

LINCOLN GARDENS PRIMARY SCHOOL

2022 NEWSLETTER TERM 4 WEEK 6

PRINCIPAL'S REPORT:



On Thursday the 10th of November 2 students attended the DfE Student forum.



The DfE is currently inviting students from every public



school in the state to come together and have a say on topics such as student wellbeing, student agency, the curriculum, and preparing for life after school. They want to know what they currently value and to imagine the possible. The students worked through a number of tasks that

included designing something that adds value to something that already exists, analysis data from across the state in regard to NAPLAN and the student wellbeing survey. Our students made excellent contributions and enjoyed being part of such a great opportunity for student to have their say.

There are many events happening over the next 4 weeks (swimming, movies, Christmas lunches, Year 6 Graduation etc), please ensure that you check your child's bag for notes and return them to school ASAP so they do not miss out. Give the school a ring if you are unsure if the notes have been return and/or your need a new note sent home.



Principal Sandra Spencer



RESPECT RESPONSIBILITY RESILIENCE RELATIONSHIPS

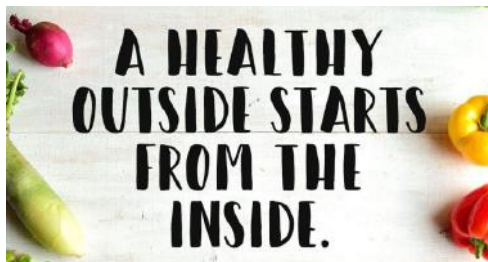


WELLBEING LEADER AMANDA PARKER

Term 4 – Week 5 | All about Nutrition

Nutrition for kids is based on the same ideas as nutrition for adults. Everyone needs the same types of things, such as vitamins, minerals, carbohydrates, protein and fat. These are called nutrients. Children need different amounts of specific nutrients at different ages. The best eating pattern for a child's growth and development considers the child's age, activity level and other characteristics. Food packed with nutrients with no or limited sugar, saturated fat, or salt added to it are considered nutrient dense. Focusing on nutrient-dense foods helps kids get the nutrients

There are five principal recommendations featured in the Australian dietary guidelines. Each guideline is considered to be equally important in terms of public health outcomes. For the full list of the guidelines visit eatforhealth.gov.au



At-a-glance guidelines.

Australian children should:

- 1. Eat sufficient nutritious foods to grow and develop normally.**
- 2. Eat a variety of foods from the five food groups every day.**
- 3. Limit intake of foods high in saturated fat, like biscuits, cakes, chips and fried foods.**



Consider these nutrient-dense

Protein. Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

Fruits. Encourage your child to eat a variety of fresh, canned, frozen or dried fruits. Look for canned fruit that says it's light or packed in its own juice. This means it's low in added sugar. Keep in mind that 1/4 cup of dried fruit counts as one serving of fruit.

Vegetables. Serve a variety of fresh, canned, frozen or dried vegetables. Choose peas or beans, along with vegetables each week. When selecting canned or frozen vegetables, look for ones that are lower in sodium.

Grains. Choose whole grains, such as whole-wheat bread or pasta, oatmeal, popcorn, quinoa, or brown or wild rice.

Dairy. Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt and cheese. Fortified soy beverages also count as dairy.

Did you know that The Community Hub provides an assortment of fruit and toast everyday to each classroom. At 10:00am each day the children have a break from their literacy learning to enjoy the toast and fruits.



Mrs Fuller Years 2,3 and 4

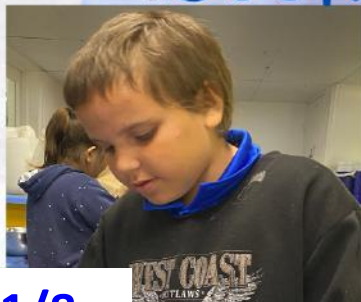
Year
2/3/4



Measuring



Numeracy
in
Cooking



Fractions $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{8}$

Converting



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Preparing for a bushfire

Lincoln Gardens Primary School has detailed plans in place to keep your child safe on catastrophic fire days or in the event of a bushfire. We are rated as a R1 school. This means that we will be closed when Port Lincoln has a catastrophic fire danger warning. On a catastrophic fire danger day, no one is permitted on the school grounds.

We will notify families via text message and our Facebook page the night before a catastrophic fire warning has been issued. It is very important that you let the office know of ANY changes to your contact details, this includes email addresses, phone numbers and residential addresses.

To help us keep your child as safe as possible, parents and caregivers can prepare for the fire danger season by:

- making a bushfire survival plan with your family
- providing us with your up-to-date contact details
- advising the school/preschool if your family's personal bushfire survival plan will impact school attendance
- talking to your child about what will happen in a bushfire emergency
- liking the CFS, SES and SAPOL pages on Facebook
- adding the emergency information hotline 1800 000 279 to your contacts.

Parents and caregivers should also read and save the new [bushfire and your child's school or preschool](#) brochure that will be emailed out to families soon. This resource explains what our school will do on a catastrophic fire day or in the event of a fire.

You can get the brochure by searching 'bushfire information' on www.education.sa.gov.au.

Up coming events

Monday November 28th Whole School Movie Excursion. \$3 per child

Tuesday November 29th Whole School Variety Christmas Lunch

Monday December 5th to Friday December 9th Years F-5 Swimming Lessons

Years F-2 \$15 per child, 3-5 \$30 per child

If you need another permission slip for any of the above, please contact the office and one will be sent home with your child. All monies must be paid in full or your child will not be able to attend.

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