



# Langy's Local School News

5997 5322

52 Westernport Road, Lang Lang 3984

29th April, 2022

## 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)

**Thursday 5th May**  
Mother's Day Stall Set Up  
Volunteers needed from 9am

**Friday 6th May**  
Mother's Day Stall  
Volunteers needed from 9:30am

**Saturday 21st May**  
Federal Election  
Fundraising Sausage Sizzle—Volunteers needed

**Monday 13th June**  
Queen's Birthday Holiday

**Tuesday 14th June**  
Curriculum Day  
Student Free Day

**Friday 17th June**  
Hero4Heart Kids  
Dress Up Day  
Gold Coin Donation

**Friday 24th June**  
Last Day of Term 2  
MND Day  
Wear blue  
Beanies for sale and gold coin donation

#### 2022 Term Dates

Term 1: 31st January - 8th April

Term 2: 26th April - 24th June

Term 3: 11th July - 16th September

Term 4: 3rd October - 20th December



RESPECT

COMMUNITY

POSITIVE MINDSETS

POSITIVE RELATIONSHIPS

## A Message From The Principal

### Welcome Back for Term 2

What an amazing start to term 2, it was fantastic seeing all our students return on Tuesday following a well deserved break after the busyness of term 1. We could not have been prouder of the way that our students, staff and families all demonstrated amazing resilience and empathy towards each other as we completed our first full term in nearly two years. Our explicit instruction across all our classes in building positive behaviours through our School Wide Positive Behaviours and Respectful Relationships curriculum has supported all our students to re-establish themselves as positive members of our school community. We could not be more proud of how well all our students respond by focusing on exhibiting a positive attitude towards others and themselves. Included in this newsletter is information regarding our focus in Respectful Relationships over the coming weeks, we encourage you to discuss these themes at home and listen to your child's perspective on this area of learning.

### Fundraising Superstars

Our Fundraising Army have outdone themselves in term 1 raising close to \$10,000 for our school. Our parent community took advantage of the many community events being held in our town including the Show n Shine, Rodeo, Car Club and Dog Shows. These together with the Colour Run and Easter raffle have contributed enormously to our fundraising effort for the year. We can not thank the amazing group of parent volunteers led by Travis, Yvonne, Meika and Amy. The funds raised so far this year are going towards replacing an air conditioning unit in the junior school and beginning works on making a pedestrian entrance to the school grounds on Westernport Road.

We invite all our school community to help out with the various fundraising activities across the year as you are able. Coming up next is the Mother's Day stall and Sausage Sizzle on Election Day. If you would like more information please don't hesitate to contact the school or reach out to any of our School Councillors (Travis Davidge, Dean Turner, Yvonne Connor, Meika Rouse, Amy Gourley and Lauren Kennedy).

### Colour Run

Congratulations to all our students and our parent volunteers in making our Colour Run on the final day of term 1 such a great success. Students who were able to fundraise online will be receiving their prizes today. We will announce at assembly next week our biggest fundraiser.

### ANZAC Day

We wish to acknowledge and thank the Lang Lang RSL for hosting a special service for our senior students on Tuesday in commemoration of ANZAC day. Our students visited the Cenotaph in the main street, laid a wreath and observed a minutes silence. They were all then invited into the RSL rooms to observe the various historical memorabilia on display and chat to local members.

### Calling All Gardeners

Are you a bit of green thumb? Enjoy pulling out a weed? Then please feel free to come up to the school at anytime to help keep our wonderfully large gardens weed free. You are more than welcome to visit the school and help us maintain our amazing outdoor spaces.



**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.



# RESILIENCE RIGHTS & RESPECTFUL RELATIONSHIPS

The Respectful Relationships program in our school, supports us to promote and model respect, positive attitudes and behaviours. It teaches our children how to build healthy relationships, resilience and confidence.

Over the next three weeks, our classes will be focusing on **Topic 3: Positive Coping**.

## AIMS

Learning activities throughout this topic will assist students to:

- Reflect on their emotional responses
- Discuss ways in which they can take responsibility for their actions
- Describe ways to express emotions which show an awareness of the feelings needs of others
- Practice techniques to deal with feelings of fear, frustration and anger
- Identify a range of coping strategies to help deal with intense emotions
- Identify the influence of self talk on their actions and emotions.

## Evidence Base

As they grow and develop, all children will encounter situations where they feel worries, nervous and sometimes even scared. Individuals deal with the demands on them by drawing on a range of coping strategies. Some strategies are more productive than others. Helping students to learn a range of positive coping skills allows them to develop and practise those skills and enable them to cope with future changes and challenges.

Positive self-talk is a key strategy for coping with negative thoughts, emotions and events. Resilience research shows that use of positive self-talk is associated with greater persistence in the face of challenge, whereas negative self-talk is associated with higher levels of distress, depression and anxiety. Positive self-talk can be learnt or strengthened through practice.

## Talking at home

Use the following prompts to discuss this topic further at home:

- Talk about what you do to cheer yourself up when you are feeling sad or disappointed, what calms you down when you are feeling angry or sad.
- What types of things made you scared, angry or sad when you were a child and what helped you
- Keep a journal or start a shared family page of the phrases that we can use to help us practise positive self-talk

# CFA Thank You!

Many thanks to the Lang Lang CFA who attended and helped out at our recent 'Colour Explosion' Fun Run. The Lang Lang CFA were very generous with their time and resources and we really appreciate how they helped to make our special event such a memorable day.



## 'Colour Explosion' Prizes

We are pleased to let you know that the fundraising prizes for our recent 'Colour Explosion' Fun Run have arrived at school and will be sent home on Friday!

If you are available and would like to help package up and distribute these prizes on Friday morning, please contact the office.

## Second Hand Uniform

All unnamed school uniform that was not collected at the end of last term has been washed and sent to the Lang Lang Op Shop. These items are now available for purchase.

# 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.



## 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 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.

# 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).

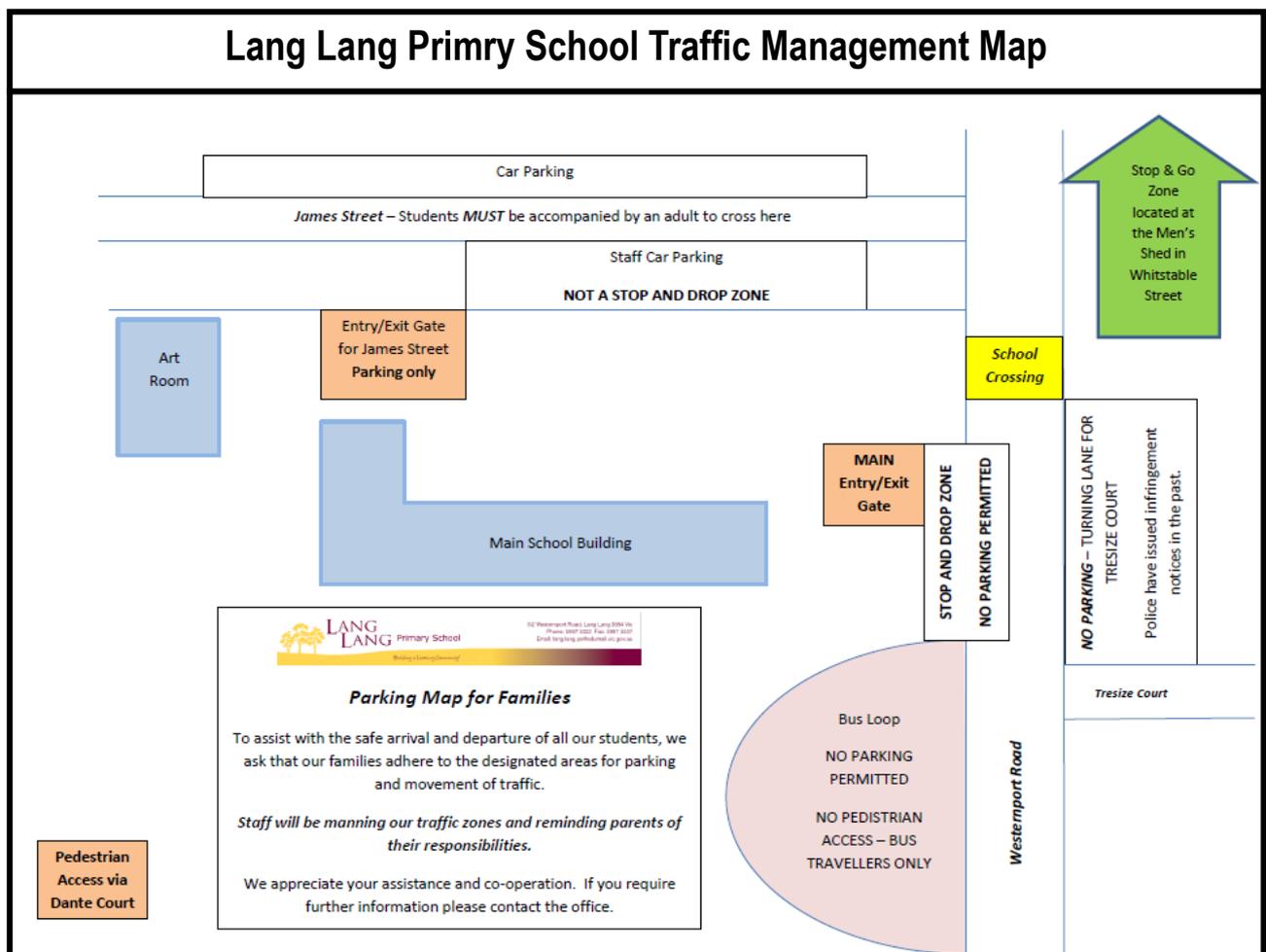
Please be aware that **no parking** is permitted at anytime in the bus loop.

## 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.



# 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 G 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
- Crisps/spreads
- 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.



Kids READ MORE with Book Club!

**Book Club**

ISSUE 3  
OUT  
NOW!

**Book Club**

**CELEBRATE**  
NATIONAL  
FAMILY  
READING  
MONTH

get **\$5 OFF**  
USE PROMO CODE: FAMILY22

HURRY, ENDS MIDNIGHT FRIDAY

 SCHOLASTIC

 SCHOLASTIC

 **SCHOLASTIC**

[scholastic.com.au](http://scholastic.com.au)

1800 021 233

Connect with us    



# BAYLES CENTENARY

## 1922-2022

Horse and carriage rides | Folk music | Kids animal farm | Displays  
Historical presentations | Guest speakers | BBQ and sausage sizzle

**SUNDAY**  
**19 June 2022**  
**10 am onwards**

**BBQ**  
Put on by The Lions Clubs,  
as well as various food  
vendors.

**ALL DAY** Displays, Horse and carriage  
rides, Music, Historical guided  
walk through the township,  
Kids activities (gumboot throw,  
animal farm, footy handball).

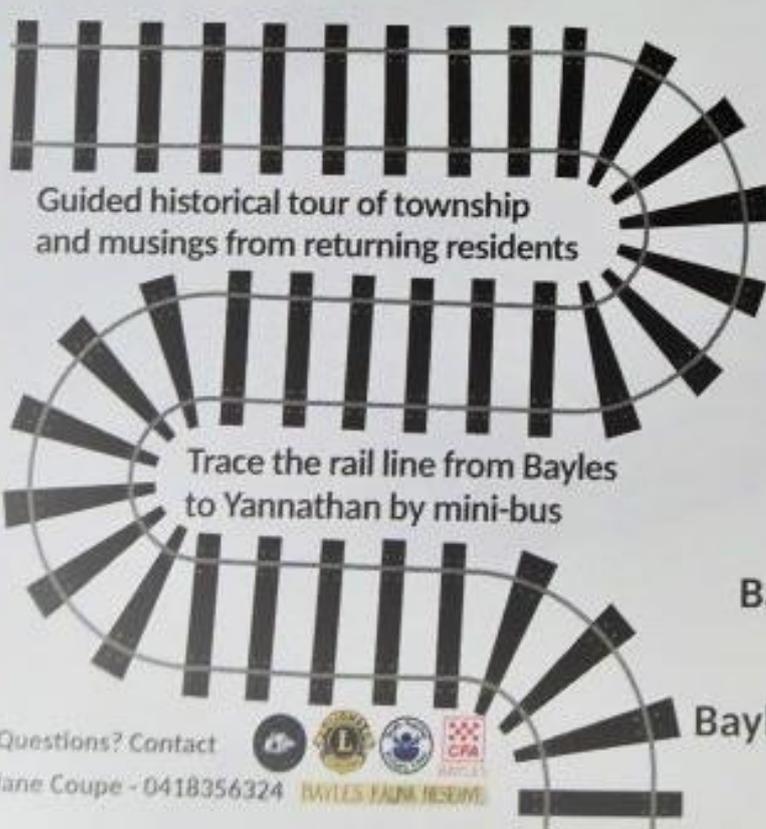
**12PM** Ceremony - Bayles Public Hall  
Singers from Bayles RPS, Guest  
speakers, A special unveiling,  
Children's activities, Musings  
from past residents.

### EVENING

Activities - local film

### Open To The Public:

Bayles Public Hall  
Bayles Regional Primary School  
Bayles Pre-School  
Bayles Service Station  
Bayles Fire Station  
Seventh Day Adventist Church  
Bayles General Store (refreshments)  
Bayles Tennis Club Room  
Bayles Fauna Park (including museum)  
Bandicoot Corner



Guided historical tour of township  
and musings from returning residents

Trace the rail line from Bayles  
to Yannathan by mini-bus

Questions? Contact

Jane Coupe - 0418356324



BAYLES FAUNA RESERVE

# Bush Telegraph - April 2022

Welcome to the second edition of our Bush Telegraph, bringing you environmental news for the Cardinia Shire! In this edition we talk about the iNaturalist phone app and introduce the local Australian Plant Society group.

You will also find information about upcoming local events including volunteering opportunities, news from the CEC nursery and more! Follow the link below to download your copy and make sure to forward this email along to anyone else you think might be interested.



[Download your  
copy here!](#)



## Parents Building Solutions Conversations about Mental Health



**Mental health is the hidden pandemic affecting many of our children - but how to initiate a conversation about it?**

- Do you wonder, or worry about your child's mental health?
- Would you like to discuss mental health issues with them openly and constructively?
- Do you find it difficult to know what to say?
- Do you want to show them that you are a safe person to share their worries and fears with?

Many parents feel the same. Come and share your experience and explore strategies to build positive communication about mental health in your family.

# PARENTZONE

[anglicarevic.org.au](http://anglicarevic.org.au)

**DAY/DATE:** Thursday, 5th May 2022

**TIME:** 9.15 - 11.15 a.m.

**WHERE:** Officer Secondary College  
1 Parker Street, Officer

For bookings & enquiries contact:

Carey Cole, Parentzone on:  
03 9781 6767 or 0437 428 281  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)

Or register using the QR Code

PLEASE NOTE: Registrations on the day are welcome

**BETTER  
TOMORROWS**



## MOTHERS/GRANDMOTHERS/CARERS and DAUGHTERS

A FREE 4 week program for women and their daughters/foster daughters (aged 11 - 17 years) in the Cardinia Shire area

- Would you like to parent differently to the way you were parented?
- Would learning how other parents have built a trusting and respectful relationship be helpful?
- Do you worry about whether you can positively influence your daughter when she is making decisions?

**DATE:** THURSDAYS - 12 May, 19 May, 26 May and 2 June

**TIME:** 5.30 - 7.30 p.m. (Tea and coffee will be provided)

**WHERE:** Pakenham Library, cnr John & Henry Streets, Pakenham

**COST:** Free! Bookings are essential

**PARENTZONE**



Casey  
Cardinia  
**Libraries**



Register using the QR code, or contact Carey Cole  
0437 428 281 or  
[carey.cole@anglicarevic.org.au](mailto:carey.cole@anglicarevic.org.au)



## Parents Building Solutions Cybersafety and Online Bullying



- Do you worry about how much time your child spends online?
- Would you like to share strategies about how to establish boundaries around screen time?
- Would you like strategies to support your children to make good choices when they are online?
- Do you worry about how to keep your children safe from online bullies?

**DATE/TIME:** Wednesday, 4 May  
6.00 - 7.30 p.m. (left code)  
OR  
Monday, 9 May  
9.15 - 10.45 a.m. (right code)

**WHERE:** Cranbourne West Primary  
School Library  
100 Duff Street, Cranbourne  
West

For bookings & enquiries contact:

Carey Cole, Parentzone on:  
03 9781 6767 or 0437 428 281  
carey.cole@anglicarevic.org.au

Or register using the relevant QR Code:  
LEFT - 4th May (evening)  
RIGHT - 9th May (morning)

# PARENTZONE

# How to reach your **SAVINGS GOALS** with Saver Plus



Set a savings goal for an education cost



Make regular savings deposits for 10 months



Complete online financial education workshops



Receive up to \$500 in matched savings from ANZ

## Key eligibility criteria to join Saver Plus:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

## Learn more

-  [saverplus.org.au](http://saverplus.org.au)
-  1300 610 355
-  [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)
-  @SaverPlusAU