

LEONAY PUBLIC SCHOOL

December 2019

10/12	K-2 Magic Show
11/12	Presentation Assembly - Nepean CAPA
12/12	K-6 End of Year Excursions
18/12	Year 6 Graduation

ASSEMBLY DATES

13/12



Please check your emails, Skoolbag app & website to download current notes and newsletters.

NOTES HOME

K-6 Party note



Thank You

Once again, a big thank you to the Leonay PS community for your generous donations for the Mama Lana charity and supporting our crazy hair day. As you can see we were able to donate a large number of personal products to help this local organisation. Thank you to Miss Mills and the SRC for organising the event and to Michelle C and Vanessa C from the P & C for delivering everything. Well done Leonay!!

Classes 2020

Based on our current enrolment for 2020, our numbers indicate that 10 classes can be formed. This is as a result of a drop in enrolments. If you are not returning in 2020, please complete the form at the end of the newsletter and return to the office immediately. If we are close to maintaining our 11th class then we may consider starting 2020 in grade groups or even 2019 classes. Official enrolment numbers must be submitted to the Department of Education by Thursday 6 February. Information regarding classes will be sent home at the beginning of 2020 when all children including Kindergarten are accounted for at school.

Christmas Concert

Thank you to everyone who attended our Christmas Concert. A special mention to the members of our P & C who not only provided a gift stall and food vans on the night but have worked tirelessly throughout the year raising valuable funds for the school. A very big thank you must also go to Panarottis Pizza Penrith for stepping in at the last moment and donating Pizzas for the concert.

Thank You to our Canteen Volunteers

A big thank you to the many parent helpers who have volunteered their time to work in the canteen during the week or on a Friday for lunch. Angela P has taken on the role of Canteen manager in 2019 and we thank her for all her efforts. We also thank these parents: Jessica W, Brooke HD, Kerrie S, Rebecca J, Siew L, Ellen H, Sara-Leanne E, Debbie G, Alisa T, Tracey G, Belinda M, Nicola F, Alison H, Michelle C, Stacey C, Sandra C, Elissa T, Yasmin M for giving up their time to help out. We are still looking for volunteers in 2020 to help out with rosters, ordering, serving, lunches. Please contact the office or the P & C Facebook site if you are available. At this stage in 2020, we will only be able to provide a limited canteen during the week and Friday lunches only once a term.

Rotary Award - Louise Q

Mrs Longhurst and I had the pleasure of attending the Lower Blue Mountains Rotary Dinner on Tuesday 26 November to witness Louise Q from 5/6L, receive a special award. Each year the Rotary Club ask schools to nominate a worthy recipient to receive the Service Above Self Award. Louise has worked tirelessly over the years at Leonay PS to help out in any way she can. Congratulations on receiving this award.

2019 Presentation Assembly

Our 2019 presentation assembly will be held at the Nepean Creative and Performing Arts High School on Wednesday 11 December commencing at approximately 10.00am. All Leonay PS students will travel by bus to and from the venue. A note has been sent home with arrangements. All students must return to school after the assembly. 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.

Semester Two Student Reports

These will be distributed on Monday 16 December.

Next Assembly

Our last Friday assembly for the year will be held on Friday 13 December.

Last Day of 2019 and 2019 Commencement Dates

Wednesday 18 December 2019 is the last day of school for students. In 2020, Year 1 to Year 6 return on Wednesday 29 January whilst Kindergarten start on Monday 3 February.

Miss Payne

R/Principal

2019 Christmas Concert Raffle Winners List

Prize	Winner	Ticket Number
Tony Ferguson Gift Pack	Veda L 1B	Black D 73
New Dimensions 12 months	Clay S 1B	Purple C 76
New Dimensions 6	Amelia RF 1/2A	Red F 58
New Dimensions 3 Months	Nicky W 5/6 M	Blue B 49
Scenic World Family Pass	Hamish 5/6 C	Orange D 76
2773 Voucher worth \$100 donated by Paul Wallace	Kay Hunter	Purple F 50
Disney Junior 3 ships in one giant toy	William P K/1R	Purple A 91
Hogs Breath Voucher	Adam AN 5/6 D	Blue F 24
Gourmet Meats Voucher	Amelia C 3/4C	Blue A 33
Leonay Golf Club Voucher	Steph C	Red D 91
CPR Vita 5 Hair Care pack	Elias V 3/4C	Orange A 08
Nando's voucher	Caleb O 1B	Purple F 78
Nando's voucher	Ayden L K/1R	Blue E 39
Pure Fiji beauty gift pack	Nicky W 5/6M	Blue B54
Pure Fiji beauty gift pack	Jail T 3/4T	Blue C 26
Dan Murphy's voucher	Matthew M 5/6D	Orange C 30

Head Lice

Please see the attached link for ways of eliminating head lice. <https://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx#bookmark1>



PLAYSPACE | POP-UP
CAFE



WEDNESDAY MORNINGS

JANUARY 8TH, 15TH + 22ND, 2020

9 AM - 11 AM

ENCLOSED PLAY AREA + DAILY KIDS ACTIVITIES

+ BARISTA COFFEE!

**GOLD COIN
DONATION**

Come grab
coffee & cake
and relax while
the kids play!



Short Street via Mundy Street. Plenty of parking. 1 min from Lennox Shops.

**EMU PLAINS
ANGELICAN CHURCH**



WWW.EPAC.ORG.AU

Annual
Christmas Eve
Fair & Carols

5:00 PM - Christmas Fair

FREE JUMPING CASTLE, PONY RIDES,
SAUSAGE SIZZLE AND MORE!

6:30 PM - Outdoor Carols

BRING A BLANKET AND JOIN IN A
NIGHT OF FUN AND CAROL SINGING!

TUESDAY DECEMBER 24

EMU PLAINS ANGLICAN CHURCH

Short Street via Mundy Street. Plenty of parking.
1 minute from Lennox Shops.

**EMU PLAINS
ANGELICAN CHURCH**



WWW.EPAC.ORG.AU



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.
www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide

Some Resources and Tips for Parents for over the School Holidays

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 resource handy.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/_data/assets/pdf_file/0008/319058/child_safety.pdf

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

Leonay Public School

Movement of Families in 2020

Family Name: _____

Child/ Children's Names: _____

Please indicate with a ✓:

My child/ children will **not** need a class place at LPS in 2020. My child /children will be attending _____ school in 2020.

My child/ children will return late to LPS in 2020 due to travel/ holidays.

Date of return: _____

Signed: _____ (Parent/Carer)

Date: _____

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