



LPS NEWS

10th November, 2016

LPS – Nerrena Rd Leongatha 3953 Phone 5667 4600 Fax 5667 4699 email leongatha.ps@edumail.vic.gov.au Website www.leongathaps.vic.edu.au

LPS Moorray Cowburn



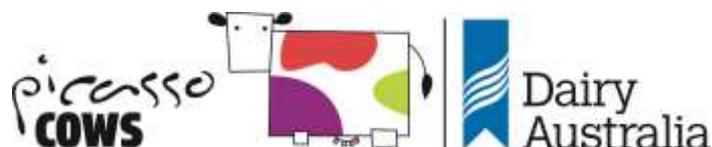
Winners are grinners - and LPS students are certainly all smiles after becoming runners up in Dairy Australia's Picasso Cows Makeover program. As part of our classroom nutrition education, students have spent the last three months revamping our much loved Picasso Cow called Moorray Cowburn.

This year over 50 schools across Australia who had previously taken part in the Picasso Cows program, were invited to give their much loved cows a spruce up and LPS makeover definitely stood out.

Our students chose Farm to Plate as their dairy learning focus, which saw Moorray Cowburn receive a new and improved look, and in the process, armed a new group of students with essential knowledge about where their food comes from and the importance of good nutrition.

Moorray Cowburn remains a permanent member of our school community. If you haven't seen her new 'look' in the flesh, you'll find her moo-ving around the school grounds, so be sure to keep an eye out!

A huge congratulations to our very hard working Picasso Cow Make-Over Team - Katrina Hodges, Emily Duncan, Jane Pierini, Andrea Clifford and Gary Nelson.



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

WELL DONE AWARDS

Maddison Beyer	PE
Lucy McNaughton	PM
Alisha Munn	PH
Jai Herral	PB
Sienna Hunt	PA

Josslyn Winkler	1R
Morgan Ashenden	1H
Emily Webb	1S
Bede Challis	1M

Baylie Kenzie	2H
Julia Spencer	2J
Thomas Telfer	2X
Alerah Ognenovski	2M

Sage Deenen	3L
Rhett Hume	3L
Flynn Smith	3S
Savannah Rooney	3S
Ollie Harle	3T

Julia Matthews	4E
Alicia McGrath	4E
Skye Munro	4A
Leah Boyle	4A
Ayla Lafferty	4H
Shae White	4H
Emma Mark	4LH
Alyssa Ebery	4LH

Harrison Selder	5G
Kinesha Anderson	5L
Lilly Holm	5L
Shelby Hastings	5M
Taylah Kenzie	5M
Seth Mallett	5B
Billy McGinn	5B

Mitchell Webb	6M
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REMEMBRANCE DAY SERVICE

Parents and friends are invited to attend our combined LPS/LSC and South Gippsland Specialist School Remembrance Day Service Friday the 11th at 10:45am on the Secondary School Oval (behind the offices)



SLEEP



Our teachers have noticed that many of our children are very tired at the moment and yawning a lot in class. Please make sure that your child

is getting enough sleep so they are at their best to learn at school.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an [argument](#) with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favourite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your [immune system](#) — which keeps you from getting sick.

WELCOME DONATION FROM ST PETERS OPPORTUNITY SHOP - LEONGATHA

St Peters Op Shop has donated \$500.00 to our school's Breakfast Program. The money has been earmarked for the purchase of fruit.

The students have been able to enjoy the addition of apples, oranges and pears after their toast and Milo.

We thank St Peters Op Shop for their generous donation and hope our relationship continues.



A MESSAGE FROM THE CHAPLAIN

The following are eight steps in the change process. I believe they will serve us well as we consider the motivation level of our child. Effectively what we are seeking is a change in their behaviour. The steps are listed below with a short explanation of how they would apply to you.

Create Urgency. For change to happen at all there has to be a sense of urgency otherwise things will just be delayed and delayed. Show them that their time at school is limited and the lessons they need to learn for life will pass them by if they don't change soon.

Form a Powerful Coalition. You won't be able to do this on your own. Make sure that your spouse, family, teachers and even your child are on board to ensure a successful change.

Create a Vision for Change. Paint a picture of the future showing the effects that will be felt in later life if they become motivated at their age. Show them that to get their dreams they will need to focus now, pay the price now to gain the rewards later.

Communicate the Vision. Ensure that you are always talking about the future, the plan, the goal so that the day to day effort can always be linked to the results. If they lose sight of the reason why they are doing this particular chore or completing their homework then their motivation level will drop.

Remove Obstacles. One of our main tasks as adults can be to remove the obstacles that might get in the way of our child's success. This could be something as simple as buying them a desk to work at if they have no real study space to assuring they become tested by a school psychologist to get access to the special help they may require.

Create Short Term Wins. These can be simple rewards along the way. Not necessarily costing anything but meaningful to them.

Build on the Change. As they begin to improve, help them see the difference that is happening around them, show how they have made real progress towards their goal. It could also be time to reassess and set an additional short or medium term goal.

Anchor the change in culture. Help them establish the change as their new way of life and also encourage them to assist any younger siblings to learn from their experiences.



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.

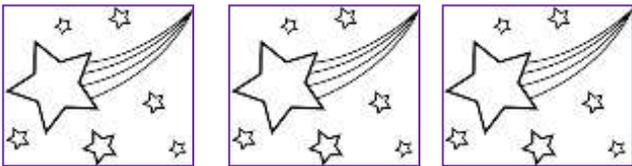
LOST CHILDREN AFTER SCHOOL

In the last few weeks we have had a number of parents who have come to us very concerned and upset at the end of the day when they cannot find their children.

On each occasion the child has been found with a friend or the child has chosen to walk home themselves.

Please make sure that you and your child have a very clear understanding of where they are meeting you or where they are going at the end of the school day.

SCHOOL BALL



What a great night was had by everyone who went to our school ball on Saturday night. It was terrific to see so many of our parents and teachers up dancing and having fun.

A huge thank you to our hard working committee who organised the fundraiser: *Ebony Best, Elodee Aitkin, Maisie Horvath, Shelley Williams, Andrea Clifford, Kylie Reid, Nicole Matheson, Prue Holt and Kate Dean.*

We really appreciate all your effort.



CURRICULUM DAY
Tuesday
20th December 2016

REMINDER

Our Sunsmart Policy requires compulsory wearing of school hats in Terms 1 & 4.

Hats can be purchased from Nicks, Target and through Buxwear

GUITAR LESSONS

Guitar lessons with Maria Tehan are available Fridays. Contact Maria directly by phone: 56552886 or email mariatehan14@gmail.com

CANTEEN DUTY

NOVEMBER

11th Phil Munro – Viv Scott
18th Janine Lowe – Kate Dean
25th Fabio Dal Pozzo – Viv Scott

DECEMBER

2nd Carmen Olm – Danielle Elkin
9th Gaynor Greenaway – Phil Munro
16th Robyn Colwill – Tina Allen

We still need volunteers for Canteen Duty, hours are 11:00am till 1:00pm, please call the school if you are available to help.

DAIRY ASSISTANCE FUNDING 2016



In 2016 the Victorian Government implemented a response package to assist dairy farming families. This included assistance for primary and secondary students attending schools (government and non-governments) where one or both parents:

- own an operating dairy farm;
- are share farmers on a property primarily operating as a dairy farm;
- hold a lease for an operating dairy farm;
- work as an employee on an operating dairy farm and this is their main source of employment.

This one-off payment of \$375 per student is only available in 2106 and will be paid to the school for eligible students. The CSEF eligibility criterion is being extended consistent with the 2016 drought

Families that have previously qualified for the 2016 CSEF Drought assistance are not able to also access the CSEF Dairy assistance funding. The Dairy Assistance CSEF payment will be paid to the school that the student is currently enrolled at the start of Term 3 2016.

Eligibility for the dairy assistance is outlined on the application form. Parents can apply for the dairy assistance funding by completing the application form and lodging it with their child's schools by 18 November 2016.

Applications are available at the office or can be downloaded on compass or our webpage under the parents tab and select Forms.

UNIFORM

School uniform is available to purchase online from Buxwear

Here is the link to their website

<http://shop.buxwear.com.au>

COMING EVENTS - 2016

November

Fri - 11 th	Grade 1 Swimming
Mon - 14 th	Grade 1 Swimming
Tue - 15 th	Grade 1 Swimming
Wed - 16 th	Grade 1 Swimming
Wed - 16 th to 19 th	Grade 6 HPV - Maryborough
Thu - 17 th	Grade 1 Swimming
Thu - 24 th	Junior School Camp Day
Thu - 24 th	Grade 4 Bike Ed
Fri - 15 th	Grade 4 Bike Ed
Mon - 28 th	Grade 3 Swimming
Tue - 29 th	Grade 3 Swimming
Tue - 29 th	Step into Prep (2017 Preps)
Wed - 30 th	Grade 3 Swimming
Wed 30 th to 2/12	Grade 5 Camp - Sovereign Hill

December

Thu - 1 st	Grade 4 Bike Ed
Thu - 1 st	Grade 3 Swimming
Fri - 2 nd	Junior School Athletics
Mon - 5 th	Grade 3 Swimming
Tue - 6 th	Grade 3 Swimming
Tue - 6 th	Grade 6 - LSC - Transition Day
Wed - 7 th	2017 Prep Information Night
Thu - 8 th	LAP/Parent Helper Morning Tea
Mon - 12 th	Grade 6 - SPLASH Fun Day
Tue - 13 th	Grade 6 - Bike Ride to Koonwarra
Tue - 13 th	Step into Prep (2017 Preps)
Thu - 15 th	Grade 4 End of Year Pool Party
Thu - 15 th	Grade 6 - Graduation Night
Fri - 16 th	Grade 6 - Kris Kringle
Mon - 19 th	End of Term 4 - Final Assembly School Finishes at 2pm.
Tue - 20 th	Curriculum Day - No School for Students

JUNIOR ATHLETICS SPORTS DAY BBQ



Friday, 2nd December 2016

Sausages \$2.00

Water \$2.00

Prima \$2.00

Open to Senior School as well

Parent helpers required - email

michelle.1128@live.com

UNITING CARE AFTER SCHOOL CARE PROGRAM

The School Holiday Program is on again with lots of fun-filled activities planned.

We also have vacancies in our current After School Care Program

For all enquiries please contact
Tracey 0466 480 712

CFA Open Day



When: 10am-2pm Saturday 12 November 2016

Where: Leongatha Fire Station, 83 Bair Street

What:

- free barbecue
- face painting
- jumping castle
- friendly firefighters
- fire safety info
- free photo of your child in firefighting gear in front of a big red truck





Movie fundraiser – Trolls

Where: Stadium 4 Cinema, Leongatha

When: Sunday 27th November

Time: to be confirmed Tuesday November 22nd

Price: Adults \$18 Children \$13

Price includes refreshments after the movie and a ticket into a door prize raffle

Contact Sarah on 0400 071 874 to purchase tickets

Hosted by Team Turtle – Relay for Life

All funds raised contribute to our 2017 fundraising goal.



SouthCoastAthletics.com
southcoastathletics@gmail.com
[Facebook.com/southcoastathletics](https://www.facebook.com/southcoastathletics)

South Coast Athletics Club Inc.
 • Open to all ages and abilities
 • Athletics Victoria Affiliated

Providing training through various State & national
www.athletics.org.au

Warragul Location:
 Southern Cross Rd Warragul
 Secondary Rd Rye Road Tullaroona
 Road Warragul

Leongatha location:
 Leongatha Recreation Reserve,
 Leongatha Drive, Leongatha,
 Victoria 3962

YOUR SENIOR ATHLETICS CLUB FOR THE SOUTH GIPPSLAND AND BASS COAST

SOUTH COAST ATHLETICS

ATHLETICS FOR ALL AGES AND ABILITIES
ATHLETICS FOR THE WHOLE FAMILY

SouthCoastAthletics.com

South Coast Athletics is a regional senior athletics club representing Bass Coast and South Gippsland regions and is an active participant team under Athletics Victoria.

SOUTH COAST ATHLETICS

COMPETES ALL YEAR ROUND

SUMMER SEASON

Our Summer season and field season runs from October to March and a local tri-week competition is offered commencing at dawn alternating between Warragul & Leongatha.

At our local competition through Summer the events are offered consisting of a sprint, jump, throw and distance run.

Athletes wanting to take their competition to the next level are encouraged to compete at State and / or State events. We also encourage participation in our Track and Field national / regional events through our Training Championships.

South Coast Athletics offers some specialist coaching in specific events.

WINTER SEASON

Winter Season consists of a cross country and road 1000 series offered by Athletics Victoria for any runners wanting to compete from April to September.

Usually we run at least 1 however individual running is also encouraged. Distances range from 3km to 21km.

Combiner meetings run every 3rd Sunday of the month at Torr alternating between Warragul and Leongatha.