

Newsletter

Lindenow South Primary School



Newsletter #15
Term 4, 17/11/2025

Upcoming Calendar Dates

Tuesday 18 th November	Transition 9-1pm (Foundation students 2026)
Wednesday 19 th November	School Council Meeting 9:30am
Friday 21 st November	Gymnastics (East Gippsland Gymnastics Club, Lucknow)
Tuesday 25 th November	Transition 9-1pm (Foundation students 2026)
Friday 28 th November	Gymnastics (East Gippsland Gymnastics Club, Lucknow)
Friday 5 th December	Gymnastics (East Gippsland Gymnastics Club, Lucknow)
Wednesday 17 th December	Christmas BBQ and class items 5:30pm. All welcome!
Thursday 18 th December	Students Last Day!!

Assistant Principal Report

It's been a busy and positive few weeks at school. I recently attended the Outer Gippsland Area Forum, where schools came together to look at ways to strengthen student engagement and support emotional regulation through the Attitudes to School Survey results.

Brad Kenny (KESO) has continued working with our Aboriginal students and is helping us plan some exciting whole-school cultural learning opportunities.

Our Bike Education sessions have been very popular, encouraging students to ride more often. We'll keep building their skills using our school bikes and helmets and may look at fundraising for larger helmets in 2026. Gymnastics on Fridays has also been a great way to keep students active and confident.

Next year, we'll be introducing a new assessment platform to help prepare students for the types of assessments they'll encounter in high school—thanks to Adam Cairns for supporting us with this transition.

Kind Regards,

Stephanie Hoekstra

Absence Reporting Reminder

A friendly reminder to families that all student absences must be explained. If your child is away from school, please provide a reason for their absence either by recording it on **UEducateUs** or by calling the school office. Providing a reason helps us keep accurate attendance records and ensures we meet Department of Education requirements. Thank you for your continued support in keeping our attendance records up to date.

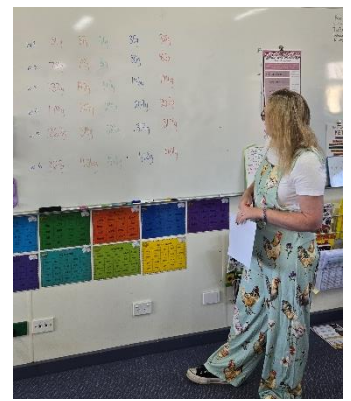
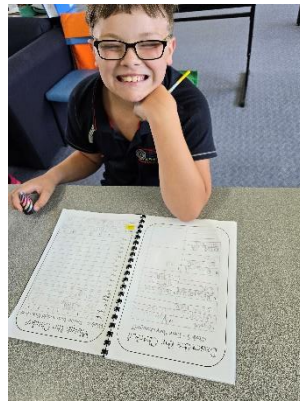
Breakfast Club –

Our program runs Wednesday to Friday from 8:30–8:50am.

Please note that Monday is still the only day students can bring lunches to be heated. Thank you for your support in helping us keep things running smoothly!

3-6 Chicken Maths

With the chickens growing so quickly, there aren't many weeks left for our students to enjoy creating graphs and exploring weight and decimals as they weigh and observe the chicks. Thank you to everyone who shared this wonderful learning at assembly on Wednesday!



Assembly Awards

Date: Wednesday 29th October

Congratulations to Reagan, Bohdi, Roxy and Luca for your fantastic reading at home! A big well-done to Amelia for achieving your Red Words and to Luca for mastering your Green Words. Great effort, everyone! This week's **Principal's Award** went to Oliver for the tremendous progress you have made in your learning journey.

Well done to all our award winners — keep up the great work!



Off site Drill with the CFA

A big thank you to everyone for the fantastic fire drill we had with the Lindenow CFA on Thursday 13th November! Our students did an amazing job walking safely to our offsite drill location at the Lindenow South Football, Netball and Tennis grounds. The CFA team treated us to an exciting display of what the big fire trucks can do, and students loved exploring the equipment and learning about how firefighters keep our community safe. After a great morning out, we walked back to school full of new knowledge and excitement to continue our day.



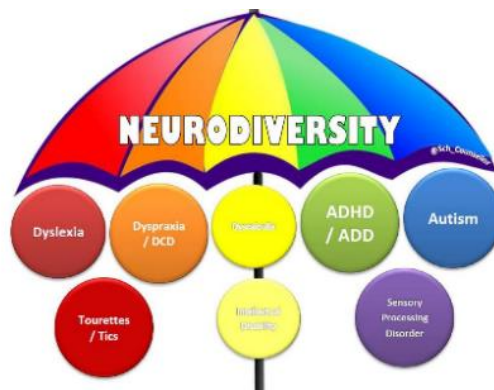
Lindenow South Primary School Student Wellbeing & Learner Diversity

Parent Learning Series: Supporting Our Children

Each week we'll explore a different topic together to support our children in learning and life. Over the coming weeks we'll be looking at **neurodiversity**, **anxiety**, **screen time**, and practical strategies to help our children thrive.

- This week, we continue with looking at **How Schools Can Embrace Neurodiversity**. In the following weeks, we'll explore:
- **Anxiety**
- **Screen Time**
- **Gateway Behaviours**

We look forward to learning together and sharing ideas that can make a real difference for our children.



How Schools Can Embrace Neurodiversity

Schools make adjustments so that neurodivergent children can take part in learning and social activities. You might notice changes like these at your child's school:

- **Changes to the environment** for children with sensory sensitivities or high anxiety. For example, the school might provide quiet spaces, allow children to use sensory items like squishy balls, or offer variations to the uniform.
- **Different ways of teaching** to suit different learning styles or needs. For example, some children might be allowed to create a video instead of giving a class presentation, or help plan sports day instead of competing. Teachers might give both written and verbal instructions.
- **Support for inclusive play and interactions**. For example, the school might run a games club for all children interested in activities like chess.

When all children learn more about how neurodivergent children communicate and play, it encourages respectful interactions and equality. This helps remove the expectation that neurodivergent children should change who they are.

Child Safety and Wellbeing at Lindenow South Primary School Information for Families and Our School Community

Lindenow South Primary School is committed to providing a safe, supportive, and inclusive environment where every student feels secure and valued.

Our **Child Safety and Wellbeing Framework** includes a range of **policies, codes of conduct, and procedures** that outline how we actively support and maintain the safety and wellbeing of all students, and how we work to protect them from harm.

These documents are available on our school website: [School Polices | Lindenow South Primary School](#)

We are also committed to the **ongoing review and improvement** of our child safety practices to ensure they remain current, effective, and aligned with the Child Safe Standards.

Students, families, and community members are important partners in this process. We value your input and encourage you to share any feedback or ideas on how we can continue to strengthen our approach to child safety and wellbeing.

If you have any suggestions or comments, please contact **Stephanie Hoekstra, Assistant Principal**, on **(03) 5157 1397** or via email at lindenow.south.ps@education.vic.gov.au.

Recently Approved Policies:

- Positive Behaviour Policy
- Communication the Preventing and Addressing Racism in school Policy
- Aboriginal Learning, Wellbeing and Safety
- Child Safety and Wellbeing Policy
- Respect for School Staff Policy
- Parent Payment Policy

KINDERGYM

- ExploreGym**
1-2yr Olds - Tuesday & Wednesday
- KinderGym**
Assisted Class for 2-4yrs
Independent Class for 4-5yrs
Monday to Thursday
- 1hr Gymnastics**
5-8yr Olds - Monday to Thursday & Saturdays
- 1.5hr Gymnastics**
8-12 yr olds - Monday to Thursday

NINJA

- 1hr Ninja**
5-12yr Olds - Tuesday to Thursday & Saturdays
- 1hr Ninja - Intermediate**
10+ yrs - Fridays
- 1hr Trampoline**
8+ yrs - Tuesday, Thursday & Saturdays
- 1.5hr Trampoline - Intermediate**
Tuesdays

TRAMPOLINE

Head to our website for more info
www.eastgippslandgymnastics.com.au

Lindenow South Primary School is in Category 4 on the Bushfire At-Risk Register List

School preparations for the bushfire season

Each year, we undertake a range of activities to ensure the safety of our school and to prepare for bushfires and grassfires.

An important part of this process is communicating to parents what will happen when certain fire danger ratings are issued to help ensure the safety of students and staff.



Our school has been identified as being at risk of bushfire or grassfire and is a **Category 4 school.**

Our school will **close** on a day forecasted as **Catastrophic fire danger rating** in **Gippsland, West and South Gippsland, Central, North Central, fire weather district** fire district.

The Bureau of Meteorology (BoM) provides public fire danger rating forecasts each day of the fire danger period using fire weather district areas. In Victoria, there are 9 fire weather districts, which are based on Local Government Area boundaries.

The department uses these forecasts when supporting schools to enact their pre-emptive bushfire actions plans.

Protecting against mosquito-borne diseases

Warm and wet weather can result in greater numbers of mosquitoes and an increased risk of illness from mosquito bites. While the overall risk is currently low, some mosquitoes may be carrying diseases that make people sick.

The best protection against mosquito-borne illness is to avoid mosquito bites.

Families can protect against mosquito bites by:

- covering up as much as possible with long, loose-fitting, light-coloured clothing
- applying insect repellent that contains picaridin or DEET on exposed skin when outdoors
- limiting outdoor activity if lots of mosquitoes are active
- clean up and remove containers and items around the home that may hold water where mosquitoes may breed.

Families with any health concerns should see their doctor or phone NURSE-ON-CALL: 1300 606 024 (available 24 hours).

Free Japanese encephalitis vaccines

Japanese encephalitis virus is spread to humans through bites from infected mosquitoes and can cause a rare but potentially serious infection of the brain.

A free vaccine is available to some individuals to protect Victorians at higher risk of the virus.

For more information, including vaccine eligibility, refer to the Department of Health's [Japanese encephalitis webpage](#).

Find out more

For more information on protecting against mosquito-borne diseases, families can refer to the following Better Health Channel pages:

- [Mosquitoes can carry diseases](#)
- [Protect yourself from mosquito-borne disease](#), including a handy checklist to help reduce mosquito breeding sites at home and resources translated into other languages.
- [Japanese encephalitis virus](#)

Limiting social media to ages 16+

08 Oct 2025



What you need to know

There's been a lot of conversation recently about online safety, especially with the upcoming changes to how young people can use social media in Australia.

From 10 December 2025, social media platforms will need to take responsible steps to deactivate accounts belonging to kids under 16 and prevent new ones from being created.

As information about the changes continues to unfold, you can stay informed and confident by downloading our [Beacon Cyber Safety app](#). It provides up-to-date guidance and practical tips to help families navigate the online world safely.

The Beacon Cyber Safety app will keep you across the latest updates as this new law comes into effect.

These changes are part of a national effort to give kids more time to grow their digital skills, emotional resilience, and understanding of online risks before stepping fully into the world of social media.

Which platforms will be affected?

No final list has been released yet, but the Australian Government has [confirmed](#) age restrictions will apply to platforms including Instagram, Snapchat, TikTok, Facebook, X/Twitter and YouTube.

Children under 16 can still use YouTube Kids and view regular YouTube without a login account. Viewing it without a login account limits the platform's functionality and may reduce exposure to age-inappropriate content.

Age restrictions are not intended to apply to most gaming or messaging services and will not apply to email, video calling, health and education technologies, or professional networking apps.

A 'social media platform' is defined as one which focuses on enabling social connection and allows users to post and interact.

Will children under 16 be breaking the law if they use social media after 10 December?

No. Children, parents, carers and teachers will not face legal penalties.

The responsibility lies with social media platforms to enforce age limits. If they are found to have failed to take 'reasonable steps' to do this, they may face substantial fines.

What will happen to children's existing content?

So far, it is unclear what will happen to children's existing posts or chats when accounts are deactivated.

However, the eSafety Commissioner has [flagged](#) (in the last section titled "Conclusion: Placing the flags in the sand") that parents may wish to help children download their archives and profile content now.

Won't under-16s get around the age limit?

At present, there are few details available about how the age limit will be enforced. The Government acknowledges that some children may bypass the limit and that not every child's account will disappear immediately. However, they maintain that the age restriction will provide a new layer of intervention and will signal what the community considers acceptable.

How can platforms tell a child's age?

At present, we don't know what tools will be used to identify children aged under 16.

It is possible tools may check birthdates from documentation, estimate age from appearance or behaviour, infer age from other information (e.g. how long an account has been held for), or use parental controls.

An independent trial run by the Age Check Certification Scheme [found](#) that effective technical solutions to age assurance do exist and are viable, although none are foolproof. eSafety will provide guidance to platforms on suitable approaches. How social media platforms will choose to respond to all this remains to be seen.

Are there privacy concerns?

While age limits may help child safety, concerns exist about how age assurance technologies might handle personal data.

Privacy risks might be reduced by a 'tokenised, double-blind' approach, where a digital token confirms the user's age without revealing their personal details to the social media platform. We wait to see whether this will be implemented.

The Government has [confirmed](#) that platforms may only request official ID documents from users if they also offer a reasonable alternative approach, and that personal data collected for age assurance must not be used beyond what is permitted by the Australian Privacy Principles.

These assurances are positive, but rigorous regulation and enforcement will be key.

How can adults help children prepare?

- Make sure children understand accurately what's happening.
- Reassure children that if anything bad happens on social media, they should seek help. They will not have 'broken the law' by using social media.
- If children are worried, help them identify what they've enjoyed on social media – e.g. friendship, entertainment – and how they might find such experiences elsewhere.
- Recognise that some children may move deeper into gaming, messaging apps, or AI chatbots, all of which have risks. Check game [ratings](#) and app [reviews](#), choose high privacy [settings](#), and [read about](#) the dangers of AI 'companions'.
- Report any cyber bullying to the platform or [eSafety](#). For further support, consult a healthcare provider, [Kids Helpline](#), [Dolly's Dream Bullying Support Line](#), or a [parent helpline](#).

Responsible Pet Ownership

On Friday we were lucky to have Mel and Ranger visit our school to teach us about responsible pet ownership and how to stay safe around angry or unfamiliar dogs. It was a fantastic, engaging session, and our students participated beautifully—asking thoughtful questions, sharing their own experiences, and practising safe behaviours. We're grateful to Mel and Ranger for such an informative and enjoyable visit!

