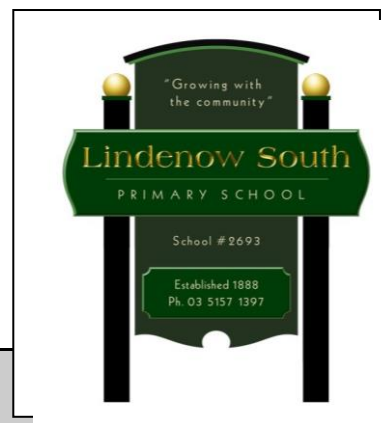


# Lindenow South Primary School

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Mr. Michael Walker - Principal

*'Growing with the Community' est. 1888*

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



## Newsletter

*21<sup>st</sup> March 2022*

*WEEK 12*

### Upcoming Dates:

30<sup>th</sup> March – School Council AGM  
8<sup>th</sup> April – End of term 1  
15<sup>th</sup> April – Good Friday

### **Principals Report**

We all make mistakes and I'm no exception, it has been pointed out to me that in the last episode of the newsletter I incorrectly put the date of the next school council meeting as April 8<sup>th</sup>, it is in fact going to take place on Wednesday 30<sup>th</sup> March.

I have been finalising details for the installation of new shade sails for our school. If everything comes together as I hope it will then a significant part (over 80%) of the asphalt quadrangle will be covered. This will make hot sunny days much more manageable for our students.

As the end of term 1 is now on the immediate horizon let me make you aware that we will be spending the last day (Friday 8<sup>th</sup> April) at the Buchan reserve in Buchan. We will have a BBQ and I will take my class for a bushwalk. The Junior class will something similar. We will finish the day (and the term) with an easter egg hunt.

The consent form will be coming home in a week or so.

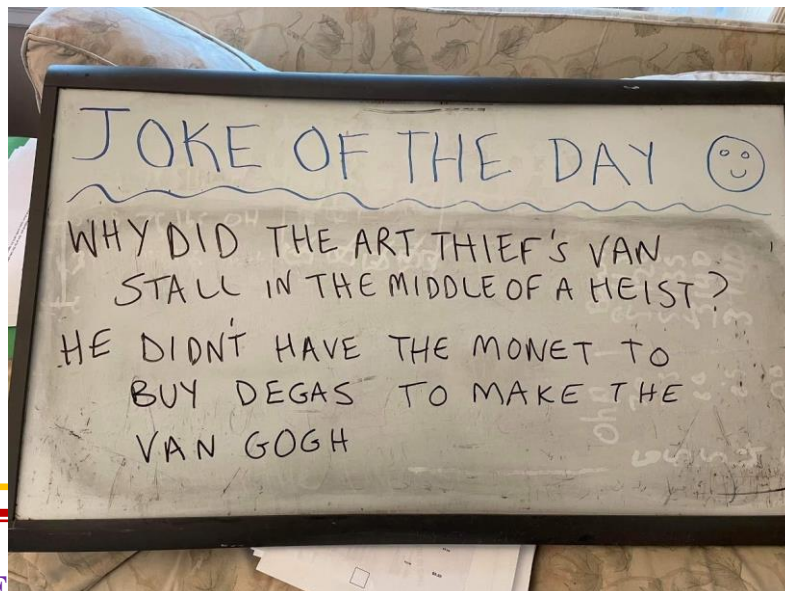
**Michael Walker**

Welcome to  
Buchan Caves Reserve,  
**Krauatugalung Country.**



- **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**



### **QUOTE OF THE**

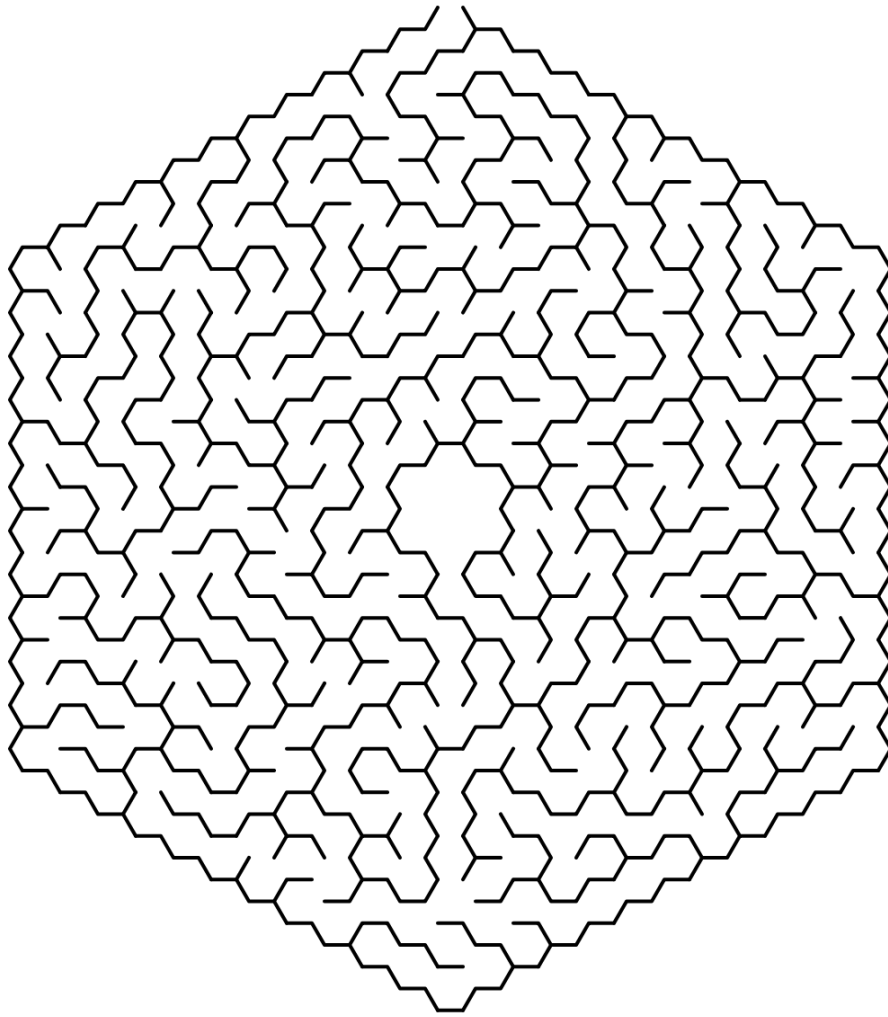


*To be a pleasant person, you would at least need to see the point of being a pleasant person, or have it explained to you at some sort of 'finishing school' where you could actually learn the laws of propriety and the skills of appearing well-adapted, easygoing and attractively trouble free. But where do you learn these things? I don't know.*

MICHAEL LEUNIG



## PUZZLE PAGE



Can you solve this?

$$\text{Red Flower} + \text{Red Flower} + \text{Red Flower} = 60$$

$$\text{Red Flower} + \text{Blue Flower} + \text{Blue Flower} = 30$$

$$\text{Blue Flower} - \text{Yellow Flower} = 3$$

$$\text{Yellow Flower} + \text{Red Flower} + \text{Blue Flower} = ?$$

Share & see if your friends can.

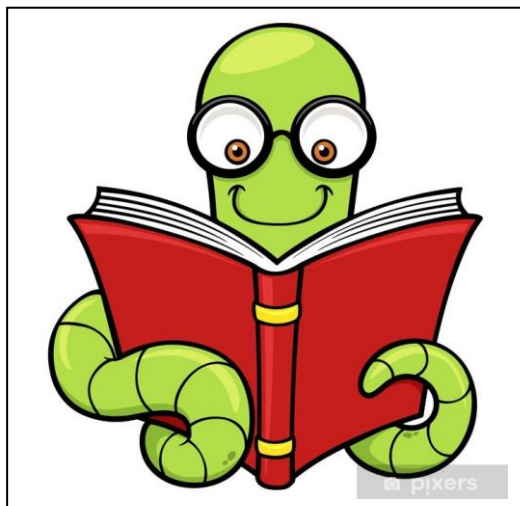


### Thoughts on Spelling.

Children become good spellers when they are reading and writing each day in a way that has meaning and purpose for them.

### Please remember.....

Could parents please remember to ensure that their children have a functioning drink bottle, appropriate hat (wide brim) and a good lunch with them each and every school day.



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