



Lucknow Bell

Phone: 5152 4662 Mobile: 0438 524 662 Fax: 5152 1792

Email: lucknow.ps@edumail.vic.gov.au

Website: www.lucknow-ps.vic.edu.au

Date: 13.03.19

School Calendar March

SUN	MON	TUES	WED	THURS	FRI	SAT
10	11	12	13	14	15	16
	- Public Holiday	- Swimming Program	- Swimming Program	- Swimming Program - Student Banking - Regional Swimming - GRIP Leadership Conference		
17	18	19	20	21	22	23
	- Swimming Program - Parent/Teacher Interviews	- Swimming Program - Division Tennis	- Swimming Program - Parent/Teacher Interviews	- Swimming Program - Student Banking		
24	25	26	27	28	29	30
	- Swimming Program	- Swimming Program	- Swimming Program	- Swimming Program - Student Banking	- School Cross Country/Fun Run	

PRINCIPAL'S REPORT

Creating a positive climate for learning at Lucknow

We know that schooling is more than just preparing students academically, it's about preparing students who can go out into the community and make a contribution, feel positive and have a strong sense of wellbeing.

Research and our own teaching and learning experiences tell us that when the teacher maintains a safe, supportive and inclusive learning environment, students will be motivated to learn collaboratively and productively.

To create and maintain an engaging learning environment, our teachers utilize evidence of student learning to plan collaboratively, differentiate learning tasks and share clear learning intentions and success criteria with students. This allows students and teachers to work together on a common goal.

Whole school and year level activities also assist students to connect with each other and build strong student-teacher relationships. These activities help students to feel part of the broader school community. Providing educational opportunities for students to work collaboratively encourages students to take ownership and responsibility for their learning environment and climate.

Marcus Batt - Principal

FITNESS FANATIC2S

Number of participants

- Tuesday – 59km

Distance ran and/or walked

- Wednesday – 39km

- Tuesday – 59.5km

- Wednesday – 53km

New members of the 10km club

- Marlee Davidson, Elissa Raeburn

New members of the 20km club

- Ben Raymond, Todd Sabell

New members of the 50km club

- Abby Nolen

New members of the 60km club

- Sarah Batt

New members of the 70km club

- Regan Arnold

New members of the 90km club

- Ahren Hudson

Debbie Dooley (Fitness Fanatic)

PARENTS AND FRIENDS

Easter Raffle

Easter Raffle tickets are coming home this week with the eldest child of each family.

Please write on each ticket a name and either class or mobile number - all tickets and money must be returned together to school. Tickets are \$1 each - so the whole book is \$10. Extra tickets are available from the office.

Donations of Easter chocolates, art and crafts, baskets etc are greatly appreciate. Last year we had over 30 prizes! Just give to the class teacher or drop off at the office.

The next Parents and Friends Meeting is next Monday 18th March at 7pm in the school staff room. Everyone is welcome.

DROUGHT ASSISTANCE PACKAGE

The Victorian Government has announced a one off drought response package to assist families who reside in the Wellington and East Gippsland Shire. The package consists of two parts.

The first is a uniform and school items assistance package. This support is made available through State Schools Relief and families can select from one of the following packages:

Package 1: uniform package OR

Package 2: reduced uniform package plus textbooks voucher to the value of \$100 OR

Package 3: limited uniform package plus textbooks voucher to the value of \$200.

The second part of this commitment is an extension of the Camps, Sports and Excursion Fund (CSEF) made available to ALL families. This is one-off payment of \$375 per student.

The means tested Camps, Sports and Excursion Fund (CSEF) is also available to eligible families.

If you have not already completed your application for the Drought Assistance package or CSEF please contact the office as soon as possible.

All applications are due back by the 31st March 2019.



STUDENT OF THE WEEK



Class	Student
PAS	Levi Trinder for the amazing effort he is making with his writing and doing a wonderful job with his handwriting. Well done Levi, keep it up!
PJS	Brooklyn Mitchell for following instructions and doing his very best at swimming. Well done Brooklyn!
PCB	Riley O'Keefe for making some great changes in the classroom and coming to school this week 'ready to learn'. Keep up the great listening Riley!
PLB	Anastasia Bell for great listening and she is working really hard in all of her work.
12P	Rarah Solomon for his outstanding Acrostic Poem about Basketball.
1MC	Raiven Cole for great work on her writing goals. She is including wow words and has begun to edit her work.
1MP	Tilly Deal for being considerate of others and being helpful. We love having such a caring person as part of our class. Well done Tilly.
1VG	Katie Wright for her attention to detail when writing with both the secretarial and her ideas. Great work Katie!
2KE	Ahren Hudson for your bravery and confidence to begin the dancing with the Army Pep Band.
2LB	Tully Robinson for being an enthusiastic learner who is consistent with homework tasks and is a wonderful and kind caring student in our classroom. Keep up the great effort Tully.
2RG	Tristan Ebbage for his fantastic effort during guided reading groups.
34F	Alison Wood for treating her peers with respect and being a caring friend.
3CH	Imogen Ceveri for being such a polite member of the class and consistently demonstrating positive learning behaviours.
3CM	Grace Hubbard for working hard in class to improve her reading. Keep up the great work Grace!
45A	Mia Rizzo for taking responsibility for her own learning by asking questions and self-regulating her learning.
4ES	Campbell Scott for having a positive mindset throughout mathematics and continuously encouraging his peers.
4CT	Marlee Thorp for always being considerate and supportive of other class members. She is a great partner to work with.
4RP	Connor Newman for always being a conscientious student. Being a considerate classmate, having an open, positive mindset, working hard on all tasks and going above and beyond expectations. Well done Connor, keep it up!
56W	Mitchell Johnson for making good learning choices and always trying his best.
5DH	Flynn Byrne for his great effort in class and reminding others to show respectful communication.
5GD	Lucas Berry for his friendly manner towards all in class and being a kind person. Thanks Lucas.
6CM	Lachie Cameron for the care and compassion you show for your friends. You are willing to stand up for your mates and bring them comfort when they are down.
6CP	Jaxon Noakes for engaging in fantastic peer reflection time regarding the ANZACS!
6FW	Baylie Robbie for her amazing work in maths!



THE EASY WAY TO BOOK
**SCHOOL
INTERVIEWS**

Dear Parents

Parent/Teacher interviews will be held on Monday 18th March 2019 (*Tuesday 19th March 2019 for 3CH only*) and Wednesday 20th March 2019 (*Tuesday 19th March 2019 for 2RG only*). Interviews will be held from 3.40pm to 6.00pm.

Bookings must be finalised before Friday 15th March, when bookings for this event will close.

For parents that do not have internet access, access can be made at the local library, work or friends. Parents may send a note to school with the approximate times they require, or phone the school on 5152 4662. Interviews are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Now you can book school interviews for the times that suit *your family*.
Go to www.schoolinterviews.com.au and follow these simple instructions.

4f9tt

Go

Simply enter the code and press "Go"



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately – **Check your junk mail folder AND make sure you have spelled your email address correctly**

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until the bookings close.

SCHOOL CROSS COUNTRY AND FUN RUN/WALK FUNDRAISER

This year we have decided to once again combine the School Cross Country with the Fun Run/Walk Fundraiser. This event will be held on Friday the 29th of March.

Cross Country Information

Children who are in the 5/6/7 and 8 year old age groups will run their course between 9.00am and 10.30am and children who are in the 9/10/11 and 12 year old age groups will run their course between 11.30am and 1.30pm.

Please note – Children’s age groups are determined by the age they are turning this year.

Children who are in the 5/6/7 and 8 year old age groups will complete a course that will incorporate the large oval near the school car park and the football oval. Their finish line will be at the end of the line of trees that separate the large oval from the football oval. The order of racing for the first session will be as follows – 8y.o boys, 8y.o girls, 7y.o boys, 7y.o girls, 5/6y.o boys, 5/6y.o girls.

Children who are in the 9 and 10 year old age groups will complete a course that is approximately 2km’s in length. Their course will start on the track near the football oval and follow it around to complete the large oval. They will then go on a loop around ‘Hacks Track’ that will go past the rotunda and across the 2 small foot bridges before returning back up the track. The 9 and 10 year olds will then follow the track near the football oval again until they get to the line of trees that separate the football oval from the large oval. The finish line will be at the end of the line of trees.

Children who are in the 11 and 12 year old age groups will complete a course that is approximately 3km’s in length. Their course will start on the track near the football oval and follow it around to complete the large oval. They will then go on a loop around ‘Hacks Track’ that will go past the rotunda and across the 2 small foot bridges before returning back up the track. The 11 and 12 year olds will then follow the track near the football oval again and complete the large oval again. They will follow the track near the football oval for a third time until they get to the line of trees that separate the football oval from the large oval. The finish line will be at the end of the line of trees. The order of racing for the second session will be as follows – 12y.o boys, 12y.o girls, 11y.o boys, 11y.o girls, 10y.o boys, 10y.o girls, 9y.o boys, 9y.o girls.

The children in all grades will have the opportunity to walk and run through their courses during Phys Ed sessions. It would also be extremely beneficial if children could do some extra running at home as training for the Cross Country/Fun Run.

The first 6 children who cross the finish line in the 10, 11 and 12 year old age groups and the children who place 1st, 2nd and 3rd in the 9 year old age group will have the opportunity to represent the School at the Divisional Cross Country being held at Nagle College on Friday the 17th of May.

Parents are more than welcome to come and encourage and support children on the day.

Children will receive ribbons for placing 1st, 2nd and 3rd in their age groups and children will also receive house points for participating in the Cross Country.

Children will receive 30 points for placing 1st, 20 points for placing 2nd and 10 points for placing 3rd. All other children will receive 5 points for participating in the Cross Country. Considering that this is also our fun run fundraiser, children will also receive a participation certificate, encouragement wristband, fluoro headband and berry quelch icy pole.

How Does My Child Fundraise?

Students have now received a Sponsorship Form which will assist in raising funds for the school. Please familiarise yourself with the five steps to supercharge your fundraising and how to order prizes. Students obtain donations in cash using the Sponsorship Form together with online fundraising. Students who raise as little as \$10 or more will receive an incentive prize for their efforts. But why not aim higher? You have the option to choose up to five (5) prizes and this will set your fundraising goal. Family and friends are your greatest supporters, so ask them first for your support. You will reach your fundraising goal in no time.

We have educated students on the danger of door knocking without adult supervision, and encourage you to reiterate this at home.

Student Profile Page

Create a Student Profile Page at www.myprofilepage.com.au which is unique to you. There are also some great features like recording your sponsorships and selecting your prize goal. The easiest way to help your child raise money is through online fundraising. Plus, you don't have to worry about handling money. The average raised per student using online fundraising is \$120.

WIN A SHARE OF \$70,000 WORTH OF FREE SPONSORSHIP DONATIONS. Create a Student Profile Page at www.myprofilepage.com.au and enter your unique code found on page five (5) of your Sponsorship Form to see if you're an instant winner. Give your fundraising goal a kick start!

How to Order Prizes?

To reward your child for their efforts, they will receive incentive prizes based on the total amount of sponsorship dollars raised in cash, online, and if applicable, any **FREE SPONSORSHIP DONATIONS** won using the unique code on page five (5) of the Sponsorship Form. You have two options to place your prize order:

1. Login or create a Student Profile Page at www.myprofilepage.com.au. Once the fundraiser has finished, click the 'ORDER MY PRIZE' button and then confirm your total amount raised and order your prizes, **OR**
2. Complete the back page of the Sponsorship Form and return to the school.

Please note, all donations need to be finalised on or before **Friday the 29th of March**. Student prizes will be delivered shortly after.

Thank you in advance for your participation, and Happy fundraising!

Debbie Dooley and Student Leadership Team

NATIONAL RIDE2SCHOOL DAY 2019

FRIDAY 22 MARCH

Lucknow Primary School



are excited to be celebrating
National Ride2School Day on Friday 22 March 2019.



In the spirit of embracing a healthy and happy start to the day, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.



National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active transport for our community.



If you can't actively travel the whole way, consider parking the car nearby and riding or walking the rest of the way.




It's going to be a wheelie good day and we hope to see you there!




We love singing at Lucknow Primary School.
Check out our Friday Fun Singers singing for the Army Band last Wednesday.



Did you know that singing has physical and psychological health benefits?




PHYSICAL BENEFITS



PSYCHOLOGICAL BENEFITS


- 1 SINGING RELEASES FEEL-GOOD HORMONES**

Singing releases endorphins and oxytocin. Endorphin is a hormone associated with the feeling of pleasure. Oxytocin is a hormone considered to decrease anxiety and stress as well as increase the feelings of trust and bonding.




6 SINGING LOWERS ANXIETY AND STRESS

Singing is associated with decreased levels of anxiety due to the release of oxytocin.



- 2 SINGING BOOSTS IMMUNITY**

Singing boosts immunity by promoting a healthy lymphatic system. Singing also helps fight diseases.




7 SINGING PROMOTES SOCIAL BONDING

Singing and especially choral singing creates opportunities for cooperation and social bonding.



- 3 SINGING LOWERS BLOOD PRESSURE**

A case study showed that singing can reduce blood pressure given its calming effect.




8 SINGING IMPROVES HAPPINESS

Singers reported feeling happier and better connected. Singing reduces feelings of depression and loneliness.



- 4 SINGING IMPROVES BREATHING**

The act of singing requires breathing. As a result, the body has improved blood circulation and oxygen flow.




9 SINGING IMPROVES COGNITION

Some studies found that musicians and singers have generally higher IQs than non-musicians. Many successful people are also good musicians.


- 5 SINGING IMPROVES OVERALL HEALTH AND WELL-BEING**

People who sing require less visits



10 SINGING LEADS TO LONGER LIFE

One report concluded that singing promoted both better health and

