

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

30th May 2022

WEEK 22

Upcoming Dates:

June 13th – Queens Birthday Public Holiday

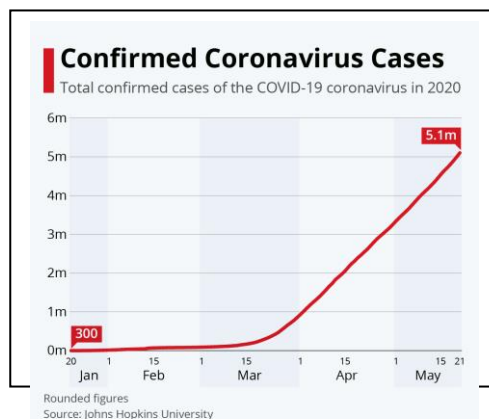
June 23rd – School Photos

June 24th – Last day of term 2 (Maffra bike ride and bbq)

Principals Report

For a while there I was starting to think we would remain relatively untouched by the double whammy of COVID and/or the flu. It's true that the flu had almost disappeared from the community due in large part to lockdowns, mask wearing and the use of copious amounts of hand sanitizer. All through the two years of serious lockdowns, no one from the school community caught COVID. Alas, all that has changed. Currently we have two staff in self isolation with confirmed cases of COVID and one away with the flu. Four students are away with confirmed cases of COVID or the flu, one has just returned from the mandatory seven day isolation. We are still using hand sanitizer at school and every student has access to masks if they want them (it being no longer mandatory to wear them). Ditto for school staff. This then is our new normal, and it means that everyone will be open to re-infection from COVID moving forward. I would like to encourage everyone to be as pro-active as they possibly can in minimizing the potential for increased infection rates by wearing masks, sanitizing hands regularly and RAT testing at least once a week. Please just ask if you need any new RAT tests and we will dispatch them to you.

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



As witnesses later recalled,
two small dogs just waltzed into the place,
grabbed the cat, and waltzed out.

QUOTE OF THE WEEK

"Coming together is a beginning; keeping together is progress; working together is success." - Henry Ford



When it comes to salt, you can't trust your taste buds

The Heart Foundation and VicHealth has released results of a new survey of over 800 Victorians that shown that most still don't understand the dangerous levels of salt being consumed.

Worryingly, two-thirds of people claim they believe they eat less or about the right amount of salt, but many were unable to correctly identify high salt foods.

The Heart Foundation and VicHealth have joined forces to launch the "Don't Trust Your Taste Buds" campaign to urge Victorians to trust the label and not their taste buds when it comes to identifying hidden salt in processed foods.

High salt consumption increases the risk of high blood pressure and the risk of cardiovascular disease including heart attack, stroke, kidney and blood vessel disease. One in 20 deaths in Victoria can be attributed to high salt intake – six times the annual road toll.

About 75 per cent of salt in our diets comes from processed foods. It's hiding in a lot of the processed foods we eat and even the most discerning taste buds won't be able to taste it.

To find out more about the campaign and check out some of the foods shockingly high in salt visit dontrustyourtastebuds.com.au

COLORADO CHILDREN'S CHORALE

'FILLING THE WORLD WITH SONG'

60 member Children's Choir
direct from the United States



*"A bravura performance displaying discipline, enthusiasm,
and vigorous singing of the highest order."*
- Adrian Partington, BBC Music Director, Royal Albert Hall, London

FREE COMMUNITY CONCERTS

bookings essential



Emily Crile
Artistic Director and Conductor



Forge Theatre and Arts Hub, 80 McKean Street, Bairnsdale

Sunday 26 June 2022, 2:00 pm



St Brendan's Primary School Hall, Eastern Beach Road, Lakes Entrance

Monday 27 June 2022, 2:00 pm



Forge Theatre and Arts Hub (03) 5152 1482



www.eastgippsland.vic.gov.au/forgetheatre



Bairnsdale or Lakes Entrance Visitor
Information Centres or Shire Service Centres



PUZZLE PAGE

ANIMALS

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

CAT

DOG

BIRD

ELEPHANT

HIPPO

SQUIRREL

GIRAFFE

FISH

MOUSE

MONKEY

ALLIGATOR

LION

TIGER

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 confectionary 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.