

LINCOLN GARDENS PRIMARY SCHOOL

2021 NEWSLETTER TERM 2 WEEK 6

PRINCIPAL'S REPORT:

In honour of Spencer Benbolt a lizard wood carving will be created in the Cultural Area. Spencer loved lizards, and last year he requested to Miss Watson that a lizard be put in the area. We would like to fulfil his wish. Karen Carr, a local artist, is going to be creating this on site over the next week. I invite you to come down and have a look.

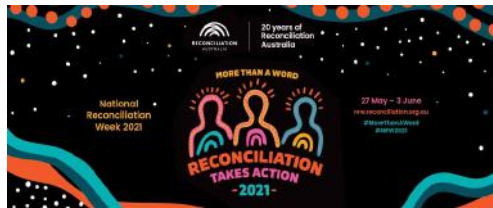
Over the past 2 weeks the Year 3's, 5's and 7's have completed NAPLAN. We are very proud of their efforts and look forward to getting their results later in the year.

It is great that the Library Café is up and running this term. Mrs Ambrose has been busy decorating the library to show the Mexican Culture. The upper primary students have roles as waiters/waitresses and support Mrs Ambrose to clean up after. So far they have gotten to taste several different Mexican foods which have been enjoyed by all the students.

Since last term Michelle Averay has been on leave; Rachel Plakakis has taken the 2/3/4 class during that time. I would like to thank Rachel for all her support that she has given to the 2/3/4 class. The students have enjoyed having her as their teacher. Kelly Lindsay will now take the class until Michelle is able to return.



Last week on Wednesday the 26th of May we held a National Sorry Day assembly. The SRC Reps ran the assembly and explained the importance of Sorry Day; classes also shared their learning. National Sorry Day is an



Australia-wide observance held on May 26th each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their



Principal Sandra Spencer

families and communities.

Following Sorry Day is National Reconciliation Week, from the 27th of May to the 3rd of June. National Reconciliation Week was initiated in 1996 by Reconciliation Australia to celebrate indigenous history and culture in Australia and foster reconciliation discussion and activities. It is held between 27th May and 3rd June of each year, with the dates holding special historical significance: the anniversary of the 1967 referendum in Australia and the anniversary of High Court of Australia judgement.

Over the coming weeks students will engage in different activities to contribute to the continue establishment of the LGPS Culture Area (cookout area). We will finish with a Cook Out on Wednesday the 10th of June. All families are invited to join us on this day; more information will be sent home.

Thank you to the many parents who have ensured that their children arrive at school on time every day. Every morning students start the day with an English Block, during this time they learn the important literacy skills to be long life learners. If your child is away please contact the school so we can record the appropriate code against their name.

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STUDENT WELLBEING LEADER'S REPORT:

'The Garage' our Interoception room has seen lots of new faces coming up to check out the space. Within this room and in class students are explicitly taught about their own body awareness and how Interoception activities can help build their self-regulation skills. 'The Garage' is also a space for students to reset for their learning if they are feeling a bit wobbly.



Wellbeing Leader Justin Pool

Interoception is one of our 8 senses such as sight, smell, hearing, touch, taste, vestibular (balance) proprioception (movement). Training our bodies with quick Interoception activities and naming and labelling how our bodies are feeling helps both children and adults to pay attention to body signals. Once we have good body awareness we are able to take action based on our body signals and help manage the way we feel. A basic example is, my tummy hurts, I must be hungry. So if I eat something I will feel better.

Each week, classes will practice an interoception activity in class helping to build all students awareness of their bodies. You too can practise with your child these some of these activities. Enjoy!

Side Leg Swing (Interoception muscle activity)



Stand up tall and put your hands on your hips.

Swing your leg out wide to the side- out and in.

Switch legs and continue to repeat swinging each leg.

Where did you feel it in your body?

Repeat the activity again, but this time focus on your hips muscles.

Where did you notice it this time when you focused on your hip muscles?

8-4-8 Breathing (Interoception breathing activity)

Find a comfortable position.

Inhale deeply through your nose for 8 seconds.

Hold the breath in for 4 seconds.

Exhale through the mouth for 8 seconds.

Where did you feel it in your body?

Repeat the activity again, but this time focus on your deep breath in through your nose and out through your mouth. You could also focus on the feeling of your chest rising and falling.



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LINCOLN GARDENS PRIMARY SCHOOL

2021 NEWSLETTER TERM 2 WEEK 6



2/3/4 Class
Dioramas
with
Ms Plakakis



Our class have been learning about reptiles, fish, mammals and animals and how to scientifically classify them correctly. We did a research project on the seahorse and discovered that the seahorse is actually classified as a fish. We then worked in small groups to design our dioramas which show the habitats, diets, life spans and life cycles of seahorses. Here you can see our finished projects!

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2021 NEWSLETTER TERM 2 WEEK 6



Sorry Day Assembly 26th May



5/6/7 recitation of 'Took the Children Away' by Archie Roach



2/3/4 'Actions speak louder than words' Flower



F/1/2 made purple flowers for healing for Sorry Day



Cupcakes from the Port Lincoln Bakery



Well done to our SRC for presenting at our assembly

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Barley Road PO Box 1786 Port Lincoln SA 5606 Ph: 08 86826277 Fax: 08 86826310 Email: dl.1158.info@schools.sa.edu.au

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2021 NEWSLETTER TERM 2 WEEK 6

DATES TO REMEMBER:

MAGIC BEACH PERFORMANCE

2ND JUNE AT 10AM WHOLE SCHOOL

COOKOUT

9TH JUNE AT 12.30PM

PUBLIC HOLIDAY

14TH JUNE

STUDENT FREE DAY

15TH JUNE

ASSEMBLY

18TH JUNE AT 2PM

TERM 2 ENDS

2ND JULY AT 2PM

SCHOOL HOLIDAYS

5TH TO 16TH JULY

GYM FUN 5—8 YEARS GYM SKILLS 8+ YEARS

GYM FUN (BOYS ONLY)
TUESDAYS 3.45—4.45PM

GYM FUN
WEDNESDAYS 3.45—4.45PM

FRIDAYS 3.45—4.45PM

GYM SKILLS
FRIDAYS 4.50—5.50PM

TERM FEES: \$80
INSURANCE/YEAR: \$80

GYMABILITY

ADDITIONAL NEEDS PROGRAM
SATURDAYS 12.00—12.45PM

SESSION FEES: \$8
CASUAL VISITS: \$10
INSURANCE/TERM: \$20

PORT LINCOLN GYMNASTICS CLUB
50 CORONATION PLACE
PH: 8683 3055
EMAIL: treasurer@lincolngym.com.au

IN THE LIBRARY THIS TERM!



AMIGOS CAFÉ
MEXICAN FOOD
TUESDAYS AT LUNCHTIMES
\$1.00 PER SERVE



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2021 NEWSLETTER TERM 2 WEEK 6



Red Ted Art

CUTE AND EASY CRAFTS FOR KIDS



To make Pine Cone Bird Feeders you will need:

- ◆ Pine cones
- ◆ String for hanging
- ◆ Bird seed
- ◆ Peanut butter (or lard)



1.

Tie your string around your pine cone with a loop for hanging.



2.

Spread your peanut butter (or lard) over the pine cone.



3.

Roll your pine cone in bird seed until well coated.



4.

Ta-da! Hang your bird feeder in the garden and have fun watching the birds!



Cheeky Chicks Lunchtime Activity Complete

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2021 NEWSLETTER TERM 2 WEEK 6

FREE SPORTS VOUCHERS

FROM OFFICE OF RECREATION, SPORT & RACING

WOULD YOUR CHILD LIKE TO PLAY A
SPORT THIS YEAR?

THERE IS HELP AVAILABLE WITH FEES

Sports Vouchers are available to all South Australian Primary School children. Each child is able to claim one voucher per calendar year.

Once you choose your provider (see below and right) let them know you want to use your Sports Voucher entitlement to discount \$100 from their membership fee. You must then provide details to the provider; the critical piece of information is your child's eleven (11) digit Medicare number or Australian visa number.

You can fill out a Sports Voucher by going to

https://www.sportsvouchers.sa.gov.au/_data/assets/pdf_file/0016/30742/2021Voucher.pdf

Or through the provider's own online registration system (if available).

After you have provided all the details necessary to receive a voucher, the provider must reduce their membership fee by up to \$100. You must then pay the remaining balance. The preferred method is to provide the discount to membership fees at the time of payment e.g. membership fees are \$200, the parent will pay \$100 and the provider will claim the remaining \$100 from the Sports Vouchers team. Some providers are unable to offer a discount upfront at the time of registration due to varying reasons and in these instances, the parent pays the full membership fee and is refunded the \$100 once the provider has received reimbursement from the Sports Voucher team.

LOCAL PROVIDERS TO CONTACT:

Boston Football Club
Matthew Place Port Lincoln
Email: craig@eyretankmakers.com.au

Charlton Cricket Club
Kirton Oval Port Lincoln
Email: charltoncc@outlook.com

LOCAL PROVIDERS TO CONTACT:

Boston Football Club
Matthew Place Port Lincoln
Email: craig@eyretankmakers.com.au

Charlton Cricket Club
Kirton Oval Port Lincoln
Email: charltoncc@outlook.com
Ph: 0419 144 884

Flinders Hockey
40 Stamford Terrace Port Lincoln
Email: flindershockeyclub@gmail.com

Lincoln South Football Club
42-44 Tennant Street Port Lincoln
Email: brenton.neale@bigpond.com
Ph: 8682 3732

Lower Eyre Peninsula Baseball Association
24 Coronation Place Port Lincoln
Email: portlincolnlittleleague@hotmail.com
Ph: 0427 186 098

Mallee Park Football Club
Seaton Avenue Port Lincoln
Email: scottk@plahs.org.au
Ph: 8683 0534

Marauders Hockey Club
40 Stamford Terrace Port Lincoln

Odette's School of Dance
23 Blackman Place Port Lincoln
Email: odetteschoolofdance@gmail.com
Ph: 0458 538 493

Panthers Hockey Club
Ravendale Oval
Email: play@panthershockey.club

Port Lincoln Basketball Association
2 Jubilee Drive Port Lincoln
Email: plsharks@bigpond.com
Ph: 0413 602 582

PROVIDERS CONTINUED NEXT PAGE:

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LINCOLN GARDENS PRIMARY SCHOOL

2021 NEWSLETTER TERM 2 WEEK 6

LOCAL PROVIDERS (CONT):

Port Lincoln Bowling Club
1 Bowling Avenue Port Lincoln
Email: admin@portlincolnbowls.com
Ph: 8683 4896

Port Lincoln Calisthenics Club
Lot 301 Matthew Place Port Lincoln
Email: portlincolncali@hotmail.com
Ph: 0400 265 130

Port Lincoln Gymnastics Club
50 Coronation Place Port Lincoln
Email: treasurer@lincolngym.com.au
Ph: 8683 3055

Port Lincoln Hockey Association
40 Stamford Terrace Port Lincoln
Email: ptlincolnhockey@gmail.com
Ph: 0419 830 055

Port Lincoln Little Athletics Centre
40 Stamford Terrace Port Lincoln
Email: portlincolnlittleathletics@gmail.com
Ph: 0409 092 326

Port Lincoln Netball Association
25 Windsor Avenue Port Lincoln
Email: plna@plna.com.au
Ph: 8682 4440

Port Lincoln Pony Club
171 Western Approach Road Port Lincoln
Email: bill_teleah@activ8.net.au
Ph: 0417 800 309

Port Lincoln Soccer Association
Matthew Place Port Lincoln

Port Lincoln Table Tennis Association
40 Coronation Place Port Lincoln
Email: portlincolntabletennis@yahoo.com.au
Ph: 0427 001 609

Port Lincoln Tennis Association
13A Tennyson Terrace Port Lincoln
Email: ptlincolntennis@gmail.com
Ph: 8682 2022

LOCAL PROVIDERS (CONT):

Port Lincoln Yacht Club
Eyre Street Port Lincoln
Email: sec.plyc@gmail.com
Ph: 8682 3442

Rangers Basketball Club
2 Jubilee Drive Port Lincoln
Email: rangersclub@hotmail.com.au
Ph: 0457 217 652

Riding for the Disabled Association SA
Proper Bay Road Port Lincoln
Ph: 8682 4544

Souths United Netball Club
Windsor Avenue Port Lincoln
Email: southunitednc@y7mail.com
Ph: 0429 830 945

Tasman Football Club
40 Stamford Terrace Port Lincoln
Email: tasmanfootballclub@gmail.com
Ph: 0427 012 607

That's Dancing Pty Ltd
6/81 Tasman Terrace Port Lincoln
Email: info@thatsdancing.com.au
Ph: 0416 242 399

Wanderers Hockey Club
40 Stamford Terrace Port Lincoln
Email: smartally36@yahoo.com.au
Ph: 0437 836 447

Wayback Cricket Club
28-30 Windsor Avenue Port Lincoln
Email: nippressjd@gmail.com
Ph: 8683 3092

West Coast Swimming Club
Port Lincoln Pool
Email: westcoastswimming@gmail.com
Ph: 0439 642 903

FREE SPORTS VOUCHERS

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