

Jumbunnna

LALOR EAST PRIMARY SCHOOL NEWSLETTER

Issue Number 27

15 October 2019

From the Principal

Aboriginal for a Day

Our whole school event on Wednesday 9 October was INCREDIBLE! The team from cultural infusion, Big Al, Azza and Pancakes had the children and staff eating out of their hands. During the day students participated in activities which helped celebrate Aboriginal Art, Dance, Storytelling and Cultural History. It is really wonderful that we could all celebrate the amazing Aboriginal culture together. I could see by the huge smiling faces that the students gained a lot from the experience.

Thanks to Brad Jones and his team for organising such a unique experience for us all. It was definitely a highlight of my week.

2020 Plans

Remember to return your note about your 2020 plans if you will be overseas at the beginning of the year or if your child will be going to a different primary school in 2020.

Please remember if you have any specific requests regarding your child's friendship group, these must be handed in by **Friday 18 October**. Please note we **DO NOT** take requests for teaching staff. At this point in time, our staffing is not confirmed for 2020 and staff do not know which grade level they will be teaching.

2020 Portsea Camp

There are only a few spaces left for the Grade 5/6 Camp to Portsea. Please ask at the office if you have lost your form and would like your child to go on camp in 2020. 3 days at the beach in February sounds delightful!

Mental Health

Last week was Mental Health Week. You would no doubt have heard reports on the news or read articles in the paper about this issue. It is really important as parents and carers that we make looking out for our child's and our own mental health a priority.

One of the reports I heard talked about the link between increased use of technology and higher levels of anxiety in children than in previous generations. Increased use of technology often goes hand in hand with reduced quality sleep and lack of adequate physical exercise. Children who stay up late playing online games, generally don't get enough sleep. Not enough sleep has a huge impact on mental health. Children spending hours playing online games often don't participate in enough physical activity.

Check our Michael Grose's latest article on 10 Ways to Promote Mental Health and Wellbeing in Kids. I am sure you find some great tips to help you look after your child's mental health and also your own.

Proud Principal Moment

I was delighted on Sunday to receive an email from the Principal from Thomastown West PS complimenting me on the behaviour of our volleyball girls during the final on Friday. She said, 'I wanted to say how delightful your Volleyball girls were on Friday. They certainly lived your school values, smiled the entire time and represented your school incredibly well!'

Congratulations to Verla, Tala, Alofa, Tai, Theresa and Huda on your wonderful performance in the Volleyball final and more importantly or being such incredible ambassadors for our school.

Linda Richards



LALOR EAST
PRIMARY SCHOOL



UPCOMING EVENTS

1 September to 30 April
IS HAT SEASON

Hats can be purchased
from the office for \$16

Friday 11 October -
Friday 29 November
Prep - 1/2 Swimming

Monday 14 October -
Monday 18 November
3/4 Bike Ed

Wednesday 16 October
Choir Big Night Out at
Lalor North Secondary

Friday 18 October
Sport Round 7
LEPS vs EPS - HOME

Tuesday 22 October
5/6 T20 Cricket

Wednesday 23 October
Prep Bundoora Farm

Thursday 24 October
1/2 Werribee Mansion

Term 4

7 Oct - 20 Dec

2020 TERM DATES

Term 1

28 Jan - 27 March

Term 2

14 April - 26 June

Term 3

13 July - 18 Sep

Term 4

5 Oct - 18 Dec



10 ways to promote good mental health and wellbeing in kids by Michael Grose

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

10 ways to promote good mental health and wellbeing in kids continued . . .

4. Encourage creative outlets

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves. rock star of character traits.

5. Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax

Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives

Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

OFFICE NEWS

Office hours are 8:30am-4:00pm

Summer Hats

Please make sure your child brings their Summer hats to school from now on till the end of Year. Students without hats will remain undercover during recess and lunch times. Hats are available to buy at the office at \$16 each.

Change of Details

Parents if you have any change of address, phone numbers, work details or numbers, could you please let the office know.

Student Banking Tuesdays

Parents please ensure that the deposit slip is fully completed by you e.g. name, account number, student number and amount as we are unable to process payments with incomplete information.

Payments

Parents please ensure all payments are to be placed in a school envelope with your child's permission note. This is to be handed to your child's teacher, not the front office.

Administration of Medications

At times students attending school need medication to control a health condition. To ensure the best interests of all persons, medication for students will only be administered with explicit written permission from parent or guardian with permission of a medical practitioner.

When administering prescription medication on behalf of parent/carers, the original medication bottle or container such as that on the pharmacists label noting:

- the name of the medication required
- the dosage amount
- the time the medication is to be taken
- how the medication is to be taken
- the dates the medication is required, or whether it is an ongoing medication
- how the medication should be stored.

In most cases, parents/carers should arrange for written advice to be provided in a **Medication Authority Form** which a student's treating medical/health practitioner should complete.

Copies of our [Administration of Medications policy](#) can be accessed from our website or at the school office.

Personal Property

Please be aware that our school discourages personal property being brought to school by students, staff, parents and visitors. This can include mobile phones, calculators, toys, equipment, etc. Our school and the Department of Education and Training (DET) does not hold insurance for personal property brought to schools and will not pay for any loss or damage to such property. To avoid problems and disappointment please discourage children from bringing any unnecessary or valuable items to school.

SPORTS CORNER

Lalor East PS travelled to Lalor PS for the first home game back of the summer season on October 11. This was a morning jam packed with action! All teams were excited to shake off the cobwebs and showed tremendous heart! We came away with a good result, three out of six wins.

Cricket

Mixed Team LE: 38 L: 46 (Loss)

Rounders

Boys LE: 5 L: 5 (Draw)

Girls LE: 11 L: 22 (Loss)

Bat tennis

Boys LE: 33 L: 26 (win)

Girls LE: 35 L: 22 (win)

Softball LE: 8 L: 6 (win)

We will continue our season in week 2 (October 18) against Epping Primary. All games will be held at home with the exception of cricket, which will be held at W.A SMITH RES. Good luck to all of our teams next week!

Dean Sharples
Phys. Ed Coordinator

BREAKFAST CLUB

Breakfast Club is open each morning from 8:30 to 9:00 am in the Multipurpose Centre (Hall) foyer. We provide a **FREE** breakfast of toast, cereal and fresh fruit for students and their family. So come along and enjoy a nourishing breakfast before school begins.

We thank and appreciate the ongoing support from Foodbank Victoria, Bakers Delight Mernda Village, Christina Bakery, Semper Dental and Fare Share.

Amanda Einsiedel
Breakfast Club Coordinator

Student of the Week



Congratulations to the following student for receiving a Student of Week award yesterday at assembly

*1/2 Karen George, Linda & Jayla 1/2 Steph Braxten
1/2 Hannah Asha & Jina 3/4 Julie/Mary Bradley
5/6 Kristian Ali 5/6 Brad Noorali*

Literacy/Numeracy Rachel & Armani

Commonwealth Bank Awards

Well Done on your latest banking reward:

EVA





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Construction & Manipulative Play
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To book, visit:
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or call 1300 105 343

Lalor East Primary School | 15 October 2019

Coordinator | Natalie 0411 899 910

A NEW OSCH ROOM

The OSCH is currently going through a GIANT renovation. We have been very lucky to get our walls painted over the school holidays, and our awesome is Anthony building a new and improved kitchen and cupboard space. It's a work in progress, but the room is already feeling brighter, bigger and fantastic. Thank you Linda, Anthony, School Council and everyone who has been involved in the process. The OSCH children are very excited and happy. I encourage all families at Lalor East to pop in and have a look. We are new, improved and specular!

The children and I have had a ball playing and practising tricks with hula hoops. We have mastered the arm spin, but we definitely need work in getting the hula hoops to roll back. Yikes! We have worked together to create awesome group games too, thinking of ideas, rules and objections. A hit was definitely Jack's Marvellous World of OSCH. What fun!

The weather has been perfect. The children have focused on their personal best as they obstacle through the playground in OSCH Ninja Warrior, we have played dodgeball and down ball with mastery, and simply enjoyed playing together on the equipment.

To register and book your child in our program, visit www.campaustralia.com.au and use the school finder on our homepage to search for Lalor East PS School. To secure a spot for your child, we always recommend making your bookings in advance. **Your first session is free for new families! Yay!** Or you can visit the service and speak to Natalie directly.



Safety • Meaningful • Innovative • Leadership • Education

we make kids smile

CHILD SAFE STANDARDS

Information for Families

Lalor East Primary School will act to protect children from abuse and build an environment where children feel respected, valued and encouraged to reach their full potential. We do this by providing a culture of child safety embedded throughout our school so that child safety is part of everyone's everyday thinking and practice. This culture has been achieved through proactive leadership in demonstrating the appropriate values, attitudes and behaviours of Lalor East Primary School.

Our child safe environment is the product of a range of strategies and initiatives. At Lalor East Primary School, we foster a culture of openness, inclusiveness and awareness. Children and adults know what to do if they observe or are subject to abuse or inappropriate behaviour.

All staff and volunteers must consider the safety of all children, and recognise the importance of cultural safety for Aboriginal children, cultural safety for children from culturally and linguistically diverse backgrounds and the safety of children with a disability.

OUR COMMITMENT TO CHILD SAFETY

Lalor East Primary School:

- has zero tolerance for child abuse
- actively works to listen to and empower children
- has systems to protect children from abuse, and will take all allegations and concerns very seriously and responds to them consistently in line with the organisation's policies and procedures
- is committed to promoting physical, emotional and cultural safety for all children
- is committed to providing a safe environment for all children.

CHILD SAFETY OFFICER

Linda Richards (School Principal) is our designated Child Safety Officer.

SUPPORTING DOCUMENTS

Copies of the following documents can be accessed from our website or our school office

- Protecting Children from Abuse - Information for Parents & Carers
- Child Safe Policy
- Child Safe Code of Conduct
- Mandatory Reporting Policy.

School website: www.lalorestps.vic.edu.au

Click on the School Tab and then Child Safe Link to access the policies listed above

Lalor East Primary Summer Sports Fixture

ROUND	DATE	LEPS vs	HOME/AWAY	GROUND
ROUND 7	18/10/19	LEPS vs EPS	HOME	W A SMITH RESERVE
ROUND 8	25/10/19	LEPS vs LG	AWAY	HUSKISSON RESERVE
ROUND 9	01/11/19	LEPS vs TW	HOME	W A SMITH RESERVE
ROUND 10	08/11/19	LEPS vs STP	AWAY	MEADOWGLEN RESERVE
ROUND 11	15/11/19	LEPS vs STJ	HOME	W A SMITH RESERVE

SCHOOL	CRICKET - OVAL
Lalor East PS	W A Smith Reserve
Lalor PS	Lalor Reserve
Epping PS	Epping Reserve
Lalor North PS	Lalor Reserve
Lalor Gardens	Huskisson Reserve
Meadowglen	Meadowglen Reserve
St Catherines	Huskisson Reserve
St Johns	W A Smith Reserve
St Peters	Meadowglen Reserve
Thomastown East	No Team
Thomastown Meadows	Main St Reserve
Thomastown West	Main St Reserve

Play Cricket at Thomastown United

FREE CRICKET FOR UNDER 10'S PLAYERS

Seeking male and female junior cricketers to join our club

Games on Wednesday Afternoon 5pm, Training Saturday morning 9:30 am

For more information contact:

Stephen (Junior Coordinator) – 0426871983 or Riley (Secretary) – 0416382254

ARE YOU GOING ON CAMP?

\$50 (cash only) deposits due

NOW

for

The Portsea Camp

24 – 26 Feb 2020

TOTAL COST OF CAMP IS \$320



Lalor North College

Presents a Musical Performance

'The Big Night Out'

Families are invited to attend on
**Wednesday 16th October
 2019**
7:00pm–8:30pm
 Gates open 6.30pm
 Performances start 7pm sharp

With Bands and Choirs from

- Lalor North College
- Lalor East Primary School
- Lalor Gardens Primary School
- Lalor North Primary School
- Mill Park Primary School
- Mill Park Heights Primary School
- Epping Primary School
- Epping Primary Greenbrook Campus
- Findon Primary School