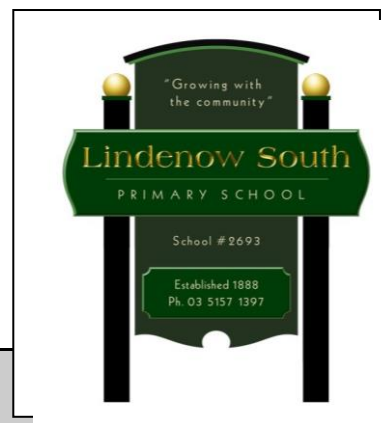


Lindenow South Primary School

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

'Growing with the Community' est. 1888

Your Local School - Award winner, Innovative and Caring



Newsletter

18th July 2022

WEEK 28

Upcoming Dates:

15th Aug - Mr Walkers last day at LSPS
16th Aug – Start of swimming program

Principals Report

We are still waiting for confirmation of the start of the swimming program, however, we are planning for it to start on Tuesday 16th August. A consent form will be sent home in the near future to cover the program. A new principal has been named for this school after my departure, her name is Bronwyn Joyce, and she will be transitioning into her new role over the next few weeks. Bronwyn will be the acting principal until the permanent job position is advertised in 2023.

Mr. Vague will be on sick leave for the remainder of this school year as he tackles treatment for cancer. He will make a full recovery and will return to the music program at the commencement of the 2023 school year. He takes with him the very best wishes of our school community for a speedy and complete recovery.

I have plans to take the senior class on a field trip to the beach at Lakes Entrance to conduct a series of structural engineering experiments in regards the tensile strength of wet sand. We may very well have a BBQ while we are there. The tentative date for this excursion is Thursday 11th August. A consent form for this will also be sent out shortly.

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.
- It is very important that you ensure your child has enough food for the school day. Please monitor the number of pre-packaged sugary products you provide for them as this can have quite a dramatic effect on their performance at school.
- Try to monitor the state of your child's hair health. Be vigilant for the first signs of nit infestation and take decisive action if you detect anything. Please remember that students MUST be excluded from school if any live nits are discovered, until they have been appropriately treated.
- IF STUDENTS RIDE A BIKE OR SCOOTER TO AND FROM SCHOOL, THEY MUST HAVE A HELMET ON.

JOKE OF THE WEEK

Did you hear about the
crook who stole a calendar?



He got 12 months!



WHY DID THE MAN
GET HIT BY A
BIKE EVERY DAY?

He was stuck in a vicious cycle.

QUOTE OF THE WEEK

Every day is different,
and some days are
better than others,
but no matter how
challenging the day,
I get up and live it.

Muhammad Ali

www.wow4u.com

Critical Thinking Skills

1

Observation

The ability to notice and predict opportunities, problems and solutions.

2

Analysis

The gathering, understanding and interpreting of data and other information.

3

Inference

Drawing conclusions based on relevant data, information and personal knowledge and experience.

4

Communication

Sharing and receiving information with others verbally, nonverbally and in writing.

5

Problem solving

The process of gathering, analyzing and communicating information to identify and troubleshoot solutions.

Brain Teasers

compliments of akelascouncil.blogspot.com

1 history history history	2 R g rose e i n	3 MEREPEAT	4 _____ read _____
5 Arrest You're	6 M Meal M e e a a l Meal l	7 E more more more more	8 wonalicederland
9 me right	10 ste frankin	11 Chimadena	12 _____ settle _____
13 millio1n	14 d r d r e v i e v i d r d r e v i e v i	15 land time	16 mini'l bethereute
17 R R a a i i l l	18 _____ score _____	19 ban ana	20 o_er_t_o_
21 e t a d	22 _____ Meal Λ	23 issue issue issue issue issue issue issue issue issue issue	24 XQQQME
25 time time	26 FLUBADENCE	27 1 knows	28 BIG BIG ignore ignore
29 BIRD	30 chair	31 ICE ³	32 lang4uage
33 VA DERS	34 9S2A5F4E1T8Y6	35 _____ it	36 chawhowhorge
37 RIGHT RIGHT	38 TULIPS	39 \$0 all all all all	40 knee light light

When I was 6
My sister was half my
age
Now I'm 70
How old's my sister ?

Reading can be difficult?!

Molly Woodworth was a kid who seemed to do well at everything: good grades, in the gifted and talented program. But she couldn't read very well.

"There was no rhyme or reason to reading for me," she said. "When a teacher would dictate a word and say, 'Tell me how you think you can spell it,' I sat there with my mouth open while other kids gave spellings, and I thought, 'How do they even know where to begin?' I was totally lost."

Woodworth went to public school in Owosso, Michigan, in the 1990s. She says sounds and letters just didn't make sense to her, and she doesn't remember anyone teaching her how to read. So she came up with her own strategies to get through text.

Strategy 1: Memorize as many words as possible. "Words were like pictures to me," she said. "I had a really good memory."

Strategy 2: Guess the words based on context. If she came across a word she didn't have in her visual memory bank, she'd look at the first letter and come up with a word that seemed to make sense. Reading was kind of like a game of 20 Questions: What word could this be?

Strategy 3: If all else failed, she'd skip the words she didn't know.

Most of the time, she could get the gist of what she was reading. But getting through text took forever. "I hated reading because it was taxing," she said. "I'd get through a chapter and my brain hurt by the end of it. I wasn't excited to learn."

THE BACK PAGE

The Importance of Breakfast For Kids

The health benefits of breakfast are really important, especially for young people. A recent report from the Australian Bureau of Statistics has found that one in seven school children are skipping a morning meal and missing out on the important benefits of breakfast.

It's a worrying statistic given that eating breakfast has been linked with improved English and maths skills in school children! The next time your child wants to skip breakfast, here are some tips below to consider.

ASSISTS IN MAINTAINING A HEALTHY WEIGHT

Breakfast is often referred to as the most important meal of the day. Breakfast means "breaking the fast" as it could be up to 10 hours since your child ate their last meal. Research shows that people who eat breakfast regularly are less likely to be overweight or obese.

PROVIDES ENERGY AND ESSENTIAL NUTRIENTS

It's important for your child to eat something nutritious each morning to re-fuel for the busy day ahead. Breakfast is an ideal opportunity to eat foods which are rich in B vitamins, folate, iron and fibre.

People who eat breakfast are more likely to meet their recommended dietary intakes for vitamins and minerals compared to those who skip it.

IMPROVES ALERTNESS, CONCENTRATION, MENTAL PERFORMANCE, MOOD AND MEMORY

Skipping breakfast may affect your child's concentration or leave them feeling 'fuzzy'. This is because the brain is starving for energy and needs fuel from nutritious foods like grainy bread, breakfast cereals, fruit and milk so it can function at its very best throughout the day.

To ensure your children are receiving the benefits of breakfast, choose a healthy breakfast meal which is high in fibre, has a low Glycemic Index (GI) and includes some protein.

TIME POOR? NO NEED TO SKIP BREAKFAST WITH THESE TIPS

Keep a supply of healthy whole grain cereals, nuts, fruit, tins of baked beans or yoghurt (for example) in the house for your family to snack on. These are quick, easy and very nutritious. Certain breakfasts can be prepared the night before letting oats soak overnight in a bowl with yoghurt and fruit is delicious the next morning. Also prepare for breakfast the night before by setting the table, with bowls and cutlery. Get your kids involved in this process too.

SMART EATING IDEAS FOR BREKKIE!

Kids can be fussy eaters. Here are some options below for delicious breakfast ideas that your kids will hopefully love!

- A bowl of whole grain cereal with milk, a dollop of yoghurt and sliced fresh fruit. Try adding a sprinkle of nuts for extra crunch!
- A delicious smoothie made from milk, fresh fruit and yoghurt
- A toasted slice of sourdough bread with some cheese, baked beans or avocado
- Untoasted muesli or rolled oats
- Poached eggs on whole grain toast with tomato, mushrooms or spinach