Term 1 Week 9

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

Telephone

- 9427 2155 or 9427 1024

Email

- lanecove-p.school@det.nsw.edu.au

Website

- https://lanecove-p.schools.nsw.gov.au/
- **School Council President**
- Luke Andrews
- **P&C President**
- Darshini Heaney

23 March 2021

Harmony Day

It was lovely to see all the students who wore orange or chose to wear their traditional dress for Harmony Day last week. It was a great day of activities, sharing of experiences and reflecting on and

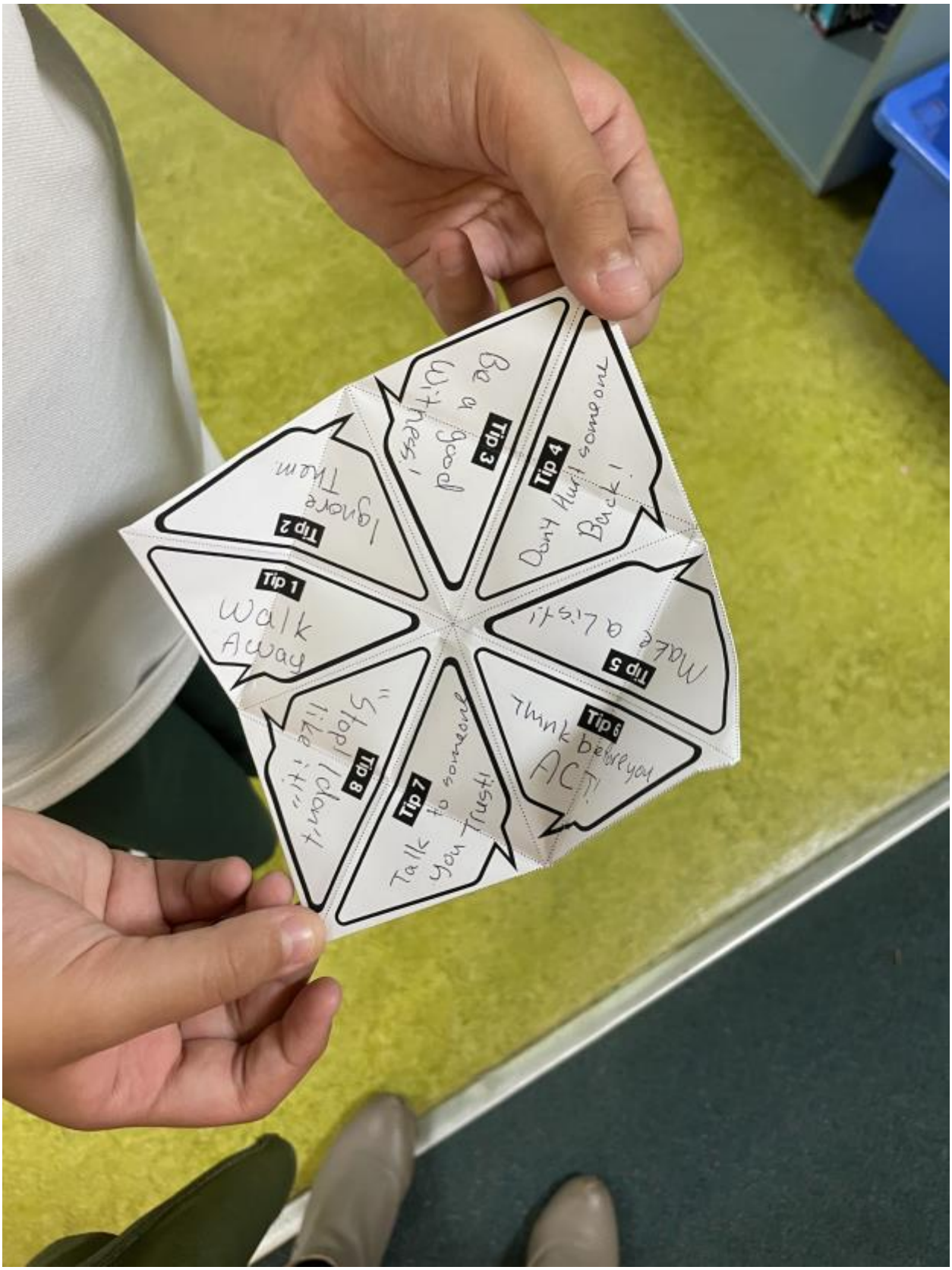
celebrating our diverse community. I thank the teachers and all the students and parents for supporting this important annual event.

Are you ok?

Helping Hands
Are you
OK?
Helpful words
I will not use my
hands for hitting
or my words for hurting
others.
I will use them
only for helping.

KJW use helpful words & helpful hands.

YELLOW
RED
BLUE



Day of Action - Say no to Bullying and Violence

Thank you to the teachers and students who took part in activities on this national day of action to say no to bullying and violence. Teachers reinforced 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. Please encourage your child to report bullying behaviour to teachers and if you have concerns please make contact with your child's class teacher.

Helping to keep your child safe around school

If your child is coming to and/or from school by car please ensure they are dropped off and picked up safely in the appropriate areas outside the school. Driveways to staff car parks or neighbouring properties and No Stopping areas are not drop off or pick up zones. Our current designated pick up and drop off zones are on Longueville Road before the bus stop and on Austin Street outside gate 8.

Please revise these procedures and other road safety behaviour with your child. This includes walking on footpaths, crossing streets, getting into and out of cars safely, using traffic light crossings, etc.

Parent Teacher Interviews

Parent teacher interviews commenced this week and run for two weeks. Information regarding these was sent in an email last week. If you have not been able to book a time, please contact your child's teacher directly to schedule a face to face or phone interview.

Easter Hat Parade

The annual Easter Hat Parade will take place for Kindergarten on **Tuesday 30 March** and Year 1 and 2 on **Wednesday 31 March.** Students will parade around Lane Cove Public school at 11.30am for both days. Parents of students in these year groups are

welcome to attend and are reminded to maintain social distancing while on school site. In the e vent of wet weather the parade will be cancelled.

Following the Kindergarten parade on Tuesday 30 March, and if the weather is fine, I will be available to take parents on a tour of the school. Many of our Kindergarten parents were not able to do a tour of the school in 2020 because of COVID restrictions. The tour will only take about 15 minutes and show other areas of the school you may not have seen yet.

ANZAC Day assembly

This year ANZAC Day falls near the end of the April school holidays and so we will commemorate ANZAC Day in week 1 of next term. After the assembly our student leaders will place a wreath on the cenotaph outside the Lane Cove Library.

Honour Assembly

Honour assemblies for Term 1 will be held on the basketball court on **Thursday 1 April.** K-2 is at 9.15am and Yr 3-6 is at 10.15am. Students who have been excelling this term in the Key Learning Area of English will be acknowledged. Parents of these students are invited to attend. In the event of wet weather the assembly will be help in the library with only award winners present. Parents will then be sent a Zoom link so they can watch online.

Support the school and the growth of our students – become an Ethics Teacher!

The Lane Cove Ethics program builds the critical reasoning ability of our students, helping them to think through different issues and identify strong and weak arguments. The curriculum is fully approved by the Department of Education and covers a range of age appropriate topics, including fairness, friendship, voting and being an ethical consumer.

At Lane Cove PS, we have a strong program, supported by a fantastic team of volunteer teachers including parents, grandparents and members of the local community, but we can only continue to offer classes if we have enough volunteers to run them. That's why we need you! We are now looking for volunteers to take classes from term 2. Teaching Ethics is a great way to get involved in the classroom and support the school. It might also help you to develop your own thinking, reasoning and facilitation skills!

Volunteers don't need previous teaching experience or a background in philosophy or ethics. You receive full training and a fully prepared lesson script each week. Classes run every Wednesday morning for 40 minutes.

If teaching ethics is a possibility for you, or someone you know (we'd love to hear from some grandparents!), please email lanecoveps.ethics@gmail.com or call our Ethics Coordinator, Cathy Chase on 0414 784 272.

Late Tuesday, 17th March we had the second P&C General Meeting for Term 1, via Zoom. As always, it was a great way to be involved and informed about plans for the school.

One major point of discussion was a request from Mr McKinnon for P&C funds for a number of projects. Every year, the P&C provides the school with money to assist with a number of things - this includes extra teachers' aides at the start of Kindergarten to help the children settle into school, funding towards Learning Support and the purchase of equipment. This year, the P&C will NOT be sending out a letter in Term 3 requesting donations, so we ask that you consider paying the P&C Voluntary Contribution part of the School Fees sent out a few weeks ago, if you have not done so already.

This year, Mr McKinnon asked that we urgently raise funds toward a replacement Kindergarten Playground - as most of you we know, the suspension bridge broke recently so that the playground has had to be cordoned off. A Trivia Night will be held early in Term 2, at the Alcott, with all funds raised to be put toward the Playground. We are interested in supporting any other ideas for fundraising for this - as I am sure you all agree, our smallest children need to be able to play!

Another area the P&C plans to help the school pay for is the provision of an extra teacher to give targeted learning support to children identified as having fallen behind academically due to the effect of the COVID Lockdown. The NSW government is providing some funding in this area, but the school has identified a larger group of children who are in need of help. Our money would allow a teacher to be employed all year for two days a week for this very important work.

Finally, Mr McKinnon has asked for funds to supplement the cost of professional learning for our teachers in the area of Visible Learning. This would allow teachers to be given the opportunity to learn

the latest evidence-based teaching practices. This will reap benefits for all our children for years to come.

We will let you know about our various fundraising initiatives as they occur through the year - these are some of the things we will use your contributions for.

On that note, a reminder we will be holding the next Fairway Flicks Outdoor 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.

Darshini Heaney

LCPS P&C President

president@lanecovepublicschoolpandc.org.au

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

TICKETS $15 OR $50 A FAMILY (5 MAX)

INCLUDES A FREE BAG OF POPCORN OR CHIPS

UNIFORM SHOP NEWS

Winter 2nd Hand Sale is next
Tuesday, 30th March
8:30-3:30pm

PLEASE MAKE A BOOKING

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

https://signup.com/go/YyHhTXh

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. Please sign up following this link:

https://signup.com/go/EcDRLHt

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

Donations are greatly Appreciated!

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.

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

ARE YOU WINTER READY?

Term 2 and 3 are Winter Uniform Terms. Below are all the options we have available for school and sports day uniforms.

LANE COVE PUBLIC SCHOOL WINTER UNIFORM OPTIONS

WHITE SHORT OR LONG SLEEVE POLO WITH LOGO WORN WITH GREEN LEISURE PANTS OR GREY TROUSERS

WIDE BRIM SUNSAFE HAT

GREEN SWEATSHIRT WITH LOGO (not shown)

GREEN BOMBER JACKET WITH LOGO (not shown)

GREEN TARTAN WINTER TUNIC WORN WITH WHITE PETER PAN COLLARED BLOUSE (worn with black tights or black socks)

LANE COVE PUBLIC SCHOOL WINTER SPORT UNIFORM

SPORT POLO WORN WITH GREEN SPORT SHORTS OR TRACKPANTS

WIDE BRIM SUNSAFE HAT

SPORTS JACKET (OPTIONAL)

SHORT OR LONG SLEEVE SPORT POLO

MACQUARIE

PHILLIP

HUNTER

KING

CLEARANCE ITEMS

We have a new Clearance item!

SPORTS SHORT (DARK GREEN MR CHARLES)
SIZE 4 AND 12
ONLY $15

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

Canteen Menu

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

Breakfast
Not currently available

Other Items
- ★ Banana bread (½ slice) $1.20
- Bread stick $0.20
- Crunch & Munch veggie sticks (4) (GF, V) $0.50
- Edamame (GF, V) $1.20
- Popcorn (GF) -salted/chicken $1.50
- ★ Tomato sauce sachet $0.30
- Rice crackers $0.80

Over the Counter (Fridays only)
- Juicie - 99.9% fruit ice $1.00

Juicies can also be ordered on Fridays through Munch Monitor.

KEY (GF) = Gluten free (V) = Vegetarian
'Fresh Tastes @ School' rating
Green rated = eat lots
★ Amber rated = select carefully
Note: Some products may contain traces of nuts

Wraps
- Chicken Mayo: Chicken, lettuce, carrot & ★ mayo $4.50
- ★ Ham Wrap: Ham, carrot, cheese, cucumber, lettuce $4.50
- Salad Wrap (V): Carrot, lettuce, cucumber, cheese & avocado $4.80

Salads
- 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

Hot Food
- Corn Cobette (GF, V) $1.20
- ★ Garlic Bread $1.50
- Mini ham and cheese quiche $2.00
- Roast Chicken Leg (GF) $2.20

Order lunch online with MunchMonitor
To set up your MunchMonitor account
Go to www.munchmonitor.com
Enter Username: lcps
Password: munch2lcps
Click: Sign Up!
Buying snacks is easy with a Cashless Keytag!
✓ Tick Allow Snack Money in MunchMonitor Student Profile
✓ Collect keytag from canteen before 9am

Sandwiches
Wholemeal bread only
- Plain buttered $1.00
- Cheese $2.00
- Chicken $3.90
- Egg mayo $2.40
- ★ Ham $2.70
- ★ Honey OR Vegemite $1.50
- Salad $3.00

Extras (for sandwiches only):
- Beetroot, carrot, lettuce, tomato, cucumber $0.50
- ★ Extra Cheese $0.80
- ★ Mayonnaise $0.30

Sushi
Soy sauce 10 cents
- 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
  - Avocado (GF, V) $5.00
  - Cucumber (GF, V) $5.00
  - Mixed (avo&tuna) $5.00
  - Salmon $5.50
  - Tuna $5.00

Fruit
- Fresh Apple $1.00
- Fresh Orange Quarter $0.30
- Frozen Pineapple Ring $0.50
- Apple slinky with apple from home $1.00 FREE!

Drinks
- Low Fat Plain Milk $1.50
- Low Fat Milk: Choc/S'berry $2.50
- ★ Pure Juice: Tropical/ Apple+Blackcurran/ Orange+Mango $2.50

Monday Only Special
- ★ Chicken Nuggets (4) $2.50

Tuesday to Friday Special

Week	Special	Price
2, 6 & 10	★ Butter chicken (GF) delivered daily from Deli Hut	$5.70
3 & 7	★ Beef slider delivered daily from Ground Coffe	$5.70
4 & 8	Chicken or vegetarian fried rice delivered daily from Pho Sam (contains egg)	$5.70
5 & 9	★ Chicken slider delivered daily from Ground Coffe	$5.70

* 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.

MunchMonitor orders close at **9:00am** daily

WE ♥ VOLUNTEERS

The Canteen can't run without Volunteers!
Contact
canteenconvenor@lanecovepublicpandc.org.au **if you can help out.**

COMMUNITY ANNOUNCEMENTS

BULLYING. NO WAY!
TAKE A STAND TOGETHER
www.bullyingnoway.gov.au

Definitions of bullying, harassment, discrimination and violence

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

Bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

Likewise not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies.)

TAKE A STAND TOGETHER BULLYING. NO WAY! www.bullyingnoway.gov.au

Harassment

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

It offends, humiliates, intimidates or creates a hostile environment. It may be:

- an ongoing pattern of behaviour or a single act
- directed randomly or towards the same person(s)
- intentional or unintentional.

Discrimination

Discrimination occurs when people are treated less favourably than others because of their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

Violence

Violence is the intentional use of physical force or power, threatened or actual, against another person(s) that results in psychological harm, injury or in some cases death. It may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.

These definitions outline key characteristics and have been taken from Student Wellbeing Hub https://studentwellbeinghub.edu.au/resources-and-help/Glossary?origin-host=www.safeschoolshub.edu.au/#/

Tips for primary school students who experience bullying

Bullying is when a person, or a group of people, tries to upset or hurt you. Bullying can make you feel very sad, scared or upset. Bullying can happen anywhere — in person or online. When it happens online it is often called cyberbullying.

Bullying in person or online might look or feel like someone is:

- repeatedly saying mean words to your face, teasing you, hurting your body or damaging your things
- hurting your feelings through mean online posts, comments or messages
- spreading lies about you
- leaving you out or ignoring you
- sharing something online that will make you feel bad, like a photo or video that you don't want anyone to see
- threatening to do any of the things on this list.

No one deserves to be bulled or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share something about others if they say it's okay.

Australian Government | eSafety Commissioner

Developed in partnership
www.esafety.gov.au | www.bullyingnoway.gov.au

BULLYING NO WAY!

You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- If they are doing it to your face, tell them to stop and then walk away.
- Find somewhere safe and get help from a friend or trusted adult.
- Don't respond if they are doing it to you online.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you are being bullied or see it happening to someone else. You can speak to:

- **a trusted adult** – this could be a parent or carer, an adult friend, or an aunty or uncle who will listen and help you
- **your teacher or principal** – you can talk to your teacher about the bullying and how to stop it
- **your friends** – they can listen to you and help you get support
- **Kids Helpline** – they have counsellors available at any time who will listen and help you work out what to do
- **the police** – if you are in immediate danger, call the police
- **the eSafety team** – you can report serious cyberbullying (see the steps below).

Reporting cyberbullying

An adult can help you take screenshots or keep a record of the cyberbullying. See eSafety's videos on how to take screen shots.

Most social media services, games and apps have a way to report and block someone. The eSafety Guide shows you how.

eSafety can help to remove serious cyberbullying content and get you support. Go to eSafety kids to learn more about how eSafety can help.

Important links

Bullying. No Way!	bullyingnoway.gov.au
eSafety kids	esafety.gov.au/kids
eSafety Guide	esafety.gov.au/esafety-guide
eSafety Report	esafety.gov.au/report
Kids Helpline	kidshelpline.com.au

eSafety Commissioner

Developed in partnership
www.esafety.gov.au | www.bullyingnoway.gov.au

BULLYING NO WAY!

apple DENTAL a fresh approach | the foot group | lane cove orthodontics SPECIALIST ORTHODONTICS FOR ADULTS & CHILDREN | Raine&Horne. Rebecca Mitchell