

# LETHBRIDGE PRIMARY SCHOOL

2 Stephenson Street, Lethbridge, Vic. 3332 Phone: 03 5281 7214  
Email: lethbridge.ps@education.vic.gov.au  
www.lethbridgeps.vic.edu.au

Newsletter No. 16

27<sup>th</sup> October 2023

## Care Respect Collaboration Resilience

*Lethbridge Primary School acknowledge the traditional custodians of our school lands, the Wadawurrung people, and pay our respects to Elder's past, present and future.*

October	Tuesday	31	Ecolinc Incurion
November	Wednesday	1	2024 Prep Transition session 1
	Monday	6	Student Free Day
	Tuesday	7	Public holiday – Melbourne Cup Day
	Wednesday	8	2024 Prep Transition session 2
	Tuesday	14	6pm: 150 <sup>th</sup> birthday celebration planning committee meeting <i>Please call us to register your interest</i>
	Wednesday	15	2024 Prep Transition session 3
December	Wednesday	20	Final day of the school year – 1:30pm dismissal



Did you hear the exciting news? We are hosting a Colour Explosion School Run 4 Fun with @Australian Fundraising! 🏃‍♂️ 🎉

Our fundraising is now open! Students have received their sponsorship booklet and can now create their online profile at [www.australianfundraising.com.au](http://www.australianfundraising.com.au).

There are lots of interactive features, and plenty of rewards up for grabs, like free incentive prize credit. Let's make the most of our resources and start fundraising now! 💰 🙌

Big prizes are up for grabs! Unlock your first incentive prize simply by raising \$10 online. The more your child raises, the more prizes they will receive. Australia's highest fundraiser at year's end will win a PS5 Gaming Bundle including a PS5 Console, Racing Wheel & Pedals plus two games.



### BREAKFAST CLUB IS BACK!

Now on Fridays!

#### 8.40am Multi-Purpose Room

Friday November 3  
Friday November 10  
Friday November 17  
Friday November 24  
Friday December 1



### STUDENT FREE DAYS

Monday November 6  
Tuesday November 7 (public holiday)

### TERM 4 EVENTS

Friday December 1 – Colour Fun Run  
Tuesday December 12 – Statewide Year 7 Transition Day  
Wednesday December 13 – Year 6 Graduation  
Thursday December 14 – Final assembly and Christmas Raffle  
Friday December 15 – Year 6 Celebration Day, Adventure Park

## SWIMMING PROGRAM

Last week, our annual swimming program was held at Geelong College. Students travelled to Geelong each day with a bag packed with their swimming essentials and managed the changes to our school routine very well! The students participated in five swimming lessons, focusing on their skill development and water safety.

## 2024 PLANNING

As part of our work to prepare for 2024, last week we held our Prep Parent Information session. We were impressed to have 16 families participate in the session to learn more about our school and the programs we offer to support learning and wellbeing. We will welcome our new Prep students to school for their first transition session on Wednesday November 1.

Our planning for other aspects of the school in 2024 are also underway. This includes assessment and curriculum to inform our teaching and learning programs and evaluating our wellbeing programs. We would appreciate families notifying us of any changes to their enrolment at Lethbridge PS for 2024.

## 2024 STUDENT BOOK PACKS

To prepare for 2024, families will soon be able to order their child's book pack through Kookaburra Educational Resources. All items ordered through Kookaburra by families will be individually packed and delivered directly to the school for the beginning of the school year. (NB: This method avoids postage costs for families). Lethbridge Primary School have worked hard with Kookaburra to offer a suitable pack of items tailored to your child's learning area at a very competitive price, whilst maintaining the quality of items supplied. You may choose to purchase these items elsewhere; however, we ask that you select the same items (brands & sizes) where possible and bring all items to school on the first day of the 2024 school year.

Further information will be provided to families soon.

## STUDENT CELEBRATIONS!

Did you visit the Geelong Show? Perhaps you saw our visual art display?

We are super excited that our student artwork display was awarded second place, and very proud to have LPS student artwork acknowledged by so many visitors at such a big event!

Congratulations to our students! Thank you to Mrs Condon for her work and support during our Art sessions at school!



## WORLD TEACHER'S DAY!

Today is World Teacher's Day! As a team we have celebrated our teaching staff with a morning tea. I am consistently impressed by our teaching team at Lethbridge Primary School. Our teachers have a strong understanding of the needs of our students due to their commitment to build relationships, adjust teaching approaches and use positive reinforcement to acknowledge effort and achievement. Our teachers continuously set high expectations for our students, particularly connected to inclusive practices, teamwork and resilience. Our teachers are role models of our school values and as community-minded people, they know the importance of working in partnership with families. I am truly grateful and so privileged to work with such a wonderful group of positive, professional and effective teachers!





## PARKING AND STUDENT SAFETY

Please be aware that parking directly outside the school on Stephenson Street is limited to the diagonal parking.

Parking is **not permitted** on the opposite side of the street in front of our neighbour's fence. This parking poses a safety risk for students and limits the ability of other drivers to use the turning circle to depart the school safely.

There is additional space for parent parking further along Stephenson Street, and near the tennis club rooms.

Enjoy your weekend,

Chelsey

## NEWS FROM THE CLASSROOM

### EXTRA CURRICULAR ACHIEVEMENTS

On Friday October 20<sup>th</sup> Gracie and I went to a Cheer competition. We won second place out of seven teams, we also got a second-place medal and a participation medal. We competed at Knox, it took two hours to get there.

Mia 1/2F

Last Friday Mia and I went to the other side of Melbourne to Knox for our cheer competition. Our team 'Cute Factor' got second place, we had to do some different stunts and dancing. We had lots of fun!

Gracie 1/2F



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

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<b>FRESH FRUIT</b> <ul style="list-style-type: none"><li>Apple</li><li>Banana</li><li>Mandarin</li><li>Orange quarters</li><li>Pineapple halves (with spoon)</li><li>Watermelon, honeydew, rockmelon chunks</li><li>Pineapple chunks</li><li>Grapes</li><li>Plums</li><li>Nectarines, peaches, Apricots</li><li>Strawberries</li><li>Cherries</li><li>Kiwifruit halves (with spoon)</li><li>Pear</li></ul> <b>MIXED FRUIT</b> <ul style="list-style-type: none"><li>Fruit salad</li><li>Fruit kebabs</li></ul> <b>DRIED FRUIT</b> <ul style="list-style-type: none"><li>Dried fruit, nut, popcorn mixes*</li></ul> <b>TINNED FRUIT/SNACK PACKS/CUPS</b> <ul style="list-style-type: none"><li>In natural juice (not syrup)</li></ul>	<b>FRESH CRUNCHY VEGIES</b> <ul style="list-style-type: none"><li>Corn cobs</li><li>Carrot sticks</li><li>Capsicum sticks</li><li>Green beans</li><li>Cucumber sticks</li><li>Celery sticks</li><li>Snow peas</li><li>Tomatoes (e.g. cherry and Roma tomatoes)</li><li>Mushroom pieces</li></ul> <b>Can serve with either:</b> <ul style="list-style-type: none"><li>Hummus</li><li>Tomato salsa</li><li>Tzatziki</li><li>Beetroot dip</li><li>Natural yoghurt</li></ul> <b>SALADS</b> <ul style="list-style-type: none"><li>Coleslaw and potato salad (reduced fat dressing)</li><li>Mexican bean, tomato, lettuce and cheese salad</li><li>Pesto pasta salad*</li></ul> <b>BAKED ITEMS</b> <ul style="list-style-type: none"><li>Grilled or roasted vegetables</li><li>Wholemeal vegetable muffins or scones</li><li>Vegetable dice (with grated zucchini and carrot)</li><li>Popcorn</li></ul> <b>SOUP (in small thermal)</b> <ul style="list-style-type: none"><li>Pumpkin soup</li><li>Potato and leek soup</li><li>Chicken and corn soup</li></ul>	<b>Milk</b> <ul style="list-style-type: none"><li>Calcium-enriched soy and other plant-based milks</li><li>Yoghurt (frozen overnight)</li><li>Custard</li></ul> <b>Tip:</b> <ul style="list-style-type: none"><li>Freeze the night before to keep cool during the day</li></ul> <b>Can serve with either:</b> <ul style="list-style-type: none"><li>Cheese cubes, sticks or slices</li><li>Cottage or ricotta cheese</li><li>Cream cheese</li><li>Tostito dip</li></ul> <b>Can serve with either:</b> <ul style="list-style-type: none"><li>Fruit</li><li>Wholegrain cereal, low in sugar</li><li>Vegetable sticks</li><li>Rice and corn cakes</li><li>Wholegrain wheat crackers</li></ul>	<b>Tinned tuna or salmon in springwater</b> <ul style="list-style-type: none"><li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li><li>Falafel balls</li><li>Lean meat or chicken patties</li><li>Tinned tuna or salmon patties</li><li>Boiled eggs</li><li>Lean deli meats</li><li>Lean beef or chicken kebabs</li><li>Lean meat or chicken kebabs</li><li>Peanut butter*</li></ul> <b>Can serve with:</b> <ul style="list-style-type: none"><li>Wholegrain sandwich roll, pita or wrap/bread with salad</li><li>Rice and corn cakes</li><li>Wholegrain wheat crackers</li><li>Side salad</li><li>Vegetable lettuce</li><li>Barley chicken dumplings</li><li>Savoury muffins or scones (e.g. lean ham, cheese and onion)</li><li>Homemade pizza with lean roast or deli meats and vegetables</li></ul> <b>Can serve with:</b> <ul style="list-style-type: none"><li>Side salad</li><li>Steamed or roasted vegetables</li></ul>	<b>MAINS</b> <ul style="list-style-type: none"><li>Wraps</li><li>Sandwiches</li><li>Rolls</li><li>Toasted sandwiches</li></ul> <b>Tip:</b> <ul style="list-style-type: none"><li>Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white, fibre-enriched, soy and linseed, herbs, onion, bagels, focaccia, fruit bread and English muffins.</li><li>Pasta dishes</li><li>Rice, sausage or corn caddies</li><li>Noodle dishes</li><li>Sushi</li></ul> <b>SAVORY BAKED ITEMS</b> <ul style="list-style-type: none"><li>Homemade pizzas</li><li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffin)</li><li>Vegetable based muffins</li><li>Pasta or noodle bake</li></ul> <b>SWEET BAKED ITEMS</b> <ul style="list-style-type: none"><li>Fruit loaf</li><li>Wholemeal fruit based muffins</li></ul> <b>SNACKS</b> <ul style="list-style-type: none"><li>High fibre, low sugar cereal (e.g. muesli)</li><li>English muffins</li><li>Crackers</li><li>Rice cakes</li><li>Corn thins</li><li>Wholemeal scones</li><li>Pretzels</li><li>Crumpets</li><li>Hot cross buns (no icing)</li></ul>	<ul style="list-style-type: none"><li>Take a water bottle (for refilling throughout the day)</li></ul> <b>Tip:</b> <ul style="list-style-type: none"><li>Freeze overnight to keep foods cool in lunchboxes</li></ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/fruit bars, biscuits, crisps, cookies, muffins, scones) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p> <p>*Check your school's policy regarding the use of nuts and products containing nuts.</p>

## STUDENTS OF THE WEEK

### Term 4, Week 3

<b>Prep B</b>	<b>Rylan</b> For working hard to improve his handwriting this week Rylan. Your letters are looking great and you are trying really hard to place them
<b>Grade 1 / 2 F</b>	<b>Jarvis</b> For his fantastic work in writing with procedural texts and taking his time with handwriting. Well done Jarvis!
<b>Grade 2 / 3 M</b>	<b>Isabella</b> For displaying excellent understanding and improvement on her work with weight. Congratulations Bella!
<b>Grade 4 / 5M</b>	<b>Fraser</b> For always looking for ways to assist others and consistently demonstrating our school value of care. Well done Fraser!
<b>Grade 5 / 6R</b>	<b>James</b> For keeping a wonderfully positive attitude all week. Super job, James!
<b>Art Award</b>	<b>Levi</b> For great work in performing in a play during Performing Arts. I love the way you change your voice to match the character you are.
<b>STEM Award</b>	<b>Jaxen</b> For sharing his knowledge about cars and how difference forces are needed to have an efficient engine. Keep up the great work Jaxen!
<b>P.E Award</b>	<b>Kash</b> For his leadership and collaboration when working on his fitness circuit. I'm proud of you Kash!
<b>Principal's Award</b>	<b>Bailey</b> For his efforts in Writing and celebrating his achievements.

### Term 4, Week 4

<b>Prep B</b>	<b>Kobe</b> For showing increased confidence in reading and helping his classmates. Excellent effort Kobe!
<b>Grade 1 / 2 F</b>	<b>Aria T</b> For her wonderful engagement and positive attitude towards her learning. Keep up the good work Aria!
<b>Grade 2 / 3 M</b>	<b>Gemma</b> For her amazing work on place value, especially her expanded notation. Well done Genna!
<b>Grade 4 / 5M</b>	<b>Byron</b> For being kind to his peers and trying hard in all subject areas. Keep it up Byron.
<b>Grade 5 / 6R</b>	<b>George</b> For challenging himself and showing a willingness to take risks and problem solve. Keep up the awesome effort, George!
<b>Art Award</b>	<b>Fraser</b> For great improvisation during Performing Arts freeze games this week. Great work and very funny!
<b>P.E Award</b>	<b>Nikola</b> For demonstrating resilience when playing tag. I'm proud of you Nikola!
<b>STEM Award</b>	<b>Lucas Y</b> Worling diligently on his marble run design. Keep up the great work Lucas!
<b>Principal's Award</b>	<b>Ruby-Rae</b> For her commitment to care for our school environment



OCTOBER 2023

# COMMUNITYOSH NEWSLETTER LETHBRIDGE PRIMARY SCHOOL



It's been an amazing start of Term 4 at Lethbridge OSH with everyone returning to school.

This month our focuses have been on settling back into the school routine, as well as looking at Mindfulness, Cartoons and Halloween themed activities.

This has allowed us to enjoy a wide variety of games, activities and crafts together.

We hope to see you next week!



TO ENROL & BOOK, LOGIN OR CREATE YOUR ACCOUNT AT  
[WWW.COMMUNITYOSH.EDU.AU](http://WWW.COMMUNITYOSH.EDU.AU) OR EMAIL [ADMIN@COMMOSH.EDU.AU](mailto:ADMIN@COMMOSH.EDU.AU)



## COMMUNITY NOTICES

**JOIN BULLET MEETS + CRUISES**

**Inverleigh RSL Remembrance Day 2023**

*Lest we forget*

**11 NOV 2023  
10AM  
INVERLEIGH  
RSL  
63 HIGH ST  
INVERLEIGH  
VIC 3321**

**Competition/Giveaways/Raffles**  
-Best Custom Car, Best Street Machine, Best Bike

**Gold coin donation for show car entrance**

**Spring in the Shire**  
Photography Competition  
**PHOTO [SYNTHESIS]**  
Flora & Fauna

Photo: Clara Biersch - Morning Run  
2021 Spring in the Shire Finalist

**Golden Plains Shire Council's Spring in the Shire photographic essay competition is an opportunity for amateur photographers from across the Shire to showcase their talents by capturing the beautiful surrounds and vibrant communities of Golden Plains.**

This year's competition theme Photo[synthesis] has an environmental focus and our Shire's amateur photographers of all skill levels are encouraged to capture this theme through their lens.

**Prizes**

- Major Prize (18 years and older)
- Young Adult Prize (13 to 17 years)
- Junior Prize (up to 12 years)

Spring in the Shire Photographic Essay Competition winners will be announced at the Golden Plains Twilight Market on 14 December 2023 at Bannockburn Cultural Centre.

**ENTRIES OPEN FROM  
2 TO 31 OCTOBER, 2023**

Scan QR code or go to Council's website for information.  
[goldenplains.vic.gov.au](https://goldenplains.vic.gov.au)

**Golden Plains Shire**  
2 Pope Street, Bannockburn, VIC 3331  
19 Heales Street, Smythesdale, VIC 3351  
5220 7111  
enquiries@gplains.vic.gov.au  
goldenplains.vic.gov.au

GoldenPlainsShire  
@GPSCouncilNews  
GoldenPlainsMayor  
lovegoldenplains

**Junior Casual Basketball**

Are you keen to play basketball but can't commit to a weekly game?

Join us for a trial of Junior Casual Basketball! Drop into the Y every Tuesday at 5pm for casual 3x3 games or shoot.

**Details**

- 3 x 3 Junior Casual Basketball
- Tuesdays at 5:00pm - 6:30pm
- \$7.50 pp
- Ages 5 - 12
- Starting Tuesday 24th October

4 week trial period starting Tuesday 24th October

**No bookings required, just grab some friends and come along!**

5281 2316  
geelongymca.org.au  
bannockburn@ymca.org.au

**the Y**

# ● PREP 2024 ●



This intensive school readiness program is specifically tailored to children who are enrolled to attend Prep at a mainstream school in 2024. The group is a great way to prepare your child for their transition to Prep in a supportive, small group environment. The group will cover:

- Writing, drawing and scissor activities
- Social skills (winning and losing, and being part of a group)
- Attention and engagement
- Separating from parents, confidence and self-esteem
- Practicing asking for help and eating snack independently
- School routines (mat time)
- Executive functioning skills (planning and organising)

School Holiday group:  
19/1 to 25/1 9:30am – 12pm

5 x 2.5hr daily + post group report

\$1500



(03) 9067 5606

Info@tinytackerttherapy.com.au



## BUILDING RESILIENCE THROUGH INDEPENDENCE

PRESENTED BY ANDY MCNEILLY

Andy has been running simple and fun workshops to help parents create more connection with their family.

Many of our children are struggling with worry and anxiety. They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children as they confront issues so different to the ones we faced at their age.

This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.



THURSDAY 16 NOVEMBER

7.30pm–9.00pm

### VENUE

Surf Coast Shire Council  
1 Merrijig Drive, Torquay

### BOOKINGS

Scan the QR code or visit [geelong.link/BuildingResilience](https://geelong.link/BuildingResilience)

This is a free event but bookings are essential.



## MELI

### Bringing Up Great Kids - Parenting Adolescents



The Bringing Up Great Kids Parenting Adolescents program is a six week supportive program for parents with children aged 10 to 18 years.

The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Assist parents understanding of what is going on in the adolescent brain.
- Explore the changing role from "custodian" to "consultant".

#### PROGRAM DETAILS

LOCATION	Bannockburn Cultural Centre Barwon Room 27 High Street, Bannockburn
DATES	17 Oct - 21 Nov 2023
DAY/TIME	Tuesdays 5.30pm - 7.30pm
COST	FREE

Scan QR code to register your interest →



[mell.org.au](https://mell.org.au) [f mellcommunity](https://facebook.com/mellcommunity) [@mellcommunity](https://twitter.com/mellcommunity)

[groups@mell.org.au](mailto:groups@mell.org.au)