

LUCKNOW BELL

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Date: 06.03.2024

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Students and staff at Lucknow Primary School acknowledge the Gunai Kurnai people of the Brabuwoolooong land in which our school stands. We pay our respects to their Elders past, present and emerging.



SCHOOL CALENDAR

MON	TUES	WED	THURS	FRI
March 4	5	6	7	8
- Parent Teacher Interviews	- Fitness Fanatics 8:15am – 8:45am - School Photos	- Fitness Fanatics 8:15am – 8:45am - Breakfast Club 8:15am – 8:30am - Play2Learn Playgroup 9:00 -11:00am - Parent Teacher Interviews	- Breakfast Club 8:15am – 8:30am - Division Swimming	- Walk to School 8am - Assembly 2:40pm
11	12	13	14	15
- Labour Day Holiday No students	- Fitness Fanatics 8:15am – 8:45am	- Fitness Fanatics 8:15am – 8:45am - Breakfast Club 8:15am – 8:30am - Play2Learn Playgroup 9:00 -11:00am - NAPLAN	- Breakfast Club 8:15am – 8:30am - NAPLAN	- Walk to School 8am - NAPLAN
18	19	20	21	22
- NAPLAN	- Fitness Fanatics 8:15am – 8:45am - NAPLAN	- Fitness Fanatics 8:15am – 8:45am - Breakfast Club 8:15am – 8:30am - Play2Learn Playgroup 9:00 -11:00am - NAPLAN	- Breakfast Club 8:15am – 8:30am - NAPLAN	- Walk to School 8am - Assembly 2:40pm - Fun Run/ Cross Country
25	26	27	28	29
- NAPLAN	- Fitness Fanatics 8:15am – 8:45am	- Fitness Fanatics 8:15am – 8:45am - Breakfast Club 8:15am – 8:30am - Play2Learn Playgroup 9:00 -11:00am	- Breakfast Club 8:15am – 8:30am - PROPOSED STUDENT FREE DAY – STAFF PLANNING DAY (awaiting School Council Approval)	- Good Friday

PRINCIPAL'S REPORT

Thank You

Thank you to those of you who were able to attend the Parent/Teacher Conferences today and Monday. If you were unable to attend during the scheduled days, please contact your child's teacher to make an alternate time.

District Swimming

Last Wednesday Mrs Dooley and I had the absolute pleasure of taking 22 LPS students to compete in the District Swimming Competition. Of all the 22 students who attended, every single one of them achieved either a first or second and have gone on to compete in the Division Swimming event that is being held today (results to come). I do want to congratulate all LPS swimmers not only on their success in the pool, but more importantly – their encouragement and sportsmanship. Our kids were outstanding in their cheering and supporting of each other and of students from other schools – top job kiddos, well done! Check out the photos of our swimmers in this newsletter.

REMINDER: New Playground

The lovely new playground on the paddock next to the school is proving to be a magnet for a lot of our students in the morning drop off time. This space is not supervised by staff therefore, we ask you to supervise your children yourself if you are happy for them to have a play or have a discussion with your children about going straight into our yard and staying there, where we can provide supervision.

Student Learning

Our school is continuing to focus on improving our Writing in 2024. We continue this focus again to consolidate our learning and are currently working on the 'Ideas' trait. In the last newsletter I set a challenge of writing about what they see in the clouds.

Check out some of our local LPS authors...

<p style="text-align: center;">My Space By Sophy 2LB</p> <p>Calm, relaxed, hot. I can smell flowers. I can feel the warm breeze. I see the fluffy clouds in the blue sky.</p>	<p style="text-align: center;">Clouds By Amelia 4/5L</p> <p><i>I see</i> the parting, stuffing like gas. <i>I smell</i> the misty air. <i>I feel</i> the big, mysterious and ominous wind passing through. <i>I taste</i> the huge dust clouds. <i>I hear</i> the faint, gloomy and dark substance.</p>	<p style="text-align: center;">CLOUDS By Kiran 6CM</p> <p>Clustered throughout the sky Light Obvious Unexplored Damp Soft</p>
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<p style="text-align: center;">Clouds</p> <p style="text-align: center;">By Evie 4/5L</p> <p>Clouds trickle by, way up in the sky, they make me ponder, what I've done and why? Ever changing, ever moving and strangely so soothing. They flutter about, here and there, come rain or shine, they don't seem to care. They cover the world with relative ease, riding on my back of a casual breeze. A cloud can be whatever it may choose, then drift away on a relaxing cruise. Looks so peaceful, gliding on the wind, no thoughts no illusions no actions have sinned, wouldn't mind trying it out some day, some day I could be free to go any which way.</p>	<p style="text-align: center;">Big Clouds</p> <p style="text-align: center;">By Tilly 6CM</p> <p>Clouds are white and fluffy. When they are sad, they cry and rain falls down, but when they're mad it thunders and rain floods down.</p> <p>We can see white, fluffy, big puffy and different shapes in them. You can see them move. You might see them change colour from white to grey, from black to white and pink!</p> <p>It would taste like cotton candy, watered down.</p> <p>They smell like wet dogs when it comes to rain down. Normally it doesn't smell that much -just like air.</p> <p>You can hear thunder from the clouds – it makes the world bang! It feels soft like silk and tiny bit wet. Amazingly soft. You could hug it for hours and never let go.</p> <p>Clouds are big, fluffy, air smelling things that live in the sky.</p>	<p style="text-align: center;"><i>Crystals in the Night</i></p> <p style="text-align: center;">by Bella 4/5L</p> <p>Crystals glistening like tears from heaven. Ancient dust swept away. Stars in the void night repeat on the shiny stained glass. Dancing in prom gown twist and twirl, illuminating ever so softly. Crystal, crystals shining in the night. Stars calls from the infinite space. Moonlight shines among the vast night lights of stars.</p>
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The 'Ideas' trait is all about finding a topic, focusing and developing the topic and using details. Ideas can be found anywhere and everywhere – this fortnight I am encouraging students to write about water. They might think about the feeling of floating in the water, it might be about swimming in a race, it could be about sea water, or rainwater. Inspiration and ideas are all around every one of us. I would love to read your pieces kids and publish them in the next newsletter – so again, get writing kiddos!

Happy learning everyone, have a great week!

Carly Miller – Principal



FUN RUN FUNDRAISER/CROSS COUNTRY

We are so excited about hosting a Fun Run Fundraiser, in conjunction with our cross country, on Friday the 22nd of March. The day's focus is on fun and fitness with the added benefit of raising funds for our school. The more money we raise the more will be going towards our wonderful school and some amazing projects that all students can enjoy.

This year we are using 'Mycause' as our fundraising platform. We are hoping to exceed the profit amount in 2023 and aim to raise over **\$10,000!** So far we have raised \$1875.00 and the class that has raised the most money so far is 1CW with \$325.00. Keep up the fantastic fundraising 1CW!

The class that raises the most money at the end of the fundraising event will receive a class party to the value of \$50.00. The top 5 fundraisers at Lucknow Primary School will receive a voucher of their choice from a local business valued at \$50.00.

To get started follow the link and event ID below -:

Event ID 5328

<https://www.mycause.com.au/events/lucknowpsfunrunfundraiser>

The 5, 6, 7 and 8 year olds will complete their cross country course from 9.00am to 10.30am. The 9, 10, 11 and 12 year olds will complete their course from 11.30am – 1.30pm.

Please note – Children's age groups are determined by the age they are turning by the end of 2024

The first 6 children who cross the finish line in the 10, 11 and 12 year old age groups and the children who place 1st, 2nd and 3rd in the 9 year old age group will have the opportunity to represent the School at the Divisional Cross Country being held at Nagle College on Monday the 13th of May from 11.00am – 12.30pm.

Children will receive ribbons for placing 1st, 2nd and 3rd in their age groups and children will also receive house points for participating in the Cross Country.

Children will receive 30 points for placing 1st, 20 points for placing 2nd and 10 points for placing 3rd. All other children will receive 5 points for participating in the Cross Country.

Parents are more than welcome to attend on the day to encourage and support children as they run. On the day, children are encouraged to come dressed in their house colour and wear suitable shoes. They will also need a water bottle, hat and sunscreen.

If you have any questions about the Fun Run Fundraiser/Cross Country please contact Mrs Dooley at school. Happy Fundraising and thanks for supporting our school. We are looking forward to seeing you at the event.

Debbie Dooley - Super Excited Physical Education Coordinator

AFL SUPERCOACH

Are you a SuperCoach fanatic? Do you have what it takes to beat master coaches Mr Fry, Mrs Forbes, Mr Lester or even Mr Webb as he travels around the country? If so, we'd love for you to join our league called Lucknow Legends before Round 1 begins on March 14 (the Round 0 matches do not count).

The code for our competition is 469173. Parents, make sure you identify yourself in the comments section so that we know who our rivals are. Good luck coaches!

DISTRICT SWIMMING CARNIVAL

Congratulations to all children who competed in the Central District Swimming Carnival on Thursday the 29th of February at the Bairnsdale Outdoor Pool.

All children performed extremely well, and we are super proud of their efforts. It was great to see so many parents in attendance at the sports to support and encourage our swimming team. A special thank you to all parents who assisted with official jobs at the carnival, and to Carly Miller who was our team manager on the day.

Children who placed 1st or 2nd in an individual and/or relay event will now have the opportunity to compete at the East Gippsland Division Swimming Carnival which will be held on Wednesday the 6th of March at the Bairnsdale Outdoor Pool. The following children will represent our School and District at the next level of competition -:

12 y.o girls – Jasmine T – Freestyle, Breaststroke, Freestyle Relay (12y.o Boys), Open Girls Medley (Breastroke)

- Isla S – Freestyle Relay (12y.o Boys), Open Girls Medley (Freestyle)

12 y.o boys – LJ A – Freestyle, Backstroke, Freestyle Relay, Open Boys Medley (Breastroke)

- Kye C – Freestyle Relay

11 y.o girls – Florence M-S – Freestyle, Backstroke, Breaststroke, Freestyle Relay, Open Girls Medley (Backstroke)

- Sophie B – Freestyle, Freestyle Relay
- Tana B – Freestyle Relay
- Kira W – Butterfly, Freestyle Relay, Open Girls Medley (Butterfly)
- Ellen H – Backstroke

11 y.o boys – Lachie T – Freestyle, Backstroke, Breaststroke, Freestyle Relay, Open Boys Medley (Freestyle)

- William S – Freestyle, Breaststroke, Freestyle Relay, Open Boys Medley Relay (Butterfly)
- Harvey F – Freestyle Relay
- Tyler E – Freestyle Relay

9/10 y.o girls – Anna B – Freestyle, Breaststroke, Freestyle Relay

- Abby T – Freestyle, Backstroke, Breaststroke, Freestyle Relay
- Elise B – Backstroke, Freestyle Relay
- Camilla B – Freestyle Relay

9/10 y.o boys – Alfie M-S – Freestyle, Backstroke, Breaststroke, Freestyle Relay, Open Boys Medley (Backstroke)

- Fletcher M – Freestyle Relay
- Lewis Alexander – Freestyle Relay
- Hamish S – Freestyle Relay
- Darby R – Backstroke

We also had a couple of children who placed third in their events which was also a fantastic effort. We wish all our talented swimmers the best of luck at the Division Swimming Carnival and look forward to hearing the results after the event.

Debbie Dooley - Very Proud Phys Ed Co-ordinator

FITNESS FANATICS

Number of participants - Tuesday – 13, Wednesday – 22, Tuesday – 11, Wednesday – 15

Distance ran and/or walked - Tuesday – 18.5km, Wednesday – 23km, Tuesday – 15km, Wednesday – 25.5km

New members of the 20km club – Riley R

New members of the 70km club – Shaw N

New members of the 110km club – Catherine P

Debbie Dooley - Fitness Fanatic

Class	Student
PAS	Charlotte for the amazing job she does with all her learning, putting in her best effort and concentration! Well done CJ, you are showing such great determination and persistence with your work, keep it up!
PFE	Luca you have done amazing listening this week. Keep up the fantastic effort you are showing in our class!
PGB	Harry I am so proud of your efforts during Writing. You are focussing on improving the formation of your letters and I can see you're working hard to master them.
PVG	Ryan is writing the words he knows and using his sounds to write the words he doesn't know! Great Job Ryan.
1CW	Tyler for always showing that you are ready to learn. It is great to see you working towards your goals. Keep trying your best!
1ES	Ash you have shown a great attitude towards your learning. Keep that Green Brain glowing with your positive attitude! We are proud of you Ash!
1MW	Imogen for the amazing descriptions she uses in her writing.
12M	Van has worked hard to step up and share in classroom discussion about his learning. He has been using his Green Brain and pushing forward when he is in the Learning Pit. Very impressive Van! Keep up the pace! Well done!
2JS	Molly & Darcy for amazing dedication and commitment to your home reading. We are so proud of the consistency and motivation you show towards your reading, and making it to over 30 nights already. Keep it up!
2LB	Elijah for great ideas in writing and persevering to get those ideas on paper.
2MP	Larni for listening carefully to everyone, no matter who they are. You're so respectful Larni. Keep it up!
3EB	Nathan for being a critical thinker and a creative learner who always enjoys a challenge. I'm proud of the effort you put into your persuasive pieces this week, Nathan. Well done!
3ER	Zane and Nash for being so helpful during class time and always willing to assist their peers.
34T	Jayden for being an awesome class member. You are always helping others in the classroom in some way. It is wonderful to see how you support others in our room.
4AG	Everly for being a kind and caring friend who helped her friends show resilience in the yard.
4SZ	Beau for being excited about his learning and taking on challenges. Beau has been using thoughtful language in his independent writing and listening to how he can improve. He is eager to help his classmates and compliments his peers with genuine enthusiasm. You are a fantastic team player Beau. Keep it up!
45L	Anastasia for showing lots of resilience when being challenged by volume in Math. What a wonderful Mathematician you are!
5CM	Jaelin for contributing some great ideas to class discussions, helping others and being an absolute delight in the classroom. Early mornings are benefiting your learning in so many ways. Keep it up superstar!
5DC	Violet for her wonderful contributions to our class discussions!
5FW	Aster and Lexi for being inclusive and making sure everyone in the group understands the task.
6CM	Tilly, Tilly and Claudia for working so well together in Maths problem solving and being respectful of each other's ideas.
6KI	Colby for willingly sharing your thoughts, ideas and answers with the class every day. For showing the class how worked out how many days, hours, minutes and seconds it takes for the sun to revolve around the sun. Amazing work Colby!
6LS	Boyd, you are becoming more confident in sharing your ideas and your thinking in class. I look forward to more of your contributions throughout the year! Well done Boyd!
6SF	Dannielle for consistently modelling the Lucknow school values. You lead by example Dannielle, which is wonderful to see!
Principal's Award	Indi and Ruby of 5DC for demonstrating all three of the school values of Inclusiveness, Respect and Resilience. You are wonderful role models for your peers - Top job legends!
Crashendo!	Darren for demonstrating leadership during class time.

HARMONY WEEK

Dear Parents,

On **Thursday 21st of March** Lucknow PS will be celebrating Harmony Week. This is a great opportunity to celebrate Australian multiculturalism. The message of Harmony Week is "Everyone belongs".

We encourage everyone on this day to wear orange to show your support.

All classes from Prep through to Grade 6 will be participating in some fun tasks to explore, investigate and celebrate Harmony Week.

Grade 4 Team

THEIR CARE



Hi Lucknow families, this year we have seen a significant increase in numbers at Theircare. This is great news for our service, but unfortunately it may mean that if your child isn't booked in and they rock up for a session, they may not be able to attend due to staffing numbers we weren't aware of. We have also had quite a few instances of children being booked in but not showing up at After School Care, as they have been picked up from school but none of the staff are aware of this. It is very scary when a child is missing, and we can't reach the parents. If we cannot locate your child or get in touch with their parents within 20 minutes, we are required to call the Police.

If you do pick up your child from school and they are not attending After School Care on the days they are booked in, could you please let us know. The Theircare service phone number is: 0455 886 578. We operate Mon- Fri, 6.45am- 8:45am & 3:20pm- 6pm.

Thanks so much, Kate Rossi, Theircare coordinator.

Theircare Policies – Operation Manual



Cancellation of booking policy

To ensure a high standard of care and safety is maintained, parents / guardians must inform the Service Coordinator if any changes to their child booking occur.

- Either a 24 hour or 48 hour cancellation notice period is required.
- Cancellations within these timeframes will incur a cancellation fee.
- Cancellations outside of these timeframes will not incur charges.
- Casual bookings can also be made online through the parent portal.

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AGES
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Let's talk keeping safe online (including gaming and social media spaces)

- **Talk about it (and often).** The first and best thing you can do with your child is to talk to them! Ask them about why they want to be online and ask them too how they intend to connect with others (or already do). Ask them if they have an idea of the sorts of things that can go wrong and what their plan would be if something happened to make them feel upset, unsafe or worried. Asking them this first is the best way to get the conversation started, especially with older children who can feel they 'know it all' and bring a certain amount of eye-rolling to any chats you initiate. Avoiding one-way lectures is key here; what you're doing is sharing ideas and working together to come up with solutions. Tell them about your concerns and what you need to feel more comfortable about their going online. Don't be scared to bring out the 'it's my job to keep you safe' line and explain that what you're trying to do is come up with strategies together. Ask them what types of things they might have heard, and the experiences of other children their age. Ask them also what they might worry about being online, or what negative things they've imagined could happen to a child their age. Talk about what you want them to do if something ever happens or if they see anything inappropriate online, and practise the steps together. Talking about this upfront will make them more likely to come to you if they ever see something upsetting. Showing them that you're available to talk about these things is crucial because, in doing so, you're giving them an invitation to come to you with problems, questions or worries. We might think 'Oh they know they can always come to me', but giving these messages explicitly as instructions means they know ahead of time what to do if they need.
- **Consider a written agreement or contract.** If you give your child a device that connects to the internet, you are also giving them the opportunity to connect to others online. Make it clear to them that you own the device and it's a shared responsibility about how it's used. A family tech agreement or contract is a really good way to make sure everyone is clear about the online rules in your home (and

outside your home). There are many templates that you can use as a starting point, or you can create one of your own. The eSafety Commissioner, ThinkUKnow and Common Sense Media are some good places to start. Set clear rules (together) – what are some rules that will make you feel more comfortable with them using the internet? Consider what your boundaries are and ask them about what they think some fair rules might be as well. (Starting with their ideas first is always a better way to keep them listening and engaged; if we launch into a big lecture or set of conditions, they can switch off.)

Things to consider:

- Will there be limits to screen time?
- Will there be some apps or games that are a 'hard' no?
- Do you want them to show you who their 'friends' are on social media apps?
- Will the written agreement be revisited and possibly revised in the future? How often? Every six months or once a year?

Having clear rules and deciding together what they are will help keep them safe, keep communication open and clear and make them more likely to stick to rules.

- **Screens where you can see them.** Rather than giving a child an iPad to take with them wherever, consider having a shared central computer (like in the living room). Yes, this might be a bit 'old hat', but it's still an important baseline, especially for young children. This way you can keep an eye on what they're up to – and they'll be less likely to search for anything they know they shouldn't. (We all have different ideas about child and teen privacy, and that is something for you to navigate as an individual or with the other parent. But bottom line, we want to keep the lines of communication open and based on trust, so that they will come to us when and if they need.) As they get older, they'll have their own devices to use in private spaces, but even so, keep talking and sharing values, insights and ideas.
- **Make them aware of their 'digital footprint'.** Just because in some apps a photo or post can disappear after 30 seconds or 24 hours, it doesn't mean it's not been captured by others. Kids need to understand the idea that once something is up on the internet, it's permanent. There can always be screen-captures and archives and also, even when images or text is deleted, it often still comes up in searches. Because of this, they need to think carefully before putting anything online. This isn't just images or photos of themselves, but also the language they use: others can see inappropriate or abusive language, even years later. Better to err on the side of caution than to regret something later.
- **No personal information.** Because of the above point, it's so important that kids know that no personal information should ever be shared online – especially in public places like social media posts. This is a good hard and fast rule to have and can include things like phone number, address, and whatever else you decide.

For further reading, check our resources on our website www.sexeducationaustralia.com.au

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- **Letting strangers (or perceived friends of friends) into private group chats.** Teens can be quite relaxed about letting someone into a group chat, especially if that person shows a profile picture of someone of the same age, even in school uniform. Remember, anyone can save photos from open Instagram or other accounts and use them to create fake profiles. Sexploitation is on the rise and involves blackmailers gaining entry into private or group chats and asking for photos (aka nudes). Because it's been normalised, teenagers will send an image and then that is used against them, with demands for money in exchange for not releasing the picture to everyone else in the group chat. Talking about this possibility is imperative with your teens as early as possible; it helps alert them to this practice so they can better manage their risk. And again, if it does happen to them, you've already talked about it so they are more likely to come to you, and sooner.
- **Know your parental controls.** Some games, apps, wifi networks and devices will have controls that block access to certain material that isn't appropriate for children. We recommend spending time and doing research to see what is within your control and making sure that all devices your young person has access to are as locked down as possible. (You can start by reading this page from the eSafety Commissioner.) Of course, these blocks and filters don't work as a magic wall against all harmful things on the internet – in fact, nothing replaces an active, engaged and informed adult. And remember, they won't just have access to devices in your home (but of course, it helps to do what you can to keep your own home environment controlled).
- **No sexual conversations** – if so, tell an adult. This is another one we recommend placing a hard rule around, and it's something that should be talked about a lot. It's also why body safety and knowing the proper names and functions for private body parts is so important! Children need to know that if they see people with no clothes on, or if anyone talks to them about private parts, they should look away and go and tell an adult immediately. If any stranger is asking to see any photos at all – including ones of feet for example, that can be a warning sign. Some kids might worry they'll be laughed at or get into trouble if this happens to them, so it's so vital we tell our children that it's always okay to come to a trusted adult and that they'll never be punished.
- **Know who they're talking to (and no strangers).** Get them to show you who they're talking to and who they're adding on their games and social media apps. It's not an invasion of privacy to at least ask to be shown who they're talking to, and before adolescence, we would argue it's okay to ask to see at least some of their conversations – especially if it's someone that you don't know is in their real life. On this point, all of their socials pages and games (where possible) should be set to 'private'.
- **Add them on your own socials.** If you have some of the same social media or even gaming apps as they do – add them! Kids will be more likely to be aware of what they're posting if they know mum or dad can see it too. But realise that the older they get, the more likely they will be to resist this, or have another shadow account which is their 'real' account.
- **Keep on top of apps.** SnapChat? TikTok? Roblox? Minecraft? It can feel like technology is constantly evolving (it is!), and there are always new apps out there. But it helps if you can keep on top of at least the most popular sites and apps that kids are visiting. This can be as simple as looking up something your child mentions or every now and again, just doing a search or two online to see what's popular right now. Have a read about these apps. Do they have child safety features? What are the concerning elements of them? Read reviews about their safety. Knowing what your kids are using will help you be prepared. Follow organisations like Safe on Social to keep up to date with the latest trends and issues.
- **Watch out for online bullying.** Of course, along with interactions between people online come the worries and risks of online bullying. We can't hide our children away from the world, nor the internet, so the best we can do as parents is be prepared and set up channels of communication so that they feel they can come to us if something is wrong. Have a chat with your child about what bullying looks like – either face-to-face or online – and talk with them about why it isn't okay. Keep an eye out for the signs that they may be being bullied (like withdrawing from social activities, even online). Talking with them about the subtleties of put-downs, and how some people can make others feel bad with 'joke's and small comments can help them recognise it when it happens, and know that it's wrong. A simple thing you can say to your child is: 'If you ever feel bad after someone has said or done something, then that's like a message from yourself to yourself that something wrong has happened. Trust those feelings and talk to me about it if you want.'

Conversation starters (try one of these openers to get the chat going):

- 'Do you think children your age should have friends of friends added to their social media pages?'
- 'Have you heard of anyone getting upset about something that happened while they were online?'
- 'Do you know what might upset you online? Can you think of an example?'
- 'What would you do in that situation?'
- 'What would you do if something happened to a friend that upset them?'
- 'Has anything ever upset you online?'
- 'Do you think it's different, having friendships online compared with face-to-face?'

For further reading, check our resources on our website www.sexeducationaustralia.com.au

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