



Issue No. 14 – 9 November 2021

Upcoming Events

Tuesday 7 December - To be confirmed
Grade 6 Transition visit to secondary school

Wednesday 15 December
Grade 5-6 Funfields Excursion

Thursday 16 December
Grade 6 Graduation

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.



Slip



Slop



Slap



Seek



Slide

'Hat Season' has arrived

We all need to wear hats when we are outside
Hats can be purchased at the office

2021 Term Dates

Term 4: 4 October - 17 December

Cyber Action Team - VicSRC Awards Finalists

Congratulations to our Cyber Action Team who are finalists in the VicSRC 2021 Student Voice Award in the Student-Led Project category.

Our students completed an application stating why they felt our group should be considered for the award. We then received the exciting news that we had been shortlisted from fifty applications to be interviewed so we can be considered as the winner for this category for 2021. Only three schools were interviewed!

Esme, Sanaa, Safa, Tushaar, Ruby and Nisha were interviewed by Hayley from VicSRC on Friday 5 November. Our students did a remarkable job writing the application and then answering Hayley's questions. She was very impressed with them and Shona and I were very proud of their efforts.



The next part of the process is Hayley will show the video recording to the other panel members and the winner will be announced on Thursday 2 December at the VicSRC's Gala Event. Fingers crossed we have more exciting news to share with you before the end of the year.



Regardless of the outcome, we are incredibly proud of the initiative the students showed to write the application, prepare their responses for the interview and then complete the interview. **Well done Cyber Action Team!**

Congratulations NICE GOING!
GREAT! Way to Go!
Yea! FELICITATIONS
CHEERS Take A BEST
BOW! WISHES!

Congratulations Sanaa!

We would like to congratulate Sanaa, one of our grade 6 students, who found out during assembly on Monday 8 November that she had been awarded an academic scholarship from Mill Park Secondary. The news was announced during our assembly by Simon Mcrae, the Principal of Mill Park Secondary. This is very exciting news for Sanaa, her family and our wider community. It is lovely to hear positive news about our students.

Well done Jack!

In other exciting news, one of our former students, Jack, received the inaugural Jagajaga Resilience Award for his secondary school. The award was for Jack's enthusiastic participation in extracurricular activities to help build morale at the school whilst still focusing on his school work. Jack's parents, Sarah and Shaun are both extremely proud of Jack's efforts.

It comes as no surprise to us to see Jack continuing his awesome efforts as he was a regular at the school gate in the morning when

we dressed up every day for 6 weeks to welcome our students back onsite during 2020.



COVID-19 Cases

While we have been very excited to welcome our students back onsite, we were also extremely upset that our grade 3-4 students have had to isolate the last two weeks after only being back onsite one day. We know this has caused added stress to our families and wish that there had been a different outcome.

Unfortunately, this cycle of pop up cases may well be the 'norm' for some weeks to come as people start moving around the community after so long in lockdown.

The most important things we can all do moving forward to stop the spread of the virus is:

1. get vaccinated
2. stay at home if we are unwell
3. get tested even if it is only a tiny sniffle
4. isolate until we get a negative result
5. wear a mask
6. practice good hygiene by regularly washing our hands and using sanitiser.

If we all do these things, we can hopefully avoid another forced isolation for a year group and all our students can just enjoy being back onsite with their friends and teachers.

Respect

Honesty

Cooperation

Caring

Personal Best

Screen time for good health

We have all spent a lot of time in front of our screens over the last 18 months. While it was necessary, it has had a negative impact on the health of our eyes. We have included a terrific article from the Parenting Ideas team about simple steps families can take to protect their child's eyes from too much screen time.

We only have 5 and a half weeks left of schooling for 2021, let's all work together and make every day a memorable one for all the right reasons for everyone!

Linda Richards



Student of the Week Certificates

Congratulations to the following students who were awarded certificates:

8 November

P/1A Jaafar
P/1B Naeema
P/1C Charlee & Lucas

5/6A Sammy
5/6B Fatimah

Class of the Week 2A, 1/2A, 34A, 34B & 34C
OHSC - Sasha P

Cyber Safety Team -
Nisha, Ruby, Tushaar,
Esme, Sanaa, Safa,
Luis & Scott

Office News (Office hours 8:30am - 4:00pm)

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

As a 'SUNSMART SCHOOL' we need to ensure we wear hats from the middle of August until 30 April. The new black hats are available at LOWES for \$24.50.



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 has recommenced following Covid-safe guidelines.

Unfortunately, parents are unable to visit at this stage.

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

Breakfast Club would like to acknowledge the continuing support from Foodbank Victoria, Bakers Delight Mernda Village, and Christina Baker

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Screen time habits for good eye health by Dr Kristy Goodwin

EDUCATION/LEARNING TECHNOLOGY PARENTING WELLBEING MENTAL HEALTH



Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

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Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.

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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Why Learning with Technologies?

Lalor East Primary School have nominated Learning with Technologies (LWT) as their BYOD supplier. A family business with over 18 years' experience selling to schools. We are Australia's largest education reseller and work closely with most major manufacturers to bring the best products and pricing to education customers.



Commercial Grade Devices

The devices we offer via our portals are commercial grade that you won't find in most retail stores. Built to a higher quality and most coming with 3 year warranty options they are designed to last longer than their retail counterparts



Accidental Damage Protection

We offer well priced insurance options that give Accidental Damage protection with quick repair times. We use Manufacturers Insurance to help guarantee parts availability.



Dedicated BYOD Hotline

We have a dedicated hotline just for BYOD related calls.

Parents can call us with ordering, payment and delivery enquiries on 1300 839 605.

Payment Options



\$100 Deposit to Secure a Device

Learning with Technologies (LWT) offer parents a \$100 deposit option to secure a device and let them pay much closer to the delivery date.



12 Month Interest Free Payment Plans

We offer 12-month payment plans that are approved online via Latitude. These plans not only help spread the cost for parents but are designed so the device is fully paid for at the end of the 12 month period.



Payment Options

LWT provide a wide range of online payment methods. Please note Credit Card and PAYPAL payments incur a 1% surcharge.





Devices Available

LWT have two Chromebook devices available that have been deemed suitable for educational use by your school. Please follow the link to view <https://leps.orderportal.com.au/>

Lenovo Chromebook 100e Gen 3

\$357.50 inc GST



Optional Extras
3 year Onsite Warranty + \$94 inc
Accidental Damage with \$100 excess
(3 claims in 3 Years)+ \$116 inc
Everki Hard Case EKF842 \$26.99 inc
Targus Slipcase +\$33 inc

- 11.6" Non-Touch, AMD 3015e, 4GB, 32GB, 10 Hours, 1.25kg, 1 Year RTB, Spill resistant keyboard, Font Facing with PS



Lenovo Chromebook 300e Gen 3

\$473.00 inc GST



Optional Extras
3 year Onsite Warranty + \$94 inc
Accidental Damage with \$100 excess
(3 claims in 3 Years)+ \$116 inc
Everki Hard Case EKF842 \$26.99 inc
Targus Slipcase +\$33 inc

- 11.6" Touch, AMD 3015e, 4GB, 32GB, 10 Hours, 1.25kg, 1 Year RTB, Garaged Pen, Spill resistant keyboard, World Facing



You can order your preferred device and any optional extras at the portal - Order online at <https://leps.orderportal.com.au/> All devices order will be delivered to the school.

LEARNING with technologies

Sales 1300 550 717 Fax 1300 550 718

4 King Street Blackburn VIC 3130

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MEADOWGLEN / LALOR LITTLE ATHLETICS CLUB

Come join us for the 2021/2022 Little Athletics season.

&

*Start your Olympic journey to
Brisbane 2032.*



It's a great way to Make new friends
and have fun along the way

FURTHER ENQUIRIES PLEASE CALL

Registrar: Val Humphrey on 0417 659 097 or
val_humphrey@hotmail.com



Lalor East is turning 50 in 2022

and we are planning a big celebration!

DATE: SATURDAY 26 MARCH 2022 **TIME:** 11:30AM - 3:00PM

It promises to be a fun trip down memory lane and a chance to create some
wonderful new memories

Stay tuned for more details

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Lalor East Primary School 9 November 2021

Natalie 0477 177 646

WOW what a week we have planned at OSHC. We will commemorate Remembrance Day on the 11th by making/painting a wonderful poppy display and by sharing our thoughts and understandings of this significant day. The children and I already have had our creative hats on this week, by creating fabulous clay models, drawing funny pictures and making 3D models using recycled boxes. When the weather allows us, we will be having fun outside playing volleyball, table tennis or simply dancing to our favourite songs.

TheirCare has invited Lalor East OSHC to complete a 2 minute video outlining our amazing service. With the help of the children with their special acting, directing and editing skills, we will be making the best video in the North (only children whose parents have completed a consent form).

Dear parents of OSHC, can you kindly bring a spare brimmed bucket hat to OSHC. TheirCare's sun policy requires all children to wear a hat and sunscreen when outside in Term 4 and 1. This hat will be kept at OSHC at all times. Thank you.

If you are interested in booking your child/children into our fabulous service, please visit <https://theircare.com.au/> or call 1300 072 410.

You can even contact Natalie directly on 0477 177 646 or email laloreast@theircare.com.au



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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	\$25.95	\$10.08 - \$25.95	\$9.41
After School Care	3:30pm - 6:00pm	\$30.10	\$7.43 - \$30.10	\$7.43
Pupil Free Day	7:00am – 6:00pm	\$62.28	\$9.34 - \$62.28	\$9.34
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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