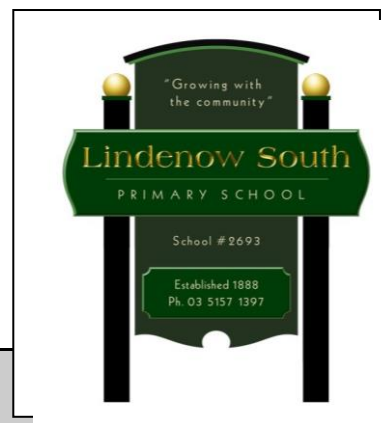


Lindenow South Primary School

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Mr. Michael Walker - Principal

'Growing with the Community' est. 1888

Your Local School - Award winner, Innovative and Caring



Newsletter

25th July 2022

WEEK 29

Upcoming Dates:

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

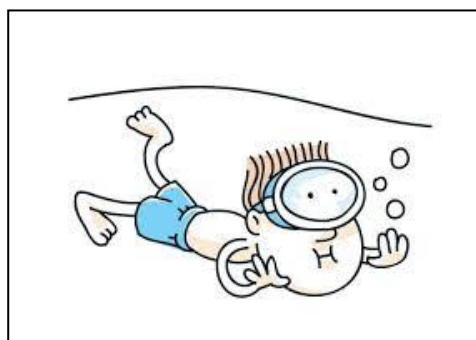
Principals Report

We have received confirmation of the swimming program dates and times; the first lesson will take place on Tuesday 16th August and continue each Tuesday and Thursday thereafter for five weeks. The last lesson is on the second last day of the term. Swimmers need to be in the pool for a 1:45pm lesson start, which translates to a school departure time of about 1:30 pm. Once the lesson is done and everybody is changed, it's a straight run back to school for end of day dismissal. Parents should feel free to collect their children from the pool at the end of the swim lesson if they wish. The consent form for this activity is attached to the back of this newsletter. Please ensure that your children have all their swim gear in their bag each Tuesday and Thursday, including goggles if required.

Last week we sent home your school photos, if there are any issues with photos then please let us know and we will do our best to help out.

The new acting principal of the school (Bronwyn Joyce) will be coming into school on Fridays as we lead up to the official handover on Tuesday 16th August. Please feel free to introduce yourself to Bronwyn if you happen to be at school.

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

Q: What did one hat say to another?

A: You stay here, I'll go on ahead



JUIC

Savage Chickens

by Doug Savage

STO SHARE



QUOTE OF THE WEEK

“Disciplining yourself to do what you know is right and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction.”

Margaret Thatcher



[On the wearing of masks](#)

Students over the age of eight are being asked to return to wearing masks in class as the number of daily COVID-19 cases across Victoria continues to hover around 10,000.

A joint letter to parents from bodies representing Victorian public, independent and Catholic schools has asked school students aged eight and over to wear masks in class.

While mask wearing in schools is not being mandated by the government, the letter from the Department of Education, Independent Schools Victoria and the Catholic Education Commission of Victoria did not say mask wearing remained optional.

"We are asking all students aged 8 and over and all staff in all schools across Victoria to wear masks when in class (except where removing a mask is necessary for clear communication) from now to the end of winter," the letter reads.

"We are asking for your support in explaining to your child or children the importance of this simple step that will help keep our schools as safe as possible."

Students will not be required to wear masks outdoors, and school activities such as sport, music and performances will continue.

The group is also asking children wear masks on public transport.

Brain Teasers

1 U S T I	2 STROKES! <i>STROKES</i> STROKES	3 SOMETHING	4 KJUSTK
5 S T I N K	6 W A L K G N I	7 you just me	8 M M A P
9 FISHING c	10 GET IT GET IT GET IT GET IT	11 <i>more it it thani</i>	12 VAD ERS
13 i.e. •	14 GOLDEN GATE H ₂ O	15 WAY <u>PASS</u>	16 END N D

.Five men were eating apples.
A finished before B, but
behind C. D finished before E,
but behind B. What was the
finishing order?

The link between food, mood and learning Schools

Help to make your
students healthier,
happier and better
learners.



All students deserve the opportunity to be happy, healthy and resilient.

Providing and promoting healthy food in your school plays an important role in supporting this.

The link between food, mood, and learning

We know that fuelling children with the appropriate foods helps support their growth and development. But there is a growing body of research showing that **what children eat can affect not only their physical health but also their mood, mental health and learning.**

The research suggests that eating a healthy and nutritious diet can improve mental health¹, enhance cognitive skills like concentration and memory^{2,3} and improve academic performance⁴.

Children should be eating plenty of nutritious, minimally processed foods from the five food groups:

- fruit
- vegetables and legumes/beans
- grains (cereal foods)
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives

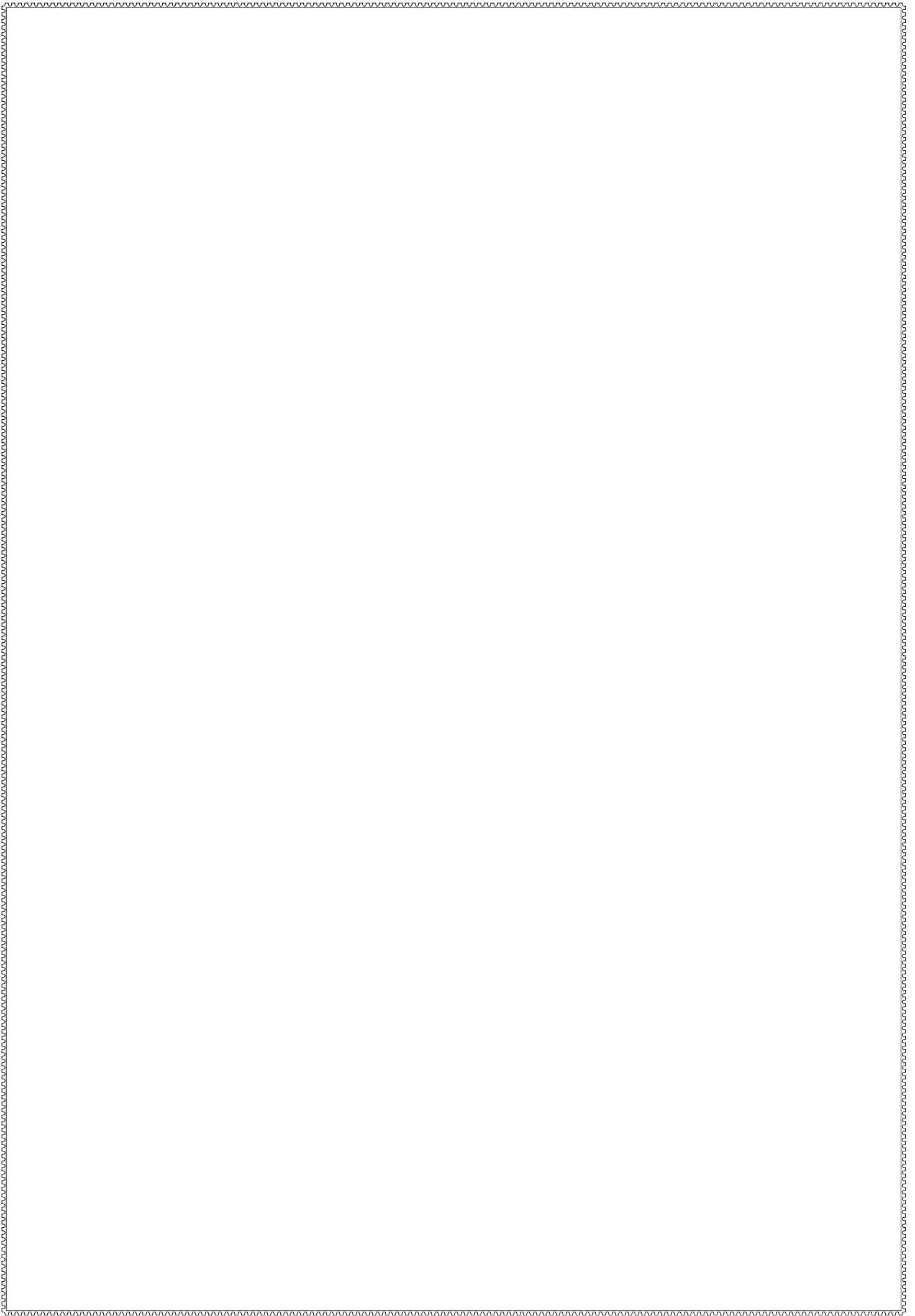
Consuming too many nutritionally-poor foods and drinks that are high in added fats, sugars and salt, such as lollies, chips and fried foods has been connected to emotional and behavioural problems in children and adolescents⁵. In fact, young people that have the unhealthiest diets are nearly **80% more likely** to have depression than those with the healthiest diets¹.

Why are schools an important place to make changes?

Schools can play a key role in influencing healthy eating habits, as students can consume on average 37% of their energy intake for the day during school hours alone!⁶

A New South Wales survey found that up to **72% of primary school students purchase foods and drinks from the canteen** at least once a week⁷. Also, in Victoria, while around three-quarters (77%) of children meet the guidelines for recommended daily serves of fruit, only one in 25 (4%) meet the guidelines for recommended daily serves of vegetables⁸; and discretionary foods account for nearly 40 per cent of energy intake for Victorian children⁹.

It's never too late to encourage healthier eating habits - childhood and adolescence is a key time to build lifelong habits and learn how to enjoy healthy eating.



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SWIMMING PROGRAM 2022 **CONSENT FORM**

I give permission for my child/children
to attend the swimming program. This program is for all students in prep – grade 6. Children will be
transported by our school bus.

Signed: (parent or carer)

ACTIVITY: Swimming program.

WHERE/WHEN: BARC 16TH Aug – 15th Sept.

Transport: Students will be transported to and from the
venue in our school bus.

WHAT TO BRING: Suitable bathers, school uniform, towel.

Prep parents please ensure your children are confident self-
dressers prior to the commencement of the swimming
program.

Consent to Medical Attention

Where the teacher in charge of the excursion/activity is unable to contact the parent/guardian or it
is otherwise impracticable to contact the parent/guardian, I authorise the teacher in charge to:

- > Consent to my child receiving such medical attention as may be deemed necessary by a
medical practitioner.
- > Administer such first aid as the teacher in charge may judge to be reasonably necessary.

Emergency contact number _____

Signature of Parent/Guardian _____

Date / /