



LUCKNOW BELL

Phone: 5152 4662 Mobile: 0429 015 783 **Fax: 5152 1792**

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

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

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School Calendar Term 1 – March

SUN	MON	TUES	WED	THURS	FRI	SAT
8	9	10	11	12	13	14
		Swimming Groups 5 + 7 + 8	Swimming Groups 5 + 7 + 8	Swimming Groups 6 + 7 + 8 Regional Swimming	School Fun Run/Cross Country	
15	16	17	18	19	20	21
	Swimming Groups 6 + 7	Swimming Groups 6 + 7 + 8 VSSS Dance Rehearsal Division Tennis	Swimming Groups 6 + 7 + 8 GRIP Leadership Conference	Swimming Groups 6 + 7 + 8	Swimming Group 8	
22	23	24	25	26	27	28
	Swimming Groups 6 + 7	Swimming Groups 6 + 7 + 8 Netball Clinics Gr 2 – 6	Swimming Groups 6 + 7 + 8 Netball Clinics Gr 2 – 6	Swimming Groups 6 + 8 Netball Clinics Gr 2 – 6	Last day of Term 1	

PRINCIPAL'S REPORT

Novel Coronavirus

We have received several inquiries from parents regarding our school's response to the Novel Coronavirus (COVID-19). Lucknow Primary School will be guided by the Department of Education whose advice is in accordance with national public health guidelines and current information from the Australian Chief Medical Officer and Victorian Chief Health Officer.

DET works with the Department of Health and Human Services to ensure the most current and appropriate advice is provided to education settings regarding this outbreak.

We are advised that good hygiene practises are the most effective means of minimising the spread of Novel coronavirus (COVID-19).

Ten ways to reduce your risk of coronavirus.

- Wash hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- Isolate yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- Phone your GP first if you need medical attention. They will tell you what to do.

- Continue healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- Don't wear a face mask if you are well.
- Buy an alcohol-based hand sanitiser with over 60 per cent alcohol.
- Get the flu shot (available April).
- Shaking hands is optional!

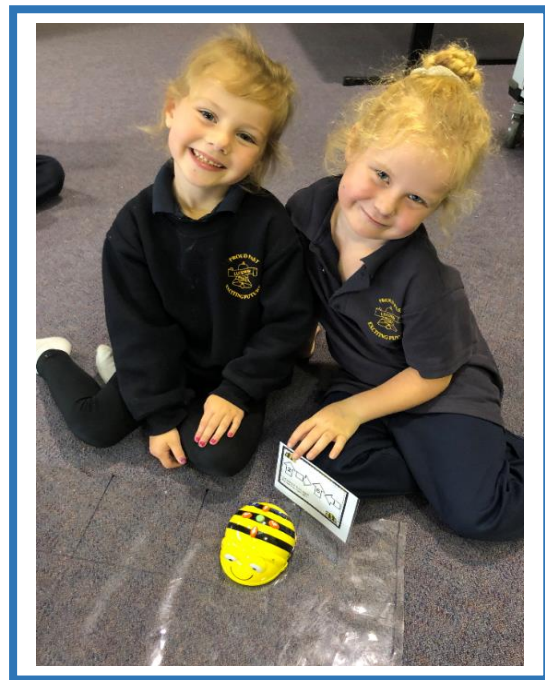
School closures will be made on the recommendation Victoria's Chief Health Officer.

If this occurs, DHHS will inform the Department of Education and Training, and will then work with schools to implement any necessary closures.

Marcus Batt, Principal

STEM NEWS

PLB and P1B have been learning to program the BeeBot robots, and had fun creating mazes for the BeeBots to go through. Their smiles say it all!



NUDE FOOD

A huge congratulations to all children who have been bringing 'nude food' lunchboxes to school. We are so proud that such a large number of children are passionate about keeping our school clean and tidy and helping the environment.

The winners of the 'nude food' competition for last week were:
Chanel Sellings, Zara Harris and Tori Williams.

We look forward to seeing more children bringing 'nude food' lunchboxes throughout the term.

Debbie Dooley and the Student Leadership Team



VICTORIAN GOLF CHAMPIONSHIPS

Last Monday, the 2nd of March, Mitchell Johnson represented our school at the Victorian Primary Schools Golf Championships in Orbost. It was a fantastic day of competition with over 40 children participating from many different schools.

As a result of having a score under 60 for the 9 holes, and placing 3rd in the competition, Mitchell will now have the opportunity to represent our Division at the Regional Finals.

We wish Mitchell all the very best of luck and we look forward to hearing a full report after the day of competition.



EASTER RAFFLE



Easter Raffle books will be coming home today.

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

Tickets will be \$1 and the raffle will be drawn before the end of Term One.

SCHOOL CROSS COUNTRY/FUN RUN

Just a reminder that our School Cross Country/Fun Run is scheduled to be held this **Friday the 13th of March.**

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

Parents are more than welcome to come and provide support and encouragement to children as they complete their course.

We look forward to a fun day and we wish all children the best of luck.

Debbie Dooley (Physical Education Teacher)



FITNESS FANATICS

Number of participants

- Tuesday – 13, Wednesday – 17

Distance ran and/or walked

- Tuesday – 15km Wednesday – 22

New members of the 30km club

- Heath Arnold



STUDENT OF THE WEEK



Class	Student
PAS	Nathan Whitelaw for being such a friendly, encouraging and kind member of our grade. Well done Nathan, the support and encouragement you show others is admirable.
PJS	Whitney Burchall for being a caring and thoughtful member of our class, you are always willing to help and support others. We are so lucky to have you in PJS!
PLB	Alex May for showing greater independence and giving new things a go! Well done Alex!
P1B	Adriannah Hood for the concentration she is showing when learning her reading strategies. Keep up the great work!
1VG	Tana Bazley for her fantastic problem solving skills in maths and applying some innovative strategies.
1MC	Kirby Andrews for sharing her thoughts and ideas during class discussions and respectfully listening to others. Keep up the great work Kirby!
1MP	Kyeemah Hood for her amazing efforts and 'never give up' attitude at swimming. You're turning into a dolphin Kyeemah!
2KE	Colby Neilson for coming to school ready to learn. You have a great attitude, well done!
2BM	Jake Barry for improved concentration and bravely accepting new challenges. Yeah Jake!
2DP	Sharni Kelly and Mia Robinson for taking themselves out of the practice zone and into the learning zone by going into the pit and trying new things during swimming lessons this week.
23C	Olivia Freer for perseverance and taking joy in her learning.
3CM	Angus Searle for making connections between different areas in maths and sharing his thinking with the class.
3CP	Anna Radford for always filling everyone's buckets to the fullest.
34P	Jemma Dalli for showing amazing resilience and bravery during our first swimming lesson, I was super proud of you Jem!
4CT	Phoenix Kennedy for using different strategies in Maths to solve a variety of problems.
4RP	Holly Capon for always being a model student; working to achieve her goals, using a positive mindset and showing pride in her work. Keep it up Holly!
5CA	Melissa Caire for her descriptive and emotive writing. The images you create are beautiful and show deep thinking.
5JS	Nicholas Harrison for being a caring and responsible member of our class and always trying his best in the classroom. Well done Nick.
5JW	Max Ireland for helping his peers during maths to improve his and their understandings. Thanks for being such a caring student Max!
56A	Paige Griffiths your positive mindset, hard work and focus were rewarded with your outstanding success in your Maths. Well done!
56F	Tyce Adams for demonstrating a genuine commitment to reading by completing over 100 minutes a week, recording his reading at home in his diary and having a parent sign his entries. Excellent work!
6CM	Hunter Cloak for being a valued member of our grade, always willing to help others and having such an enthusiastic approach to his learning.
6FW	Oscar Baylis for making great connections in reading.

GROWTH MINDSET

What is a growth mindset?

Have you heard your child using the words red brain, green brain, fixed mindset or growth mindset and wondered what they are talking about?

These words form part of our Learn to Learn @ Lucknow program and are to do with developing a growth mindset. At Lucknow, we strive for all learners to have a go, take risks with their learning, learn from their mistakes and approach challenging tasks with a positive attitude. To do all of these things the students need to have a growth mindset which is the same as a green brain.

We spend time at the beginning of the year exploring the difference between a growth mindset (green brain) and a fixed mindset (red brain) and then continually refer to this terminology throughout the year.

So what is the difference between the two?

Fixed	vs	Growth
<u>ability is static</u>		<u>ability is developed</u>
avoids challenges		embraces challenges
gives up easily		persists in obstacles
sees effort as fruitless		sees effort as necessary
ignores useful criticism		learns from criticism
threatened by others		inspired by others' success

If you would like to find out more about the growth mindset follow the following link – <https://www.mindsetkit.org/growth-mindset-parents>

Emily Forbes - PLC & Maths Leader

COMMUNITY NOTICES

Premier's Active April

Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to getting more people active and healthy. Start small – remember every little bit counts. It's an easy way to kick start a healthier you! As a participant, you can log your daily activity and track your progress with the Activity Timer on the mobile or web App. This year, the all-new Fitbit integration makes it even easier to track your activity throughout April.

You can also create and join teams, compare the progress of team members and explore the [My Offers](#) feature to discover events, offers and facilities that are available across Victoria.

Plus, the Get Active Workout Program provides instructional videos with helpful tips and tricks to keep active each day at home, work or in the local park.

If you are interested in being involved in Active April you can register today at www.activeapril.vic.gov.au