LANG LANG Primary School
"Building a Learning Community"

Langy's Local School News

5997 5322 52 Westernport Road, Lang Lang 3984 27th July, 2023

DIARY DATES

REMEMBER!

School Office Hours
8.45am – 4pm
Please email the office outside these hours: lang.lang.ps@education.vic.gov.au

Whole School / Community Pyjama Day
Thursday 27th July

Curriculum Day
No School for students
Monday 31st July

Bunnings Incursion
Prep
Monday 14th August

Life Education Van
Monday 28th August—
Wednesday 30th August

Bug Blitz Excursion
Grade 3—6
Wednesday 6th & Thursday 7th September

Cranbourne Botanic Gardens Mini Beasts Excursion
Grades Prep—2
Tuesday 12th September

2023 Term Dates
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

Happy Retirement
We are farewelling an amazing teacher, colleague and friend this week. Ms Sutton has worked at Lang Lang Primary School for 24 years. Her classes and interactions with students are always a joy to observe. She is a wealth of knowledge and has such a calming influence in the school. I have only been at the school a short time but will miss her so much. We all do wish her the very best and hope that she enjoys a very well-deserved, happy retirement.

NAIDOC Week
Students engaged with a range of activities for the Cardinia Network NAIDOC Week (10th-14th July) There was painting, story-telling and short film clips across the classes.
We had a fantastic uptake of the colouring competition over the holidays with many student entries. Ms Mallon led a team of student judges to decide our winners who were announced at assembly and received their prize of an indigenous designed drink bottle.
Thank you to Ms Mallon and our wonderful student judges for helping with this part of our NAIDOC Week celebrations.

Berry Street Training
Staff have completed the second module of the Berry Street Education Model after two evening sessions, one held in the first week of term and one this week. Staff continue to learn about trauma informed practice and regulation strategies. In staff meetings we have been developing implementation plans for the regulation strategies we have learnt about and exploring some of the classroom structures we have been shown. This work will continue to develop and help shape our response to classroom behavior and student needs.

Upcoming Student Free Day
Our upcoming student free day on the 31st July will allow staff to engage in professional development based on reading improvement. We will be joined by staff from other Cardinia area schools and it will provide a great opportunity for our staff to network with other schools using the same program. This PD day will launch the work Ms Hadrian has been developing through the Teaching Innovation Fellowship which she was successful in securing earlier this year.

Bank Mural
Last week I had the opportunity to take a group of Grade 6 students to the local Community Bank to meet with a mural artist and bank staff to help design a mural that will be painted on the bank walls and frontage. This project was started last year with students helping the bank brainstorm ideas for the mural. Last week students were able to finalise their ideas and help the mural artist understand what they believe makes Lang Lang a special place to live. Their strong perception of community spirit and pride for the town really shone through and it was another proud moment to add to my Lang Lang Primary School experience.

100 Days of Prep
Lastly, congratulations to both prep classes for reaching your 100 days at school! We had some old souls wandering the yard on Monday. You all looked great and were so excited about achieving this wonderful milestone!

Melissa Phillips
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.

NAIDOC Week Colouring Competition

Well done to all the students who submitted entries in our NAIDOC Week colouring competition.

Congratulations to the students below who won awards for their outstanding entries.

	1st	2nd
Prep D		
Prep M	Ruby	
1/2M	Jack G	Dakota
1/2R	Grace	Abby
2/3H	Violet	Mikayla
3/4J	Riley	
3/4M	Scarlett	Ava
5/6T	Kaiden	Amora
5/6S	Ethan	Mason
Principal Award	Ruby 5/6 T	Chloe 5/6 T
	Evie 3/4 M	Cali-Jane 3/4 M

Posca Pen Markers

We would like ask all families to assist us in ensuring that POSCA markers stay at home and are not brought to school. These markers are paint pens and can be used for graffiti.

Thank you for your support.

Drop Off and Pick Up Zone

We have been alerted by our community that the Drop Off & Pick Up bay at the front of our school are not being used correctly.

As this bay is not on the school grounds, it is the responsibility of the Cardinia Shire Council to enforce these restrictions. We have been advised this morning that they will be in attendance to monitor the situation and will take the necessary action for those not doing the right thing.

As much as these bays are not our responsibility to enforce, we have a collective responsibility as a School Community to work together to keep each other safe. If there is no space in these bays, please do another loop and try again.

Double parking on James Street is incredibly dangerous. The council have advised that, if the witness any dangerous driving, they will be asking for police attendance.

Please prioritise the safety of our school community when using your vehicle around the school, especially at these busy times.

During the hours of 08:00am – 09:30am and 2:30pm – 4:00pm on school days, stopping has a 2-minute limit and you are required to stay with your vehicle.

Please click on the links below for more information .

https://www.cardinia.vic.gov.au/info/20022/local_laws_parking_and_permits/849/parking_rules_and_signs#section-7-parking-around-schools-

https://cscgis.maps.arcgis.com/apps/MapSeries/index.html?appid=7bd2ae948bce4d72b584eeff27b48e0e

Shoe Boxes Needed!

We are currently collecting shoeboxes for the Science Room. If you have any show boxes you no longer need, please bring them to the office. Our grade 3/4 students will be using these boxes soon to make habitat dioramas.

SES Incursion

We were very fortunate to have volunteers with the State Emergency Service visit our Grades 3/4 students recently. The students learnt all about flood risks and how to prepare for these emergency situations. They also enjoyed seeing all the amazing equipment that SES volunteers use on the job, and were lucky enough to sit inside the SES rescue vehicle!

Cardinia Division Soccer

Well done to our Grade 5/6 soccer who represented our school at the recent Cardinia Division Soccer Competition after winning the District round. The students had a fantastic day and we were very proud of their efforts. Many thanks to Mr Pruysers for organising and attending the day.

Bendigo Bank Mural Art Project

We are very excited that our school is taking part in a Mural Art Project with the Bendigo Bank. A group of our students and Mrs Phillips recently met with a professional artist and members from the local community to discuss the creation of a mural which will beautify the local surrounds and be enjoyed by the local community. We look forward to seeing this amazing project as it progresses.

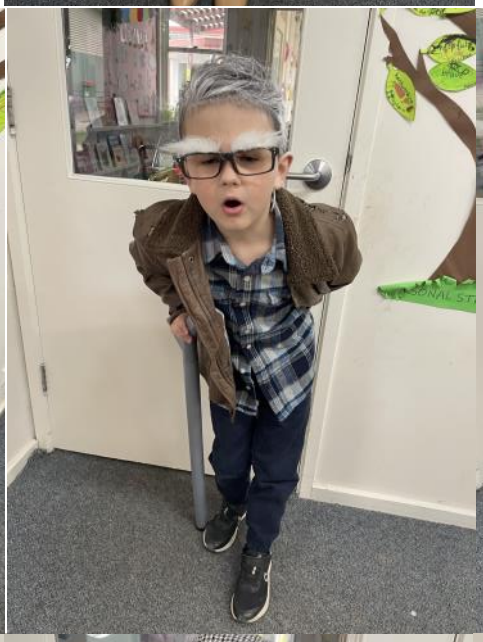
Community Bank Grants Night

We are delighted to announce that the Bendigo Community Bank has awarded our school with a very grant to create a school vegetable garden. Our school leaders, Ruby and Mason, attended the grant award night at the gold club, and were fantastic representatives for our school.

Prep 100 Days of School

Our Prep students celebrated attending 100 days of school on Monday by dressing up as 100 year old's and taking part in lots of fun activates relating to the number 100.

Congratulations Prep! We are very proud of all the amazing learning you done so far this year.



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.

Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

Step 1 Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

Step 2 Now comb sections of the hair with a fine tooth, head lice comb.

Step 3 Wipe the conditioner from the comb onto a paper towel or tissue.

Step 4 Look on the tissue and on the comb for lice and eggs.

Step 5 Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60ºC) or dry it using a clothes dryer on the hot or warm setting.

Victoria The Place To Be
A Victorian Government initiative

Department of Health

Head Lice continued...

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.

Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

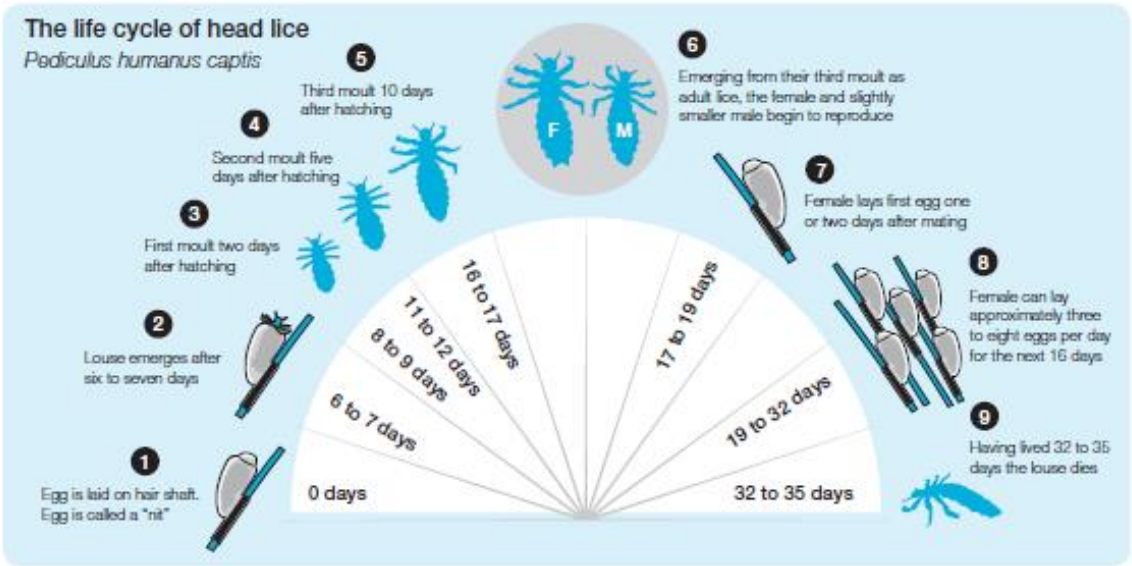
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.

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Jokes of the Week!

Congratulations to the following students for their fabulous joke at assembly.

What starts with an 'e' and ends with an 'e' but only has one letter in it?
An envelop!
Scarlett 3/4 M

Why was 5 afraid or 9?
Because 9, 8, 7!
Ethan 5/6 S

Upcoming 2023 School Camp Dates

- **5/6 Camp—Sovereign Hill**
  Monday 30th October—Wednesday 1st November

  We anticipate that this camp will cost between $300—$350* per student (details available shortly).

  *Any CSEF money families may still have remaining can be used towards the cost of this camp.

Talent Show

Dear Families,

Please mark in you calendars the following dates:
Lang Lang Talent Show 2023
First Round Performances 21st of August 2pm
Finals And Class Songs 28th of August 2:35
Outdoor Stage

Participation in the talent show is optional. I will open my classroom during some lunch times to offer assistance to students. Below is some of the ways I help students. Due to the amount of interest I receive, your assistance in preparing your child is appreciated. If your child is wanting to participate here is how you can help:

- Help them decide what they would like to do.
- If they are needing music help them think of songs they like. I am here to assist with this but sometimes students want a specific song but can't tell me what it's called or who sings it. This information is very helpful, especially if you can write it down for younger students.
- If they are dancing help them decide on a starting position and an ending position. They can fill with a couple of key moves.
- If they are doing a trick help them think about how they will make this an interesting performance. Eg: asking the audience to clap along or using some music.

Rules

- Students may enter no more than twice regardless of whether they are in group or solo performances.
- Students must have entered via the sign-up sheet by Tuesday the 15th of August.

Performance Information

- Students are allowed to bring a costume to perform in but must come to school in uniform and be able to change into their costume on their own before the show. It is advised that students have their costume in a bag clearly marked with their name and all uniform clothing labelled with their name to avoid lost or misplaced items.
- The first round performance will take place during last recess and extend on to class time if needed. This is to allow a more relaxed atmosphere for nervous performers.
- Top acts will be selected from the first round to perform in the finals in front of the whole school.
- Parents are invited to attend either or both of those performances.
- In the event of bad weather, the talent show may be postponed.

Thanks so much for all your help and participation,
Hayley Turner

Healthy Lunchbox Recipe

Basic pikelets

Makes 20

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 eggs
- 2 cups reduced fat milk
- Spray oil

Method

1. Mix the different flours together in a bowl.
2. Add eggs and half the milk. Begin mixing with hand-beater or whisk.
3. Gradually add the rest of the milk until mixed through.
4. Heat fry pan and spray with a little oil.
5. Drop tablespoons of mixture onto fry pan. When bubbles appear on the surface of the mixture, flip and cook on other side until brown.

Optional

Add 1 cup of canned pie apple after adding the milk to create a lightly sweetened pikelet or serve with reduced fat yoghurt and fruit salad.

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**.

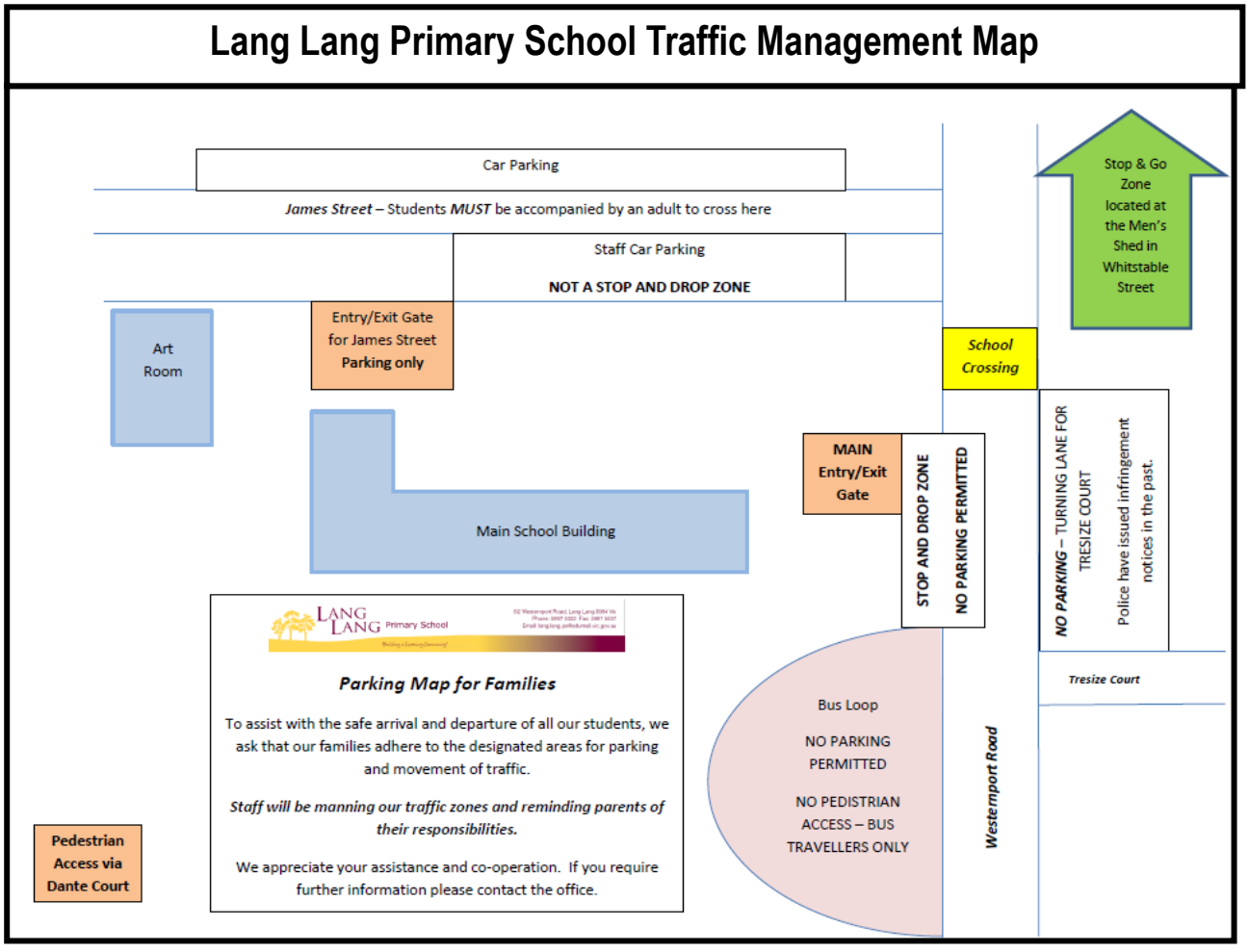
School Gate Safety

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 Traffic Management Map



Lunch Orders

Lunch orders are available though our local **Country Grind Café** 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. Please enclose the **correct money** in your order.

Lunch orders must have the following information:

- Child's name
- Child's class
- Items, including quantity

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

Please note that **Soul Foods is no longer supplying lunch orders** for our school.

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**.

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 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.

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:

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.

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.

LANG LANG Primary School

Building a Learning Community

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 - **Oscar**	Prep M **- Amelia**	1/2 M - **Cooper**	1/2 R - **Nash**
2/3 H– **Alex**	3/4 M– **Mason**	Prep M - **Arabella**	Prep D - **Stevie**
1/2 M - **Edwin**	1/2 R **- Eliza**	3/4 M **- Archie**	

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 hoodies 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 inbounds. 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. Are quiet.	Leave walkways clear. Sit in designated area for our grade. Walk as you enter and exit.	Listen to messages. Sit in our bLs. 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

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

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

Nutrition Australia

VICTORIA State Government

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

FRUIT 1

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)

VEGETABLES 2

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:
- Hommus
- 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 leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- 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

MEAT OR MEAT ALTERNATIVE 4

- 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, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus 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 frittata
- 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

GRAIN AND CEREAL FOOD 5

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
- Crispreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- 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.*

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
http://heas.health.vic.gov.au/

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 or contact Luke on 1300 946 337.

Snap to find out more

Country Grind Cafe

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

JOIN OUR CRICKET FAMILY

LANG LANG

- Woolworths Junior Blasters for 5-7 year olds
- Mixed Under 10's, 12's play on Friday nights
- Mixed Under 14's and 16's play on Saturday mornings
- Girls team 7-13 years play on Monday night

JUNIOR TRAINING WILL COMMENCE ON THE 15TH SEPTEMBER (THURSDAY) 4.30PM AT LANG LANG REC. RESERVE

NO JUNIOR PLAYING FEES for 2022-2023 season

Proudly Sponsored by

McDonald's Caldermeade

REGISTRATIONS ARE OPEN!!!

- A FREE CLUB TOP FOR NEW JUNIORS

For more information

Junior Coordinator Sam Nicholls 0478 518 031

Secretary Kath Giacco 0407 324 533

PIANO/VOCAL SELECTIONS

CHARLIE AND THE CHOCOLATE FACTORY

Music by Marc Shaiman Lyrics by Scott Wittman & Marc Shaiman

KOO WEE RUP SECONDARY COLLEGE

https://www.trybooking.com/CJWAI

Friday August 25th 7pm, Saturday August 26th 1pm and Saturday August 26th 7pm

HAL•LEONARD®

HAVE FUN • GET FIT • MAKE FRIENDS • SHOOT HOOPS

VALES BASKETBALL

JOIN UP NOW!

Casey

Contact us: caseyvalesbasketballclub@gmail.com

The Vales is a long established local basketball club committed to providing oppotunities for everyone to learn and play the sport in a safe and fun environment.

Brotherhood of St Laurence
Working for an Australia free of poverty

Saver Plus

Eligibility Criteria

- Must be a health/concession card holder;
- Be in receipt of a Centrelink Payment
- Be studying or have a child in school
- Have some regular income from work
- Be 18+ years old

Program includes:

- Matched dollar for dollar savings up to $500
- Money Minded workshops - Financial Education
- Coaching on budgeting and savings

SCAN ME

State Schools' Relief

Eligibility Criteria

Situations include but not limited to:

- Unemployment
- Health issues/illness
- Financial difficulties
- Independent living and/or homelessness
- Natural disasters
- Bereavement
- Domestic and family violence

Provides school uniforms and shoes to those that are unable to afford them.

SCAN ME

Camps. Sports and Education Fund

Eligibility Criteria

- Parent must be a health/concession card holder;
- Or families on protection/bridging visas, or seeking asylum;
- Or children in out of home care

Funding to attend activities like:

- school camps or trips
- swimming and school-organised sports programs
- outdoor education programs
- excursions and incursions

$125 per year for eligible primary school students
$225 per year for eligible secondary school students.

SCAN ME

Computerbank

Eligibility Criteria

- Concession/Health Care Card holders
- Students
- Asylum seekers

Low cost refurbished computers that include various programs including word processing, Google Chrome and PDF Maker

SCAN ME

AUSSIE HOOPS

TERM 4 2023

Aussie hoops is a beginners basketball program for 5 to 10 year olds to learn the basic skills and rules of basketball!

It is the best way to get your child involved in basketball, all while having fun!

SESSIONS AT BAYLES REGIONAL PRIMARY SCHOOL COMING IN TERM 4!

TUESDAY 3:45-4:30PM

SCAN HERE TO REGISTER YOUR INTEREST FOR OUR FREE TRIAL SESSION IN TERM 3!

for more information, email

domestic@pakenhambasketball.com.au

BUMBLE BEE BABY AND CHILDREN'S MARKET

COFFEE VAN

PLAY GROUND

NEW, HANDMADE AND PRELOVED

SUNDAY 6TH AUGUST 2023

BERWICK FIELDS PRIMARY SCHOOL
35 Gwendoline Drive, Berwick 3806

9AM - 12PM

REUSE & REPIRPOSE

INDOOR EVENT

ENTRY: ADULTS $2, CHILDREN FREE
FREE PARKING ON SITE

FOR FURTHER INFORMATION:

FACEBOOK @BUMBLEBEEMARKETS
WWW.THEBUMBLEBEES.COM.AU
EMAIL: INFO@THEBUMBLEBEES.COM.AU
PH: 0410 043 549