



Langy's Local School News

5997 5322

52 Westernport Road, Lang Lang 3984

2nd March, 2023

DIARY DATES

REMEMBER!

School Office Hours
8.45am – 4pm

Please email the office outside these hours: lang.lang.ps@education.vic.gov.au

First Aid Incursion
Grades Prep—2
Friday 10th March

Labour Day Holiday
Monday 13th March

Preps begin attending school full time
Tuesday 14th March

NAPLAN begins
Wednesday 15th March

RACV Incursion
Grades Prep - 2
Thursday 16th March

Pet Ownership Incursion
Grades Prep - 2
Friday 31st March

School Photos
Whole school
Wednesday 5th April

Athletics Day, Easter Raffle & 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

Bendigo Bank

RESPECT COMMUNITY POSITIVE MINDSETS POSITIVE RELATIONSHIPS

A Message From The Principal

Resilience, Rights and Respectful Relationships at LLPS

This term all of our classes have been participating in topics 1 and 2 of our Respectful Relationships curriculum— Emotional Literacy and Personal Strengths. These units will give our students excellent strategies for being able to recognise and identify their own emotions as well as being able to identify their strengths and how those strengths contribute to them being positive members of our school community.

One of these strategies that the 3/4 area will be working on is developing an understanding of the concept of personal strengths and being able to identify and name their own strengths. The examples below could also be used at home to prompt discussion about what our families feel our strengths are.

<p>Kind You do things for others with really expecting anything in return.</p>	<p>Determined When you decide to do something, you keep trying even when it is a challenge.</p>	<p>Self-Control You stay in control of you strong feelings, even when you feel like yelling, sulking or being mean.</p>
<p>Leadership You think of things to help the group and make suggestions about what to do.</p>	<p>Brave You do what you know is right even when you feel scared or nervous</p>	<p>Generous You share your belongings with others and let them join in your games.</p>
<p>Hard Working You will stick at doing things even when it is not easy or you don't feel like it.</p>	<p>Forgiving You let go of your anger and hurt when someone has upset you.</p>	<p>Curious You love to learn about new things.</p>
<p>Honest You tell the truth even when this is not easy for you.</p>	<p>Fair You make sure everyone is given a turn. You play by the rules.</p>	<p>Funny You like to laugh and to make other people laugh.</p>

Our approach to the RR curriculum

Building gender equality into the cultural makeup of our school means looking beyond the curriculum and taking a whole school approach. Best practice research maintains that a whole school approach is the **single most important criterion for effective violence prevention and respectful relationships education in schools**. Lessons about respectful and equitable relationships are reinforced by what is modelled to students by their wider school community.

Teaching healthy, respectful relationships is key to preventing violence and is therefore a core part of our curriculum. We are most successful when we are supported by our school community through shared language and expectations.



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

Event	DATE
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

2023 House Captains

We are very pleased to announce our school House Captains for 2023. Congratulations to these students. We wish you all the best as you lead your house this year.

Warook



Abbey



Kirby

Mittagong



Laura



Katie

Monomeith



Chloe



Zuzana

Tobin Yallock



Miley



Raine

Colour Explosion Fun Run

Get your colour on, Lang Lang Primary is hosting a Colour Explosion School Fun Run fundraiser!

The Colour Explosion School Fun Run will be on 6th April 2023 from 2.00pm to 2.30 pm. Online registration and fundraising starts 24th February till 11.59 pm 6th April. Not only are we hosting an awesome explosion event, students can win up to 15 awesome automated incentive prizes by fundraising via online sponsorship donations.

Students have received a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- Monty the Monstar's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student – it could be you!
- Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

For more information, please contact the school office on 5997 5322.

Happy fundraising!



Art Room News

A big thank you to all the students of Lang Lang Primary for welcoming me into the art room this year. We have been having a great time exploring shape across each year level. Our juniors Foundation - 2 have been practicing and perfecting geometric shapes to make art work.

Foundation

Practicing and repeating a geometric shape to create a rainbow bird. Artwork by Lilah and Beau.

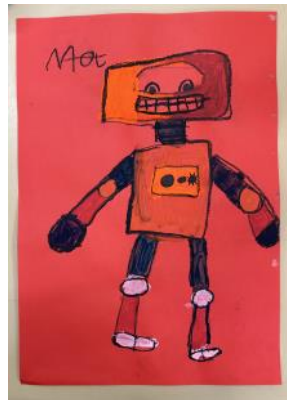


Painting with different shaped objects to create texture. Then and cutting and pasting our painted artwork into shapes to collage vehicles. Artwork by Logan, Seb and Oscar.



Grade 1/2

Using geometric shapes to draw and paint their own robot. Artwork by Ollie, Mikayla, Grace and Jack.



School Photos - New Date!

Please note that the date for our School Photos has changed.

The new date is **Wednesday 5th April**. Please update your diaries and calendars.

Glasses For Kids Program

Our School has been lucky enough to be selected for the Glasses For Kids Program. This program provides vision screening with further testing and glasses if required at no cost for Prep to year 3 students.

All students in grades Prep - 3 have been given information / consent forms to take home that will need to be filled in and returned to the school if you wish them to participate. If you require a new form, please contact the office.

Please return these forms by Friday 10th March.



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

Easter Raffle

Next week each family will receive an Easter Raffle ticket booklet that will be sent home with the eldest student. Each booklet will contain 5 raffle tickets and each ticket will cost \$1 to purchase. If your family would like more tickets to purchase or sell, please contact the office. Please **return** all money and tickets to school **by Tuesday 4th April**.

We also ask that each family **please donate an Easter related item** (Easter eggs, toys etc) to be used to make up the hampers for our Easter Raffle. Donations of baskets and decorations to hold and decorate the prizes will also be gratefully accepted.



Jokes of the Week!

Our school captains have recently introduced a new item to our weekly assemblies called 'Joke of the Week'. Students are invited each week to write down their favourite joke with their name and grade attached and submit it to the school captains. A joke is then selected by the captains and read out to the whole school at assembly. Each student who has their joke selected and read out will receive a certificate.

Congratulations to the following students for their fabulous contributions!

"I would tell you a terrible joke, but the paper took it tearably!"

Bryce 5/6 T

Why did the chicken cross the road?

To go to KFC!

Chris 5/6 T

How do you get a squirrel to like you?

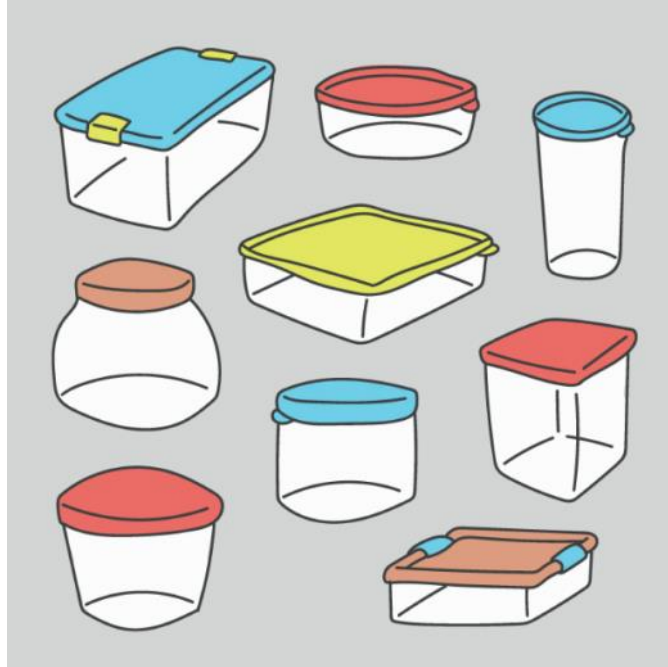
Act like a nut!

Gemma 1/2 M



Science Room Supplies

We are collecting clean lidded jars and small plastic lidded containers for our science learning and experiments. If you have anything that might be useful please leave at the office or drop in to see Mrs Anson in the Science room. Thank you.



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.

Board Game & Puzzle Request

If families have any board games or puzzles they no longer need, it would be greatly appreciated if they could be donated to our school. Please bring these items to the office.

Many thanks for your support.



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.



Buckle Kids Right: Know the Car Seat Stages

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.



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

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).

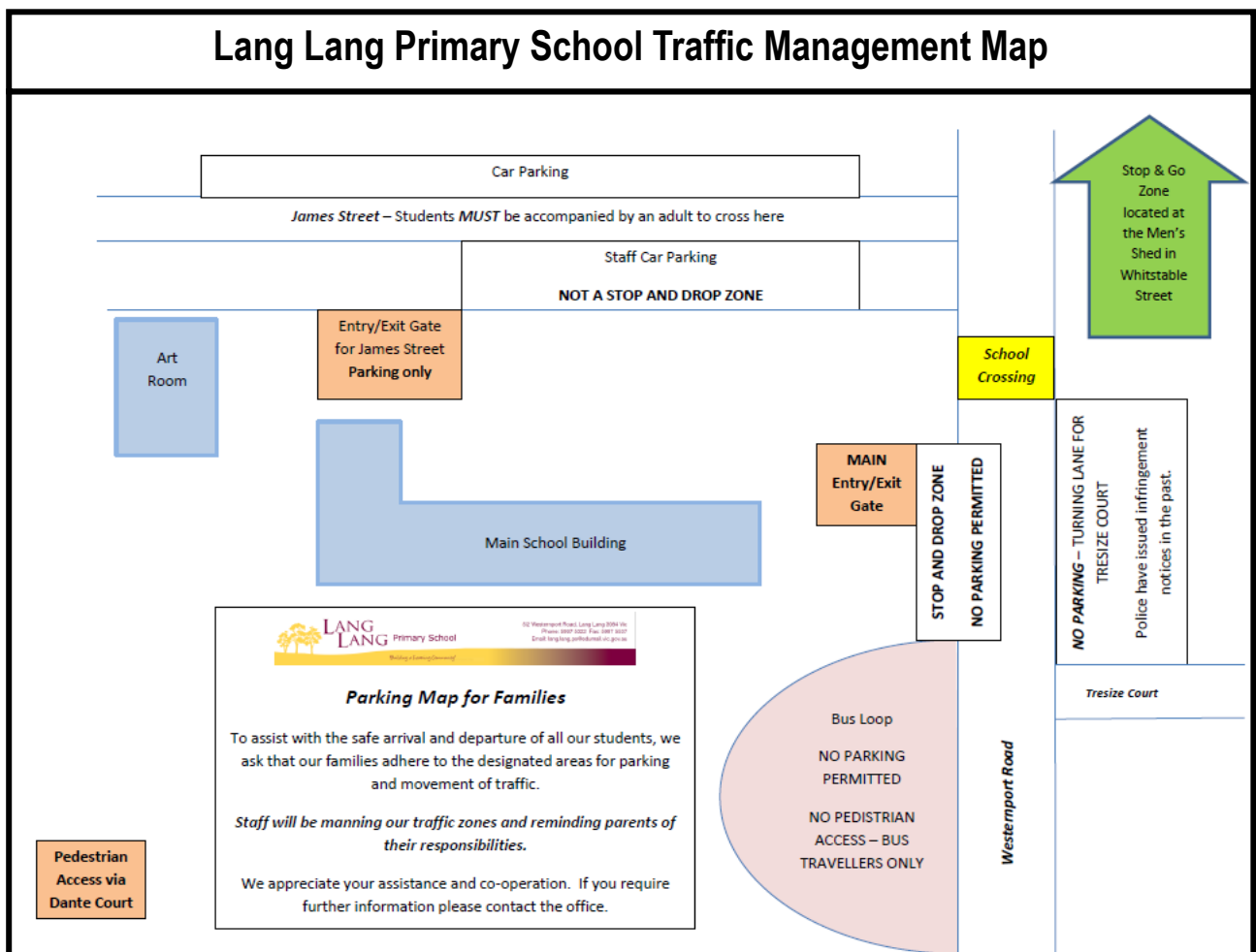
Please be aware that **no parking** is permitted at anytime in the bus loop.

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

School Wide Positive 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 - **Beau**



Prep M - **Tanikaa**



1/2 M - **Rhylee**



1/2 M - **Alexis**



2/3 H - **Alyssa**



2/3 H - **Ashton**



3/4 J - **Alia**



5/6 T - **Chloe**



5/6 T - **Myla**



RESPECT

COMMUNITY

POSITIVE MINDSETS

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School Wide Positive 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 - **Zac**



Prep M - **Blake**



1/2 M - **Harry**



1/2 M - **Emmett**



1/2 R - **Kira**



2/3 H - **Huntah**



3/4 J - **Riley**



5/6 S - **Olly**



5/6 T - **Matthew**

LANG LANG PRIMARY SCHOOL

EXPECTED BEHAVIOURS

We create and maintain a learning environment that promotes respectful relationships by being :

RESPECTFUL



SAFE



RESPONSIBLE



ALL SETTINGS

Follow directions.
Use please, thank you and excuse me.
Use a kind tone of voice.
Embrace inclusion all aspects of school life.
Ask to use other people's property.
Keep our hats and hoods off when inside.

Keep body to self.
Walk inside.
Are in the right place at the right time.
Give others space.
Eat only your own food.

Wear the correct school uniform.
Look after our own things.
Be organised with the correct equipment.
Listen actively when roll is called.
Participate.

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.
Sanitise when we enter.

Stay on task.
Pack up.
Arrive in the classroom on time.
Complete all tasks.

CORRIDOR

Use a quiet voice.
Only touch what belongs to us.

Look where we are going.
Put our belongings in our school bag.
Hang our bags up.

Return to class immediately.

PLAYGROUND / OVAL

Put rubbish in the bin.
Share equipment.
Include others.
Follow agreed game rules.
Show good sportsmanship.

Wear a hat in Terms 1&4.
Line up when we hear the music.
Remain in bounds.
Walk our bike/scooter through the yard.
Keep to the running track riding our bike.
Use equipment correctly.

Report any issues to yard duty teacher.
Get a drink or go to the toilet when the music starts to play.
Walk away when someone has upset us.

LAPTOPS / IPADS

Wear headphones when listening to sound.
Shut the lid when the teacher is talking.

Always walk when holding a device.
Keep devices on a table and away from food.
Ask the teacher for help if we see something we are unsure about.

Use technology for its correct purpose.
Keep our login details private.
Put the device back on charge after use.
Logout correctly.

TOILETS

Leave toilets clean.
Always flush after using.
Use a quiet voice.

Ask a teacher before you go.
Take a buddy with you.
Leave as soon as we are finished.

Wash our hands
Report any issues to the teacher.
Take only the amount of paper we need.
Only put toilet paper in the bowl.

OFFICE / SICKBAY

Wait our turn.
Sit quietly while we are waiting.

Walk.
Return to the teacher if the office is unattended.

Ask a teacher before going to the office.

ASSEMBLY

Enter and exit quietly.
Clap at the correct time.
Be quiet.

Leave walkways clear.
Sit in designated area for our grade.
Walk as you enter and exit.

Listen to messages.
Sit in our b.l.s.
Sit with our classes.

EXCURSIONS

Listen to all teachers, parents and volunteers.
Ask to touch things that belongs to others.

Sit in our seat on the bus.
Wear a seatbelt on the bus.
Stay with our group.

Demonstrate all expected behaviours.
Follow the rules of the venue.
Stay with our assigned group.

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.

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 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

TOORADIN

CALISTHENICS CLUB INC

Teamwork | Commitment |
Confidence

Fun, Fitness and Friendship!



Classes commence
First week of the school
term

Come and try Calisthenics!
Receive your first two
classes free!

Classes are held at Tooradin Public Hall
11 Tooradin Station Road Tooradin

Age as at the 31st December

- Timies - 3-7 years
- Sub-Juniors - 8-10 years
- Juniors - 11-13 years
- Inters - 14-17 years
- Seniors - 16+ years



Follow us on Facebook and Instagram!
For more information visit our website
via the QR code or give us a call on
0425 732 278



Year 7 Scholarships

Current Year 6 students who excel are encouraged to apply for our Academic Scholarships and an extended range of Personal Excellence Scholarships.

Whether you love Sport, Performing Arts, Visual Arts, STEM, Business/Entrepreneurship, Leadership/Community Service or Environmental Awareness, consider joining Gippsland's leading school to pursue your potential.

Visit stpaulsags.vic.edu.au or contact us on 5623 5833 for more information.

Applications close Friday 24 February 2023

Time for Secondary?

Choosing a secondary school that will best suit your child is one of the most important decisions you can make.

At St Paul's, we understand that each and every student has their own educational journey. Caring teachers provide tailored extension and support within our academic program, while our breadth of co-curricular activities challenge all students to pursue their potential beyond the classroom.

Year 7 2024 Information Evening

Wednesday, 8 March 2023, Warragul Campus
Tours from 6pm, Presentation 7pm

Register now at stpaulsags.vic.edu.au



11 to 15 year olds... Get involved @ CFA JUNIORS



Have a Go Night Thur 9th March

**Meets every 2nd Thursday 7.00 - 8.30
at Lang Lang CFA**

No costs involved, completely FREE

Parents encourage your kids to....

- build self-esteem & confidence.
- develop personal and social relationships.
- develop new skills.
- engage in positive group dynamics.
- build capacity to consider risk, make reasoned decisions and take control.

More info or to register your attendance contact.

Rocky 0407 544 335

Being SunSmart in Victoria



When UV is 3+

-  **Slip** on covering clothing
-  **Slop** on SPF30 or higher, broad-spectrum, water-resistant sunscreen
-  **Slap** on a broad-brimmed hat
-  **Seek** shade
-  **Slide** on sunglasses (AS:1067)

Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When UV is below 3

Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.



Download the SunSmart app to find sun protection times for your location in Australia.

Sept 2022



Scan the QR code or visit sunsmart.com.au/app to download.



Cancer Council
Victoria



The uneaten lunchbox



Are you a victim of the boomerang lunchbox - what goes in the lunchbox, comes back untouched or barely eaten? There are many reasons why children may not eat their lunchbox foods. Consider these next time you pack your child's lunchbox.

TOO MANY NEW FOODS

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- Remember it can take up to 15 times of exposure before children will accept a new food.



TOO MUCH FOOD

- A lunchbox full of food can be very overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.

CAN'T ACCESS THE FOOD

- Some lunchbox containers and packages are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



TOO BUSY PLAYING

- For many children, playing is much more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.

REMEMBER

Children's internal sense of hunger, appetite and fullness is stronger than adults. Trust they will eat the right amount to grow well whether it be at school or home.





Program Hours:
7.30am to 6.30pm

Week
one

2023 April School Holiday Program

Join Windermere OSHC for a holiday program packed with a broad range of fun and engaging activities!

This exciting program will be located at:
St John the Baptist Primary School,
172 Station Street, Koo Wee Rup
(access via Salmon Street).

Tuesday 11 April

It's Trivia Day! Join in fun filled activities as you explore how much you know and what you can learn.



Wednesday 12 April

It's time to get crafty! Use your imagination to use recycled materials to make new creations. We will also be making stress balls, origami, rock painting and more.



Thursday 13 April

It's disco time! Celebrate with music, lights, decorations and party food.



Friday 14 April

It's bake off day! Enjoy making and eating your own cupcakes.



Key Dates: Enrolments are open now and close 24 March 2023.

Call our friendly team on 1300 946 337

www.windermere.org.au



Program Hours:
7.30am to 6.30pm

Week
two

2023 April School Holiday Program

Located at: St John the Baptist Primary School,
172 Station Street, Koo Wee Rup (access via Salmon Street).

Monday 17 April

Movie and video game day. It's time to relax with some video games and a movie.



Tuesday 18 April

It's Taco Tuesday!
Make your own taco and piñata.



Wednesday 19 April

Don't miss out on this action packed day as you challenge yourself with our survivors themed obstacle course.



Thursday 20 April

Let's get into messy play with a full day of sensory experiences.



Friday 21 April

It's time to get crafty! Bring something you want to tie dye.



Key Dates: Enrolments are open now and close 24 March 2023.

Call our friendly team on 1300 946 337

www.windermere.org.au