



### Issue No. 5 – 27 April 2021

## Upcoming Events

### Monday 3 May

Coffee & Chat - After Assembly

### Thursday 6 May

Mothers'd Day stall - main selling day

### Friday 7 May

Mothers' Day stall - last minute purchases



'Significant Females' Afternoon Tea  
2:30pm - 4:00pm in the MPC

## Office Hours

Monday to Friday from 8:30am-4:00pm

## Early Pick up

Please call the office prior to arrival to assist with a quicker collection of your child/children.

## 2021 Term Dates

**Term 2:** 19 April - 25 June

**Term 3:** 12 July - 17 September

**Term 1:** 4 October - 17 December

## From the Principal

### ANZAC Day

For over a century, Australians have served in conflict and peacekeeping around the world, protecting the values of freedom and democracy. 25 April, ANZAC Day, is a significant day in Australian and New Zealand history. It is the day we take a moment to reflect on the courage and sacrifice made by the men and women of our Australian and New Zealand Defence Forces.

The sacrifices made by the service men and women during World War 1, World War 11, Korean and Vietnam Wars ensured that we live in a country where we are free to live the way we desire. Australians continue to serve with distinction around the world. For those who served - and who continue to serve - we offer our sincere thanks. We also take this opportunity to remember those who are no longer with us.

I find it inspiring that we continue to recognise the sacrifice of these courageous people with special commemorative services held across the country. Eltham cemetery marked the occasion by placing nearly 1000 flags on the graves of those who fought for Australia over the years.



Thank you to Ben and Brad, two of our JSC members, for their moving ANZAC Day tribute during our Monday assembly.

## The Ode

*They shall not grow old,  
as we that are left grow old.*

*Age shall not weary them,  
nor the years condemn.*

*As the going down of the  
sun and in the morning,*

*We will remember them.*

## Western Australian Adventure

I was fortunate to be able to spend some extended time in Western Australia, particularly the Kimberley region, during the holiday break. It was an inspiring trip and I learnt more about the incredible history of our magnificent country. During the trip we travelled over 3000 kilometres from Broome to Kununurra. We rode bikes on the beach at Broome, watched incredible sunsets, marvelled at spectacular views and fell in love with the wonderful boab trees of the area.



Did you know boab trees can live for up to 3000 years! They were native to Africa and the seeds made their way to Australian shores and have found a home in the top part of Western Australia. They lose their leaves in the dry season. The indigenous people carve incredible artwork into the seed pods. The agile wallabies eat the white flesh on the inside

Under the tutelage of Bundy, a local indigenous leader at Cape Leveque, I learnt how to look for bush tucker and managed to find three cockles nestled in the mangrove roots. Not enough to survive on but it was a start!

I bottle fed rescued joeys and wallabies and shared my toilet facilities with two green frogs and a large huntsman spider!



My trip was amazing but I did miss all the wonderful students from LEPS. If I won Tattsлото, I would definitely organise a huge excursion to this area so I could share it with our students. I know they would love it as much as I did.

## Opening Ceremony

We are in the beginning stages of organising the Official Opening of our wonderful new facilities. Once we have the date confirmed we will send the information to you all so that you can join us for the special celebration.

## Mother's Day Celebrations

A reminder that our popular Mother's Day stall will be back next week on Thursday 6 May. Please make sure you remember to put some coins and notes away so the children can buy some gifts for the important women in their lives.

Remember, we have also organised a special afternoon at the school on **Friday 7 May** to recognise all the important and significant women in our community. Celebrations will kick off at 2:30pm and go till around 4 pm. We all know 'mothers' come in many different forms in our community including grandmothers, aunts, big sisters or special family friends. Please join us so our students can 'thank you' for your support.

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## Breakfast Club - Volunteers still needed

We still need your help as we are short of volunteers for our popular Breakfast Club! Having breakfast boosts energy levels and makes it possible for students to be able to concentrate in class and learn. If you can cook toast, cut up fruit or pour cereal and milk into a bowl we need you! We only need an hour of your time once a week between 8:00am and 9:00am. Please contact Amanda to add your name to our list of volunteers if you can help us.



## Coffee and chat returning in term 2

As we have started to get back to our COVID normal, Scott and I are hoping to reintroduce our popular 'Coffee and Chat' session from 2019. We loved these opportunities to catch up with you and listen to your thoughts on our plans and ways you think we can improve us. **Our first session since 2019 will be held on Monday 3 May** after assembly. Please join us.

## Managing Anxiety

There is no doubt that 2020 took its toll on many people, particularly our young people, from a mental health and wellbeing perspective. It is something which many of us are still trying to process. For years, many people have underestimated the impact our mental state has on our wellbeing. Having strong mental health does not mean that you won't be affected by stressful and challenging situations, it just means that you have a range of strategies of tools you can utilise to help you get through the difficult times.

The earlier parents identify their child may be suffering from anxiety and seek assistance, the better the long term outcome for the child.

At LEPS we are teaching students how to identify their emotions and also teach them strategies which can help them manage their emotions.

Sometimes it is useful for children to work with a trained professional like a psychologist to support them to better manage their anxiety. Psychological support can be accessed by visiting your doctor and getting a Mental Health Plan for your child. The Mental Health Plan allows the patient to access 10-15 sessions each year which is covered through Medicare.

Seeking support from a psychologist for your child does not in any way signify that you are not a good parent. Sometimes anxiety can manifest itself simply because of our genetic make up. Maybe we were impacted by a significant event like the death or illness of a parent, or other close family member, moving house or changing school, perhaps our parents separated. There are many significant events which can cause us stress.

We are hoping to be able to offer sessions with a trained psychologist who would visit the school to work one on one during school hours with students who have a Mental Health Plan through the team at OnPsych.

Scott, Mr Parisi and I are all available to speak to if you feel your child would benefit from support from a psychologist after reading the article from Michael Grose included in this week's newsletter.



## Linda Richards - Principal

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# Gardening Club Photos

Our gardening club has been working very hard to get our first vegetable bed ready for planting!



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## Student of the Week Certificates

Congratulations to the following students who were awarded certificates:



**19 April**

Assistant Principal - Amar & Mrs Natalie



**27 April**

Prep/1 A - Norah

Prep/1 B - Kevin

Prep/1 C - Caeden

1/2 A - Finn

3/4A - George

3/4B - Blake

3/4B - Malek

5/6A - Dean

5/6B - Gurinder

5/6B - Raffy

## Sports Report

Lalor East PS travelled to Thomastown East on Friday April 23 to compete in the opening round of our celebrated winter sports competition. All teams played their hearts out with a fantastic result, 2 out of 3 wins! A huge congratulations to all students who competed.

The scores were:

Team	LEPS	Away team	Result
Soccer	LE: 0	4	L
Volleyball Boys	LE: 50	18	W
Volleyball Girls	LE: 50	16	W
Football	LE: N/A	N/A	N/A
Netball A	LE: N/A	N/A	N/A
Netball B	LE: N/A	N/A	N/A

On Friday April 30 our teams will be playing against St. Johns. All games will be played at 17 Regal Avenue, Thomastown except football which will be played at W.A Smith Reserve.

**Dean Sharples**

**Phys. Ed Coordinator**

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# HARMONY DAY AT LEPS



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# Managing anxiety before it becomes a problem



## WELLBEING AND MENTAL HEALTH

By Michael Grose

The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as

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techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.

### In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



[CLICK HERE](https://bit.ly/3eEB5yy) to book your tickets or visit <https://bit.ly/3eEB5yy>

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## Office News

Office hours 8:30am - 4:00pm



### 2021 Parent Payments are overdue

Please contact the office to arrange payment  
Statements will be sent home next week to  
families with outstanding balances

### Change of Details

Please let the office know promptly if you have  
changed your address, phone numbers, work details  
or emergency contact numbers.

### Spare Uniform

Please consider putting extra clothes in your child's  
bag in case of any accidents that might occur during  
the day as we do not supply a change of clothes.

### Hats & Bags

As a 'SUNSMART  
SCHOOL' we need to  
ensure we wear hats  
from the middle of  
August until 30 April.  
Hats are available for  
purchase at the office for  
\$16.00.



LEPS school bags can also be purchased from the  
office for only \$10.00.

## Student Asthma Medication

It is a directive from the Department of Education that  
students must supply their own medication and  
equipment if they suffer from Asthma. Students who  
require Asthma Medication during school hours need  
to supply their own individual Ventolin or Becotide  
puffers.

Individual Spacers must also be provided for  
administering the medication. The items ALL need to  
be named and will be stored in the sick bay.

If you require an asthma action plan please see the  
office staff.



## Breakfast Club

Breakfast Club is open every morning to students  
from 8.30 am in the Multi Purpose Centre.

Students are able to receive a FREE breakfast of  
toast, cereal and fruit before they begin their busy  
day of learning.

Students can enter the school grounds to visit  
Breakfast Club through the gate beside OHSC.

Breakfast Club would like to acknowledge the  
continuing support from Foodbank Victoria, Bakers  
Delight Mernda Village, Christina Bakery and Semper  
Dental.

### Learning Task Reminders

A new task will be available to view after 4pm on:  
**Friday 7 May** - Reading [Fluency and Phrasing]

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LALOR NORTH SECONDARY COLLEGE

# OPEN DAY EXPO



Thursday 29th April 6 - 7.30 pm



*ALL WELCOME Come along & meet our students and staff*

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# TheiCare

where kids love to be!

Lalor East Primary School

Natalie 0477 177 646

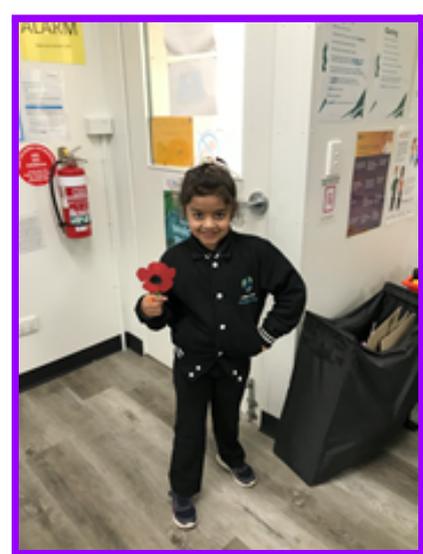
27 April 2021

## All Our Favourite Things

During OSHC last week, the children and I had fun doing our favourite activities and celebrated The ANZACS. This week the children participated in Just Dance, played various board games, modelled things with our magic sensory sands, played Uno games, and made bracelets out of Loom bands. We also made Pipe cleaner constructions and flowers, played Indoor Hide and seek and much more. For ANZAC Day some children had fun making Poppies to wear on 25 April or place at the local RSL shrine.

This week is all about amazing animals. We will be drawing, constructing using recycled boxes and play dough and mask making. We will also be playing all our favourite games, cooking up delicious treats and enjoying the sunshine on the playground or through group games.

If you are interested in booking your child/children into our fabulous service, please visit <https://theircare.com.au/> or better yet, come visit the service near the carpark and say hello.



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**TheirCare**  
where kids love to be!

Amazing Before + After School Care Programs

**Lalor East Primary School**



## About the program

**TheirCare** provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

**Lalor East Primary School** has partnered with **TheirCare** to provide quality care, flexibility and commitment to deliver on our promise to your school community.

Operation Times		Fees*	Out of Pocket	Average <sup>^</sup>
Before School Care	7:00am – 8:45am	\$25.00	\$9.41 - \$25.00	\$9.41
After School Care	3:30pm - 6:00pm	\$29.00	\$6.73 - \$29.00	\$6.73
Pupil Free Day	7:00am – 6:00pm	\$60.00	\$9.00 - \$60.00	\$9.00
Late Booking	Within 48 hours	\$5.00	\$5.00	
Cancellation Fee				
Cancellation Fee	Same Day	Full Fee	See BSC/ASC	

**Service Phone Number: 0477 177 646** Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

### How to Enrol

Visit **TheirCare** website: [www.theircare.com.au](http://www.theircare.com.au) and click on 'Book Now' in the top right hand corner to register your child's details.

\*Standard fees excluding incursion / excursion costs

<sup>^</sup>Based on ABS published average family income for the suburb the school is located

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See what's NEW at our  
**BOOK FAIR**  
Read More in May 2021!



Date 19, 21, 25, 26, 27, 29 May Time 8:30am - 9am and  
Place Our Library 3:30pm - 4pm

EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL