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.
### WELL DONE AWARDS

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
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<tbody>
<tr>
<td>Maddison Beyer</td>
<td>PE</td>
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<tr>
<td>Lucy McNaughton</td>
<td>PM</td>
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<tr>
<td>Alisha Munn</td>
<td>PH</td>
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<td>Jai Herrald</td>
<td>PB</td>
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<td>Sienna Hunt</td>
<td>PA</td>
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<td>Josslyn Winkler</td>
<td>1R</td>
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<td>Morgan Ashenden</td>
<td>1H</td>
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<td>Emily Webb</td>
<td>1S</td>
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<td>Bede Challis</td>
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<td>Baylie Kenzie</td>
<td>2H</td>
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<td>Julia Spencer</td>
<td>2J</td>
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<td>Thomas Telfer</td>
<td>2X</td>
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<td>Alerah Ognenovski</td>
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<td>Sage Deenen</td>
<td>3L</td>
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<td>Rhett Hume</td>
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<td>Flynn Smith</td>
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<td>Savannah Rooney</td>
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<td>Ollie Harle</td>
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<td>Julia Matthews</td>
<td>4E</td>
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<td>Alicia McGrath</td>
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<td>Skye Munro</td>
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<td>Leah Boyle</td>
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<td>Ayla Lafferty</td>
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<td>Shae White</td>
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<td>Emma Mark</td>
<td>4LH</td>
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<td>Alyssa Ebery</td>
<td>4LH</td>
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<td>Harrison Selder</td>
<td>5G</td>
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<td>Kinesha Anderson</td>
<td>5L</td>
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<td>Lilly Holm</td>
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<td>Shelby Hastings</td>
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<td>Taylah Kenzie</td>
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<td>Seth Mallet</td>
<td>5B</td>
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<td>Billy McGinn</td>
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<td>Mitchell Webb</td>
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### 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.

### 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.
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 assure 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, Spammy-dspam
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

REMEMDER
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 – 11th Grade 1 Swimming
Mon – 14th Grade 1 Swimming
Tue – 15th Grade 1 Swimming
Wed – 16th Grade 1 Swimming
Wed – 16th to 19th Grade 6 HPV - Maryborough
Thu – 17th Grade 1 Swimming

Thu – 24th Junior School Camp Day
Thu – 24th Grade 4 Bike Ed
Fri – 15th Grade 4 Bike Ed

Mon - 28th Grade 3 Swimming
Tue – 29th Grade 3 Swimming
Tue – 29th Step into Prep (2017 Preps)
Wed – 30th Grade 3 Swimming
Wed 30th to 2/12 Grade 5 Camp – Sovereign Hill

December
Thu – 1st Grade 4 Bike Ed
Thu – 1st Grade 3 Swimming
Fri – 2nd Junior School Athletics

Mon - 5th Grade 3 Swimming
Tue – 6th Grade 3 Swimming
Tue – 6th Grade 6 - LSC - Transition Day
Wed – 7th 2017 Prep Information Night
Thu – 8th LAP/Parent Helper Morning Tea

Mon – 12th Grade 6 – SPLASH Fun Day
Tue – 13th Grade 6 – Bike Ride to Koonwarra
Tue – 13th Step into Prep (2017 Preps)
Thu – 15th Grade 4 End of Year Pool Party
Thu – 15th Grade 6 – Graduation Night
Fri – 16th Grade 6 – Kris Kringle

Mon – 19th End of Term 4 – Final Assembly
School Finishes at 2pm.
Tue – 20th 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: Langwarrin 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 0406 071 874 to purchase tickets

Hosted by Team Turtle – Relay for Life
All funds raised contribute to our 2017 fundraising goal.