



# LPS News

## 26<sup>th</sup> October, 2017

EVERY  
DAY  
COUNTS  
Primary school attendance

Nerrena Road Leongatha 3953 Phone 56674600 email [leongatha.ps@edumail.vic.gov.au](mailto:leongatha.ps@edumail.vic.gov.au) Website [www.leongathaps.vic.edu.au](http://www.leongathaps.vic.edu.au)

### PRINCIPAL'S MESSAGE



#### GRADE STRUCTURE and ENROLMENTS

We are starting to organise our grade structure for 2018. If you have a child/ren enrolling at Leongatha Primary School in 2018 or if you know of family or have friends who are planning

on enrolling their child/ren, can you please collect or ask them to collect an enrolment package from the office as soon as possible. This will greatly assist us with our planning processes for 2018.

#### SUNSCREEN AT SCHOOL

With the warmer weather approaching it is always a good habit to apply sunscreen on your children before they come to school.

LPS will provide sunscreen pumps, in each year level for students to use if needed.

We are aware that some children have allergies to sunscreens and ask those children to please provide their own that can be kept in their school bag.

#### A REMINDER THAT SCHOOL HATS ARE COMPULSORY IN TERM 4.

Dot Coghlan  
Principal

### CONGRATULATIONS LILY



Good luck to LPS student Lily Hume. Lily has been selected to represent Vic Country in the Australian Country Junior Basketball Camp in January.

Day 1: On Thursday the 28th of September I went down to Shepparton to

compete with another 59 U14 girls to be selected for an Australian Country Junior Basketball Camp (ACJBC) or the Southern Cross Challenge (SCC). We had to compete with girls from all over the state to get into either of these teams. We did a two day camp where you train all day then sleep over at the basketball stadium and then train for most of the second day. It was a challenge learning things that you never knew and then putting them into a game situation.

Day 2: On the second day the selectors mostly made us play games against each other to see how we worked as a team and in a game situation. It was hard for us all to not complain about how we were so tired from the rigorous training schedule. As a result of the game simulation I was then selected to represent Vic Country in the Australian Country Junior Basketball Camp (ACJBC) in January next year.

**CURRICULUM DAY**  
**Monday 6<sup>th</sup> November**

**MELBOURNE CUP**  
**PUBLIC HOLIDAY**  
**Tuesday 7<sup>th</sup> November**

#### REMINDER

**Our Sunsmart Policy requires compulsory wearing of school hats in Terms 1 & 4. Hats can be purchased from Nicks, Target and through Buxwear**

LPS values Tolerance and Understanding, Respect, Responsibility, Excellence, Inclusion, Honesty, Care and Trust.



**Kaycie Olm 1BH**

For showing resilience when faced with challenges, and for being an all round 'great kid'.



**Ruby Katz 1S**

For working really well in a team to ensure that all participants get a fair turn.

**Chloe Bacon PR, Jayden Saario PH, Riley Leeden PEB, Arlie Houston PA.**

**Corey Mirams 1BH, Tyson Tumino 1H, Bristo Kallokkaran 1M, Joseph Andersen 1A.**

**Daniel Clissold 2E, Zac Dowel 2S, Evan Bruning 2H, Lara White 2J.**

**Zaine Martin 3B, Jorja Kenny 3B, Tyson Byrnes 3D, Ryan Beggs 3H, Matilda Hanily 3L,  
Chasey Rushton 3T.**

**Aydan Williams 4E, Alex Lawry 4H, Cameron Bruce 4H, Alanah Grist 4A, Kyle Littlejohn 4A,  
Ayanna Cashmore 4L.**

**Ava Bennett 5X, Mason Selder 5M, India Curtis 5M.**

**Hudson Martin 6R, Ollie Buckley 6R, Jada Clarkson 6H, Amy Goodluck 6MK,  
Taylor Smith 6E.**

## WALK TO SCHOOL DAY TOMORROW 27<sup>th</sup> October



Walk to School officially kicked off last week with amazing support from AFL Players Neville Jetta and Bree White alongside excited kids from Moonee Ponds West Primary School. These footy legends are encouraging thousands of Victorian primary school kids and their families to walk, ride or scoot to and from school.

Walk to School will continue throughout the month of October.

## LPS will hold a special Walk to School Day tomorrow Friday 27<sup>th</sup> October.

Students who walk, ride or scoot to school will be given a raffle ticket at the school gate and go in the draw with the possibility of winning a great prize. Happy walking, riding and scooting everyone.

## HANDLING DISAPPOINTMENT

Unhappy news and disappointment are part of daily life. Here are some tips to help you from falling apart.

1. It's OK to feel let down. You're allowed to feel unhappy. It can be helpful to acknowledge and label exactly how you feel. But don't dwell on the unhappiness.
2. Feelings are real and important to recognise but thoughts are not always the truth. Do a reality check, step back and assess. Is it really that bad? Others can help you see the big picture. Make a list of all the things going right. It will help put things in perspective.
3. Go high when hit low. We get to choose what we do, say and think about any situation. Be careful not to let disappointment take you into bitterness, resentment, anger or depression. Turn this negative emotion into a positive emotion like determination. This can restore peace of mind.
4. Avoid the temptation to catastrophize. This happens mostly when we are under stress and anxious. So find things you enjoy that reduce your stress levels. Exercise, listening to music or meditating can help us find relief from agitation.
5. In any disappointment we need to find something useful we can build on that lets us see even the smallest positive. The more we can learn to frame in a way that's constructive and positive while still being honest, the better we are able to process disappointment.
6. Try not to take other people's reactions and opinions to heart. Work on becoming secure in our own point of view so that others don't rattle us with theirs. We can also lighten up about some of our views. Be open to new ideas and facts. Don't feel the need to be right all the time. It is also important to own our mistakes and apologise when needed.
7. If you are carrying disappointment try to limit the time you spend with those who 'dump' their problems on others. Let negative news go in one ear and out the other.
8. Writing down your feelings is a great way to cope with your disappointments. Journaling is good because it lets you express your concerns and emotions in a non-threatening way. It can be a great way to grow, learn and transform from your disappointment. Writing can be used to release pain and helps us rebuild strength.
9. Making a gratitude list is a good way of getting our minds into positive mode. List everything you can think of that is positive and good and helpful. It will transform your attitude.
10. Take a few deep breaths. This will help dissipate stress hormones through oxygenating your blood and get you back into thinking mode rather than the emotional reaction mode.

These ideas are a collection of thoughts from various authors addressing the issues of stress, anxiety and disappointment.

## LEONGATHA COMMUNITY RAFFLE

The Leongatha Chamber of Commerce and Industry has organised a community raffle with some amazing prizes. With the proceeds of the raffle going to the Leongatha Primary School for new playground seating, Christmas decorations for our town and an upcoming community event 'Live On Lyon' in Lyon Street on the 2<sup>nd</sup> December starting at 11am. If tickets could please be returned to the school by the 24<sup>th</sup> November so we can announce the winners on the 1<sup>st</sup> December.

- **Raffle Tickets have been sent home to LPS families. More available from the office.**

## 10 Cyber Safety Tips

- 1. Care about the Share**  
Social media wants you to share as much as you can bear! But the share should be rare. NEVER share: passwords, private/personal information, your location.
- 2. Privacy Matters**  
If you care about the share, you'll protect your privacy, no matter what. Regularly check your privacy settings on social media, and always think before you post. It's amazing where data ends up – usually all over the internet.
- 3. Respect the Privacy of Others**  
Treat others' privacy as you would your own. Ask for your friends' permission before uploading photos and videos of them. It's not all about you, amiright?
- 4. Keep Everything Updated**  
Any idea what causes the most security breaches on the internet? Software that isn't up-to-date. Seems crazy simple, but it's true! Be vigilant about updating software, including apps, anti-virus and even the humble browser.
- 5. Spam, Spam, Spam, Spammidy-spam**  
Even with the best anti-spam and malware software – that's up-to-date – spam is the modern version of junk mail. It's everywhere! Learn how to tell the difference between real emails and messages, and dodgy things with dodgy links. Sometimes they don't look so dodgy...always be suspicious of hyperlinks in emails.
- 6. Control the Troll Within**  
There be trolls out there – beware! Don't feed them, don't give them what they want: an angry response. Block/Report the trolls. But also: resist the inner troll. If you're not adding something to the debate online, don't bother. Don't be part of the problem.
- 7. Cyberbullying and Harassment**  
If you're being targeted by this kind of behaviour, know what you can do, and where you can get help. Visit the [National Centre Against Bullying website](#) and the [Office of the Children's eSafety Commissioner website](#).
- 8. Keep Your Friends Close and Strangers at Arm's Length**  
Do you know how many true friends most people have? Three. Yup, those four thousand and fifty-two Facebook 'friends' are a combination of acquaintances, people-you-met-once, people-you-can't-remember-meeting-once, and probably, some 'randoms'. They don't need to know what you had for breakfast, or what concert you went to last night, do they?
- 9. Feel the Flow – Keep Your Life in Balance**  
Technology is incredible. Gaming, networking, apps...online shopping! But make sure you take time out and find the right balance for you. Too long on tech can put the world out of whack.
- 10. Have Fun, Friend**  
Always remember to chill out and keep things in perspective. There's too much information online to take it all in! Focus on each moment, and enjoy.

## GRADE 5 ART

Grade 5s enjoying using watercolours to create 'The Great Wave', they are inspired by the Japanese artist 'Hokusai'. An exhibition of some of his works was held recently at the National Gallery of Victoria (NGV).



## CHRISTMAS SHOE BOX APPEAL

This term, SRC will be leading the way for our annual Shoebox Appeal. This involves students/families bringing in donations of various items to package up and send to many disadvantaged children around the world in countries such as Thailand, Vietnam, Cambodia and Fiji. See below for information about donations, which can be brought to the Grade 4 area or to the General Office. **Please bring in all gift donations by Week 3**, so they can be packaged and sent in time.

### GIFT SUGGESTIONS

- ✓ **SOMETHING TO WEAR:** t-shirt, polo shirt, shorts, skirt, cap, beanie, sandals, etc.
- ✓ **SOMETHING TO LOVE:** teddy bear, doll, soft toy, etc.
- ✓ **SOMETHING SPECIAL:** carry bag, sunglasses, bangles, stickers, necklaces, craft kits, wind-up torch, a personal note, a photo of yourself, etc.
- ✓ **SOMETHING FOR SCHOOL:** exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser, chalk, etc.
- ✓ **SOMETHING TO PLAY WITH:** tennis ball, cars, skipping rope, marbles, musical instrument, o-yo, slinky, finger puppets, etc.
- ✓ **SOMETHING FOR PERSONAL HYGIENE:** soap and face washer, toothbrush, hairbrush, comb, scrunchies, hair-clips, etc.

### PROHIBITED ITEMS

- ✗ **ITEMS THAT LEAK OR MELT:** (these can spoil boxes) including toothpaste, shampoo, bubbles, crayons and plasticine/play dough
- ✗ **FOOD OR LOLLIES OF ANY KIND:** (due to customs regulations) including medicines and vitamins
- ✗ **USED OR DAMAGED ITEMS:** (due to customs regulations) including worn clothing and old toys
- ✗ **BREAKABLE ITEMS:** including glass, porcelain and mirrors
- ✗ **ITEMS THAT CAN SCARE OR HARM A CHILD:** including halloween, war or pirate-related items such as toy guns, knives, military figures or skull and crossbones
- ✗ **GAMBLING-RELATED ITEMS:** including play money, playing cards and dominoes
- ✗ **RELIGIOUS LITERATURE:** including tracts and Bibles (every child is given an Operation Christmas Child evangelistic book at an outreach event)



**CANTEEN ROSTER FRIDAY – TERM 4**  
**FRIDAYS**

**OCTOBER**

27<sup>th</sup> Tina Allen – Helen Dowel

**NOVEMBER**

3<sup>rd</sup> Tori Martin – Danielle Elkin  
10<sup>th</sup> Janine Lowe – Joel Langstaff  
17<sup>th</sup> Phil Munro – Tina Allen  
24<sup>th</sup> Mel Heber – Gaynor Greenaway

**DECEMBER**

1<sup>st</sup> Danielle Elkin – Joel Langstaff  
8<sup>th</sup> Sarah Norman – Helen Dowel  
15<sup>th</sup> Viv Scott – Kirsty Bolje

**More helpers required.**  
**If you could spare 2 hours once a term on a Friday**  
**please contact Kerrie in the canteen**

**UNITING CARE – AFTER SCHOOL CARE**  
**After School Educator - POSITION AVAILABLE**  
**Hours 3:15 – 6:00pm**

Certificate 3 (Early Years) minimum required  
Please call Kristi Burns at Uniting Care  
5662 5150

**After School Care available every day**  
**Phone 5662 5150 or email:- ucgipps.org.au**  
**mobile Number – 0466 480 712**

**COME & Try DAY** 



Korumburra Motorcycle Club  
Date: Sunday, November 5 | Sign-on: 8.30am / Start time: 9.30am  
Contact: Graeme: 0418 585 945 / Steven: 0419 014 131  
Address: 966 Outtrim-Leongtha Road, Outtrim, VIC  
Required: Bike, all safety gear | Canteen available  
Cost: Gate entry: \$25 (which includes medical)  
First-time participants will receive a FREE three month Recreational Licence!  
Website: [www.kmcc.com.au](http://www.kmcc.com.au)



Coal Creek Community Gallery  
Presents



Let Me Be Myself  
The Life Story of Anne Frank  
Exhibition

5th November 2017 - 31st January 2018  
Everyday - 9am - 5pm  
Gold coin donation  
Proceeds go to Anne Frank Exhibition Australia

12 Silkstone Rd, Korumburra      Photos collection of the  
03 5655 1811      Anne Frank Stichting  
[www.coalcreekcommunityparkandmuseum.com](http://www.coalcreekcommunityparkandmuseum.com)      (Amsterdam)

**COMING EVENTS – 2017**

**OCTOBER**

Friday 27<sup>th</sup> Walk to School Day  
Monday 30<sup>th</sup> State Athletics

**NOVEMBER**

Wednesday 1<sup>st</sup> Preps Churchill Island Excursion  
**Monday 6<sup>th</sup> Curriculum Day – No school**  
**Tuesday 7<sup>th</sup> Melbourne Cup Holiday No school**  
Wednesday 8<sup>th</sup> Junior Aths training  
Friday 10<sup>th</sup> Grade 5/6 Cricket  
Monday 13<sup>th</sup>-16<sup>th</sup> Grade 5 Sovereign Hill Camp  
Wednesday 15<sup>th</sup> Junior Aths training  
Thursday 16<sup>th</sup> Prep/1/2 Camp Day  
Monday 20<sup>th</sup>-30<sup>th</sup> Grade 2 Swimming  
Tuesday 21<sup>st</sup> Step Into Prep 1:00pm – 3:00pm  
Wednesday 22<sup>nd</sup> Junior Aths training  
Thursday 23-25<sup>th</sup> Grade 6 HPV Team – Maryborough  
Wednesday 29<sup>th</sup> Junior Aths training

**COAL CREEK**  
PROUDLY PRESENTS  
**HALLOWEEN**  
SATURDAY, 28TH OCTOBER @ 5.30PM - 10.30PM

**TICKETS ON SALE NOW AT COAL CREEK**

Trick or Treat? \$5  
Ghost Train \$5  
Count Von Boogie Show \$5

**FREE ACTIVITIES**  
Monster Bash Disco, Apple Bobbing,  
Bonfire, Reptile Show, Fire Twirler  
and Scary Buildings

**Come along in your best costumes to win cash prizes!**  
Coal Creek Community Park & Museum  
A: 12 Silkstone rd, Korumburra Ph: 5655 1811  
E: [coalcreek@outthegippsland.vic.gov.au](mailto:coalcreek@outthegippsland.vic.gov.au) W: [coalcreekcommunityparkandmuseum.com](http://coalcreekcommunityparkandmuseum.com)



Lyric Theatre Presents

# THE MUSICAL **Annie**



WORKSHOPS  
and  
INFORMATION SESSION  
**SUNDAY OCTOBER 29**  
WORKSHOPS

10.30am at  
Lisa Pellin Dance Studio  
18 Watson Road, Leongatha  
**INFORMATION SESSION**

12 noon at  
Lyric Theatre Eagger Studio  
13 Watson Road, Leongatha

**AUDITIONS**  
**NOVEMBER 10-13**

Bookings for audition times  
may be made following the  
Information Session.

Further information from Production Manager,  
Ann Hemming, email: [annhemming@hotmail.com](mailto:annhemming@hotmail.com)

FRIENDS OF THE MIRBOO NORTH SWIMMING POOL  
EVENTS COMMITTEE PRESENTS

# MIRBOO NORTH IDOL

WITH SPECIAL  
GUEST JUDGE AND  
APPEARANCE BY

**NATHANIEL**



**\$5**  
ENTRY

SUNDAY DECEMBER 3, 11 AM

Idol Competition | Nessie | Jumping Castle | Show Bags | Kids Activities | Food Vans

SEEKING CONTESTANTS FOR THE IDOL COMPETITION

THIS EVENT IS SUPPORTED BY THE FOLLOWING LOCAL ORGANISATIONS



CONTACT MARY (03) 5668 1643

Proudly designed and printed by Gippsland Printers, Taralgon (03) 5174 2348

## Kids Mini Mudda Obstacle Course

Saturday 4th of November 2017  
10:00am - 2:00pm

Register online  
\$20 per entry -  
[wonthaggi.vic.edu.au/](http://wonthaggi.vic.edu.au/)

Limited regns on the day  
@ 9:30am \$25 per entry.

Wonthaggi Primary School @ 18 Billson Street, Wonthaggi Ph: 5672 1600

First 200 to  
register will  
get a free  
T-shirt

Music and  
Other Fun

\*Entry available for  
school aged kids  
to 16 years.

\*Food, drink and  
hot beverages  
available



## GET in2 FUN GET in2 CRICKET

MILO in2CRICKET introduces girls and boys,  
aged 5 - 8, to Australia's favourite sport.  
It's great fun, kids learn the basic cricket skills  
and is available for kids of all abilities.



All kids receive a  
**BONUS  
PLAYER PACK**  
when they  
register!

### IMPERIALS CRICKET CLUB

THURSDAY'S 4:15 - 5:30

LEONGATHA SECONDARY COLLEGE - EAST CAMPUS

STARTING NOV 2<sup>ND</sup> - DEC 14<sup>TH</sup>

RECOMMENCING FEB 8<sup>TH</sup> - FEB 22<sup>ND</sup>

CONTACT: KRISTIAN GRAY 0439825168  
OR VISIT [www.playcricket.com.au](http://www.playcricket.com.au) REGISTER ONLINE ONLY COST \$80

Visit [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU) to find out more





**MICHAEL'S SUPA IGA**

**Community REWARDS**

## DOUBLE POINTS FOR SCHOOLS

Promotion:

Michael's SUPA IGA stores in Leongatha and Korumburra will be offering double points to all pre-schools, primary and secondary schools enrolled in our community rewards program.

Promotion period:

Begins – Friday 1<sup>st</sup> of September

Ends – Thursday 30<sup>th</sup> of November

Participating schools:

- Chairo Christian College
- Karmai Community Children's Centre
- Korumburra Primary
- Korumburra Secondary College
- Leongatha Pre Schools
- Leongatha Primary
- Leongatha Secondary
- Loch Pre School
- Loch Primary
- Mary MacKillop College
- St Josephs Primary Korumburra
- St Laurence O'Toole Primary School
- South Gippsland Specialists School

How will this offer work?

Anyone who currently donates their rewards points to any of the nominated schools will have their donation points doubled.

How to promote this offer to parents:

1. Parents who already shop with us – ask them to fill out the attached points donation form and allocate their points to your school.
2. Parents who don't shop with us – ask them to sign up to our rewards program in store and ask them to allocate points to your school.
3. Parents who have misplaced or lost tags – ask them to go in store and get their tags reprinted and allocate their points to your school.



**MICHAEL'S SUPA IGA**

**Community REWARDS**

## Points Donation Form

Please transfer: **ALL POINTS**  or  POINTS to

School Name \_\_\_\_\_

Customer Name \_\_\_\_\_

Tag Number 2720508

Address \_\_\_\_\_

Town \_\_\_\_\_ Post code

Phone  Email \_\_\_\_\_

Customer Signature \_\_\_\_\_

Date \ / \

Please present this completed form to the register operator at Michael's Supa IGA for processing.