



Langy's Local School News

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52 Westernport Road, Lang Lang 3984

1st May, 2020

DIARY DATES

REMEMBER!

2020

Mother's Day Stall @ Pressed Café

Shop 4/14-16 Westernport Rd
6th-8th May
12:30—2:30pm

Mother's Day Sunday 10th May

Grade 3 Camp 23rd - 25th November Forest Lodge

TERM DATES 2020

Term 2: 14/04/20 - 26/06/20

Term 3: 13/07/20 - 18/09/20

Term 4: 05/10/20 - 18/12/20



RESPECT

COMMUNITY

POSITIVE MINDSETS

POSITIVE RELATIONSHIPS

A Message From The Principal

Congratulations and Thanks

From all the staff here at LLPS we wish to pass on our heartfelt thanks to all our families for their support and commitment to continuing the learning of our children. We understand that many parents (as are many of our staff) are working as well as supporting home learning and this is a huge challenge. Our message is—Do the best you can! The work that is being uploaded everyday by our students is amazing. Please remember to take regular breaks and it is not the expectation for students to be spending hours upon hours completing tasks. Each class has a reading, writing and maths task and perhaps a fun/challenge activity. If you have concerns or are unsure, please do not hesitate to contact your child's teacher or myself. We are here to support you.

Wellbeing Wednesdays

For some it seems hard to believe that we have been in remote learning for just on two and a half weeks now. As we enter week 4 of this term and everyone has developed a good understanding of how to access the learning whilst at home we thought it was time to ensure that we build in some balance to everyone's week.

All our teachers have been rigorously seeking feedback from students and their families and we have been closely monitoring how everyone across our community is coping with wearing multiple hats during this time.

To ensure that when we return to school full time, we are all mentally and physically well, we will be introducing "Wellbeing Wednesdays" beginning Wednesday 6th May.

On Wednesdays, classroom teachers will not be posting new learning tasks for that day. This will be the day for families to put aside academic materials and focus on activities or tasks that will give everyone in the home a chance to reset.

This may include:

- Completing our favourite specialist class activities: P.E., Art, and Music. Ms Hynes, Mrs Stirling and Mrs Turner are posting some great fun activities that require very little if any use of technology. Take the time on a Wednesday to enjoy as much of these activities as you can.
- Call a friend or relative. Strong oral language is an extremely important skill for students to be continuously developing. My own children have committed to calling their grandparents to talk to them about their week and offer a distraction to isolated relatives.
- If your child wants to catch up on any tasks or complete a project they have been sent, take this day to do it at their own pace without rushing through.
- Let your child choose a favourite activity that they can do independently giving you time to catch up on tasks/work.
- Put a movie on while you have a cup of tea in peace! That's OK!

We are mindful that many of our families are still trying to work at home whilst managing home learning. We hope that this day will give everyone an opportunity to put school directed tasks to the side and do what works for you and your family.

Our teachers will be using this day to assess and respond to student work, plan and create tasks (which includes videos and voice recordings) for the upcoming week. Teachers will also be meeting in their teaching teams (via WebEx) to continue their professional learning and catching up with families where needed. We are all missing just being able to call into each other's classroom to seek assistance and advice.

For students who have to learn on site due to their carers work commitments, they will use this day to catch up on their specialist subject tasks and complete activities that give them an opportunity to reset.



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School Council AGM

Our School Council AGM for 2020 was held on Tuesday evening following a postponement from March. At this AGM nominations positions and new members were accepted and endorsed. Our community is now represented by the following people:

- President- Travis Davidge
- Vice-President- Dean Turner
- Treasurer/Secretary- Fiona Barwick
- General members—Erin Kelly, Michelle Waixel
- DET members—Michelle Shepherd

The following sub-committees were approved : Buildings & Grounds, Fundraising, Finance and Curriculum & Policy. Our Annual Report for 2019 was also presented which will be available to view on our website shortly.

A reminder to our community that there are general membership positions available on our school council, we encourage you to join us. Our next meeting will be held on Tuesday 16th June at 7pm.

Mother's Day

Don't fear kids! Mum can still be taken care of on Mother's Day. With great thanks to Pressed Café we will still be holding our annual Mother's Day stall. Jess and Rob have offered us the use of their spare dining room to set up our stall. The stall will be manned from 12:30—2:30pm on Wed 6th, Thurs 7th and Friday 8th May. Gifts (an example below of some of the items) will range in price from \$1 to \$8. A huge thanks to our parents that organised the ordering of our gifts back in term 1. We look forward to seeing you at Pressed Café next week.

Students On-Site

Students who are currently participating in on-site supervision here at school, your days will remain the same until you notify us otherwise. Should your work shifts change, please contact the office. We remind all families that if you can learn from home you must learn from home.

Prep Enrolments for 2021

Understandably our plans for 2021 Prep enrolment information sessions for term 2 have been put on hold. If you have a student due to be starting school in 2021, please contact the school either by phone or email to register your details. This will enable us to forward appropriate information directly to you.

Compass Reminder

A reminder to all our families to ensure they have accessed our new communication platform Compass. We will no longer be sending notifications via the Skoolbag App. If you need assistance, please contact the office.



Sharon Mitchell
Principal



LANG LANG PRIMARY SCHOOL EXPECTED BEHAVIOURS

IN THESE SETTINGS WE ARE...

RESPECTFUL



SAFE



RESPONSIBLE



ALL SETTINGS

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.

CLASSROOM

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.

Chaplaincy News

3 ways to help your children adjust to the “NEW Normal.”

Below is an article that I have adapted from a resource I use personally. I hope you find it both useful and helpful.

If you're like many parents we know, day by day, you're trying to handle meals, figure out school, and manage your kids' boredom—all while worrying about your job and your future. We want you to know: [We're here for you.](#)

Regardless of your children's ages, it's likely they have a lot of questions about everything happening. Almost overnight, all the daily routines that they relied on for stability changed. One of the best things we can do for them right now is to establish a new “normal.”

Here are 3 things you can try at different times throughout the day to help your kids adjust:

[Ask your kids what they're thinking about. Then listen.](#)

Even if they say difficult or troubling things, try not to show alarm on your face. Your kids need a safe space to talk, and the opportunity to fully express their thoughts and feelings in their own words.

[Be the example you want to see in your house.](#)

Take care of your own well-being during this time, so that you'll be able to give your kids the emotional support they need. Here's where you can find some peace and encouragement for you:

[Clearly define your days.](#)

If your kids have been used to a weekly schedule—with you at work and them at school or day care—the days may start blurring together when everyone's home. Giving each day of the week its own theme can help you build a rhythm, a sense of structure. Here are a few examples:

Taco Tuesday – Don't have taco ingredients? Make sandwiches, taco style, folded in half.

Wacky Wednesday – Wear socks that don't match. Type “recipe” into Google, with a list of whatever random ingredients you have, and make that together.

Funny Friday – Play together. Be silly. Make jokes. Watch a funny movie or TV show. Make Friday night Family Game Night.

Warm regards to you all.

Matt Stear – School Chaplain

Prep S & Prep/One D

Hi Everyone,

I have been so excited to do the remote learning with you especially since everyone has been doing their best work. I have especially loved seeing photos you take and listening to the recordings about your work and hearing your voices.

Everyone is improving in their skills. I can tell. Students are reading most days and some are recording in their scrapbook how long they read because they want to get better at reading for longer. I hope you like the books we have been reading and listening to on Epic Books and Storybox Online. They have been my favourite ones. We now have a new set of readers on WUSHKA which is very exciting. Passwords have been sent to everyone.

Your writing skills have been amazing. Everyone is getting better at writing the letters and sounds and practising stretching the words. I really enjoy reading your sentences and I can see you are all working hard. Everyone is practising reading and writing the golden words. I will have to get the new words ready for us to learn.

Maths activities have been fun and I can see big smiles on your faces in the photos you post about counting, adding and making. The scavenger hunt was a bit of a challenge to do as the weather changed and we had to wait for the rain to stop. Squirrels are tricky to find in Australia but someone did report they saw real kangaroos in their backyard!!

We have been learning different things about ourselves and our family during this time. It's ok to have as many breaks as you need during the day. I have been going for short walks, patting my dog, doing some home jobs, making something for my family. It's also ok to be grumpy or missing your friends. Remember to breathe and be kind to your family. Do you remember the belly breaths we were practising?

Thanking you- Enza Sutton

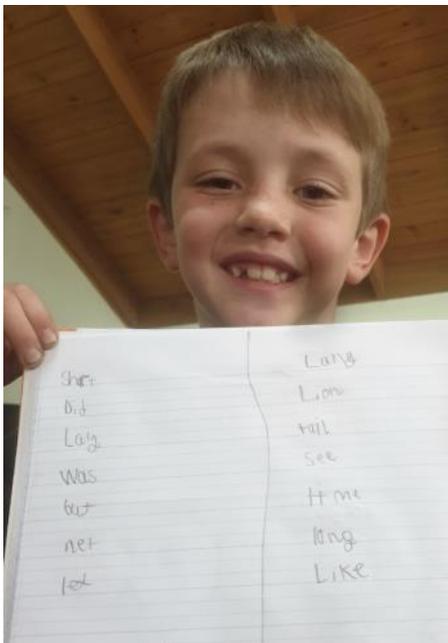
1/2D & 1/2H

1/2D 8 1/2H

We have been super impressed with how everyone is managing at home. We love seeing you all via WebEx and meeting your pets!

Below are some of great examples of the work we are seeing every day. Keep up the amazing effort.

Emma Hadrian and Caity Doman.



3/4H & 3/4M

During remote learning each day the grade 3/4 students are posed with a “What if...?” question. The questions are a chance for the students to learn a little about themselves and be creative with their responses. It is also an opportunity for us to get to know our students a little bit better. We have been thoroughly entertained by some of the responses.

If I could be the Prime Minister of Australia I would change the country so that everyone would live a better life. There would be no more rich or poor and everyone would like each other and we would be happier. Emilee

What if one thing you could do would change the world. I would get rid of Corona Virus so everyone could go back to work and live their normal lives. I would do this by finding a vaccine. Coby

My favourite all time song is Titanium by David Guetta and Sia. I like it because I like dancing to it and singing it. It makes me feel happy. Ruby

What if you could be famous. What would you be famous for? I would be a YouTuber because you can inspire people to learn and push their limits to a higher level. You can be a gamer, vlogger and so many other things. Jet

What if you could be an animal for the day and why? I would be a cat because my favourite animals are cats. I would like to be patted all day and experience walking on four legs. Amberly

If I had a superpower I would want to be invisible. How cool would it be to walk around without being seen, playing practical jokes on my friends and they wouldn't even know it was me. Raine

Mrs Michie, Mr Horton and Mrs Davidge

5/6H & 5/6S

Congratulation 5/6H & 5/6S on your amazing work in Google Classrooms. You have impressed us immensely with your independence and problem solving skills. The quality of the work you are submitting is to be celebrated. We look forward to your bringing your new found skills and attitude back to the classroom soon.

Year 6 Transition Forms

A big thank you to the families who have already returned their application form for Year7 in 2021. Whilst there is still a few weeks remaining for these forms to be returned, early completion would be appreciated by the office. If you haven't received a form, please contact the office.

SEAL Program at Koo Wee Rup Secondary College Updates

In light of the current social distancing restrictions the **SEAL Exam for 2021 students will be postponed to Saturday the 18th of July**. The assessment will begin at 9am and will either be conducted in person at school or online, pending government decisions about whether schools will re-open in Term 3. The mode of testing will be confirmed as soon as possible.

Applications can still be submitted either in hard copy to the general office, via post, or via email to pain.karen.k@edumail.vic.gov.au . Payment can also be organised over the phone through the general office.

The application form (3 pages) and the examination fee of \$25 must be returned to the college by Monday the 4th of May, 2020. For the information booklet, click this link: [SEAL-INFORMATION-BOOKLET-FOR-2021a](#)



Colour Wheel Art Challenge



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 shalots)
- 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, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous 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
 - Crisps/reads
 - 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.