Thought for the Fortnight
“Kindness begins with me”

Principal’s Message
This week we celebrate the middle of Term 1, it is hard to believe that we have been at school for 5 weeks. As you may be aware, Luddenham Public School celebrates 100 days of learning which usually falls early in Term 3, today we have successfully completed 25 days of learning and we look forward to many new learning challenges in the next 75 days.

Last week, we held learning support interviews for our targeted students with many parents and carers allowing the school and parents to develop a personalised learning plan for their child in 2016. These meetings were very successful and I thank Mrs Johnson and all staff for their organisation of the week. Together we can make a difference to the learning achievements of our children.

Our school sets high expectations for all learners in our school. We expect all members of our community to treat each other with respect, take responsibility for their learning and accept the consequences of their actions.

A copy of Luddenham Public Schools Conduct Code has been attached in this newsletter.

All parents and students are reminded that student supervision begins at 8:30 each morning. We have had an increasing number of students arriving at 8:00am each day. These students are unsupervised and are placing themselves in an unsafe situation. As you can all appreciate our teaching staff need this valuable student free time each morning to prepare and organise their teaching and learning activities for the day and will not provide supervision before 8:30am each day.

Our School Photo Day was held yesterday and once again the School Photographer was very impressed with our school. This year, we have had some promotional photos taken and we look forward to sharing these with our community later in the year.

Students and staff at Luddenham Public School will be supporting the amazing work of the Westmead Children’s Hospital by having a mufti day on Friday 4th March. Students can wear sensible mufti clothing and footwear and provide a gold coin donation. In the spirit of the day we are also encouraging children to bring in their own teddy bear all bandaged up.

Karen Ellis
Learning and Support Teacher (LAST) News

I'm sure that you would agree that schooling is an integral part of your child's life. Families who are positive about their children’s schooling aid their child in:

* feeling comfortable, relaxed and valued
* feeling excited and motivated to learn
* building good relationships with peers
* developing a sense of belonging to the school community

All these factors will benefit your child on many fronts including emotional, social and academic success. If you are concerned about your child, please don’t hesitate in contacting your child's classroom teacher or myself. We’d love to chat with you to help your child grow into all that they can be.

_Lindy Johnson_
Learning and Support Teacher

PBL Awards

The following students have been recognised for their safe, responsible, respectful and successful behaviour.

Respectful: Alyssa (3/4), Brianna (3/4)
Responsible: Ryan (1/2), Riley (1/2)
Safe: Charlee (3/4), Andrew (3/4)

Moving into Year 7

Next week every Year 6 student will bring home an Information Guide and Expression of Interest form called ‘Moving into Year 7 in a NSW government school in 2017’. Every Year 6 student needs to complete this form and return it to the office by Friday 18th March, no matter which high school they will be enrolling in. Even if they will be going to a non-government high school (such as McCarthy, Emmaus, PAC etc) they still need to return the completed form. If you require assistance to complete the form, please do not hesitate to contact Mrs Chapple or Mrs Wilson in the office.

Graffiti Education Program

Penrith City Council are once again funding their highly popular and effective Graffiti Education program in 2016. The program is designed to develop a sense of community and civic pride to help combat graffiti, while also incorporating themes of self-esteem, developing resilience and how to manage peer influence. They will be coming to our school on Wednesday 16th March to deliver the program free of charge to our Years 5 and 6 students.
Luddenham PS Cross Country

On Thursday 10th March, 2016 we will be holding our annual Cross Country Carnival for children in Years K, 1 and 2 and practice run for children turning 8 years and older. The older students are having a practice run because they will be competing at the Small Schools’ Cross Country Carnival the following week at Wallacia Public School. Our carnival will take place within the grounds of our school, commencing at 11:30am and concluding around 1:00pm. The P&C will be holding a sausage sizzle at the conclusion of the event and students are invited to pre-order a sausage in a roll and/or a drink. Parents and other special people can purchase on the day. The students have been practising regularly at recess and lunch and during class fitness sessions, and are developing their fitness and running very well. We wish them the best on the day.

Small Schools Cross Country Carnival

On Thursday 17th March all students turning 8 years and older in 2016 are expected to attend the Small Schools Cross Country Carnival in conjunction with Mulgoa, Wallacia and Orchard Hill Public Schools to be held at Wallacia Public School. Travel will be by bus. A note was sent home on Monday with more details. Please return the permission note by 10:00am on Wednesday 16th March.

Classes will be as normal for students in Kindergarten and Year 1, and those students in Year 2 who will not be turning 8 this year.

Crazy Hat Parade

This term we will be having our Crazy Hat Parade on Wednesday 23rd March starting at 10:15am. All students K-6 are invited to design a crazy hat and wear it in our parade. We would like to invite all our families to come along on the day and watch the children show off their creative talents.

At the end of the Crazy Hat Parade, the P&C will draw the winners of the Easter Raffle.

School Photos

As I am sure you are aware, school photos were taken yesterday. Every child had an individual photo taken so if you forgot to send in your envelope you can still contact the School Photographer on 9674 9824 to place an order over the phone. Group photos of the SRC, School Leaders and Year 6 were also taken. They will be available for viewing and purchase at a later time. We would like to take this opportunity to thank the photographers for their professionalism and for going above and beyond to make our photos look great.
District Swimming Carnival

Congratulations to the 7 students who represented Luddenham Public School at the District Swimming Carnival at Penrith Pool on Monday 29th February 2016. All students participated extremely well and tried their very best, with some achieving personal best times and beating their times set at the Small Schools’ Carnival. Luddenham’s representatives included Abbey Wilson, Liam Perram, Harrison Tyler, Elise Tyler, Luke Anderson, Monique Bower and Naiobe Reid. A very special thankyou to the parents who provided valuable support to myself and the students.

Bandaged Bear Day

Students and staff at Luddenham Public School will be supporting the amazing work of the Westmead Children’s Hospital by having a mufti day in support of the Bandaged Bear Appeal. The Bandaged Bear Appeal raises essential funds to purchase much-needed medical equipment, fund vital research and provide life-saving care and support to families during their toughest times.

On Friday 4th March, students are asked to wear sensible mufti clothing and footwear and provide a gold coin donation. In the spirit of the day we are also encouraging children to bring in their own teddy bear all bandaged up. All money raised will be donated directly to The Children’s Hospital at Westmead.

K-6 Assembly

The next K-6 Assembly will be held in Week 7, Wednesday 9th March at 2:20pm

P&C News

Sausage Sizzle

The P&C are having a sausage sizzle on Thursday 10th March immediately after the Cross Country Carnival. Students are required to pre-order their sausage on a roll and/or drink but parents and visitors may purchase on the day.

Please return all orders by Tuesday 8th May. Spare order forms are available at the office

Canteen

The canteen is open every Friday for lunch order. Please write your child’s order on a paper bag and hand in to the office before school.

P&C Meeting

The next P&C Meeting will be held in the library on Friday 11th March immediately after the morning assembly. Attending P&C meetings is the best way to find out what’s happening in our school, so come along.

Everyone is welcome
Luddenham Public School Behaviour Code of Conduct for Students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

**In NSW public schools students are expected to:**
- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

**Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.**

**Behaviour Code for Students: Actions**

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education and Communities.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

**Respect**
- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others

**Safety**
- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

**Engagement**
- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education and Communities will back the authority and judgment of principals and school staff at the local level.
What’s Happening at Luddenham PS

March
4th  Sport in Schools Program
4th  Mufti Day fundraiser for Bandaged Bear Day
9th  K-6 Assembly
10th Luddenham PS Cross Country & P&C Sausage Sizzle
11th Sport in Schools Program
11th  P&C Meeting
16th  Graffiti Education Program for Years 5 and 6
17th  Combined Small Schools Cross Country Carnival—8 years and older
18th  Sport in Schools Program
18th  National Day of Action Against Bullying
23rd  Crazy Hat Parade and P&C Easter Raffle Draw
25th  Good Friday
28th  Easter Monday
30th  K-6 Assembly at 2:20pm

April
4th & 5th Life Education
5th  Penrith RSL ANZAC Service

Reminders

- Order for P&C Sausage Sizzle should be returned by Monday 8th March
- Permission notes and payment for Combined Small Schools Cross Country Carnival should be returned by Wednesday 16th March
- School Banking day is Thursday. If you would like to open an account for your child, please contact Mrs Wilson in the office.

Outdoor Cinema

Featuring: Ghostbusters, Show Starts at 7:30
Where: Wallacia Public School grounds.
When: Friday the 11th March, gates open @ 6:30.
Cost: $20 per immediate family & $7 per person for others.
- Wood fired pizzas are available.
- Popcorn & drinks will be for sale.
- Bring your own picnic rugs, chairs and torch.

Thanks for your support Wallacia P&C
Back up date is Friday the 18th March

Thanks to our major sponsor Penrith Home Maker Centre
Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

As part of the Stepping Stones Triple P Project, Lapstone Early Childhood Intervention Service invite all parents of children with a disability aged 2 to 12 to attend the following FREE parenting seminar series:

Seminar 1: Positive Parenting for Children with a Disability
Monday, 7th March, 10am-11.30am.

Seminar 2: Helping your Child reach their Potential
Monday, 14th March, 10am-11.30am.

Seminar 3: Changing Problem Behaviour into Positive Behaviour
Monday, 21st March, 10am-11.30am.

Where: Lapstone Preschool, 173 Explorers Rd, Lapstone NSW 2773
Cost: FREE – As this is part of a research project
WHO: Any parent/caregiver of a child with a disability aged 2-12 years

RSVP: As these programs are being funded as part of a research project please contact the research team to register your interest. Phone: 02 9114 4060
Email: fhs.Steppingstones@sydney.edu.au or website: http://www.triplep-steppingstones.net/au-en/get-help/find-a-stepping-stones-session/

Funded by the National Health and Medical Research Council, Australia
**Go4Fun**

**Healthy Kids Program**

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.

**Activities at Go4Fun:**

- **Games & Fun Activities**
- **Learning Different Foods & Ingredients**
- **Understanding Food Feelings and Triggers**
- **Being a “Food Detective” at the Supermarket Tour**

**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 affecting kids attitude to food and physical activity.

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

**Benefits of Go4Fun?**

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balances 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.

**What is Above Healthy Weight?**

Approximately 1 in 4 (27%) 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.

**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, drawstring bag, bouncy ball, water bottle and info folder.

**Register on 1800 780 900 OR www.go4fun.com.au**