Thought for the Fortnight

"Wishing all students and families a safe and enjoyable holiday"

Principal’s Message

As Term 3 finishes this Friday 18th September, I would like to congratulate all students on their achievements throughout this term. Our students and staff have consistently worked hard in striving to achieve growth in their learning achievements. This term we have celebrated 100 days of learning, Education Week, Superhero Day and Book Week. Our students have participated in our Small Schools Athletics Carnival, Penrith District Athletics Carnival, Regional Athletics Carnival, Surfing Scientist, writer’s festival, public speaking, Dance2BFit and the walkathon. I wish everyone a safe and well deserved holiday.

Tabbatha Sly will be representing Western Sydney Region at the State Athletics Carnival in October after finishing 2nd in the 13 year girls 100m at the Western Sydney Regional Athletics Carnival on Wednesday 9th September. We are so proud of Tabbatha as she is the first student at Luddenham in a very long time to represent our school at the State Athletics Carnival.

This Friday we will be having our class prize draw for our walkathon. Thank you to our school community for your invaluable support. All money raised from our walkathon will go towards playground games and activities.

We are also having a Mufti Day on the last day of term, all students wearing Mufti will donate a gold coin with funds raised going towards Year 6 Farewell. The winner of the guessing competition will also be announced at the morning assembly.

During the holidays painters will be painting the interior of the K/1 room and the library. We look forward to returning to our freshly painted rooms. All staff and students will return to school on Tuesday 6th October.

Karen Ellis

K-6 Assembly

The next K-6 Assembly will be held in Week 3 on Wednesday 21st October at 2:20pm
PBL Awards

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

Respectful: Cody (1/2)
Responsible: Ebony (1/2)
Safe: Keanu (3/4)

Learning and Support Teacher (LaST) News

Here’s a continuation of my last newsletters list of great kid friendly research sites. I’d love to hear how you go using them.

Kid Rex
KidsConnect–Kids research
Let me Google that for you–all those questions people ask, they could have answered themselves? Here’s a site. They even have stickers
Library Spot
National Geographic for Kids
Nova video programs
SchoolsWorld.TV--educational videos
Smithsonian Quest–sign up your class; student research/explore with the Smithsonian
SqoolTube Videos
TagGalaxy–search using a cloud
Thesaurus.net
Websites by kids and teens
World Almanac for Kids
World Book
Zanran–statistics and data research

Have fun!
Lindy Johnson
Learning and Support Teacher

P&C News

Chocolates

We would like to finalise our Cadbury Chocolate Fundraiser.
Please return all chocolate money or unsold chocolates to the office by Friday

P&C Meeting

The P&C is always looking for new members to join our friendly group. Come along and get involved in your school; hear about what’s happening and plan for the future—it’s in the best interest of your child.
The next P&C meeting will be held on Friday 9th October in the library straight after the morning assembly.
Everyone is welcome
Year 6 Farewell

The Year 6 students have been running a guessing competition this week to raise money for the year 6 Farewell. Guesses are 50c each or 3 for $1. There aren’t many guesses left so don’t delay. The winner of the Guessing Competition will be announced at the assembly of Friday morning.

We are also having a mufti day on Friday and students are asked to bring a gold coin donation which will also go towards the Year 6 Farewell.

Woolworths Earn and Learn

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school. We’re now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So please send in your Woolworths Earn & Learn Sticker Sheets tomorrow along with any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks again for all your support!

Healthy Eating

Mr Rush has been teaching the students about healthy eating this term. Yesterday they were provided with a range of healthy sandwich options and the opportunity to make themselves a healthy lunch. Many thanks to Mr Kewin for donating all the bread.
PACER

Students in Years 5 and 6 will soon be undertaking an educational tour or the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian government is contributing funding of $20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Dental Visit

There’s still time to return your consent form if you would like the AMDC to assess your child’s teeth. The mobile van comes to the school so there is no need for you to go out of your way. AMDC offer free assessments and basic dental treatment to students covered under Medicare. If students require ongoing dental treatment they will be referred to the local dentist in the area.

Public Speaking Competition

Students from Years 3-6 participated in a public speaking task in front of their class on Friday 11th September 2015. Four students have been chosen from each grade to present their speech in front of classes 3/4 and 5/6 today. One student from each grade will be chosen to represent Luddenham Public School at the Penrith Valley Public Speaking Competition in Term 4. All students that participated should be extremely proud of themselves.

Camps

All camp payments should now be finalised. If you still have a payment to make for the Stage 2 camp or the Stage 3 Canberra Trip, please do so before 10am on Friday. Medical forms should also be returned to school tomorrow if you have not already done so.

Surfing Scientist

On Wednesday 2nd September Luddenham Public School was fortunate to have The Surfing Scientist, also known as Ruben Meerman, attend our school. His science show was very entertaining with memorable demonstrations that included laser and liquid nitrogen experiments. Students witnessed the effects of liquid nitrogen when poured onto a balloon (cooling air to -196 degrees); the balloon shrivelled up into what could only resemble the texture of a plastic bag to then return back to its normal form minutes later. Students observed billowing clouds of steam, balloons and plastic lids popping, freezing water to ice in less than 20 seconds, and of course the blue laser photons that Ruben sent into space. All students should be very proud of their wonderful behaviour throughout the presentation.
What’s Happening at Luddenham PS

September
18th   Dance2bfit
       Mufti Day and winner of Guessing Competition announced
       Last day of Term 3

October
5th    Public Holiday
6th    Staff and students return to school for Term 4
9th    P&C Meeting
12th   Dental Clinic
13th   Kindergarten 2016 Transition 2:00—2:55pm
15th   Specsavers Eye Screening
20th   Kindergarten 2016 Transition 2:00—2:55pm
21st—23rd Stage 3 Canberra Trip
27th   Kindergarten 2016 Transition 2:00—2:55pm

November
5th    K-2 Excursion
12th & 13th Stage 2 Camp
13th   P&C Meeting
18th   End of Year Concert
23rd-30th Simply Swimming

December
1st-4th Simply Swimming

Reminders
- All chocolate money or unsold chocolates should be returned to the office as soon as possible.
- All camp payments should now be finalised and medical forms returned.
- The class draw for the Walkathon prize will be held on Friday morning. Don’t forget to return the sponsorship your child was promised so that they will have tickets in the draw.
- We are lucky enough to have free dental and eye screening program next term. Please return your dental information sheet and/or eye screening permission note as soon as possible.

Student Absence Note

Student Name ............................................................................................................. Class ......................

Date of absence ............................................................

Reason for absence ........................................................................................................
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Parent/ Caregiver signature Date
ADHD workshop
FREE

for parents who want to know more about ADD/ADHD/ODD

A one-hour seminar on:
- What is ADD/ADHD/ODD
- Treatment
- Interventions

Followed by an hour of discussion and questions.

Special guest: Janine Boggs, a parent of four children with ADHD.

Friday
16th October 2015
10am to 12pm
Floribunda Community Centre
1 Floribunda Ave
Glenmore Park

To book your place
Phone: Narelle on
47218520 or
0409986121
Email: narelle@nepeancommunity.org.au

ADHD Support Group
Nepean-Penrith Area

Outer Liverpool Community Services
School Holiday Activities

Join the fun at OLCS this holidays with our new School Holidays Program
Starting from Monday 21st September 2015

WEEK ONE
Monday ~ Cooking with Rosina
(bookings essential)

Tuesday ~ Cooking with Rosina
(bookings essential)

Thursday ~ Cooking with Rosina
(bookings essential)

WEEK TWO
Tuesday ~ Children’s Creative Mornings
Wednesday ~ Children’s Creative Mornings
Thursday ~ Children’s Creative Mornings

All Activities Start at 10:30am
Bookings 9606 0629
All Children must be accompanied by an adult
www.olcs.org.au
How to raise a child to be a giver

By Michael Grose

Young children are egocentric by nature. As any three-year old knows only too well the world revolves around them. “I want...” “Give me...” “It’s mine!” and other variations are the mantras for this age group. This self-centredness is developmental, which means its something they grow out of...or they’re supposed to.

Here are five practical ways to develop a sense of generosity in kids:

1. Expect kids to help

With families shrinking, kids get fewer opportunities to help at home than before. With this in mind expect your kids to help without being paid. Regular chores and activities that benefit others such as setting the meal table or helping a younger sibling get dressed teaches them that their contribution is valuable and very much required.

2. Think ‘gang’

It’s a quirk of modern life that parenting is an individual endeavour. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as a key parenting principle. Encourage children to make allowances for each other which may mean everyone watches a sibling’s special concert rather than some children missing it because ‘it’s boring!’ ‘We put ourselves out for each other’ is a wonderful family strength that often needs to be reinforced by parents.

3. Don’t let them get away with meanness

Children wear L-Plates when it comes to behaving generously. They don’t always get it right, which means that parents as the wise adults need to remind children when their words and actions are intolerant or mean-spirited, or when they need to put their own needs behind the needs of others.

4. Develop a sense of other

Children and teenagers don’t live in a bubble. The socialisation process demands that kids be accountable for their poor behaviours. “What does this social situation reasonably require of my child at his or her age and stage of development?” is a great question to ask yourself to develop a sense of other, rather than entitlement in kids.

5. Encourage giving

During the Victorian bushfires a few years ago I heard the story of a nine-year old whose mum went into his bedroom to growl at him for being up too late. She found him busy emptying his moneybox into little plastic bags, ready to donate at the school bushfire appeal next day. There were plenty of stories like this showing the generosity of Australian kids, we just need to encourage them in everyday life, rather than wait for a tragedy, to give their generosity a kick start. You can begin by encouraging them to give toys, books and clothes away when they have finished with them, or doing a good deed by a neighbor or friend.
Key points to remember around schools

4 Hold your child's hand

As pedestrians, children can be easily distracted and are often too small to be seen by drivers. They may be unable to predict or identify dangers and tend to act impulsively.

Talk with your child about safe behaviour on the footpath – it is not a safe place to play. Include discussion on the dangers of vehicles that may be entering or exiting driveways.

Until your child is at least eight years old, hold their hand:
- on the footpath.
- in the car park.
- when crossing the road.

Up until at least 10 years old, supervise your child very closely, holding their hand when crossing the road.

If you cannot be with your child, organise for another trusted adult to accompany them.

After school, meet your child at the school gate. At the end of the school day, children may be excited, distracted and tired and may not concentrate on road safety.

5 Helmet and safety on wheels

Your child must wear a helmet when riding a bike in any public place – it's the law.

Your child’s helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.

Check that your child wears a bicycle helmet whenever playing or riding on wheels – bikes, foot scooters, rollerskates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the side. It must protect the forehead.

Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.

Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the 'STOP! LOOK! LISTEN! THINK!' procedure.

For more information visit
roadsafety.transport.nsw.gov.au

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NSW PARLIAMENT PRESENTS

FAMILY FUN DAY

2nd OCTOBER 2015

COME ALONG FOR A LOOK AT AUSTRALIA’S FIRST AND OLDEST PARLIAMENT HOUSE

NO NEED TO BOOK
ALL WELCOME!
10:00 AM - 3:00 PM
MACQUARIE ST. SYDNEY
www.parliament.nsw.gov.au
ENQUIRES: 02 9230 2047

FREE ENTRY

FUN ACTIVITIES
/// FOR THE WHOLE FAMILY INCLUDING:

- PHOTO AND DRESS-UP OPPORTUNITIES
- TOURS OF THE LEGISLATIVE CHAMBERS
- MYSTERY OBJECT GUESSING COMPETITION
- SAUSAGE SIZZLE (MINIMUM CHARGE)
- ROVING HISTORICAL CHARACTERS
- ART AND OTHER DISPLAYS

NSW Government Transport for NSW Centre for Road Safety