



Issue No. 7 – 22 June 2021

Upcoming Events

Tuesday 22 June

Grade 3-4B - Excursion to Quantum

Wednesday 23 June

Grade 3-4A - Excursion to Quantum

Semester 1 Reports available on Compass from 4:00pm

Friday 25 June

End of Term 2 - School finishes at 1:30pm

Monday 12 July

First day of term 3 - 9:00am start

Bookings open for 3 Way Conferences

Thursday 22 July

3 Way Conferences 10:30am till 7:45pm

No classes on this day. Students to attend interview with their parent

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 3: 12 July - 17 September

Term 4: 4 October - 17 December

From the Principal

End of term 2

It has been a while since our last edition of Jumbunna thanks to our two weeks of remote learning. 2021 has certainly continued to throw us some curve balls. The important thing is we keep moving forward and focusing on what needs to be done.

Sadly, we were unable to hold our Official Opening Ceremony to celebrate our gorgeous new buildings but hope to be able to do this some time in term 3. We will keep you updated.

A reminder that school finishes on Friday 25 June at 1:30pm. Please make sure you are on time to collect your child as they find it distressing when no-one is there to pick them up.

Digital Devices

We sent out a survey to families about plans to introduce a 1:1/BYOD program for students in grade 3-6 in 2022. I know 2022 sounds a long time away but it will be here before we know. It will take time to get things ready if we do decide to implement a 1:1 program as there is a limited supply of devices available in Australia at the moment. We will need to order soon to ensure we can access devices for our students.

I know some families may ask why we have chosen to do this and the reason is very clear, the lockdowns in 2020 and 2021 have shown that the majority of our students do not have access to a suitable device to complete work assigned to them during online learning. Not being able to complete assigned work impacts negatively on our students' learning! Other

schools in our area have also implemented a 1:1/BYOD and have reported that students having their own devices made it easier for them to complete work during remote learning.

There is no guarantee that there will not be further lockdowns in 2021 or even 2022.

We will make every effort to keep the price as low as we can for families. I encourage all families to have a say in this important decision by answering the survey we sent.

Luis, Scott or I are available to answer any questions families may have in relation to this proposal. Please call the office to make a time to speak to us if you have any queries.

Semester 1 Reports and 3 Way Conferences

The Specialist Learning Tasks went live on Compass on Friday 18 June. Please take the time to log on to Compass and check your child's term 2 progress in Visual Art, Music/Spanish and Physical Education (P.E).

Semester Reports will be available from 4:00pm on **Wednesday 23 June**. This report will provide valuable information to families about their child's progress against the Victorian Curriculum standards in all areas of the curriculum taught this year. The report will allow you to see your child's progress over the last 12/18 months for some subjects.

We will be conducting 3 Way Conferences on **Thursday 22 July** (week 2 of term 3) and encourage ALL families to book a time to speak to your child's teacher to gain further insights into your child's strengths, progress and areas for future growth. This time is more important than ever with all the disruptions to regular schooling than ever before because of COVID lockdowns.

We are intending to hold the 3 Way Conferences face to face. Families will be able to make a booking via Compass from **Monday 12 July till Friday 16 July**.

Adequate Sleep and A Balanced Digital Life

Getting enough sleep is vital if children are to grow and develop properly. Sleep is the time when our brain has the opportunity to move new learning from short term to long term memory so it can be recalled the next day, or a week or a month later. Sleep is also the time when our body makes any repairs needed.

The Australian Department of Health recommends between:

- 9-11 hours of sleep for children (aged 5-13 years)
- 8-10 hours of sleep for adolescents (aged 14-17 years).

Is your child getting enough sleep?

Based on what we see at school and conversations children have with us, I would say the answer is NO!

No one can deny that digital devices are a key part of our lives and are definitely here to stay. The key is to make sure they are only one part of our life and not the major focus. There are strong links between too much time spent online and a negative impact on sleeping patterns. I have included a terrific article from Dr Kristy Goodwin from the Parenting Ideas team which includes 5 simple steps parents can implement to ensure that their children can get maximum benefit from their sleep time.

Garden Club News

Thanks to Hannah Sutherland's wonderful work writing grant applications, the LEPS Garden Club will receive \$1000 from

Woolworth/Landcare to establish additional vegetable garden beds and a \$500 Ausflora Pacific - Colourful Garden voucher to spend on colourful plants and shrubs to continue our work beautifying our school as a result of Hannah's



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grant application to the Victorian Schools Gardens Program.

The cold wet weather has made gardening challenging, but we did manage to plant our Moptop Robinia with the help of some enthusiastic parent volunteers - Mohamed (Aicha's Dad), Vikram (Urvi's Dad) and Hieu (Jack and William's Dad) our students were able to plant the tree on the day we went into lockdown. We had hoped to plant the tree as part of our official opening ceremony but, COVID had other ideas!

The Mop Top Robinia is a deciduous tree which will grow into a gorgeous 'ball' shape in the years to come. It reminds me a lot of a truffula tree from one of my favourite stories, The Lorax.



Some of the students who were onsite during remote learning also helped Hannah and I plant some bulbs in our garden bed between the office and Azure Buildings. Hopefully, these will provide a burst of bright colour in Spring!



Happy Holidays

I hope all our families enjoy a well earned break during the holidays. I am hoping to travel to Darwin and assuming they remove restrictions to travellers from Metropolitan Melbourne, will be away the first week of term 3 if this happens. Scott Duncan will be in charge in my absence. I will look forward to seeing everyone on my return on 19 July (or 12 July if NT says NO!).

Linda Richards

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Student of the Week Certificates

Congratulations to the following students who were awarded certificates:

7 June - Remote Learning

1/2A - Sienna

3/4A - Isabel

3/4B - Ahmed

5/6A - Ahmed



21 June

Prep/1 A -

Prep/1 B - Mohsen

Prep/1 C - Shams and Mia

1/2A - Thomas

2A - Zarith

3/4A - Louis

3/4B - Cybelle

5/6A - Janna

5/6B - April

OSHC - Annabelle



CONGRATULATIONS!

Darcy!

Winner of Marvellous Medallion Raffle.

We hope you get to have an amazing time at the footy with your family Darcy.

Thank you to everyone who supported our fundraising efforts. We raised over \$700 which will be used to help beautify our school grounds!

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Gardening Club Photos

Our amazing gardeners have been working very hard to plant and care for all the wonderful flowers, trees and vegetables around our new school.



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It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader. It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

The Australian Department of Health recommends between:

- 9-11 hours of sleep for children (aged 5-13 years)
- 8-10 hours of sleep for adolescents (aged 14-17 years).

A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night

(Source: <https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf>)



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.



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Your Body On... SLEEP DEPRIVATION

COGNITIVE FUNCTION

Poor memory; difficulty with concentration, learning, and problem solving.

IMMUNE SYSTEM

Increased likelihood of getting sick; slower recovery and healing times

APPETITE & METABOLISM

Appetite increases; metabolism slows. Increased risk for overeating, obesity, and diabetes.

SKIN

Accelerates the effects of aging

MOOD

Increased irritability; risk for emotional disorders, anxiety, and depression

HEART HEALTH

Greater risk for high-blood pressure, atherosclerosis, stroke, and heart failure

CANCER RISK

Associated with increased rates of breast, prostate, and colorectal cancer

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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.

We still need volunteers to assist each morning so our children can start the day with good energy. Let us know if you have an hour to spare. Contact Amanda Einsiedel if you can help us.



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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^
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 and click on 'Book Now' in the top right hand corner to register your child's details.

*Standard fees excluding incursion / excursion costs

^Based on ABS published average family income for the suburb the school is located

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TheiCare
where kids love to be!

Lalor East Primary School 23 June 2021

Natalie 0477 177 646

Space

This week the children are climbing aboard the awesome OSHC rocket to venture out beyond Earth to explore our amazing solar system. Whoosh! We will be gawking at the planets and the stars, and looking out for cool aliens. Hehe! We will be making our aliens out of clay and creating galaxies and building rockets out of recycled boxes.

Did you know the Sun's volume would need 1.3 million Earths to fill it? WOW! That's a lot of Earths.

OSHC will be open from 1:30pm this Friday for the last day of Term 2. There will be games, activities, adventures and lots of fun organised. We are going to be busy bumble bees.

Have a wonderful and safe school holiday. We are looking forward to seeing you in Term 3.

Please visit the OSHC room if you have any questions or enquiries. Our wonderful staff: Natalie and Adam will be happy to help. You can also visit their website <https://theircare.com.au/>



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2021 Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Lalor East Primary School is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 20 August 2021.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc



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If you have children born between 1 May 2017 and 30 April 2019 you can now apply for:

3 and 4 year old kindergarten for 2022

Applications are also open for 4 year old kindergarten for 2023

4 year old applications for 2021 are still open

Apply online

www.whittlesea.vic.gov.au/kinder

Application forms available at

Kindergartens/Preschools
Council Offices and
Maternal & Child Health Centres.



**City of
Whittlesea**

For more information contact the Kindergarten Team on 9217 2170 or email keo@whittlesea.vic.gov.au

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