



LUCKNOW BELL

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School Calendar Term 3 – September

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|-----|------|-----|-------|--------------------------------------|-----|
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | Hard copy packs pick up between 12-2 | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | Last day of term 3 | |

PRINCIPAL'S REPORT

Return To Face To Face Learning

The Bairnsdale / Tambo, Principal Network met yesterday to consider a common approach for a return to onsite learning arrangements in our area. The discussion reflected the announcement from Premier, Daniel Andrews, on Sunday 6 September, and considered further advice from the Department of Education. As a result, the following arrangements have been put in place for Lucknow Primary School.

Week 10, Term 3

Remote learning will remain in place for the last week of term.

Term 3 will finish at 2:30pm on Friday 18 September.

School Holidays

Saturday 19 September to Sunday 4 October

Term 4 commences Monday 5 October

Week 1.

At the direction of Victoria's Chief Health Officer, all students will continue to learn from home. This will involve a different style of 'remote learning' whereby students will engage in whole family tasks and challenges.

Week 2.

Monday 12 October, All students will return to onsite learning on Monday.

There will not be a staggered return for students at Lucknow Primary School. However, we will need to implement the prior arrangements of split timetables, no parents on site and staggered finish times.

Week 3.

The Grand Final Eve public holiday will be held on Friday 23 October, 2020.

I am sure that you are, like me, relieved to know that a return to onsite learning is within reach. We ask that you maintain the course for a little longer, and continue to follow the advice from Victoria's Chief Health Officer. We will keep you informed as any further detail comes to hand. In the mean time, we thank you for your support and commitment to your children's wellbeing and learning.

VSSS

We are so proud of our VSSS dancers, the dedication and resilience they have shown throughout this trying term has been a real credit to all of them. It would not be possible without the help of Mrs Byrne, Miss Easton, and Miss Siri. We are so grateful to have such dedicated staff on our team.



Lucknow Primary School dance students Alivia, Oscar, Emily, Bec, Flynn, Jess, Kaylah, Reshan, Sophia, Grace S, Hayden, Mel and Grace T, are taking part in the Victorian State School Spectacular via Zoom this year. PHOTO: SHARON BYRNE



Dancing at the state spectacular via Zoom

Lucknow Primary School's Dance crew is taking part in the Victorian State School Spectacular (VSSS) via Zoom and video recording. On Friday, August 20, 13 students from Lucknow Primary School met on Zoom to rehearse for the Spectacular with Hara Papoulas, a dancer, model, actor and singer with the Ministry of Entertainment and Production. The school's performing arts coordinator, Sharron Byrne, thanked Hara for taking the time to work with the students.

"Thanks for supporting our kids to still be involved," Ms Byrne said. "The kids had a great day and the parents at this afternoon's parent (Zoom) meeting were really thankful for the experience we are giving their kids."

"Hara, the kids loved meeting you and I could tell that they thought that their part was really an important part of the show. Your presence truly lifted them."

"As you know our community has had a very stressful year, so still having VSSS to look forward to has been an important part of the recovery."

This year students will submit video of themselves dancing and the creative team in Melbourne will edit video together to create a TV-style spectacular.

Marcus Batt, Principal

HEALTH CARE/PENSION CARD HOLDERS

Camps, Sports and Excursions Fund (CSEF) In acknowledgement of the significant and ongoing challenges facing our parent community, the Minister for Education has approved that the eligibility to qualify for CSEF be extended to **5 October 2020**, with applications due by **27 November 2020**.

CSEF payments for these students will be made at 50 per cent of the standard primary and secondary rates, recognising that opportunities for camps, sports and excursions have been limited in 2020.

If you hold a healthcare card or pension card you are eligible to apply. Please contact the office for an application form.

GRADE 5 WRITING NEWS

This week the Grade 5's looked at improving sentence fluency in their writing. In our Zoom, we took 5-10 minutes writing a quick paragraph in Google Docs, which focused on short, medium and long sentences. We also looked at how we can start our sentences with different parts of speech. Here are some of our paragraphs:

Grace Tuckett:

Green sea weed covering my feet. YUCK. What's that smell? Water splashed me right off my feet. Sand sticking to my body. Why on earth did mum have to bring me here? Small school of slimy fish and it's DISGUSTING! Revenge will be mine.

Selwyn Gurnsey:

This crisis separates us all. Destroying our friendship, killing our friends and making everybody miserable. Being stuck at home and not being able to see each other. Soon it will be over.

Charlie Mahon:

Consuming anything and everything. He even eats the Coffee beans by themselves, it was disgusting. Truly disgusting. Really disgusting. He even goes over to the bins and vomits everywhere you could possibly see it from space.

Charlotte Goodman:

Sleeping, not moving but breathing. We rushed inside ringing dad. We need help urgently, we could save a little lamb's life. Bottle feeding it, it skulled it until there was only a little droplet left. Getting outside every 2 hours feeding it, over and over again. Next morning we let the lamb out so it is not bored all day.

Kade Beane

"Wooooosh" went the fastest car in the world. 'It's a new record" said the man timing the car. "Wow" said everyone watching the car.

"RAAAAAAWWR!!" Everyone screamed in fear as they saw a huge dragon on the other side of the mountain. Cars and people were thrown into the air.

Chelsea Freer:

Bam! Crash went the wild waves. Tiny soaking wet sand grains. drift wood lurking above the water.

Kasandra Hall:

Sparkling and glamorous, a dolphin in the sea. Splashing and twirling! Spectacular bottle nose dolphin coming closer to me. Blue gorgeous eyes gazing at me. Such a loving thing I say staring right back. Swim go far from here. Before they get you skin. So go.

There's more to say after R U OK?

Ask then listen, encourage action and check in



1. Ask R U OK?

Or say something like:

- "I've noticed a few changes in what you've been saying/doing. How are things for you at the moment?"
- "I know there's been some big life changes for you recently. How are you going with that?"
- "You don't seem yourself lately – want to talk about it?"
- "Just checking in to see how you're going?"
- "With everything that's going on, you've been on my mind lately, how are you?"
- "You've got a lot going on right now. How are you doing?"

"Just checking in to see how you're going?"

"You've got a lot going on right now. How are you doing?"



2. Listen

You could say:

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm here to listen if you want to talk more."
- "I'm not going to pretend I know what it's like for you, but I'm here to listen to why you feel the way you do."
- "It sounds like that would be really tough. How are you going with managing it?"
- "Do you feel like chatting a bit longer? I'm ready to listen."
- "So, what was that like?"
- "That's tough. Keep talking, I'm listening."
- "What you're going through isn't easy, it's good we can talk about it."
- "Thank you for sharing this with me. That can't have been easy for you."
- "Take your time, I'm here for you."
- "If there's something you're unsure about sharing with me right now, I just want you to know I'm here when you're ready?"

"Take your time, I'm here for you."

"What you're going through isn't easy, it's good we can talk about it."



3. Encourage action

You could say:

- "What do you think is a first step that would help you through this?"
- "What can I do right now to support you?"
- "Have you spoken to your doctor or another health professional about this? It might be a matter of finding the right fit with someone."
- "Have you had much support around you?"
- "What's something you enjoy doing? Making time for that can really help."
- "Do you think it would help for you to talk to someone else about some of these things, maybe a health professional?"
- "Is there anything you've tried in the past when you've felt like this, that's made you feel better?"
- "I know when I went through something similar, talking to a professional really helped me out. Would you like me to help you book an appointment?"

"What can I do right now to support you?"

"Have you had much support around you?"

"Is there anything you've tried in the past when you've felt like this, that's made you feel better?"



4. Check in

You could say:

- "I would like to keep checking in with you, is that OK?"
- "Hey, how have you been since we last chatted?"
- "Just wanted to check in and see how you're doing?"
- "Have things improved or changed since we last spoke?"
- "What's been working for you since we last chatted?"
- "Is the support we discussed working for you?"
- "Do you need more support?"

"Hey, how have you been since we last chatted?"

"Is the support we discussed working for you?"

Learn what to say after RU OK? at ruk.org.au