

LEONAY PUBLIC SCHOOL

November 2018	
23/11; 30/11	Kindergarten Orientation
December 2018	
6/12	P&C Christmas Concert
11/12	End of Year Celebrations

NOTES HOME

P&C Christmas Concert - due 30/11

End of Year Celebrations - K - 4 \$20; Yrs 5-6 - \$30 - due 4/12

ASSEMBLY DATES

30/11, 14/12

If your child is receiving a merit certificate, Student of The Month or a special award, you will receive a letter advising you so that you can attend the assembly. All other awards, Bronze, Silver, Gold and Platinum are announced in the newsletter and will not be advised personally.

PLEASE KEEP UP TO DATE WITH SCHOOL ACTIVITIES, ALERTS, AND ABSENCES DOWNLOAD THE FREE SKOOLBAG APP

Wellbeing Week

Thank you to the students, staff and parents who have supported our Wellbeing Week this week. We hope you have had an opportunity to do 'some different homework' with your child. Have a talk to them about the different focus areas we have explored throughout the week. Friday's focus is Enjoying Life! Thank you Mr Davies and his team for organising these events.

Colour Run Fundraiser

A HUGE thankyou to the Leonay Public School families and friends for making our Colour Run fundraiser such an amazing success! We raised just over \$15, 000, with the school receiving a large portion of this after running and prize costs are deducted. We had 186 students raise money and all students participated in a great colour run at school. These funds will go directly to the school and students in the form of resources, technology and equipment. All prize orders have now been submitted and we will receive them in the coming weeks. Thank you Mrs Wallace for all your organisation.

Safety around the School

I ask the Leonay community to ensure that safe practices are modelled to our students at all times. The teacher's carpark is out of bounds at all times. No students or parents/carers are permitted to walk or park in this area. Likewise, the driveway at the back of the canteen is for designated staff only. Parents and carers are not permitted to park in this area before and after school. Thank you for your support in this matter.

2018 Presentation Assembly

Our 2018 presentation assembly will be held at the Leonay Golf Club on Wednesday 12 December commencing at approximately 9.30am. During the year our fortnightly assemblies provide an opportunity to acknowledge the achievements of all students. At this assembly only a select number of prestigious class awards are presented to recognise those students who have performed at the highest of standards throughout the year. Please note this date in your diary; we look forward to your attendance.

Parent Helper Morning Tea

On Tuesday 4 December the staff will host a morning tea for all our parent helpers from 2018. If you have helped out in classrooms, in the canteen, on excursions, at sporting carnivals or in any other way, then we would like to say thank you for giving up your time. Please join us at 11.00am in the library for morning tea. An invitation was sent home this week but all helpers are welcome. The RSVP is Tuesday 27 November to the office.

Debating Competition

Our Grand Final debate will be held on Wednesday 5 December at 12.20pm in the hall. The two teams are busy preparing. Team 1 consisting of Hannah W, Imelda W., Harry R, Atilla H and Lachlan M will debate against team 2 students Amelia W, Lana K, Fynn C, Isaiah G and Noah K. The topic is "That the internet is taking over." We wish them all the best and thank Mrs Fisk for all their hard work and guidance throughout the competition. Parents and carers are welcome to attend.

Christmas Concert

This year our Christmas Concert will once again be held outdoors providing the weather is kind to us on Thursday 6 December. Our P & C will be operating a BBQ dinner before the concert. **An order form for this BBQ has been distributed to all students and is due back by Friday 30 November.** We look forward to your attendance and a great evening. Don't forget to bring your picnic rug or deckchairs and please remember to be respectful and not talk during the class items. A special area at the front will be available for you to sit during your child's class performance. Attached to this newsletter is the program for the night.

[Request for Administration of Medication](#)

From time to time school staff receive requests from parents to assist in the administration of medication to their child. The administration of **prescribed medication** in schools is carried out by staff who volunteer. Parents are required to complete a written request to the school before this medication can be administered.

At times parents also request that the school administer **non-prescribed medications** such as panadol. Departmental policy states that schools do not administer medication that has not been specifically requested by a medical practitioner. Schools are required to follow the same procedures for such medications as for 'prescribed medications'. Therefore, it is requested that parents do not ask staff to administer **non-prescribed medications** unless they have a letter from their medical practitioner that states the child requires such medication to be administered at school. Parents can come to the school to administer this medication if required.

[Attendance and Travelling During School Term](#)

Exemption from attendance at school can no longer be granted for students travelling for the purpose of a family holiday during school terms. Parents and Carers are required to submit an 'Application for Extended Leave – Travel' to the school for students travelling during the school term. Travel documentation, such as travel itinerary or an eticket, must be attached to the application. Educational, social and participation reasons should be specified on the application. Applications are available from the school.

[Magic Show K-2](#)

On Monday 10 December from 1.50pm - 2.45pm, K-2 students will have the opportunity to watch Lindsay Gardner the magician. This will take place in the hall. Parent and carers are welcome to attend.

[Contact Details](#)

Please ensure that any change in contact details including phone numbers, address and emergency contact information are updated as soon as possible throughout the year. Please do not hesitate to contact the office with any modifications required. From time to time, we do have occasion to send information through the post.

[Semester Two Student Reports](#)

These will be distributed on Friday 14 December.

[Next Assembly](#)

Next assembly – Friday 30 November. 3/4B are performing. Parents and Carers are welcome to attend.

[P and C Thank You](#)

Thank you to the hardworking members of the P and C Committee and volunteers who have assisted at many school events this year. A special mention to Mrs Doris Barbaro who has run the Canteen for many years at Leonay PS. Her final day in the Canteen will be Friday 14 December as all her children will be in high school from 2019. We thank her for the many hours of time she has devoted to making sure Leonay PS students have nutritious and healthy lunches. Please drop in and say 'Thanks' to Doris or send a message on your lunch order.

Miss Payne

R/Principal

P & C NEWS

BOOK CLUB

Book club orders for Issue 8 are due by TUESDAY 27TH NOVEMBER. Orders can be done online by visiting scholastic.com.au/LOOP – Loop offers a ‘Gift Function’ for those wishing to keep their purchase a surprise for Christmas.

CHRISTMAS CONCERT BBQ

Please return all orders and money to the front office by FRIDAY 30TH NOVEMBER. Orders must be picked up by parents/caregivers between 4:30pm and 5:45pm at the canteen. The canteen will be closed once the concert starts (please note: no late pick-ups will be accepted). ***Volunteers needed*** Can you help on the night cooking or serving? Could your child (ex-student of Leonay, Year 7 upwards) help sell drinks and snacks? We would love to hear from you.

SPOOKY DISCO

Thank you again to everyone who joined us at the Term 4 Spooky Disco and to all those who volunteered their time. This event raised \$1,289.92.

SCHOOL BANKING

Thank you to everybody who has supported school banking this year. Banking will continue until Wednesday 19th December so there is plenty of time to add to your token count for rewards. Older and younger children not currently at Leonay can still bank money with their siblings attending Leonay.

This year so far, we have received \$396.00 from the CBA for our dedicated savers. Last year we purchased a giant chess set for the children to use. This year we are hoping to add another game for the children to enjoy. If you have any questions, or suggestions for what our commission should go towards please feel free to talk to Michelle Clague or email pandcleonay@gmail.com.

NEXT P & C MEETING

P & C Meetings are held once a month in the school library. The P & C Committee welcome all parents and carers to join us. The final meeting for 2018 was held on 20 November. The next meeting will be held sometime in February 2019; details will be published in the first newsletter for 2019 and on our Facebook page.

Leonay P & C Association

Term 4 Weeks 5 - 6

Silver Awards

Hamish A, David W, Kane H, Ashlyn M, Lucas W, Ally B
Nimmi N, Cooper P

Gold Awards

Matilda E, Cooper C, Charli W, Cameron S, Abbey H,
Luke G, Sophia K, Ella S, Iowa C, Joshua H, Eliana M,
Lewis B, Timur H, Maariyah O, Amelia W, Lachlan W,
Kye R, Khaemon A, Levi B, Veda L, Cohen D, Murphy L,
Atilla H, Harvey T, Holly W, Adam A, Adam H, Ava P,
Parker B, Cohen D, Charli C, Quinn D, Harrison M,
Winnie H, Declan H

Platinum

Ava M, Keira C, Louise Q, Farren H, Jax G, Skye H,
Emma H, Maverick K, Mariella N, Thomas G, Helena H,
Travis D, Lucas H, Sienna P, Laura R, Jake H, Ella C,
Jackson M, Fynn C, Sophia B, Sebastian J, Zachary C,
Lachlan M, Lindsay S, Imelda W, Max Z, Aurelia J,
Findlay T, Chloe S, Gabrielle S, Elliott B, Henry J, Tom B

Principal's Award

Bailey P, Ella B, Charlotte K, Tilda W, Wade W,
Anthony N, Misha M, Laura R, Rubie M, Maximus K

Some Resources and Tips for Parents

This information has been put together to assist you in supporting your young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Please keep this sheet handy.

Here's a link where you can find some ideas for activities and stress breakers during the holidays.

www.community.nsw.gov.au/docs_menu/parents_carers_and_families/parenting/school_holiday_parent_kit.html

Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

Being irritable or angry with friends or family for no apparent reason

Feeling tense, restless, stressed or worried

Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

Not enjoying or not wanting to be involved in things they would normally enjoy

Being involved in risky behaviour they would normally avoid

Unusual sleeping or eating habits

Changes in thinking include:

Having a lot of negative thoughts

Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources and services that you or your young person can access:



These factsheets contain some very helpful information:

'Support your young person during the school holidays' headspace School Support Factsheet:

www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'If your Friend is not OK' - a resource for young people to encourage them to seek help if they are worried about a friend.

www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and in live WebChat. **Telephone: 1800 55 1800** or www.kidshelpline.com.au

The **Kids Helpline website** has separate sections for kids 5-12 years old (including dealing with holiday hassles), for teens 13-25 (including managing relationships; what happens after school; if you are concerned about suicide and someone you know), and for parents and carers (including understanding grief and loss).

Lifeline

24-hour national telephone crisis counselling service and online counselling

Telephone: 13 11 14 or www.lifeline.org.au

Suicide Call Back Service

24-hour national telephone counselling and online service for people 18 years and over

Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

e-headspace

Online counselling for young people 12 to 25 years – www.eheadspace.org.au

Mindhealthconnect

Website aggregates mental health resources and content from the leading health organisations

www.mindhealthconnect.org.au

beyondblue: National depression initiative

24-hour telephone support and online chat service with links to local services

Telephone: 1300 22 4636 or www.beyondblue.org.au

Mental Health Line

1800 011 511

The Mental Health Line is a single number, state-wide 24 hour mental health telephone access service.

Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them.

Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief (www.goodgrief.org.au/assistance) - information on children and grief, young people and grief, and supporting someone who is grieving.



Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

Some ways children and young people can ensure they have a refreshing, safe and satisfying break:

- finding a balance between busyness and boredom, and taking time out from social networking
- getting enough sleep (8 or 9 hours a night) and using safe relaxation techniques that they know work for them.
- having at least 15– 30 minutes of physical activity each day as this can improve their mood and energy levels
- planning a regular fun activity each week to keep some sort of routine going (remembering to check opening hours, transport, etc on public holidays)
- making a list of people they can contact if they become stressed (helplines, or adults they trust who can help them call a helpline or counsellor)
- checking some of these links online:

Fun stuff for teens who have a parent with a mental illness <http://www.copmi.net.au/kids-teens-young-adults/teens/fun-stuff.html>

Fun stuff for children who have a parent with a mental illness

www.copmi.net.au/kids-teens-young-adults/kids/fun-stuff.html

www.facs.nsw.gov.au/families/children/mental-health

www.youngcarersnsw.org.au/support/self-care/

www.youngcarersnsw.org.au/events/

LEONAY CHRISTMAS CONCERT 2018

Dear Parents,

Our annual Christmas Concert will be held on December 6th on the grass area outside the Library. There will be an area reserved at the front of the stage for you to sit and take photos when your child is performing. **Audience members (including pre-schoolers!) are asked to be quiet and attentive when there is a class performing.**

The order is as follows:

KD- Rudolph the Red-nosed Reindeer

3/4B- Rocking Around the Christmas Tree

5/6K- Deck the Shed with bits of Wattle

KN- Ho Ho Ho Oi Oi Oi

Solo- Jingle Bell Rock (Lindsay S)

K/1B- Must Be Santa

1/2D- Aussie Jingle Bells

3/4O- Dogs Love Christmas Too

-----INTERVAL-----

(Five minutes only to allow those in the second half to get organised)

Recorder- Jingle Bells

3/4C – A Very Merry Aussie Christmas

Duet- Perfect Holiday (Imelda W & Maya G)

1/2FM- Santa Loves to Boogie

5/6L- Nuttin' For Christmas

Solo Dance- Santa Tell Me (Dakirah B)

Choir- Do You Hear What I Hear?

5AM- We Wish You A Merry Christmas

- **5.30pm.** Those performing in the first half go to classrooms. **KD** goes straight to the Library. **6PM CONCERT STARTS.**
- Classes in second half can stay and watch first half with their families. During Interval of 5 MINS ONLY classes in second half go to classrooms. Recorder Group and 3/4C go straight to Library.
- Students can be signed out after their Item. **Sign out sheets will be on a table under the tree in the playground on the right of the stage.**



Leonay Public School

"To do your best"



Buring Ave, Leonay 2750 Ph: 4735 5999, 4735 5851, Fax: 4735 6373

Email: leonay-p.school@det.nsw.edu.au

Website: www.leonay-p.schools.nsw.edu.au

Movement of Families in 2019

Family Name: _____

Child/Children's Names: _____

Please indicate with a ✓:

My child/children will **not** need a class place at LPS in 2019. My child /children will be attending _____ school in 2019.

My child/children will return late to LPS in 2019 due to travel/holidays.

Date of return: _____

Signed: _____ (Parent/Carer)

Date: _____

(Please return the note to the school office as soon as possible)