Thought for the Fortnight
"If you choose between being kind and right, choose being kind and you will always be right"

Principal’s Message
As Term 2 comes to an end this week, it is a time for everyone to take some time and reflect on the year so far. The proposed Badgerys Creek Airport has affected many families in our community and I hope that the second half of the year is more settled for our school community. Unfortunately there will be a slight change to the class structures beginning in Term 3 with Year 4 students moving into Mr Winterton’s class. The class structures for Term 3 will be:

K/1 - Mrs Ellis and Mrs Mendham
1/2 - Mrs Wacker and Mrs Mendham
3/4 - Mr Winterton
5/6 - Mrs Lloyd

Starting in Term 3, the school canteen will operate each Friday instead of a Monday. Our school canteen is operated by the P&C and is purely operated by volunteers. We have been unable to cover the canteen hours on Monday with volunteers despite many notes home requesting help. Hopefully Fridays will be a more convenient day for parents to volunteer. If we are unable to get volunteers our canteen will have to close.

School ends for all students and staff on Friday 26th June. All students will return to school on Tuesday 14th July. On behalf of the staff of Luddenham Public School I wish all families a safe and enjoyable school holiday.

Karen Ellis

P&C News
Please come along to the next P&C meeting which will be held on Friday 14th August in the Library straight after morning assembly at 9:10am.

Everyone is welcome

Woolworths Earn and Learn
Woolworths will once again be running the Woolworths Earn and learn Program this year. Starting on Wednesday 15th July, when anyone shops at Woolworths, you will be able to collect stickers to place on your sticker cards. Once the sticker cards are complete you can bring them into the office and place them in the collection box. When the program closes on September 8th we will calculate the number of points we have earned and Woolworths, in conjunction with Modern Teaching Aids, will supply the school with free resources. So start collecting those stickers as soon as they become available in the first week back in Term 3.
PBL Awards

In the last fortnight the following students have been recognised for their safe, responsible, respectful and successful behaviour.

Respectful:

Responsible: William (3)

Safe: Alyssa (3)

Learning and Support Teacher (LAST) News

It’s possible that children can be taught how to manage with their emotions, to develop resilience, and to foster positive relationships – this is called ‘social and emotional learning’. It’s also a fact that a child’s family is the first and biggest influence on their mental health. That is, families can teach children these skills as early as possible in life – even from when they’re babies!

Kidsmatter is a trusted website created by professionals trained in children’s mental health. It offers information sheets to help parents support their children's mental health and well being. The information sheets list practical information, tips and strategies specific to common children's mental health issues.

Simply search kidsmatter.edu.au, click on ‘families' and follow the link to the highlighted information sheets section or scroll down the left hand side where you will find many relevant topics.

Lindy Johnson
Learning and Support Teacher

Women in Policing

This year, the Police celebrate 100 years of women in policing. Part of this celebration involves a baton relay that is being run across all LACs of the state. The baton relay arrives at Green Valley LAC on Monday 10th August between 11am to 3pm. The official celebrations will be held in the park across from the police station. The event will involve the baton relay, speeches by MPs and the Green Valley Commander. There will be a recruitment tent there as well as a BBQ.

Green Valley Police would like the community to attend to join in the celebrations.

Dance2bfitt

Throughout Term 3 the school will be conducting a 10 week dance program each Friday called Dance2bfitt. The program is a very energetic and enjoyable way of introducing our students to many different dance styles.

Dance2bfitt is an energetic, innovative and fun way to get students fit and funky with the latest dance styles to the hottest music tracks. This is a great program to improve the fitness levels of students while they are having a great time. Dance2bfitt has been developed specifically for NSW Primary Schools under the PDHPE syllabus where students have fun learning a new dance each class taught by qualified instructors.

The cost of the 10 week program is $30 per student. Thanks to the generosity of our P&C who have offered to subsidise the program, and the school contributing from the Premier’s Sporting Challenge Grant, we are able to reduce the cost to $20 per student. Please return permission notes and payment by 15th July.
Dental Health

It is wonderful when a number of children come up to you at different times and say “Look Mr Rush, my teeth are really white”, or “I’ve finished my teeth brushing chart .“

The dental and oral health program for PDHPE this term is proving to be a resounding success in bringing all students of Luddenham Public School, to a place of understanding that their second set of teeth need to last the rest of their lives. This has culminated in the senior students of 4/5/6 role playing as ‘Dentists’ with the junior students being the ‘patients’. Both sets of students are thoroughly enjoying the experience, however more importantly, the majority of students are getting the message that oral health can be fun and is so important for overall mental and physical health. This is indicated in the photos attached.

This program with the ‘Dentist/Patient’ role playing will conclude at the end of this term which would have seen four weeks with all students brushing their teeth using the correct technique every Tuesday afternoon. Please, please, please parents, continue encouraging your children to continue the habits and knowledge gained this term through this program.

Mr Rush

Athletics Carnival

The Athletics Carnival will be held on Wednesday 29th July at Warragamba Sportsground for all students in Years 3 to 6, as well as students in Year 2 turning 8 this year. Students in Years K-2 will also be travelling to Warragamba Sportsground on the same day for their Gala Day.

The carnival/gala day will be held in conjunction with Wallacia, Mulgoa and Orchard Hills Public Schools. Travel will be by bus and the cost is $5 per student. All students are expected to participate. Permission notes will be sent home early next term. Parents are more than welcome to come along and cheer on your child.

Well done!!!

Not long ago, Rita Megale came to the school asking for help in collecting tea bag tags, bread clips and ring pulls in order to collect enough to weigh the same as an average newborn baby. In true Luddenham form the community came together and supported the initiative. I am pleased to report that Rita has informed me that the target has been met and that Fairfield Hospital will now receive the promised machine for their cancer patients. A big thankyou to everyone who helped out.
What’s Happening at Luddenham PS

June

**Fri 26th**
Football (soccer) program
Breakfast Program
Last day of Term 2—Mufti Day

July

**Mon 13th**
Staff return

**Tues 14th**
Students return

**Fri 17th**
Dance2bfit

**Tues 21st**
The NED Program

**Fri 24th**
Dance2bfit
Superhero Day

**Wed 29th**
Athletics Carnival

**Fri 31st**
Dance2bfit

August

**Tues 4th**
Book Fair

Reminders

- Dance2bfit starts Week 1 next term. Please return permission notes and payment by **Wednesday 15th July**
- Next instalment of $50 for Stage 2 Camp (Years 3 and 4) is due by **Friday 24th July**
- Please label all your child’s belongings, including clothing, hats, lunch boxes, drink bottles etc.

Craft afternoons

Every Friday afternoon the lovely ladies from Outer Liverpool Community Services have been coming to our school to deliver craft lessons to each class. The children have really enjoyed the classes and we would like to take this opportunity to thank our visitors from Outer Liverpool Community Services. This is the same group of people who come every fortnight to serve our students breakfast. Thank you so much!!
Go4Fun is a healthy lifestyle program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and physical activity using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

WHAT HAPPENS AT GO4FUN?

PARENTS & KIDS TOGETHER:
NUTRITION & MIND THEORY SESSION

PARENTS DO:
NUTRITION & FAMILY LIFESTYLE CHAT SESSIONS

KIDS DO:
FUN PHYSICAL ACTIVITY & GAMES SESSIONS

GO4FUN FOR FAMILIES

WHY SHOULD KIDS DO GO4FUN?

The program aims to improve the health of the child through the development of healthy lifestyle behaviours, as well as educating and positively effecting kids attitude to food and physical activity.

The program includes nutritional information on food serving sizes and beliefs reading, support and advice talking about weight and role modelling, personal improvement on physical activity and self esteem, as well as fun games incorporating fitness, movement skills and team building.

WHAT IS ABOVE HEALTHY WEIGHT?

Approximately 1 in 4 (25%) of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television or using a computer per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

BENEFITS OF GO4FUN?

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balanced diet helping learning and mood
- A healthier child!

HOW DOES GO4FUN WORK?

Research has shown that Go4Fun can help children reach a healthier weight, increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

WHERE?

Held in sports and community centres, as well as schools in most council areas of NSW.

WHEN?

Run after school in school term (10 weeks), usually starting at 4:00pm, 4:30pm or 5:00pm.

COST?

FREE: Kids get a free t-shirt, drawing bag, bouncy ball, water bottle and info folder.

REGISTER ON 1800 780 900 OR www.go4fun.com.au

South Western Sydney Local Health District Health Promotion Service Locked Mail Bag 7379 | Liverpool NSW 1871
P: 02 9780 2011 F: 02 9780 2958
Outer Liverpool Community Services
School Holiday Activities

Join the fun at OLCS this holidays with our new
School Holidays Program

Starting from Monday 29th June 2015

WEEK ONE
Monday ~ Boot Camp
Tuesday ~ Children’s Craft
Wednesday ~ Cooking with Rosina
   (bookings essential)
Thursday ~ Children’s Craft
Friday ~ Cooking with Rosina
   (bookings essential)

WEEK TWO
Monday ~ Children’s Craft
Tuesday ~ Cooking with Rosina
   (bookings essential)
Wednesday ~ Children’s Craft
Thursday ~ Cooking with Rosina
   (bookings essential)
Friday ~ Children’s Craft

All Activities Start at 10:30am
Bookings 9606 0629

All Children must be accompanied by an adult
www.olcs.org.au