



# Langy's Local School News

5997 5322

52 Westernport Road, Lang Lang 3984

16th February, 2023

## DIARY DATES

### REMEMBER!

**School Office Hours**  
8.45am – 4pm

Please email the office outside these hours: [lang.lang.ps@education.vic.gov.au](mailto:lang.lang.ps@education.vic.gov.au)

**School Council**  
Monday 20th February 7pm

**First Aid Incursion**  
Grades Prep—2  
Friday 10th March

**Labour Day Holiday**  
Monday 13th March

**NAPLAN begins**  
Wednesday 15th March

**School Photos**  
Whole school  
Thursday 16th March

**RACV Incursion**  
Grades Prep - 2  
Thursday 16th March

**Pet Ownership Incursion**  
Grades Prep - 2  
Friday 31st March

**Athletics Day & Colour Run**  
Thursday 6th April

**Term 2**  
**Student Free Day**  
Monday 24th April

**Anzac Day Holiday**  
Tuesday 25th April

**3/4 Camp—Waratah Beach**  
Wed 26th—Fri 28th April

**5/6 Camp—The Ranch**  
Wed 21st— Fri 23rd June

### 2023 Term Dates

**Term 1** 30th January - 6th April

**Term 2** 24th April - 23rd June

**Term 3** 10th July - 15th  
September

**Term 4** 2nd October - 20th  
December

Bendigo Bank

RESPECT COMMUNITY POSITIVE MINDSETS POSITIVE RELATIONSHIPS

## A Message From The Principal

### Family Conferences

It was great to see our school abuzz with conversations last Monday evening at our first round of family conferences for the year. Our teachers really appreciate the conversation they are able to have with families enabling them to learn more about their students and their learning needs. If you could not make it, please reach out to your classroom teacher to arrange an alternative time. Ms Mallon will be speaking to her families directly.

### Learning Tasks

A reminder to all our families that our school uses ongoing progressive reporting on student learning growth. This means that approximately each fortnight, your child's teacher will post a "Learning Task" on Compass for you to view. This task will let you know what the focus of learning has been in a particular curriculum area (e.g. reading, maths, writing) and how your child has progressed in that area. At the end of each semester, these learning tasks are then collated to form your child's end of semester report. Last Friday, all students received a task based on how they had transitioned and settled into the beginning of the new school year. If you are unsure of how to access the learning tasks, please call the office or reach out to your child's teacher.

### School Council Elections

At the beginning of each school year, we run a nomination and if required an election process for our School Council. All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the broad direction of a school, in accordance with Ministerial Order 1280 Constitution of Government School Councils, and the Education and Training Reform Act 2006. In doing this, a school council may directly influence the quality of education for students.

Parents on school councils provide important viewpoints and have valuable skills and a range of experiences and knowledge that can help inform and shape the direction of our school. Each member of our school council brings their own valuable skills and knowledge to their role, however, in order to successfully perform their duties, councillors may need to gain some new skills and knowledge. It is important to have an interest in our school and the desire to work in partnership with others to help shape the future of our school.

This year we have 3 vacant parent positions to fill along with 3 current members eligible for re-nomination. Further information regarding dates and how to nominate for council are included in this week's newsletter and sent via Compass. If you have any questions about being on council, please don't hesitate to contact myself or our current councillors—Travis Davidge, Dean Turner, Meika Rouse, Yvonne Connor, Amy Gourley and Lauren Kennedy.



**Sharon Mitchell**  
Principal

# Acknowledgement of Country



Here is the land.

Here is the sky.

Here are my friends,

And here am I.

We thank the Bunurong people,  
For the land on which we live  
and play.

We promise to take care of it  
every single day.



# School Council Elections—information for parents

## Who is on the school council?

- **A mandated elected parent member category** – more than one-third of the total members must be from this category according to Ministerial Order 1280. Department employees can be parent members at their child's school providing that they are not engaged in work at the school.
- **A mandated elected school employee member category** – members of this category make up no more than one-third of membership. The principal of the school is automatically one of these members.
- **An optional community member category** – members are co-opted by a decision of the council because of their special skills, interests or experience. Department employees are not eligible to be community members.

A small number of school councils have nominee members.

## Code of conduct for school councillors

School councils in Victoria are public entities as defined by the *Public Administration Act 2004*.

School councillors must comply with the Code of Conduct for Directors of Victorian Public Entities issued by the Victorian Public Sector Commission. The Code of Conduct is based on the Victorian public sector values and requires councillors to:

- **act with honesty and integrity** – be truthful, open and clear about their motives and declare any real, potential or perceived conflict of interest and duty
- **act in good faith in the best interests of the school** – work cooperatively with other councillors and the school community, be reasonable, and make all decisions with the best interests of students foremost in their minds
- **act fairly and impartially** – consider all relevant facts of an issue before making a decision, seek to have a balanced view, never give special treatment to a person or group and never act from self-interest
- **use information appropriately** – respect confidentiality and use information for the purpose for which it was made available
- **exercise due care, diligence and skill** – accept responsibility for decisions and do what is best for the school
- **use the position appropriately** – not use the position as a councillor to gain an advantage
- **act in a financially responsible manner** – observe all the above principles when making financial decisions
- **comply with relevant legislation and policies** – know what legislation and policies are relevant for which decisions and obey the law
- **demonstrate leadership and stewardship** – set a good example, encourage a culture of accountability, manage risks effectively, exercise care and responsibility to keep the school strong and sustainable.

## Indemnity for school council members

School councillors are indemnified against any liability in respect of any loss or damage suffered by the council or any other person in respect of anything necessarily or reasonably done, or omitted to be done by the councillor in good faith in:

- a. the exercise of a power or the performance of a function of a councillor, or
- b. the reasonable belief that the act or omission was in the exercise of a power or the performance of a function of a council.

In other words, school councillors are not legally liable for any loss or damage suffered by council or others as a result of reasonable actions taken in good faith.

# School Council Elections—information for parents

## How can you become involved?

By participating in, and voting in the school council elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

## What do you need to do to stand for election?

The principal will issue a Notice of Election and Call for nominations in Term 1 of each year. Council elections must be completed by 31 March, unless varied by the Minister for Education.

If you stand for election, you can arrange for someone to nominate you as a candidate or, you can nominate yourself in the parent member category. You can only be nominated by another member of the same category that you are eligible for (e.g. a member of the parent electorate may only nominate another parent of that electorate).

Department employees with a child enrolled at a school where they are not engaged in work, are eligible to nominate for parent membership at that school.

Return your completed nomination form to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt via post, email or by hand delivery.

Generally, if there are more nominations than vacancies a ballot will be conducted in the two weeks after the call for nominations has closed.

## Remember

- Consider standing for election to school council.
- Ask the principal for instructions if you are not sure what to do.
- Be sure to vote if the election goes to ballot.
- Contact the principal if you are unsure about what is required at any stage of the election process.

### **School council election process and timetable**

Name of the school: Lang Lang Primary School

| <b>Event</b>   | <b>DATE</b>                          |
|--|--------------------------------------|
| Notice of election and call for nominations                                      | Thurs 16th Feb, 2023                 |
| Closing date for nominations   | Thurs 9th March, 2023                |
| Date by which the list of candidates and nominators will be posted               | Tues 14th March, 2023                |
| Date by which ballot papers will be prepared and distributed                     | On or before Thurs, 16th March, 2023 |
| Close of ballot  | Thurs 23rd March, 2023               |
| Vote count   | Fri 24th March, 2023                 |
| Declaration of poll  | Fri 24th March, 2023                 |
| Special council meeting to co-opt community members (the principal will preside) | Mon 27th March, 2023                 |
| First council meeting to elect office bearers (the principal will preside)       | Mon, 27th March, 2023                |

# Food Bank Thank You!

We would like to take this opportunity to thank the Food Bank for generously donating delicious fruit and vegetables for our students to enjoy at school.

The Food Bank has also kindly donated non-perishable food items and bread, which we have made into hampers to support members of our school community. Please contact the school office if you would like a free food hamper for your family.



## Fundraising Support Needed

Our fundraising committee plans and runs many wonderful events to raise funds for our school throughout the year. To help these events run successfully, the committee would very much appreciate any donations that families are able to make. Some of the items that would be helpful include:

- Food handling gloves - powder free latex
- Paper towels
- Napkins
- Foil trays
- Soft drink cans
- Plastic plates
- Primas
- Bon bons
- Christmas decorations (table centerpieces and tinsel)
- Plastic table cloths
- Aluminum foil
- Glad wrap
- Serving spoons
- Zooper Doopers

Please deliver any of these items to the office.

Many thanks to those families who have already made donations.

We appreciate your support of our school.

# Privacy Reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to read our school's collection notice, found [here](#) or on our website.

We ask parents to also review the guidance we provide on how we use [Google Workspace for Education](#) safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using [Microsoft 365/Google Workspace for Education], please contact the school.

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#). This information is also available in ten community languages:

- Amharic
- Arabic
- Dari
- Gujarati
- Mandarin
- Somali
- Sudanese
- Turkish
- Urdu
- Vietnamese

## Head Lice

We have had several reported cases of head lice. We ask that all parents and carers regularly check their children's hair and treat them immediately if any eggs or live lice are present.



## 2023 School Camp Dates

- **3/4 Camp—Waratah Beach**  
Wednesday 26th—Friday 28th April
- **5/6 Camp—The Ranch**  
Wednesday 21st— Friday 23rd June
- **5/6 Camp—Sovereign Hill**  
Monday 30th October—Wednesday 1st November

# New SunSmart App

You cannot see or feel UV radiation, but as the main cause of skin cancer, it is important to be aware of when UV levels reach 3 and above and sun protection is needed.

Whatever the weather, wherever you are, if the UV is 3 or more, make sure to protect yourself and your children - **SLIP** on covering clothing, **SLOP** on sunscreen, **SLAP** on a wide-brimmed hat, **SEEK** shade and **SLIDE** on sunglasses.

SunSmart and Cancer Council Victoria have partnered with the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA), Bureau of Meteorology and Deakin University's Applied Artificial Intelligence Institute (A2I2) with support from the World Health Organization (WHO), the World Meteorological Organization (WMO), The United Nations Environment Programme (UNEP), and the International Labour Organization (ILO) to develop the new [SunSmart Global UV app](#).

The new app provides worldwide UV levels and can be tailored to each person's location to display the daily, local sun protection times and a seven-day weather and UV forecast. The app has options for alerts at custom times or when sun protection is recommended. It also includes a guide on how best to protect yourself during these times.

The new SunSmart Global UV app is currently available in eight languages (English, French, Spanish, Dutch, Chinese, German, Italian and Russian) and provides hourly UV forecasts for over 2,500 locations across the globe.

**It is available for free from your app store.**



*The SunSmart app has gone global and now provides UV levels and sun protection times for different locations worldwide.*



# Vaping Facts

Get the facts about smoking and vaping



## What are your kids breathing in?

E-cigarettes and vapes are not safer than cigarettes



There are no quality or safety standards for e-cigarettes or vapes



Vaping liquids contain nicotine, heavy metals and cancer-causing chemicals



## What it does to your body:

Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



Long term use can cause lung damage, heart disease and cancers



Nicotine harms the brain development of children and teenagers



Young people who vape are more than three times more likely to move onto smoking cigarettes



## Talk to your kids about the risks of smoking and vaping

- Contact Quit at [www.quit.org.au](http://www.quit.org.au) or phone **13 78 48**
- Visit the Royal Children's Hospital website [www.rch.org.au](http://www.rch.org.au) and search 'vaping'

- Scan the QR code for more information



[www.quit.org.au/articles/teenvaping/](http://www.quit.org.au/articles/teenvaping/)



# Traffic Delays

There are currently major road works on the Kooweerup-Healesville Road between Pakenham and Kooweerup. Cardinia Road and Dalmore Road are also experiencing delays due to the increased traffic using these alternate routes.

Please allow additional travel time for delays when travelling from these areas to collect your children from school.

Google maps can be a useful tool to help plan your journey and avoid delays.



# Child Car Seat Safety

It is the law that all children under 16 years of age, when travelling in a motor vehicle in Victoria, must be restrained in a suitable restraint that is properly adjusted and fastened. The type of restraint will depend on the child's age and size. Child restraints and booster seats used in Victoria must comply with the Australian/New Zealand Standard 1754 for child restraints.

For more information please refer to the Vic Roads brochure attached near the back of the newsletter or visit [vicroads.vic.gov.au](http://vicroads.vic.gov.au).



**Buckle Kids Right: Know the Car Seat Stages**

# Parking Requirements

To assist with the safe arrival and departure of all our students, we ask that our families adhere to the designated areas for parking and movement of traffic (please refer to the traffic management map below).

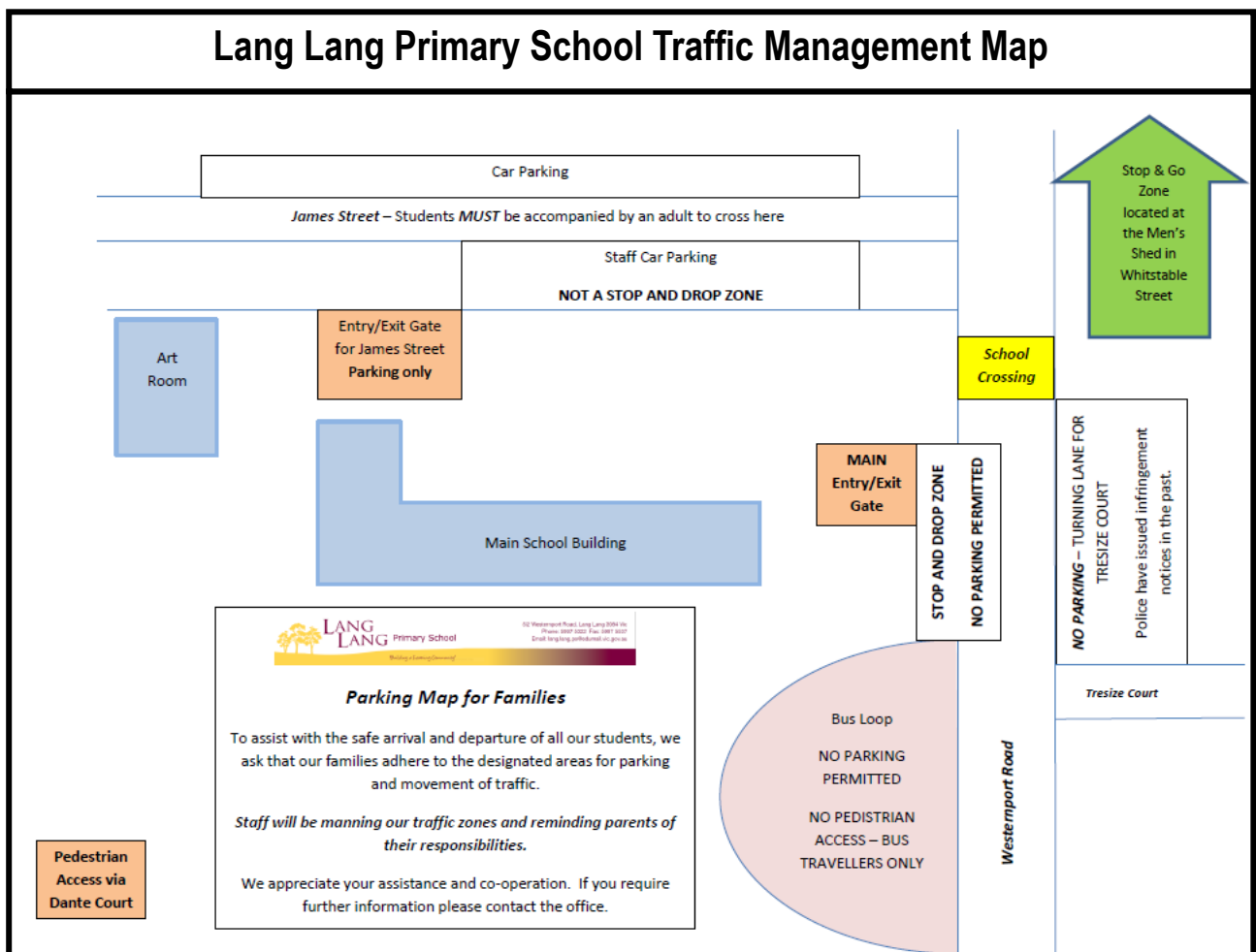
Please be aware that **no parking** is permitted at anytime in the bus loop.

## School Gate Safety

For safety reasons we ask that students and their families only enter and exit the school grounds via the main gate on Westernport Road. The James Street gate may also be used, but students must be accompanied by an adult if they need to cross the road.

There is no pedestrian access in the bus loop area (except for bus travellers who are supervised by school staff). **The bus loop gates must not be used by students or families to enter or exit the school.**

We appreciate your assistance and cooperation. If you require further information, please contact the office.



# Lunch Orders

Lunch orders are available for delivery each Friday during term time.

**Orders must be placed on Thursday mornings. Orders received on Fridays will not be able to be filled.**

Parents are to send in an order written on either a brown paper bag or an envelope on Thursdays. We also prefer that correct funds are enclosed to limit the need for change.

Please clearly record the following on your order:

- Child's name
- Child's class
- Business ordering from
- Items, including quantity

The current menu options available at the back of the newsletter.



## Mobile Phones & Smart Devices

Please be aware that **all students are required to hand in their personal mobile phones and smart devices** (iPad's, smart watches etc) at the office when they arrive at school.

We would greatly appreciate it if you too could talk to your child and remind them of the responsibility they have if they are travelling to school with a mobile phone or smart device. Our school policy, which is a mandated government policy across all schools in Victoria, is available to [review here](#).

If you have any questions or need assistance, please do not hesitate to contact your teacher or the office. **Please ensure that all devices are clearly named.**

# School Sun Hats

In **Term 1 & 4** our **SunSmart Policy** requires **all students to wear a school hat** when they are outside at school. Students without hats will be required to play undercover cover.

## Cranbourne

126 High Street Cranbourne VIC 3977

Phone: (03) 5996 6861

## Pakenham

7/99 Bald Hill Rd Pakenham VIC 3810

Phone: (03) 5941 4989



Wide brimmed school hats with our school can be purchased from the **Beleza School Uniform Shop** at Cranbourne or Pakenham from the Beleza website: <https://store.beleza.com.au>

Alternatively, plain burgundy wide brimmed school hats are available from Kmart, Best & Less, Target and Big W.

# Student Hair Requirements

All students who have **shoulder length or longer hair must tie their hair back** while at school. This requirement is to help restrict the spread of nits and headlice, and for student safety.

For more information please refer to our [Student Dress Code Policy](#).

# School Uniform Reminder

Please remember that our school uniform requirements for all students are:

- Burgundy or gold coloured t-shirt
- Burgundy windcheater
- Black tracksuit pants or shorts
- Navy and white gingham school dress

When students wear correct school uniform they are showing pride in their school and following our School Wide Positive Behaviour expectations: being responsible, being respectful and being safe.

We understand that at times it may not be possible for students to wear their correct school uniform. In this instance we do request that you provide a signed note, explaining the situation, to your child's teacher.

# COVID-19 Update for schools

## COVID-19 isolation requirements have changed

The Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders. The following settings, based on advice from the Department of Health, will apply from 11.59pm Wednesday 12 October 2022.

It is strongly recommended that **students**:

- who test positive to COVID-19 stay home and isolate for 5 days
- should not attend school after 5 days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- advise the school of the COVID-19 positive test result

Where **students** become symptomatic at school they should:

- be collected by their parents/carers
- undergo testing for COVID-19

## Reporting positive COVID-19 test results

The Department of Health recommends that a person who tests positive for COVID-19 should inform those with whom they have recently been in contact, including their workplace, schools and household.

Parents and carers will therefore be asked to continue to report positive student COVID-19 cases using the [VicED COVID Tool](#).

Where a parent/carer informs the school by phone or written notification, the school should complete the [Schools COVID Case Management Tool](#).

## COVID-19 vaccination changes

The current mandatory vaccination requirement for staff and visitors, contractors and volunteers working in specialist schools will cease to apply from 11.59pm Wednesday 12 October. COVID-19 vaccination, including booster doses, continues to be strongly recommended for all school staff.

## Face masks

Staff and students who wish to wear a face mask should be supported to do so, and schools should continue to make face masks available for staff, students and visitors.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19, for at least 7 days after a positive test, when they need to leave home.



RESPECT

COMMUNITY

POSITIVE MINDSETS

POSITIVE RELATIONSHIPS

# Positive School Wide Behaviour Awards

The following students recently received an award for: **Being Responsible, Respectful or Safe.** Congratulations to all those students for helping to make Lang Lang Primary School great!



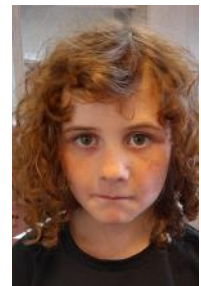
Prep D - **Oscar**



Prep M - **Ruby**



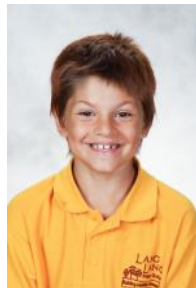
1/2 R - **Nash**



3/4 J - **Sebastian**



3/4 M - **Brysen**



5/6 S - **Justin**



5/6 T - **Chris**

# LANG LANG PRIMARY SCHOOL EXPECTED BEHAVIOURS

IN THESE SETTINGS WE ARE...

## RESPECTFUL



## SAFE



## RESPONSIBLE



Follow directions.

Use please, thank you and excuse me.

Use a kind tone of voice.

Use equipment for its correct purpose.

Ask to use other people's property.

Keep body to self.

Walk inside.

Are in the right place at the right time.

Give others space.

Wear the correct school uniform.

Look after our own things.

Organise the correct equipment.

Participate.

Listen actively.

Allow others to stay on task.

Put our hands up to speak.

Work quietly.

Work as a team.

Tuck in our chairs.

Sit only where we are meant to.

Stay on task.

Pack up.

Arrive in the classroom on time.

Complete all tasks.

ALL SETTINGS

CLASSROOM

# Reminders

## Health

Just a reminder that **children must be well** in order to attend school.

Please check your child each morning to ensure that they are **not suffering from** any of the following symptoms:

- **Fever**
- **Chills**
- **Sore throat**
- **Cough**
- **Runny nose**
- **Loss of sense of smell**



Your help and understanding is greatly appreciated in this matter.

## Labelling Clothing

Please remember to label your children's jumpers and jackets. As children warm up during the day they often take off these extra layers!

**Name labels should only be placed on the inside collar or inside waist band of school uniform.**

External labelling of school uniform is not within school policy.



## Help Available

If you or anyone you know needs help, please contact:

[Lifeline](#) on 13 11 14

[Kids Helpline](#) on 1800 551 800

[Direct Line](#) Victoria drug/alcohol counselling on 1800 888 236

[Mens Line](#) Australia on 1300 789 978

[Suicide Call Back Service](#) on 1300 659 467

[Beyond Blue](#) on 1300 224 636

[Headspace](#) on 1800 650 890

[Head to Help](#) on 1800 595 212



# Reminders

## Lost Property

If your child is missing a jumper, drink bottle or other item, please remind them to come and check the lost property box in the main hallway outside the Grade 1/2 classrooms.

**Any lost property not collected will be sent to the OP Shop at the end of each term.**



## Cutlery

Please provide your child with their own plastic spoon or fork if they need utensils to eat their food while at school.



## Privacy Reminder

As stated on your child's enrolment form, our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to remind yourself of the school's collection statement, found at the end of this Newsletter.

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#).

## Past Newsletters

School newsletters are available for viewing on Compass for a two week period. If you need to access past newsletters, they are located on our school website: <http://www.langlangps.com.au/newsletters.html>

# PICK&MIX

FOR A HEALTHY LUNCHBOX  
SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

### 1 FRUIT

#### FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

#### MIXED FRUIT

- Fruit salad
- Fruit kebabs

#### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

#### TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



### 2 VEGETABLES

#### FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

#### Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

#### SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

#### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

#### SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

### 3 MILK, YOGHURT AND CHEESE

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

#### Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices

- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

#### Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

### 4 MEAT OR MEAT ALTERNATIVE

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, stiverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter\*

#### Can serve with:

- Wholegrain sandwich roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

#### Vegetable fritata

- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

#### Can serve with:

- Side salad
- Steamed or roasted vegetables

### 5 GRAIN AND CEREAL FOOD

#### MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

#### Tip: Use breads such as

wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, nanc, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi

#### SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

#### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

#### SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

### 6 WATER

- Take a water bottle (for refilling throughout the day)

#### Tip:

- Freeze overnight to keep foods cool in lunchboxes

**Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.**

**Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.**



\*Check your school's policy regarding the use of nuts and products containing nuts.



**Windermere®**  
everyone is someone  
in our community

WE LIVE HERE TOO

# Out of School Hours Care

at Lang Lang  
Primary School



**Enrol  
Now for  
2023!**

If you require before and after school care for your child in 2023, we can help.

We offer:

- A fun and safe environment
- A leisure-based program that promotes social play and enjoyment
- Healthy breakfasts and afternoon snacks
- Age appropriate activities

Enrol today by visiting  
[windermere.org.au/oshc](http://windermere.org.au/oshc) or  
contact Luke on 1300 946 337.

Snap to  
find out  
more



### Country Grind Café Lunch Order List.

- Hot Dogs \$5.00
  - Mini pizza \$6.00
  - Potato Cakes \$1.50
  - Pies
    - Plain \$6.50
    - Mushroom, Cheese bacon \$7.00
  - Sausage rolls \$6.00
  - Steamed dim sims \$1.50 each
  - Sauce soy and tomato 25c
  - Toasted Ham and Cheese Croissants \$6.00
  - Toasties Ham and cheese, Chicken, and cheese \$6.00
  - Fresh Sandwiches/rolls etc. Ham cheese and chicken cheese \$6.00 Add Tomato 50c
  - Vegemite, Peanut butter, Nutella etc. \$3.00
  - Sweet Chili chicken tender wraps, Honey Mustard tender wraps. \$9.50
- 
- Yoghurt \$3.50
  - Fresh muffins \$5.50
  - Banana bread \$5.00
  - Choc chip cookies \$1.50
- 
- Water \$2.50
  - Pop top Apple, orange \$2.50
  - Nippy's flavored milk chocolate, strawberry, honeycomb \$3.50
  - Nippy juice apple, orange, apple blackcurrant \$3.80

# SLOP ON SUNSCREEN



SLIP



SLOP



SLAP



SEEK



SLIDE

**WAIT!**

Before you go outside...

Have you **SLOPPED** on SPF30 (or higher) sunscreen?

Don't forget your face, neck and ears.

And the parts of your arms and legs not covered with clothing.

If you can see your skin, UV can reach it.

# Youth Group

For Aboriginal & Torres Strait Islander young people

Come down to My Place in  
Pakenham for community  
connection,  
food & fun

**TUESDAY 28TH FEB**  
**4PM - 6PM**  
**MY PLACE**

5-7 MAIN ST, PAKENHAM VIC 3981

**FOR AGES 10-25**  
**PARENTS & CAREGIVERS**  
**WELCOME**

Register via the link or scan the QR to book



Cardinia Shire Council

**YOUTH  
SERVICES**

In collaboration with:





## Parentzone Southern News and Events Term 1, 2023

Find out about ParentZone Pods. Programs being run in the Southern Region from our Supported Playgroups, Transition Programs, Parenting Programs and Workshops. Help lines and Communities for Children and other Anglicare Programs.

### ParentZone Southern

P: (03)9781 6767 or 1300 984 200

75 Army Rd Pakenham (PO Box 774)

Pakenham 3810

[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)



# PARENTZONE

**BETTER  
TOMORROWS**



**Great Networking  
Opportunities**



## **Parent, Engagement, Education & Resources**

**CASEY / CARDINIA SHIRE**

**P.E.E.R. NETWORK MEETING, Term 1, 2023**

- Share resources, discuss programs
- Identify gaps in services
- Collaborative opportunities
- What works well, what are the challenges
- Strategies for building resilience when working with parents

**Date:** Tuesday, 22nd February 2023

**Time:** 10.00pm - 12.00pm

**Online Zoom:**

[https://us06web.zoom.us/j/86837467145?](https://us06web.zoom.us/j/86837467145?pwd=cDBrLzBzWDNkY0dsZVhqDB4cG1HZz09)

[pwd=cDBrLzBzWDNkY0dsZVhqDB4cG1HZz09](https://us06web.zoom.us/j/86837467145?pwd=cDBrLzBzWDNkY0dsZVhqDB4cG1HZz09)

**Meeting ID:** 868 3746 7145

**Passcode:** 349109

For more information please email :  
[jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au) or  
call 0438004285

**PARENTZONE**



## BABY MASSAGE CLASS

For parents, step-parents, grandparents, and carers of children aged 0-12 months.  
Join us for a free 6-week program to share and experience a different way of connecting with your child

Noticing and understanding your baby's cues

Creating a stronger bond with your baby

Using massage and other communications to comfort, soothe and settle your baby

Growing your skills and resources for more confident parenting

**DAY:** Fridays 17/2, 24/2, 10/3, 17/3, 24/3, and 31/3

**TIME:** 1.00 pm - 3.00 pm

**WHEN:** 17 February - 31 March

**WHERE:** 75 Army Road, Pakenham

**COST:** FREE

**INQUIRIES:**  
Vanessa Hammond 0429 454 693  
vanessa.hammond@anglicarevic.org.au  
Register via the QR or email Vanessa



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# KARATE & KICKBOXING

## Lang Lang Public Hall

Saturday: 9.30am to 10.30am (6 YEARS+)

10.45am to 11.45am (12 years +)

KICKBOXING (15 YEARS & over )

Saturday: 10.45am to 12.00 noon

\* Learn Self Defence \*

\* Build Fitness, Awareness & focus \*

\* Learn to Respect, Discipline \*

\* Affordable Fees—Pay As You Go \*



FIRST TRIAL LESSON FREE

Contact: 0418 809 808 ( Grand Master Terry Lim )

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# Are you eligible to join Saver Plus & receive \$500 for your back to school costs?

Must meet all eligibility criteria:



Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*



Be studying yourself OR have a child in school (can be starting school next year)



Have regular income from work (either yourself or your partner)\*



Be 18+ years old

\*Many types of income and Centrelink payments are eligible

