



# LUCKNOW BELL

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Date: 03.02.2021

School Calendar Term 1 – January/February

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2	3	4	5	6
	Swimming: 1GD, 2MC, 2IM & 1VG.	Swimming: 1GD, 2MC, 2IM & 1VG.	Swimming: 1GD, 2MC, 2IM, 1VG, 23H & 4JR.	Swimming: 1GD, 2MC, 2IM & 1VG.		
SUN	MON	TUES	WED	THURS	FRI	SAT
7	8	9	10	11	12	13
	Swimming: 1GD, 2MC, 2IM & 1VG. Dogs Connect chat & morning tea 9am.	Swimming: 1GD, 2MC, 2IM & 1VG.	Swimming: 1GD, 2MC, 2IM, 1VG, 23H & 4JR.	Swimming: 1GD, 2MC, 2IM & 1VG.	Student leadership position letters due.	
SUN	MON	TUES	WED	THURS	FRI	SAT
14	15	16	17	18	19	20
	Swimming: 2IM, 1VG, PJS & 3CM.	Swimming: 2IM, 1VG, PJS & 3CM.	Swimming: 1GD, 2MC, 1CB, 3NP, 23H & 4JR.	Swimming: PJS, 3CM, 1CB & 3NP		

## PRINCIPAL'S REPORT

### Welcome to 2021

We extend a warm welcome to our new and returning families. The school year has started very positively with students and staff settling in well, establishing new friendships and exploring the new routines. We also welcome the return of Ms Glenys Downe and Rachael Gilliland to the teaching team. Glenys will lead our Year 1 team and Rachael takes on Performing Arts and Year 5 PE. Both teachers bring a wide range of experience and skills to our school and I'm sure our children and families will make them feel right at home.

### Welcome to our Preps!

A huge welcome to ALL our new Preps and their families. The children have settled in well to their daily routine of school and the classrooms are a hive of activities. Transition to school is a very exciting but sometimes a scary time for both the child and the parents. Our Prep teachers: Allison Stone, Jessica Storer and Lynette Beeck greet the children each morning with big smiles as they are excited to be part of the vibrant Prep team. Our Preps have already commenced specialist classes, so look out for the timetable. Please remember they will sometimes be tired and grumpy after a busy day at school.

## COVID Precautions

The principles for maintaining a COVIDSafe school apply to all Victorian schools. A combination of strategies is required to minimise transmission risk. No single strategy completely reduces risk and not every measure will be possible in all educational settings.

The most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff and students remain at home and get tested, even with the mildest of symptoms.

Visitors to school grounds are required to comply with physical distancing and practise good hand hygiene. The density limit of 1 person per 2 square metres apply to any spaces and activities being attended by parent/carers and other visitors. This density limit is not achievable inside our classrooms, so we ask parents to drop their children at the door, whilst being considerate of other people around them.

To facilitate contact tracing, we still need to keep a record of all visitors who attend on-site for more than 15 minutes. Please sign in at the school office if this applies to you. We thank you for your unwavering support.

**Marcus Batt, Principal**

## LEARN TO LEARN

As we begin the 2021 school year all classrooms are focussed on establishing relationships, developing a supportive classroom culture and exploring the dispositions that help us to learn. This initiative has been tagged '**Learn to Learn @ Lucknow**' and is in its second year of operation.

As a school we recognise that for students to reach their full potential they need to be happy, healthy and safe, and that a positive school culture helps students to engage in their learning.

So over the next few weeks classrooms will spend time focussing on getting to know each other, establishing high expectations, setting up a resourceful classroom and coming to an agreement on behaviour expectations. This will involve a variety of tasks whereby students explore a range of strategies to assist them with their learning and hopefully experience success.

As part of this program we hope that students can share their learning with you. This may involve them bringing home artefacts to share with you or why not ask them; What is the learning pit? How can you make your brain grow? What is a growth/fixed mindset (green/red brain)? What are the expectations of your classroom?

**Emily Forbes, Professional Learning Community Leader & Maths Learning Specialist**

## CSEF (Camps, Sports and Excursion Fund) Applications Reminder

Parents are reminded that if you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for the CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. The annual CSEF amount per student is:

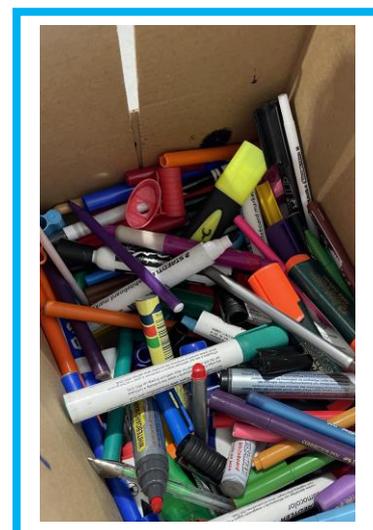
\$125 for primary school students

\$225 for secondary school students

How to Apply: Contact the school office to obtain a CSEF application form or download from the CSEF website. Applications close 25 June 2021.

## ENVIRONMENTAL LEADERS

At the end of Term 4 last year, our Environmental Leaders -Bailey, Taro and Amber set up a campaign to recycle any old textas and pens that normally would end up in landfill. We collected a whole box that will now be recycled into new items. Well done everyone.



## FITNESS FANATICS

To encourage children, parents and teachers from Lucknow Primary School to be fit, healthy and active, we are going to continue our fitness club that we started in 2006 called '**Fitness Fanatics**'. This program will run on Tuesday and Wednesday mornings from 8.20am to 8.50am.

The children, parents and teachers who are participating in the 'Fitness Fanatics' will run and/or walk a course using the oval at the side of the school and Hacks Track loop. There will be a variety of courses that individuals will choose to complete, ranging from 0.5km to 3km. Participants of 'Fitness Fanatics' will have their names and distance they completed on the day recorded so we can keep records of achievements. Each time an individual has run or walked a distance of 10km they will receive a certificate for their efforts. Children who participated in the program in previous years will continue to increase the total distance they ran and/or walked. We will have weekly updates in the newsletter to indicate how many participants we had for the week and the total distance we ran and/or walked collectively as a group. Children's names will also be printed in the newsletter when they reach each 10km goal.

Children, parents and teachers may only want to participate in the 'Fitness Fanatics' one day a week or on the odd occasion and that is fine. Fitness Fanatics will start next week, Tuesday the 9<sup>th</sup> of February.

I think that it is important to encourage our children to be as active as possible and I look forward to seeing the benefits of this program again in 2021.

**Debbie Dooley, Sports co-ordinator**

## SWIMMING GROUPS 1, 2 and 7

Swimming has begun for 1GD, 2MC, 2IM, 1VG, 23H & 4JR. The following is a detailed timetable of dates and times that these children will be swimming. Children will need to bring their bathers, towel and goggles in a separate bag that they can take to the pool and they will also be required to bring a plastic bag for the wet bathers and towel when the swimming lesson has finished. Children with long hair will be required to tie their hair up when swimming. Prior to each swimming lesson children will be required to have a quick shower, for health reasons, and children will also shower after their lesson.

Timetables will be updated in the newsletter as dates get closer for the next groups to go swimming. We look forward to our children being involved in this very necessary, worthwhile and fantastic program.

### **Group 1 – Grades – 1GD and 2MC**

**Organisation – Depart School – 12.30pm**

**Arrive BARC – 12.45pm**

**Swimming Lesson – 1.00pm – 1.45pm**

**Depart BARC – 2.00pm**

**Arrive School – 2.15pm**

Day	Date	Lesson Time
Monday	1 <sup>st</sup> February	1.00pm – 1.45pm
Tuesday	2 <sup>nd</sup> February	1.00pm – 1.45pm
Wednesday	3 <sup>rd</sup> February	1.00pm – 1.45pm
Thursday	4 <sup>th</sup> February	1.00pm – 1.45pm
Monday	8 <sup>th</sup> February	1.00pm – 1.45pm
Tuesday	9 <sup>th</sup> February	1.00pm – 1.45pm
Wednesday	10 <sup>th</sup> February	1.00pm – 1.45pm
Thursday	11 <sup>th</sup> February	1.00pm – 1.45pm
Wednesday	17 <sup>th</sup> February (Safety Day)	1.00pm – 1.45pm
Wednesday	24 <sup>th</sup> February	1.00pm – 1.45pm

**Group 2 – Grades – 2IM and 1VG****Organisation – Depart School – 1.15pm****Arrive BARC – 1.30pm****Swimming Lesson – 1.45pm – 2.30pm****Depart BARC – 2.45pm****Arrive School – 3.00pm**

Day	Date	Lesson Time
Monday	1 <sup>st</sup> February	1.45pm – 2.30pm
Tuesday	2 <sup>nd</sup> February	1.45pm – 2.30pm
Wednesday	3 <sup>rd</sup> February	1.45pm – 2.30pm
Thursday	4 <sup>th</sup> February	1.45pm – 2.30pm
Monday	8 <sup>th</sup> February	1.45pm – 2.30pm
Tuesday	9 <sup>th</sup> February	1.45pm – 2.30pm
Wednesday	10 <sup>th</sup> February	1.45pm – 2.30pm
Thursday	11 <sup>th</sup> February	1.45pm – 2.30pm
Monday	15 <sup>th</sup> February (Safety Day)	1.45pm – 2.30pm
Tuesday	16 <sup>th</sup> February	1.45pm – 2.30pm

**Group 7 – Grades – 23H and 4JR****Organisation – Depart School – 11.30am****Arrive BARC – 11.45am****Swimming Lesson – 12.00pm – 12.45pm****Depart BARC – 1.00pm****Arrive School – 1.15pm**

Day	Date	Lesson Time
Wednesday	3 <sup>rd</sup> February	12.00pm – 12.45pm
Wednesday	10 <sup>th</sup> February	12.00pm – 12.45pm
Wednesday	17 <sup>th</sup> February	12.00pm – 12.45pm
Wednesday	24 <sup>th</sup> February	12.00pm – 12.45pm
Wednesday	3 <sup>rd</sup> March	12.00pm – 12.45pm
Wednesday	10 <sup>th</sup> March	12.00pm – 12.45pm
Thursday	11 <sup>th</sup> March	12.00pm – 12.45pm
Tuesday	16 <sup>th</sup> March (Safety Day)	12.00pm – 12.45pm
Wednesday	17 <sup>th</sup> March	12.00pm – 12.45pm
Tuesday	30 <sup>th</sup> March	12.00pm – 12.45pm

**SCHOOL ASSEMBLY**

We are excited to be able to hold our assembly's in our hall on Fridays each week. These are for students and staff only. Unfortunately, due to Covid restrictions parents, carers and members of the public are not able to attend.

## DOGS IN SCHOOLS

Therapy dogs and wellbeing dogs have become common-place in schools, hospitals and care facilities these days. In fact you are likely to find these faithful friends in a wide range of settings that typically serve their community. Research into the effects of therapy dogs in schools shows a number of benefits including:

- improved school attendance
- increased confidence and decreases in learner anxiety
- improved learning outcomes
- positive changes towards learning
- improved motivation and
- enhanced relationships with peers and teachers.

Our school councillor Terri, has regularly brought her dog Pepper to school over the past few years. And we are excited to announce 2 new additions to our K9 colleagues.

## INVITATION

**Morning Cuppa and Chat with Grant Shannon from Dog's Connect about our new wellbeing dog Milo.**

**When: 9.00am Tuesday the 9<sup>th</sup> February**

**Where: The Lucknow Primary School Hall Foyer**

**Who:** Any parents or caregivers who have questions or would like to discuss the Dog's Connect program to come along. Milo is too young to attend at this stage. Stay tuned for more information appearing in school newsletter over coming weeks.

## ROSIE THE THERAPY DOG

Lucknow Primary School has been lucky enough to have the services of 'Rosie' a 12 month old Australian Cobberdog, who is now an accredited Therapy Dog, to assist staff and students as part of our school wellbeing program. She is owned by and works with Mrs Cray. Rosie will on occasions go to other rooms or have children from other rooms visit her in 2MC. Most of the children have seen Rosie in the yard before and after school and very much enjoy her company.

Rosie is calm, loyal and has an intuitive nature. She has a hypoallergenic coat, as she does not shed any hair or have a doggy smell, making her pleasant to be around.

Rosie likes to hear the children read, look at their writing and especially enjoys being patted. She is an excellent listener, does not judge work and brings a sense of calm to any group she is in. Rosie will be at school 3 days a week for now and her hours will be extended as needed.



## MILO THE WELLBEING DOG

We are also excited to announce that Milo will be joining the Lucknow Community. Our staff will work with Grant Shannon from Dogs Connect over the next two terms incorporate into our culture at Lucknow Primary School. This takes some time, and thorough consideration of many factors and possibilities. Milo will not be a school pet. We will be learning how to incorporate him into some teaching and learning practices and he will be in some ways operating as a staff member.

**Milo** will be introduced to the school community very gradually, as he is still a young puppy. Milo will be homed by his primary carer our school counsellor Terri McNeil. Milo is a Groodle, and only 8 weeks old at this stage and has the most beautiful, gentle nature.

Milo will hopefully begin to acquaint himself with the environment in week 5 this term. His first job will be to learn to relax and become familiar with the surroundings, so it is very important that when people see Milo at school that they just continue as normal and do not approach him or give him any attention. He will need time and space to observe how things work in his new world.

We encourage families to view more information on the program if they would like to at [www.dogsconnect.net.au](http://www.dogsconnect.net.au).

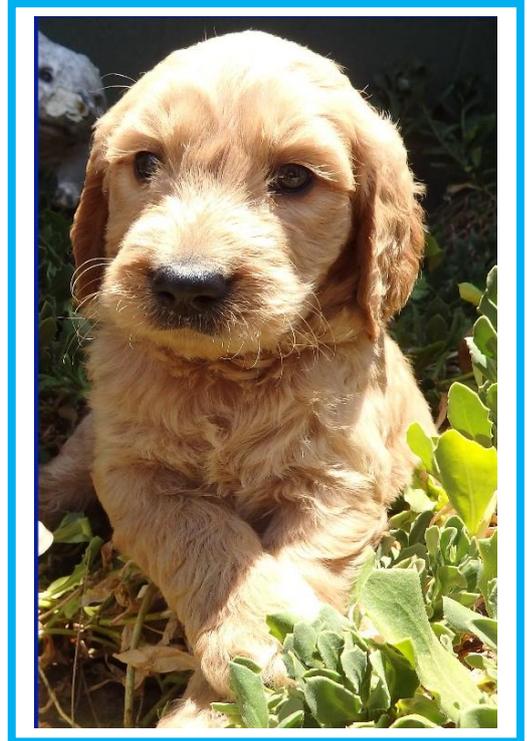
We will be holding a morning cuppa and chat with **Grant Shannon**, the founder of the Dogs

Connect Program and invite any parents or caregivers who have questions or would like to discuss the program to come along at Lucknow Primary School on Monday the 8<sup>th</sup> February. This will be held in the Hall Foyer.

As part of our preparation we invite you to read the 'considerations checklist' which will come home with students this week. If you need to fill in the checklist and provide us with any information regarding your child, please fill in the page or ask for a copy at the school admin area and ensure that it is returned to the school for our consideration.

We are very excited about beginning this work and we look forward to sharing the journey with you all.

**Marcus Batt, Principal Lucknow Primary School**



## THANK YOU FROM 2IM

An amazing thank you to Luke and Danny from Exquisite Upholstery for 2IM's Dr Suess Teacher's chair. We love it!





## STUDENT OF THE WEEK



Class	Student
PAS	<b>Poppy</b> for being such a kind member of our class and working hard to do your best. What a wonderful start to school Poppy, well done
PJS	<b>Archie</b> for a fabulous start to prep and making great learning choices in the classroom. Well done Archie, keep up the fantastic work!
PLB	<b>Archie</b> has made an excellent start to his Prep year. He is learning the routines and is showing a keenness to do his very best work. Well done Archie!
1CB	<b>Jayce</b> for coming into Grade 1 with an awesome learning attitude and being a great role model for others. We are proud of you Jayce!
1VG	<b>Tahlia</b> for using her green brain and overcoming her fears about swimming. Well done Tahlia.
1GD	<b>Caleb</b> for his fantastic attitude towards school and his friendly, cheerful smile each morning.
2IM	<b>Whole Class</b> for settling really well into school and being amazing at swimming.
2MC	<b>Whole Class</b> for showing resilience and kindness to all during our first week. Great Work Everyone!
2KE	<b>Whole Class</b> for a FABULOUS start to our year! You've all been so focused, ready to learn and help each other!
23H	<b>Kayli</b> for having an excellent 'Green Brain' when completing her work.
3MP	<b>Harley</b> for slotting right back into Lucknow Primary School with a positive attitude and always smiling.
3NP	<b>Paige</b> has has a wonderful start to Year 3. I have been super impressed with her effort to learn our 3NP routines and structures. Keep up the great work Paige!
3CM	<b>Indi</b> for demonstrating care by helping others in the classroom.
4CT	<b>Tori, Anna and Tully</b> for working well as a team to explain their thinking while working on a task.
4JR	<b>Alexis</b> for her great collaboration skills. You not only work well in a group but you encourage others to share their ideas and become more efficient group members. Keep up the amazing work!
4LF	<b>Ashton</b> for demonstrating a cheerful attitude each day and always having a positive attitude to his learning. What a great start to the year! Well done Ashton.
5CA	<b>Judah</b> for settling in well to Lucknow Primary and rising up to challenges set by Priscilla and Miss Adams.
5JW	<b>Jonty</b> for being so caring and inclusive by involving others in group discussions. Great job demonstrating our class values Jonty!
56W	<b>Draven</b> for a wonderful start to grade 6 and showing dedication to his reading.
6CM	<b>Darcy</b> for settling into his new grade with ease. Welcome to Lucknow Darcy!
6TA	<b>Whole Class</b> for doing an amazing job at positively settling into classroom routines and for showing warmth and support to each other. Keep on being amazing 6TA!
6DP	<b>Charlotte &amp; Beth</b> for settling into their new school positive attitude and friendly personality.

# Tuning into Teens™ at headspace

When: Thursday 28th February  
 Where: headspace Bairnsdale  
 171 Main Street, Bairnsdale  
 Time: 5:30pm – 7:30pm  
 Contact: 5141 6200 or  
[info@headspacebairnsdale.org.au](mailto:info@headspacebairnsdale.org.au)  
 \*registration essential

A FREE six session parenting program for parents and carers of young people.

 headspace  
 National Youth Foundation Health Foundation