



LUCKNOW BELL

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Date: 20.10.2021

School Calendar Term 4 - October

SUN	MON	TUES	WED	THURS	FRI	SAT
17	18	19	20	21	22	23
				*Book Club Orders Due	*All Students to return onsite fulltime	
24	25	26	27	28	29	30
31	1	2	3	4	5	6
		*Melbourne Cup Public Holiday				

PRINCIPAL NEWS

MASKS

Students in Grades 3-6 are now required to supply and wear a mask unless they have a medical exemption (Certificate from their Doctor). We understand that this may be daunting for some students but hope that with your support we can continue to keep everyone safe and make this a seamless transition. Students in Grades P-2 are strongly encouraged to wear them.

2022 ENROLMENTS

As we are beginning to develop our class structures for 2022, it is helpful if families communicate their intentions with the school. If you have younger children beginning school next year and are yet to enrol, please do so as soon as possible. Likewise, if you intend to enrol elsewhere, please notify us.

2022 PARENT REQUESTS

Parents who have requests for their child's class placement in 2022 are asked to put it in writing to the Principal by **Friday 12th November**. Requests should only be placed if they are essential and be based on the social and academic needs of the child. Please do not request specific teachers as these requests are unlikely to be able to be met.

If you have put in a request in previous years, please do not rely on that to cover the 2022 school year. Please do not rely on verbal discussions with staff, as only written requests to the Principal will be considered. No requests from parents will be considered after this due date.



Children, young people and COVID-19

OFFICIAL

Information for parents, guardians, carers and young people

Children and young people are far more likely to catch or spread the COVID-19 Delta variant than previous variants of COVID.

Children and young people (0-19 years) make up [22% of COVID-19 cases](#)

(coronavirus.vic.gov.au/victorian-coronavirus-covid-19-data) in Victoria in 2021.

Children with COVID-19 are likely to experience mild symptoms or no symptoms, and are highly unlikely to become severely unwell or need to go to hospital.

While statistics show that COVID-19 is still not a serious illness in children, they can transmit the virus to others, putting older family members at possible risk.

Children under 12 can't be vaccinated against COVID-19 yet. That's why it's very important for parents, older siblings and educators to get vaccinated to help keep children safe.

Young people older than 12 are very social and highly mobile, and [supporting them to get vaccinated](#) helps slow the spread of COVID-19.

As a parent, guardian or carer, you can do your bit to keep children healthy: stay home if you have symptoms, however mild, get tested as quickly as possible, isolate, wear a mask and get vaccinated.

Symptoms and treatment

Children and young people with COVID-19 are likely to experience mild symptoms or none at all, but they can still transmit the virus to others.

Fever and cough are the most common symptoms of COVID in children and young people.

If your child has a fever or cough, no matter how mild, you should seek advice and get them tested.

For advice, call the 24-hour Coronavirus Hotline 1800 675 398 or contact your doctor.

Getting a COVID-19 test

Testing is free for everyone in Victoria.

You can take your child to get tested at [any COVID-19 testing site](#) (coronavirus.vic.gov.au/where-get-tested-covid-19).

After your child has been tested, go straight home and wait for the results. Do not go to work or go out shopping with your child after their test.

You will be contacted by phone or SMS to tell you the results of your child's COVID-19 test, regardless of whether it is positive or negative.

If you are worried you will lose pay while you wait for results, you may be eligible for a [\\$450](#)

[Coronavirus \(COVID-19\) Test Isolation Payment](#).

For more information about testing results and isolation requirements, visit [Getting your results](#)

Getting vaccinated for COVID-19

Free and safe COVID-19 vaccines are available for everyone aged 12 and over. Young people who turn 12 during the COVID-19 vaccine rollout can get vaccinated.

You can book an appointment with your doctor, at some pharmacies, or online at [book your vaccine appointment](#) (coronavirus.vic.gov.au/book-your-vaccine-appointment)

Learn about [COVID-19 vaccines for children and teenagers](https://coronavirus.vic.gov.au/vaccination-information-children-and-teenagers) (coronavirus.vic.gov.au/vaccination-information-children-and-teenagers)

The more people who get vaccinated, the greater the protection for the whole Victorian community.

Wearing face masks

When teachers, staff, and students consistently and correctly wear masks, they help protect themselves and others from COVID.

Children aged 12 years and over who are attending secondary school must wear a face mask indoors and outdoors, unless they are eating, drinking, or exercising or a lawful exception applies.

Children in grades 3-6 are required to wear a mask indoors when at school, where practicable.

Children with a disability aren't required to wear a mask if it is not suitable for them.

Children under the age of two should never wear a face mask, as they are at risk of suffocation or strangulation.

Find a mask that is made for children to ensure it fits properly. Masks for children are sold by a range of retailers and businesses.

Check that your child's mask fits snugly over their nose and mouth and under their chin, and make sure there aren't gaps at the sides of the mask.

For ideas on how to discuss mask wearing and concerns or questions children have about masks, [visit Face masks and COVID-19: supporting children 0-12 years](https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children) (raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children)

Talking to your child about COVID-19

Parents and carers should take the opportunity to talk to children about COVID-19.

To access resources to have a safe and reassuring conversation with your child, visit [talking to your child about COVID-19](https://coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19) (coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19)

School and COVID-19

The Department of Education and Training has information about changes to education settings at all level during COVID-19 in Victoria, visit: [Education - information for parents, students and educators](#)

Mental health resources

Navigating changing routines and interactions with family, friends and school can cause children and young people anxiety and stress. For information and support, visit [Mental health resources for children and young people](#) and [Supporting your child's mental health](#)

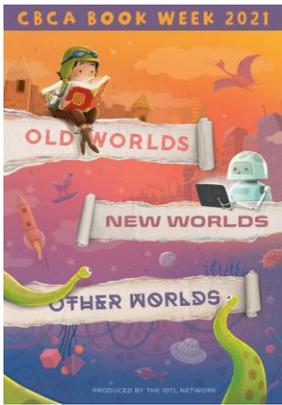
For more information about children, young people and COVID-19 visit [Murdoch Children's Research Institute Frequently Asked COVID-19 Questions](#)

For any questions

Coronavirus Hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

Marcus Batt – Principal



Book Week 2021

Dates

Book Fair 22nd November – 26th November
 Book Week Celebration – Friday 26th November

Some books from the CBCA book Awards that you may wish to explore with your child in the lead up to Book Week.



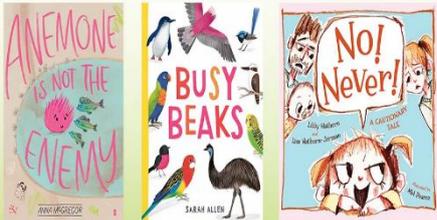
PICTURE BOOK SHORTLIST BUNDLE



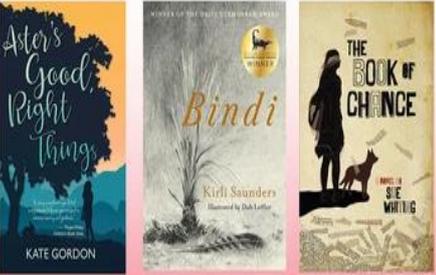
EVE POWNALL SHORTLIST BUNDLE



EARLY CHILDHOOD SHORTLIST BUNDLE



YOUNGER READERS SHORTLIST BUNDLE



MILO'S JOURNAL AND A BIT ABOUT RUSTY!

Hi Everyone,



Kalani has created a beautiful book that is on display in Terri's office with pictures of me and Rusty. She has also included some lovely describing words about us. Thank you Kalani. We love this.

I went for a visit to Bairnsdale Meat Supplies with Terri to get some yummy meat.



Grant Shannon and Dog's Connect shared **"Five Ways To Wellbeing"**

Connect- Building and strengthening positive relationship is connecting. These can be relationships with people who are close to you or within the broader community. Connection offers a way to receive support but also the opportunity to support others. A sense of security, belonging and self-worth is fostered through creating bonds of connection.

Be Active- When we are active or exercise numerous neurotransmitters are released in our brain. These chemicals play an important role in mood regulation, sleep patterns, appetite and stress levels. Being active also strengthens our bodies which can delay or prevent the onset of illness. Being active is about moving your body so even the simplest activities can make a difference.

Be Aware/Take Notice- Being aware of our feelings and thoughts allows us to be better at self-regulation. Instead of being lost or swept away with negative or unhelpful thoughts and feelings, we can focus on the here and now and observe what is happening in the present moments and how we are approaching it. It can assist with managing anxiety, stress and depression. Being aware also promotes practising gratitude. We can be grateful for the simplest things we have in the present moment. Practising gratitude increases dopamine levels which is a feel good, motivating chemical released in our brain.

Keep Learning- Challenges are presented when we learn something we didn't previously know, this makes our brain create new neural pathways. Opening those new pathways promotes good brain health and neuroplasticity. New learning can help us better manage stress, increase knowledge, giving us purpose and meaning and can connect us with other people and groups. It helps us broaden our knowledge of ourselves and others and be open to new experiences.

Help Others/Give- Even the smallest act of kindness can change someone's day. Helping others on a positive level can make you feel happier, give you purpose, strengthen relationships and build empathy. When you help others it releases endorphins in your brain which leads to feelings of connectedness, pleasure and trust. Wishing everyone a wonderful week.



Milo and the Literacy Leaders



STUDENT OF THE WEEK



Class	Student
PAS	Jai for the amazing progress he is making in all areas of his learning! He always puts in his best effort and constantly works hard to achieve his learning goals. Superstar work Jai!
PJS	Lila for working hard to use a range a strategies in her reading group. Keep up the fantastic work Lila!
PLB	Justin for always working to do her best and presenting beautiful work. Well done, you should be proud of all your effort.
1CB	Jayden for the effort he is putting into art at the moment. It's impressive to see you listen to instructions and experiment with your design. Well done Jayden!
1VG	Shelby for her great writing, writing a whole page with lots of describing words. Kenzie for her growth in maths demonstrating a greater understanding of numbers!
1GD	Hudson for his great handwriting. Hudson, you are really thinking about the letter size, shape and position. Fantastic work.
2IM	Aster for challenging herself in doing her best work and using her class time wisely. Keep it up Aster!
2MC	Isla and Levi for their ability to think deeply about a text and respond in writing with great detail.
2KE	Jayda for the amazing growth in your reading skills and strategies over the year. Ella for staying on track in writing and building the details.
23H	Sienna for always showing great leadership and attitude towards her work and her peers!
3MP	Marli for fitting right back in with our class after such a long time away. Welcome back Marli!
3NP	Logan for the incredible improvement in your reading. It is a pleasure listening to you read. Well done.
3CM	Mia for going out of her way to help others and for the depth of her responses in reading. Keep up the fantastic attitude and effort Mia!
4CT	Emilio for using equivalence to find an unknown quantity to solve a difference problem.
4JR	Jett for your growth mindset when writing the new reading responses. It's good to see you having a go at these even though they can put you in the learning pit. Keep up the great work!
4LF	Ahren for supporting and encouraging peers when they contribute to class discussions. Well doing Ahren, your supportive nature is an asset to our class!
5CA	Luke for his mature attitude and the great progress he has made in all areas this year. Well done Luke!
5JW	Rianna for doing such an outstanding job with her historical letter. She included lots of amazing details and it was a joy to read!
56W	Marlee for coming to school with a great attitude everyday and always being prepared to help others.
6CM	Linkin for his commitment to online learning. Linkin always turns in his tasks, and often posts his work to our classroom stream. Well done Linkin!
6TA	Kane for a wonderful presentation of your geography project – you were amazing the way you memorised your speech! Fantastic job Kane.
6DP	Nate & Tyce for making amazing growth during word study this year.

COMMUNITY NEWS

MENTAL HEALTH COACHING PROGRAM

New Access is a free mental health coaching program funded by Beyond Blue for men and women over the age of 18 who may be experiencing symptoms of mild to moderate stress, anxiety and depression across Gippsland. It is completely private and confidential, and you do not require a referral from a GP or a mental health treatment plan to access the service. New Access consists of 6 free coaching sessions that can be done via phone or face to face. Referrals can be made by calling the Intake team on 1300 921 535 or accessing a referral form through the website:

<http://wellways.org/our-services/newaccess>

NAGLE COLLEGE 2023 SPONSORSHIPS

2023 Scholarships at Nagle College are now open. Full details of the Scholarship program can be found on the website at www.nagle.vic.edu.au/enrolment/scholarships

Applications will be accepted until the closing date which is Friday 4 March 2022.

Families with children currently in Year 5 need to apply for the 2023 Scholarships.

READING FOR KIDS GIPPSLAND



Go in the draw to win one of eleven Author Workshops

WIN AN AUTHOR FOR YOUR SCHOOL

Reading For Kids Gippsland

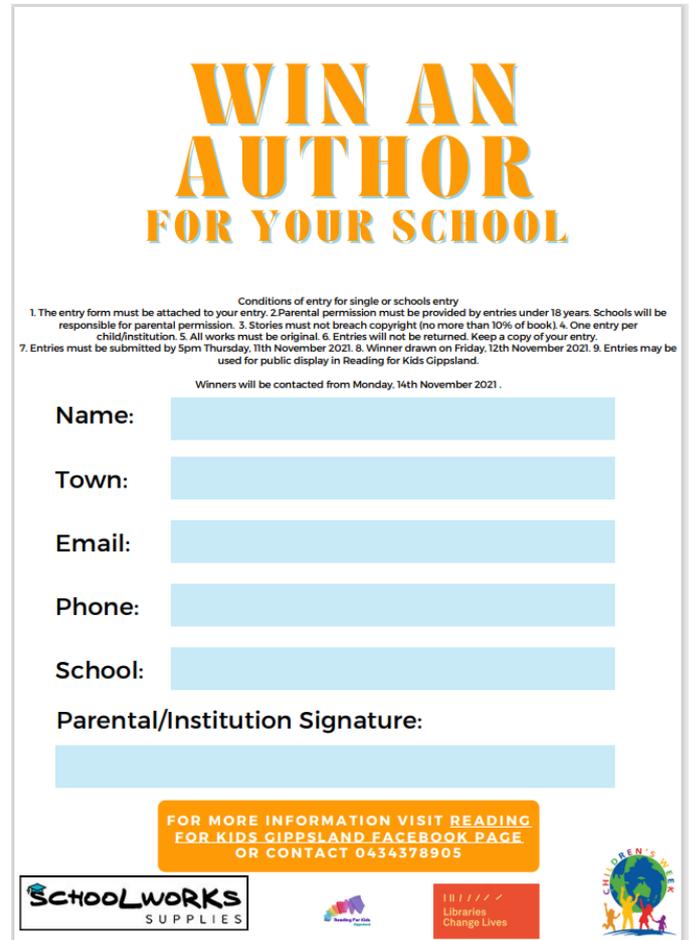
Simply upload a video of your favorite book from the CBCA Shortlist <https://www.cbca.org.au/shortlist-2021>

- Hazel Edwards ·Leigh Hobbs ·Caroline Magerl
- Carole Wilkinson ·Prue Pittock
- Lorraine de Kleuver ·Madelaine Schumann
- Vivienne & John Benton ·Angele James & Gary Porter
- Katie Howard ·Connie Knight

Submit your entry to readingforkidsgippsland@gmail.com

SCHOOLWORKS SUPPLIES

LIBRARIES Change Lives



WIN AN AUTHOR FOR YOUR SCHOOL

Conditions of entry for single or schools entry
1. The entry form must be attached to your entry. 2. Parental permission must be provided by entries under 18 years. Schools will be responsible for parental permission. 3. Stories must not breach copyright (no more than 10% of book). 4. One entry per child/institution. 5. All works must be original. 6. Entries will not be returned. Keep a copy of your entry. 7. Entries must be submitted by 5pm Thursday, 11th November 2021. 8. Winner drawn on Friday, 12th November 2021. 9. Entries may be used for public display in Reading for Kids Gippsland.

Winners will be contacted from Monday, 14th November 2021.

Name:

Town:

Email:

Phone:

School:

Parental/Institution Signature:

FOR MORE INFORMATION VISIT [READING FOR KIDS GIPPSLAND FACEBOOK PAGE](#) OR CONTACT 0434378905

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