



Term 1 **Week 8**

A COMMUNITY-FOCUSED PUBLIC SCHOOL VALUING A PROUD TRADITION AND SHAPING A POSITIVE FUTURE

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School Council President

- Luke Andrews

P&C President

- Darshini Heaney



Zone Swimming Carnival

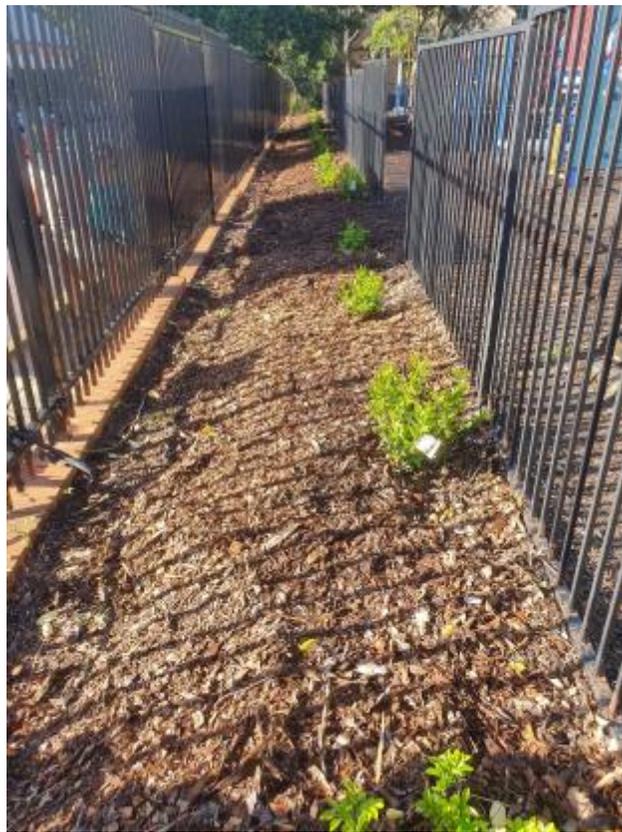
Congratulations to our team that went to the Zone Swimming Carnival last Friday. All students who went tried hard, did their best and were proud representatives of Lane Cove Public School. I was very proud of the way they all participated and represented us all so well. My thanks to Ms Ilic and Mr Russell for their leadership in the Zone PSSA and Ms Edwards and Ms Falzon for their assistance on the day.

Harmony Day and National Day of Action Against Bullying

This year we will be holding both of these days together on Friday 19 March 2021. Harmony Day is a day to celebrate the cultural, language and religious diversity at Lane Cove Public School. We have 52 languages other than English spoken in homes in our school community. This is something we should be proud of and celebrate. Students are invited to come to school on Friday dressed in something orange or something representing their cultural background.

Teachers and students will also be taking part in activities on this national day of action to say no to bullying and violence. Teachers will reinforce with students the message of what bullying is, that it is unacceptable, what students should do to prevent and deal with bullying and the importance of reporting bullying behaviour.

Working Bee



Thank you to the many volunteers who braved the weather and came to the working bee on Sunday. There were a great number of families who came along to help. The group got through a huge amount of work for the day. The front garden on the Longueville Road retaining wall was weeded, planted with *Moraya Peniculata* and then mulched. The P&C storage areas were cleaned out, resources consolidated and room made available for the storage of music instruments. Lost property was also sorted and folded and is ready for people to come and claim. Again I thank everyone who came along in such wet weather and in particular to the new grounds convenor, Kim Phillips for his coordination of the day. Thank you to the following families:

Davis family

Forest and Hall family

Heaney family

Patterson and Mildwater family

Torkamen and Aryaie family

Thomas family

La Fontaine and Baggie family

Lim family

Quiroz family

Wang and Tan family

Siviour family

Wallis family

Phillips family

Terry McKinnon | Principal



National Day of Action Against Bullying and Violence

This Friday is the National Day of Action Against Bullying and Violence. Students have been engaging in work throughout the week, to increase their understanding of what bullying is, how to prevent bullying, how to be a good friend and the steps needed to report bullying. Please find in this edition of the Loop some family fact sheets that can be found on the [National Day of Action Against Bullying and Violence website](#).

Beck Myors | Deputy Principal

Harmony Day - Friday 19th March 2021

Dear Parents and Caregivers,

Lane Cove Public School will be celebrating Harmony Day this year on Friday 19th March.

To celebrate Harmony Day and cultural diversity at Lane Cove Public School, children are encouraged to come dressed in **cultural dress** or in **school uniform** with **one piece of orange** clothing (e.g. T-shirt, scarf, ribbon) on this day.

Classroom teachers will also be discussing the significance of Harmony Day with the students during Harmony Week (Week 8).

Thank you for your support of the SRC Harmony Day project.

Kind Regards,

SRC Committee



Knockout Cricket

On Wednesday 10th March, Lane Cove PS played our Round 2 match against Artarmon PS at Thomson Oval. (Round 1 was a BYE).

Lane Cove won the toss and fielded first. Artarmon were bowled out on the final ball of the innings for 116. All of our bowlers performed well with Oliver. M taking 2 wickets. There were 3 run outs and some excellent catches, which shows our fielders were ready to pounce!

In reply, Lane Cove got off to a strong start with a 60 run opening partnership between Rehan R (41 retired) and Oliver M (31). Henry S finished the game off with some big hitting in his innings of 28 no.

The game was played in an excellent spirit and fortunately the weather was kind to us.

Thank you to the parents who assisted with transport and with scoring duties. Without you there would be no game!

Congratulations boys on a great win and we all look forward to our Round 3 match in the coming weeks.

Stephen Keel | Cricket Coordinator

The KO Cricket Team

Henry S (Capt), Oliver M (VC), Rehan R, Ewan A, Xavier C, Oliver D, James S, Alfie R, Ari L, Peadar L, Raffi M, Ryan M, Anton H (absent).



As Mr McKinnon mentioned, we had a very productive Working Bee last Sunday. Despite persistent and at times heavy rain, a fantastic bunch of parents and a few happily soaked children achieved a great deal. Much planting was done along the Longueville Rd fence and there was a heroic amount of rubbish cleared out of the P&C Storage areas. Thank you to the parents, the kids and also to the McKinnon family for all pitching in to help our school look its best.

The P&C General Meeting is on tonight, Tuesday 16th March, on Zoom, from 7 pm. Everyone is welcome. This is a great way of getting to know what is planned for the school and having your say.

The Zoom Link for the P&C General Meeting

is: <https://au01web.zoom.us/j/65304044395?pwd=RFp6Q2t4WjM3emwxQ1kyM28xV29Vdz09>

We will be holding the next Fairway Flicks Family Movie Night at Lane Cove Golf Course on THURSDAY, 1st April, the last day of Term 1. This time we will have food trucks available prior to the film, for your

convenience. The movie is Paper Planes, a heart-warming Australian film about a boy with soaring dreams to win the World Paper Plane Championship.

Tickets are available via this link: <http://trybooking.com/BPTRY>

Please note: Tickets are not refundable. However, if the event is cancelled due to inclement weather, a full refund will be issued. Also, refunds for the last Fairway Flicks Event, on Saturday 20th February, must be requested by email by Wednesday, 17th March.

A LANE COVE PUBLIC SCHOOL
P&C FUNDRAISER

Fairway Flicks
OUTDOOR MOVIE NIGHT

PAPER PLANES
A FILM OF A YOUNG AUSTRALIAN
BOY'S PASSION FOR FLIGHT

1 APRIL • 7PM-10PM
(MOVIE STARTS AT 8 PM)

LANE COVE GOLF COURSE
ON THE 9TH FAIRWAY
180 RIVER ROAD NORTHWOOD

TICKETS AVAILABLE AT TRY BOOKING
[HTTPS://WWW.TRYBOOKING.COM/BPTRY](https://www.trybooking.com/BPTRY)

TICKETS \$15 OR \$50 A FAMILY (5 MAX)
INCLUDES A FREE BAG OF POPCORN OR CHIPS

Darshini Heaney | LCPS P&C President

president@lanecovepublicpandc.org.au



Our lunch Special this week is Chicken/Vegetarian Fried Rice, \$5.70, made by Pho Sam. BOTH dishes include egg.

Wraps are back on the menu with chicken, ham, or salad options.

Introducing Kailee McDonald as our Convenor. Welcome aboard and thank you for giving your time to the Canteen.

Volunteer shifts are listed on signup, via this link: <https://signup.com/go/tCMZVPx>

We are still looking to fill the shift this Thursday.

Have a great week everyone!

Em Patterson | Canteen Convener

Summer Menu (Lunch Order Only) Lane Cove Public School Canteen Term 1, 2021

<p>Breakfast Not currently available</p>	<p>Wraps</p> <ul style="list-style-type: none"> Chicken Mayo: Chicken, lettuce, carrot & + mayo \$4.50 Ham Wrap: Ham, carrot, cheese \$4.50 Salad Wrap (V): Carrot, lettuce, cucumber, cheese & avocado \$4.80 	<p>Sandwiches</p> <p>Wholemeal bread only</p> <ul style="list-style-type: none"> Plain buttered \$1.00 Cheese \$2.00 Chicken \$3.50 Egg mayo \$2.40 Ham \$2.70 Honey Off Vegemite \$1.30 Salad \$3.00 <p>Extras (for sandwiches only):</p> <ul style="list-style-type: none"> Beetroot, carrot, lettuce, tomato, cucumber \$0.50 Extra Cheese \$0.80 Mayonnaise \$0.30 	<p>Drinks</p> <ul style="list-style-type: none"> Low Fat Plain Milk \$1.50 Low Fat Milk: Choc/Strawberry \$2.50 Pure Juice: Tropic/Apple+Blackcurrant/Orange+Mango \$2.50 <p>Monday Only Special</p> <ul style="list-style-type: none"> Chicken Nuggets (4) \$2.50 															
<p>Other Items</p> <ul style="list-style-type: none"> Banana bread (1/2 slice) \$1.20 Bread stick \$0.50 Crunch & Munch vegie sticks (4) (GF, V) \$0.50 Edamame (GF, V) \$1.20 Popcorn (GF) -salted/chicken \$1.50 Tomato sauce sochet \$0.30 Rice crackers \$0.80 	<p>Salads</p> <ul style="list-style-type: none"> Mini Salad (GF, V): Lettuce, carrot, cucumber, cherry tomato, cheese \$1.40 Salad Box (V): Lettuce, carrot, cucumber, tomato, cheese, breadsticks \$3.20 With chicken \$4.40 With Ham \$4.20 Hard Boiled Egg \$1.00 Mayonnaise \$0.30 	<p>Sushi Soy sauce 10 cents</p> <ul style="list-style-type: none"> Avocado Roll (GF, V) \$3.50 Cucumber Roll (GF, V) \$3.50 Salmon Roll (GF) \$3.50 Teriyaki Chicken Roll \$3.50 Tuna Roll (GF) \$3.50 Mini Sushi Box \$5.00 Avocado (GF, V) \$5.00 Cucumber (GF, V) \$5.00 Mixed (tuna&tuna) \$5.00 Salmon \$5.50 Tuna \$5.00 	<p>Tuesday to Friday Special</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Special</th> <th>Price</th> </tr> </thead> <tbody> <tr> <td>2, 5, 8, 10</td> <td>Butter chicken (GF) delivered daily from Dawn Hill</td> <td>\$5.70</td> </tr> <tr> <td>3 & 7</td> <td>Beef slider delivered daily from Ground Coffee</td> <td>\$5.70</td> </tr> <tr> <td>4 & 9</td> <td>Chicken or vegetable fried rice delivered daily from Pho Tam (post-14th May)</td> <td>\$5.70</td> </tr> <tr> <td>5 & 11</td> <td>Chicken slider delivered daily from Ground Coffee</td> <td>\$5.70</td> </tr> </tbody> </table> <p>* The Tues-Fri special is available to order on MunchMonitor from the Friday afternoon of the week prior. e.g. You can order the Week 2 special from Friday afternoon of Week 1.</p>	Week	Special	Price	2, 5, 8, 10	Butter chicken (GF) delivered daily from Dawn Hill	\$5.70	3 & 7	Beef slider delivered daily from Ground Coffee	\$5.70	4 & 9	Chicken or vegetable fried rice delivered daily from Pho Tam (post-14th May)	\$5.70	5 & 11	Chicken slider delivered daily from Ground Coffee	\$5.70
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<p>Over the Counter (Fridays only)</p> <ul style="list-style-type: none"> Juice - 99.95 full size \$1.00 <p>Juices can also be ordered on Fridays through Munch Monitor.</p>	<p>Hot Food</p> <ul style="list-style-type: none"> Com Cobette (GF, V) \$1.20 Gafoic Bread \$1.50 Mini ham and cheese quiche \$2.00 Roast Chicken Leg (GF) \$2.20 	<p>Fruit</p> <ul style="list-style-type: none"> Fresh Apple \$1.00 Fresh Orange Quarter \$0.30 Frozen Pineapple Ring \$0.50 Apple slinky \$1.00 with apple from home FREE 	<p>Order lunch online with MunchMonitor To set up your MunchMonitor account Go to www.munchmonitor.com Seller Username: 1026 Password: munch0266 Click Sign Up!</p> <p>Buying snacks is easy with a Cashless Keytag! ✔ Tick Allow Spack Money in MunchMonitor Student Profile ✔ Collect keytag from canteen before you go!</p>															
<p>KEY (GF) = Gluten free (V) = Vegetarian *Fresh Tastes @ School* eating ① Green label = eat first ② Amber label = select carefully Note: Some products may contain traces of nuts</p>			<p>MunchMonitor orders close at 3:00pm daily</p> <p>WE VOLUNTEERS The Canteen can't run without Volunteers! Contact cas@lcpsschools.nsw.edu.au if you can help out.</p>															

UNIFORM SHOP NEWS

UNIFORM SHOP NEWS



Winter
Second Hand Sale
Tuesday 30th March
8:30-3:30pm

This is your only opportunity to purchase Winter 2nd Hand uniforms. There are limited spots available so get in quick. All clothing will be in size groups for easy searching. **Please only enter through the Austin st**

Gate 3. When you arrive please sign in on the first trestle table and hand sanitise. Please be aware of social distancing and follow floor markings. **NO NEW UNIFORMS WILL BE SOLD ON THIS DAY.**

THIS IS A CREDIT/EFTPOS CARD ONLY SALE, NO CASH

We are trying to offer this sale to as many families as possible, so please mindful when visiting the sale of your allocated time slot. Bookings must be made, following the below link:

<https://signup.com/go/YyHhTXh>

Winter Uniform Donations!

If you have any Winter uniforms that are still in good condition and you would like to donate, this is your time! Please leave at the main reception area. Your donations are much appreciated!

If you have any spare coat hangers at home to donate, we would love them for the upcoming sale!



Volunteering at school not only gives back and helps keep services open for the school community, but is a great way to meet other parents and carers and provides a connection and sense of belonging within the school community. Great way to start is helping prepare for this month's Winter Sale Day.

If you would like to know more about volunteering in the Uniform Shop, please email the Manager, Michelle at uniformmanager@lanecovepublicpandc.org.au

All Volunteers must complete a Working With Children check, this must be submitted to the Uniform manager, Forms can be collected from the school office or the Uniform Shop.

Reminder

All parents/carers coming into the Uniform shop for appointments, you can only enter via Gate 3 School Admin, because of all the building works that will start this week. Bookings are 10 minutes, unless it's for new students we recommend to sign up for x2 10 minute time slots. Only one parent per booking. Everyone must hand sanitise upon entry. Credit card/Eftpos payments only.

You can still make purchases online through Munch Monitor and don't forget to update your child's classroom details.

Please use the following link to make an appointment:

<https://signup.com/go/FFOPsbh>

Shop is open:

Tuesdays 8:30-9:30pm

Wednesdays 8:45-10am

Thursdays 2:30-3:30pm

Contact: Ph 94272155, ext 164,
E: Uniform Shop Manager, Michelle Tannous
uniformmanager@lanecovepublicpandc.org.au



Well done again to Senior Strings 2020! Your ASBOF Silver Award arrived and is proudly on display in the school office!

We're waiting on further information regarding 2021 dates and festivals and will update as we can.

Have a great week everyone!

The Music Committee | lcpsmusicnsw@gmail.com





Some facts about bullying and violence

Bullying

- Approximately one in four Year 4 to Year 9 Australian students (27%) report being bullied every few weeks or more often (considered to be frequent) during the last term at school.
- Frequent school bullying was highest among Year 5 (32%) and Year 8 (29%) students.
- 83% of students who bully others online, also bully others offline.
- 84% of students who were bullied online were also bullied offline.
- Peers are present as onlookers in 85% of bullying interactions, and play a central role in the bullying process.
- Hurtful teasing was the most prevalent of all bullying behaviours experienced by students, followed by having hurtful lies told about them.
- Cyberbullying appears to be related to age (or access to technology), with older students more likely to engage in cyberbullying than younger students.

(Source: Cross, D., Shaw, T., Hearn, L., Epstein, M., Monks, H., Lester, L., & Thomas, L. 2009. Australian Covert Bullying Prevalence Study (ACBPS). Child Health Promotion Research Centre, Edith Cowan University, Perth).

Violence

- The overwhelming majority of children and young people are not involved in violence either as victims or perpetrators.

(Source: Commissioner for Children and Young People, Western Australia (2009), Submission to the National Inquiry into the Impact of violence on Young Australians. Submission No 33).

- While often perceived primarily as perpetrators of violence, young people are in fact at greatest risk of being victims.
- Young people themselves are concerned about their own personal safety, with about one quarter of young people aged 18–24 years feeling unsafe or very unsafe when walking alone in their local area after dark, and around 1 in 10 feeling unsafe in their homes at night.

(Source: Parliament of the Commonwealth of Australia 2010, Avoid the Harm - Stay Calm Report on the inquiry into the impact of violence on young Australians).



Types of bullying

Bullying is usually described by the types of behaviours involved, so we talk about verbal, social and physical bullying.

Bullying is sometimes also labelled by where it occurs or by what type of harm is done. These words can be used alone or in combination. It can be confusing! The most common ways that bullying is described are outlined below.

Type of behaviour – verbal, social and physical

There are three types of bullying behaviour:

- **Verbal bullying** which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion
- **Physical bullying** which includes hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings
- **Social bullying** which includes consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

If any of these behaviours occur only once, or are part of a conflict between equals (no matter how inappropriate) they are not bullying.

Verbal, physical and social bullying can occur in person or online, directly or indirectly, overtly or covertly.

Setting – in person and online

Bullying can happen in person or online settings. Online bullying is sometimes called cyberbullying. Verbal, physical and social bullying can happen in person. Verbal and social bullying can happen online, as can threats of physical bullying.

Specific features of online settings create additional concern for students, parents and carers, and teachers. For example, bullying someone online can potentially have an enormous audience. Research shows that children who are bullied online are often also bullied in person. This means that effectively dealing with online bullying means looking at other situations as well.

Means – direct and indirect

Direct bullying occurs between the people involved, whereas indirect actions involve others, for example passing on insults or spreading rumours.

Indirect bullying mostly inflicts harm by damaging another's social reputation, peer relationships and self-esteem.

BULLYING. NO WAY!

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TOGETHER

www.bullyingnoway.gov.au

Visibility – overt and covert

Bullying can be easy to see, called overt, or hidden from those not directly involved, called covert.

Overt bullying involves physical actions such as punching or kicking or observable verbal actions such as name-calling and insulting. Overt, direct, physical bullying is a common depiction of bullying. (This is sometimes called 'traditional bullying').

But overt physical bullying may not be the most common type of bullying.

Covert bullying can be almost impossible for people outside the interpersonal interaction to identify. Covert bullying can include repeatedly using hand gestures and weird or threatening looks, whispering, excluding or turning your back on a person, restricting where a person can sit and who they can talk with. Covert social or verbal bullying can be subtle and even sometimes denied by a person who claims they were joking or 'just having fun'.

Some bullying is covert and indirect, usually intentionally hidden, and very hard for others to see. This type of bullying can include spreading rumours, threatening, blackmailing, stealing friends, breaking secrets, gossiping, criticising clothes and personalities. Indirect covert bullying mostly inflicts harm by damaging another's social reputation, peer relationships and self-esteem, that is, through psychological harm rather than physical harm.

Harm – physical and psychological

Bullying has the potential to cause harm (although not all unwanted actions necessarily cause harm). The **physical harm** caused by some types of bullying is well recognised.

More recently, research has confirmed that short and long term **psychological harm** can result from bullying. This includes the harm to a person's social standing or reducing a person's willingness to socialise through bullying (particularly covert social bullying).

In fact, just the **fear of bullying** happening can create distress and harm. The ongoing nature of bullying can lead to the person being bullied feeling powerless and unable to stop it from happening. The effects of bullying, particularly on the mental health and wellbeing of those involved, including bystanders, can continue even after the situation is resolved.

Sometimes the term 'psychological bullying' is used to describe making threats and creating ongoing fear, but it is more accurate to describe the type of behaviour as 'verbal or social bullying' and the impact on the person being bullied as 'psychological harm'.

Context – home, work and school

Bullying can happen anywhere. It can happen at home, at work or at school. It can happen to anyone.

Bullying can occur between students, staff and parents/carers. Bullying, No Way! focuses on bullying between students. Teachers who are experiencing bullying at school should contact their health and safety representative, human resources department or union. Information related to workplace bullying is available at Australia's Fair Work Commission <https://www.fwc.gov.au/>

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Event for: **Rotary** Australia & New Zealand **100** YEARS

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Bronze Sponsors: **WARRIORS UNIVERSITY** **Community Bank North Ryde** **Bendigo Bank** **KONICA MINOLTA** **Apple** **Apple Retail**

Sponsors to kind support: **Apple** **Apple Retail**

Beneficiary: **Youth Mental Health** **COOL KIDS** Centre for Emotional Health **PACQUEEN UNIVERSITY**

Be a Superhero!
Family FUN - JOG - RUN - WALK
 at your own pace with unlimited challenge

Registration cost:
 \$25 Adults
 \$15 Students (13+)
 \$10 Children (3-12yrs)

North Ryde eFun Run
 18-25 APRIL 2021

Organized by: **Rotary Club of North Ryde**
www.northryderotary.com
www.facebook.com/northryderotary

Are U Ready?
 Virtual Run & Challenge

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 a fresh approach SPECIALIST ORTHODONTICS FOR ADULTS & CHILDREN Rebecca Mitchell