



LUCKNOW BELL

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Date: 02.08.2023

School Calendar Term 3 – August

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1	2	3	4	5
			- Play2Learn Playgroup 9:30 - 11:30am	- Play2Learn Playgroup 9-11am - Come & Play Prep 2024 Afternoon 3:30-4:30pm	- Walk to School 8am - Assembly 2:40pm	
SUN	MON	TUES	WED	THURS	FRI	SAT
6	7	8	9	10	11	12
			- Play2Learn Playgroup 9:30 - 11:30am - Gr 3 Camp – Coolamatong	- Play2Learn Playgroup 9-11am - Gr 3 Camp – Coolamatong - Come & Play Prep 2024 Afternoon 3:30-4:30pm	- Walk to School 8am - Gr 3 Camp – Coolamatong - Hot Dog Day	
SUN	MON	TUES	WED	THURS	FRI	SAT
13	14	15	16	17	18	19
	- Parent Teacher Conferences		- Play2Learn Playgroup 9:30 - 11:30am - Parent Teacher Conferences	- Play2Learn Playgroup 9-11am - PFE Parent Teacher Conferences - District Athletics	- Walk to School 8am - School Assembly 2:40pm	

PRINCIPAL'S REPORT

Preps 100 days of school



Our Preps were so excited to celebrate their 100th day of schooling and were treated like rock stars (an observation made by a parent) as they paraded through the school last Friday morning. It was wonderful to witness all of the other students and staff go to efforts to prepare banners, streamers, bubbles. to help make this day really special for our Preps – A great community effort team!

Pop Up Shop:

Our Pop Up shop continues to welcome and encourage all families to visit to help yourselves, free of charge to various pantry items and fresh fruit and vegetables. Please bring your own bag and know that everybody is welcome to access this service which is available free of charge to the school through the same provider as the Breakfast Club. The shop will be accessible from 8am – 9am and 3:00 – 3:30pm daily in the foyer of the hall. We need to use this service in order to keep this service – so come on families, it's all for free!

Parent Opinion Survey

Our school is conducting a survey to find out what parents and caregivers think of our school. The Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement. The survey is optional but we encourage all families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies. Last year your responses identified a need for more consistency in expectations on student behaviour and consistency in approach. From this we have begun the implementation of School Wide Positive Behaviour Systems – that is still in the very early stages but definitely something we are refining.

The Opinion Survey will be open from Monday 7 August to Friday 8 September 2023. The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at a convenient time for you within the survey period on desktop computers, laptops, tablets or smartphones. A random sample of 200 of our families have been selected to participate in this years' survey – if this is you, your unique login details will be arriving via post shortly ... please help us out!

2024 Enrolments

We are already beginning to make plans for class structures for the new school year. If you know of any families intending to join the Lucknow PS community in the 2024 year, please encourage them to contact the office to arrange a tour at a time that suits them. For 2024 Preps we will be running 'Come Play' sessions for families with on this Thursday 3rd August from 3:30 – 4:30pm in the Prep Rooms. This is a great opportunity for children to connect with other Preppies enrolling and to get to know the LPS staff.

Student Learning

Our current whole school Writing Trait focus is **Ideas**. The 'Ideas' trait is all about the pieces content – the central message and details to support that message. Check out how Sofia of 3EB has really used the *idea* of the farm and integrated it with the Five Senses to make this stunning piece of writing.



The Farm Life - Living the Dream By Sofia 3EB

I see tractors and trucks drive through milking, cows, ploughing fields, seeding too, wind blowing in my hair, people feeding hay to livestock.
I hear tractors roaring, cows mooing, horses neighing. I hear the harsh wind, my dogs bark by my legs.
I smell the great smell of diesel and the yuck smell of poo. I smell fresh air. I smell flowers, freshly mowed grass on the field.
I feel the rubber on the steering wheel, the soft chair, a fabric saddle on my horses back riding through our own bushland.
I only taste, freshly grown crops and dust, my favourite other crops, not so much the dust, our farm, fill your supermarkets to give you the best meal of your life.

Happy learning everyone, have a great week!

Carly Miller – Principal

New App for Communication

Hopefully everyone received the updated information regarding a new uEducateUs app being used for communication with families. This letter outlined the necessary steps of how to remove the old app and get the new one. It also included login details for the new app. If for whatever reason you haven't received the letter (first check your child's bag!) please get in contact with our lovely office staff. It is extremely important that you changeover to the new app as some of the functions in the old app have stopped working (e.g. Notifications not working).

Parent/ Teacher Conferences

Please book a time to chat with your child's teachers! Appointments are available to book via uEducateUs for Monday the 14th of August and Wednesday the 16th of August. This is an opportunity to discuss your child's progress, look at their work and ask questions you may have. You can make bookings with both classroom and specialist teachers.

Please note that some of our staff are only available on one of these nights and some have been set up with alternate dates. All this information has been set up in uEducateUs and should be visible when making appointments. Please contact the office for support if need be.

Emily Forbes - Assistant Principal

PARENTS AND FRIENDS

Many Lucknow students attended our wonderful disco last Friday evening, and we hope they all enjoyed themselves. It was lovely to see them all dressed up and having fun with their friends outside of school. There was a lot of great dancing and congratulations to Curtis (5DC) and Isla (5CM) for winning the dance off! Ex-Lucknow student Dakota was wonderful on stage entertaining and engaging the older students with her infectious energy and awesome dancing skills.

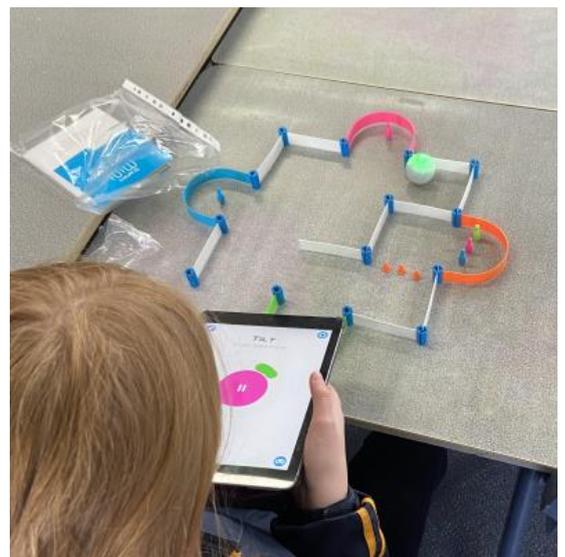
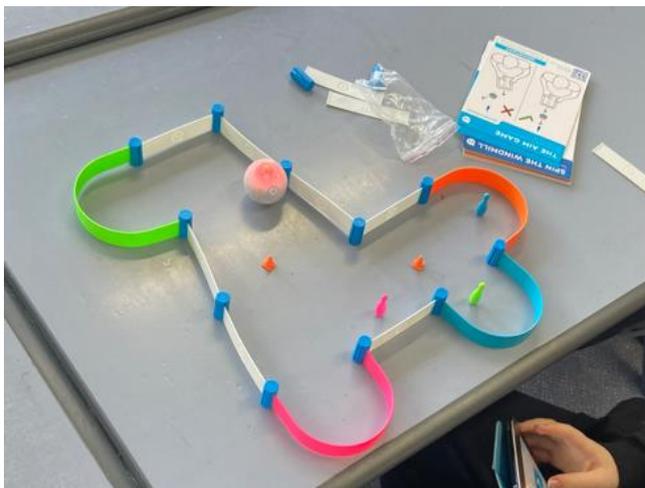
A big thank you to all our helpers who made sure the students were safe, hydrated and having fun. You stepped in wherever help was needed, the whole evening ran smoothly, and everything was tidied up at the end of the night. Thank you also to the adults who played taxi on the night; we know having two sessions made it tricky for some families, but it was a safer and more enjoyable experience for the students.

We look forward to running this again next year!

STEM NEWS

The Grade 4s have been introduced to Sphero Minis this Term. These are small ball shaped robots that can be connected to the iPads and controlled. Students have enjoyed making obstacle courses for their Spheros and testing out the robots capabilities.

If you have a student in Grade 4 you might like to ask them about the different drive modes that the Spheros have.



SCHOOL ATHLETICS CARNIVALS

Congratulations to all children who participated in the School Athletics Carnivals on Wednesday the 26th and Thursday the 27th of July. It was perfect weather for 2 full days of competition and the effort that all children put in was commendable.

We certainly have a large number of people to thank for making the day run so smoothly.

- Thank you to Colin P for collecting the hurdles trailer from Howitt Park and assisting with setting up the hurdles on both days
- Thank you to Dean F and Mason B who marked out the running tracks. You certainly did an amazing job and we appreciate that you go above and beyond the call of duty!!
- Thank you to all our wonderful teachers and parents who assisted with setting up and/or packing up equipment
- Thank you to Russell K and Ben B for setting up in the cold, frosty mornings, and for packing up after the events
- Thank you to all our wonderful teachers, teacher aides and parent helpers who worked extremely hard to keep events running smoothly
- Thank you to Jean Evans, my wonderful mum, who did the recording of house points and assisted with setting up and packing up equipment
- A special thank you to our incredible School Captains, Vice Captains and House Captains who assisted with the organising and running of events on the 7, 8 and 9 year olds athletics day
- Thank you to everyone who attended the athletics and provided lots of words of encouragement on the day to the children

The behaviour, enthusiasm and sporting attitude of all children was outstanding and we were extremely proud of their achievements throughout the day.

Children who placed 1st and 2nd in the 10, 11 and 12 year old age groups in each event (Except the 200m and hurdles events which only has one representative from each school) will now have the opportunity to represent our school at the District Athletics on Thursday the 17th of August at Howitt Park. The relay teams are determined by the first 4 place getters in the sprint event in each age group.

The following is a list of children who will compete at the District Athletics Carnival. At District level children are only able to compete in 4 individual events and a relay. Therefore, some children were required to choose which events they would compete in at the District Athletics because they had placed 1st or 2nd in too many events. This gave some children who placed 3rd or 4th the opportunity to compete at the District Athletics. Ethan W qualified in 8 individual events, Rarah S and Emilio W qualified in 6 events. An outstanding achievement!!

10y.o boys – Long Jump – William S and Levi T

- Triple Jump – William S and Nate P
- High Jump – Levi T and William S
- Shot Put – Levi T
- Discus – Tyler E and Lachie T
- 100m – Joel E and William S
- 200m – Tyler E
- Hurdles – Nate P
- 800m – Tyler E and Nate P
- 1500m – Tyler E and Nate P
- 4x100m relay – Joel E, William S, Tyler E and Braidy V

10y.o girls – Long Jump – Kira W and Violet A

- Triple Jump – Tana B and Kira W
- High Jump – Tana B and Aster C
- Shot Put – Kyah H and Briley A
- Discus – Briley A and Evie P
- 100m – Kyah H and Matilda K
- 200m – Ella S
- Hurdles – Kira W
- 800m – Tana B and Evie P
- 1500m – Tana B and Evie P
- 4x100m relay – Kyah H, Matilda K, Lexi F and Hannah W

- 11y.o boys** – Long Jump – Darcy J and Curtis Mc
 - Triple Jump – Darcy J and Harley J G
 - High Jump – Jake B, Harley J G, and Beau W
 - Shot Put – Fletcher W and Tyson B
 - Discus – Darcy J and Jace Mc-B
 - 100m – Ethan W and Lucas Y
 - 200m – Ethan W
 - Hurdles – Logan T
 - 800m – Ethan W and Jack W
 - 1500m – Ethan W and Jack W
 - 4x100m relay – Ethan W, Lucas Y, Kye C and Logan T
- 11y.o girls** – Long Jump – Mia R, Paige R and Indi C
 - Triple Jump – Katie W and Isla S
 - High Jump – Katie W, Sharni K and Tiarah L
 - Shot Put – Makaira C, Dannielle W and Rose M
 - Discus – Makaira C, Dannielle W and Rose M
 - 100m – Sharni K and Mia R
 - 200m – Sharni K
 - Hurdles – Aylah M
 - 800m – Raiven C, Lexie M and Aylah M
 - 1500m – Raiven C and Sharni K
 - 4x100m relay – Sharni K, Mia R, Lexie M and Jenna S
- 12y.o boys** – Long Jump – Rarah S and Diesel M
 - Triple Jump – Rarah S and Diesel M
 - High Jump – Rarah S and Mason B
 - Shot Put – Emilio W and Diesel M
 - Discus – Robbie C and Emilio W
 - 100m – Diesel M and Rarah S
 - 200m – Emilio W
 - Hurdles – Angus W
 - 800m – Kieren H-H
 - 1500m – Emilio W and Oliver D
 - 4x100m relay – Diesel M, Rarah S, Oakley H and Emilio W
- 12y.o girls** – Long Jump – Aleara F and Ruby A
 - Triple Jump – Aleara F and Ruby A
 - High Jump – Ruby A and Anna W
 - Shot Put – Georgia I and Charlotte A
 - Discus – Georgia I and Hayden S
 - 100m – Sophie B and Rhani M
 - 200m – Sophie B
 - Hurdles – Aleara F
 - 800m – Rhani M, Tori W and Brielle A
 - 1500m – Georgia I, Tori W and Brielle A
 - 4x100m relay – Sophie B, Rhani M, Aleara F and Alexis M

We wish all our athletes the best of luck at the District Athletics and we look forward to the Lucknow Primary School Athletics Carnival being bigger and better in 2024.

The house points tally after the 2 days of athletics, including the 800m and 1500m events were as follows - :

Black Penguins – 4290 points

Purple Pelicans – 3495 points

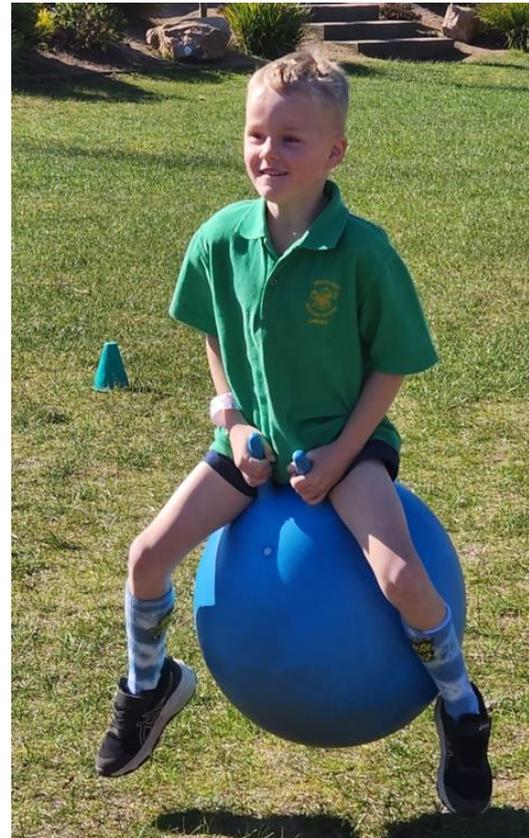
Blue Kookaburras – 3435 points

Red Ravens – 3355 points

Green Lorikeets – 4345 points

Congratulations to the Black Penguins who are the winners of the athletics trophy for 2023.

Debbie Dooley - Physical Education Co-ordinator



FITNESS FANATICS UPDATE

Number of participants - Tuesday - 14

- Wednesday - 11
- Tuesday - No Fitness Fanatics
- Wednesday - No Fitness Fanatics

Distance ran and/or walked - Tuesday - 16.5km

- Wednesday - 17km
- Tuesday - No Fitness Fanatics
- Wednesday - No Fitness Fanatics

New members of the 70km club - Catherine P

New members of the 180km club - Ethan W

Debbie Dooley - Fitness Fanatic

HOT DOG DAY

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Lucknow Primary School will be having a Hot Dog Day on Friday 11th August.

Please get your orders to the school office by Tuesday 8th August. All money raised will help support our wellbeing dogs Rosie & Milo.

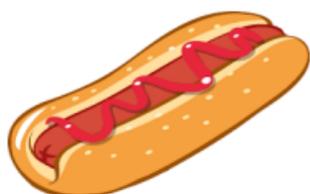
.....
NAME _____ GRADE _____

NUMBER OF

HOT DOGS \$4.00 SAUCE YES / NO

JUICE BOX \$1.00

I HAVE ENCLOSED \$ _____



Class	Student
PAS	Ellie for the amazing effort she is making with her learning, especially her writing and letter ID! It is so lovely to see the pride you have in your achievements. Well done Ellie, keep up the super work!
PFE	Liev, you are a kind, caring and respectful student, who has been working hard in class. Keep up the terrific work and being you.
PJS	Harry for his attention to detail and use of finger spaces in written work. Exciting to see your progress Harry!
PVG	Armani and Ash for having their green brains on when writing, hearing their sounds and using their phoneme fist to write more than the initial sound! Well done guys.
1CB	Millie for great listening and challenging herself in learning tasks. Keep up the awesome attitude Millie!
1ES	Sophy for her kind, caring and helpful attitude. You display all of our school values and are a pleasure to have in 1ES!
1TI	Elijah for the excellent strategies he is using in Maths to help him with our new unit of work of Money.
12C	Nash for being polite to his teacher and classmates. Well done!
2KE	Jai for the care and precision you showed while breaking different shapes into halves, quarters and eighths.
2RP	Sophia for showing care to her peers by supporting them out of the pit and commitment to her learning by always trying her best.
3CM	Abby for settling into her new grade with ease, and regularly contributing to class discussions. We are lucky to have you in 3CM Abby!
3EB	Ayden for taking risks and jumping in the 'Learning Pit'. I'm so proud of the way you're confidently taking on new challenges. Well done Ayden!
3MP	Patty for managing himself so well while I've been away. He's been settling in to work and staying focused even with the many changes and interruptions he's had to deal with. What a legend!
4AG	Kirby for consistently showing our school values both in the classroom and in the yard. Well done Kirby!
4CT	Ellen for consistently having a positive attitude towards all parts of your learning. Your amazing effort is being shown in all elements of your work.
4JL	Isla for the growth mindset that you displayed when working with different strategies during our Money unit in Math!
45A	Olivia for her growth in reading and her ability to discuss her learning goal and work to achieve it.
5CM	Charlotte for demonstrating growth in her understanding of place value in money. Well done Charlotte, you little legend!
5DC	Emmett for your amazing attitude towards learning! You are demonstrating a growth mindset towards all tasks, keep it up!
5FW	Charlie for being an extremely helpful classmate and assisting them with solving maths problems. Pilot for being a very inclusive class member and supporting them with our classroom tasks.
6DP	Tori for your Persuasive piece in writing titled 'The National Anthem should be changed'. You had a strong argument and backed it up with evidence, well done.
6JW	Anna for always having such a positive attitude to everything that she does. Keep it up!
6SF	Anna for responding positively to learning challenges and consistently making valuable contributions to class discussions.
Principal's Award	Tino of 1TI for coming to school every day with a big smile on his face, a warm greeting and a mindset that's ready to learn. Tino you demonstrate every one of our LPS values every day! Well done champion – you're a star!

Getting started with parental controls on devices and accounts



Many digital devices and accounts now come with parental controls.

Here are some examples of the parental control features included in common devices and accounts.

Your home wi-fi network

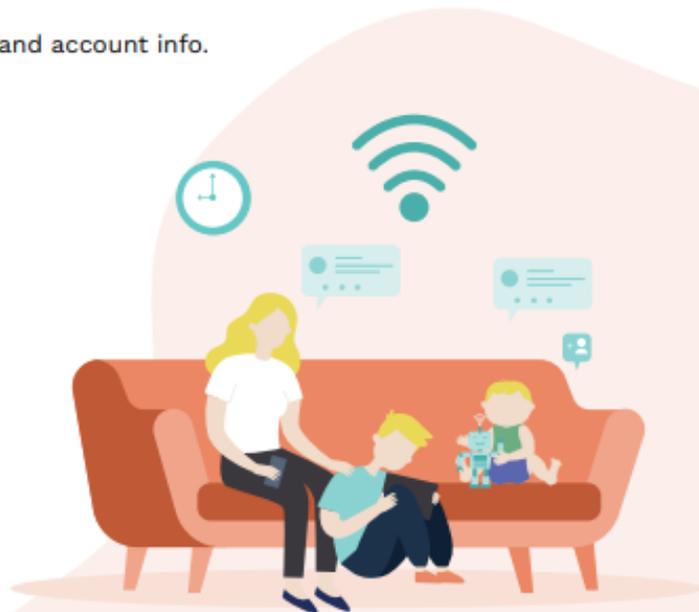
Some wi-fi routers and accounts with internet service providers (ISPs) come with software that allows you to set up parental controls across your whole network. However, you don't always get as much control and monitoring as you get from the tailored software installed on each device. If you would like to learn more about controlling content using your wi-fi network, contact your ISP provider.

Apple devices

Apple allows parents to set up family sharing accounts. Family sharing enables parents to share purchased apps and manage their child's device. You can find out more about setting up parental controls at [Apple families](#). The [Apple Support](#) YouTube channel has videos that provide step by step advice.

Follow these steps to get started:

1. In your settings, select your Apple ID and account info.
2. Go to family sharing and click on '+Add member' to add a new account for your child.
3. Go to Screen Time settings to set limits on apps, block websites and restrict purchases – whenever you change this it will update on your child's device.
4. On your child's device, activate the account.



Android devices

Google Family Link allows parents to use an app to manage their child's device. You can find out more at families.google.com.

Follow these steps to get started:

1. Set up an account for your child using your Google account.
2. Download the Family Link app to your phone or tablet.
3. Verify your child's account.
4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online – whenever you change this it will update on your child's device.
5. On your child's device, activate the account using the passcode or by pairing their device to yours.

Wearables

Wearable technology such as iWatches, Fitbits and Virtual Reality headsets can be fun and provide benefits such as being portable. Some of these new technologies have parental control options that limit use to specific times, schedule downtime or hide your child's location from others. It's worth looking at the options available before buying any wearables.

Find out about staying safe while using wearables and other new technologies in the [eSafety Gift Guide](#).



<https://www.esafety.gov.au/sites/default/files/2021-04/Parental%20controls%20on%20devices%20and%20accounts.pdf>