

Lincoln Gardens Primary School

Issue 7 | 11th August, 2023



ATSI Children's Day

Important dates:



- Governing Council Meeting Wednesday 9th August 2.15pm
- National Science Week 14th - 18th August
- Bullying No Way! Day Friday 18th August
- Children's Book Week Parade Tuesday 22nd August 12pm
- **Student Free Day Monday 28th August**
- School Photos Thursday 31st August



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Principal's Report



Sandra Spencer



Welcome back to Term 3

Welcome back. I hope that you had a great break with your children. This term Mrs Kenny from the F/1/2 class is on Long Service Leave, Belinda Clarke will be taking the class for the term. Jenny Ambrose is also on LSL this term, Louise Pelham is in the library on Thursday and Tammy Cappelluti is implementing the Speech Programs while Jenny is away. CJ from West Coast Youth Services is now working at our site on Mondays and Wednesdays. He is supporting students in classrooms, out in the yard at recess and lunch and running a boys group in the afternoons, it is great to have him working with us.

Mid Term Reports

During the holidays you would have received your child's mid-term report card. If you have any questions/concerns or need clarification please contact your child's teacher to have a discussion.

Attendance

Last week attendance letters were mailed out to all families. It is important that parents/carers are aware of how often their child is attending and away from school. Each day that a child is absent means that they miss valuable learning opportunities which then makes it hard to catch up on their return to school. If a child misses 25 days over each year of their primary school they will miss a total of 275 days which is equal to 1&1/2 years.

Please support your child to attend school unless they are unwell. If they are away call the office to let us know the reason. If you would like support please call and make a time to meet with myself.

One Plans

One Plan goals were sent home along with the attendance letters. Please check what goals your child achieved in Term 2 and what goals they are working on this term. If you have any questions please see your child's teacher.

Movie Excursion

On the 3rd of August Variety SA paid for our school to go to Lincoln Cinema to watch the movie Elemental. It was great that we got this opportunity thanks to Variety SA.



ATSI Day

On the 4th of August we celebrated National Aboriginal and Torres Strait Islander Children's Day. On this day students learnt about the meaning behind the day and were treated to a sausage roll and donut. They create their own certificate about what is special about them, they also choose a book to take home.

This term there are many events happening: students attending STEM Congress, Book Week, Science Week, Open Night, School Photos, Cricket Clinic, Science workshop, Road Safety workshop and Bullying No Way. Students will also complete PAT Reading and Maths testing and the Phonics screening test. More information for each event will be sent home closer to when they are happening.

Student Wellbeing Leader's Report



Meryl Perks

Pyjama Day

At the end of Term 2 we celebrated with a Pyjama Day.

As well as our students being cozy and warm and looking as cute as a button we also talked about the importance of a good night's sleep.

Studies show that young people who get a good night's sleep perform better at school.

The Importance of Sleep

Good sleep is important for your child's physical and mental wellbeing.

Sleep is the time when young bodies rest and repair- ready to perform at their best when they wake.

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Relaxation tips to help sleep:

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath or shower will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or you could read a story together.
- You could also suggest your child tries some relaxing breathing exercises before bed.

Know how much sleep your child needs:

The amount of sleep your child needs changes as they get older.

A 5-year-old needs about 11 hours a night.

7pm is a good bed time allowing for 30 minutes to drift off to sleep- and then wake at 6:30 and get ready for the school day.

A 9-year-old needs roughly 10 hours- so a bedtime of 8pm might be more suitable for older students.

Avoid screens in the bedroom:

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

Older children may also stay up late or even wake in the middle of the night to use electronic devices.

Try to keep your child's bedroom a screen-free zone.

Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom:

Your child's bedroom should ideally be dark, quiet and clean and tidy.

Get help with sleep problems:

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support.

You can speak to a GP or health visitor to begin with.



Class Report Mrs Clarke & 23RM7

Arts & Media Studies

On Friday 28th July the Foundation, Year 1 & 2 class buddied up with five of the year 5/6 students, from Mr Cochrane's class.

We are using iPads to take photos of small plasticene characters the students created, placing them in the school yard to take photos, then adding a sentence to tell a story.

Ariah worked with Taylor.

David, Adam & Angus worked with Terry.

Lianna worked with Sheliah.

Dakota worked with Jay.

Naveah & Nataysia worked with Nevaeh.

Leah worked with Tammy.



Class Report Mrs Clarke & 23RM7



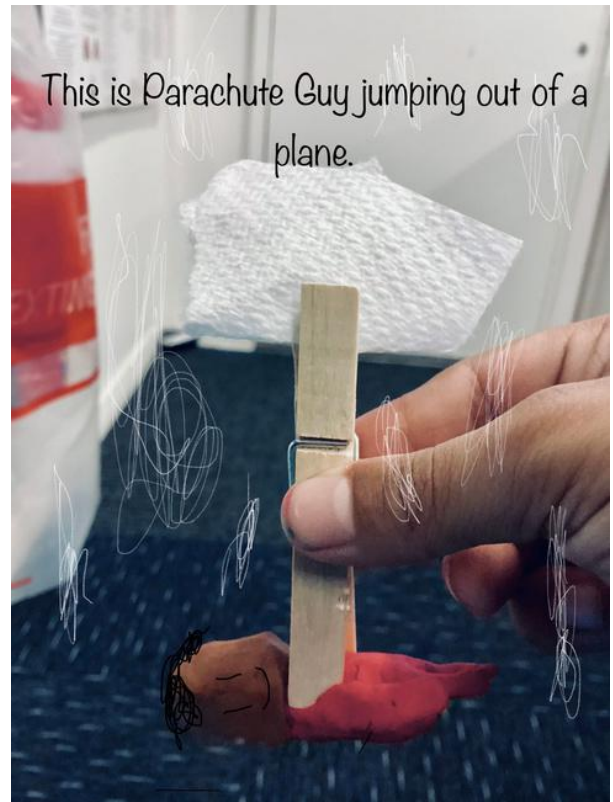
Olaf making some snow and making different snows like love hearts ❄️🧸



Wonderland is a girl, she is laying on the yellow carpet.



A person on an island and a mermaid on a rock 🌳🧑🧜‍♀️



This is Parachute Guy jumping out of a plane.

OUR STORIES



The dog is eating the cake.

Around our school

ATSI Children's Day



CELEBRATING THE UNIQUENESS OF EACH CHILD

