

Wednesday 29th January 2020
Term 1 Week 1/9 Issue 1



1939 Murray Valley Highway
LAKE CHARM VIC 3581
Phone : 03 5457 9244
Fax : 03 5457 9450
Email: lake.charm.ps@edumail.vic.gov.au
A.B.N. : 615 824 513 73
Principal : Jeff Millard
www.lakecharm.vic.edu.au

January

28 Start Term 1 – Staff only
29 Start Term 1 - Students
31 Swimming 1:00 – 2:00pm Kerang Pool

February

3-6 Swimming 1:00 – 2:00pm Kerang Pool
10-14 Swimming 1:00 – 2:00pm Kerang Pool
18 School Council meeting 3:30pm

March

4 Labour Day holiday
27 End of term one.

IMPORTANT INFORMATION

Please make sure that Swimming notes are returned to school tomorrow, THURSDAY.

Annual notes have been sent home today, please make sure to sign and return ASAP. Please note that some sheets will have a different note on the back.

Student Enrolment Information Forms have also been sent home. Please read through and make sure that all information is still current. Note any changes. These forms must be signed and returned to school ASAP.

Principal's Message

Welcome back for another year at Lake Charm Primary. It is hard to believe that the holidays are over. I trust that everyone had a lovely holiday and are returning refreshed for another big year at Lake Charm. We especially welcome Sahej and her family to the school.

Thank you so much to the Kennedy family, Ms Noonan and Mr.G for keeping an eye on the school. Unfortunately, three of our chickens developed into roosters and they have had to move on to new homes.

Our hearts go out to all those who were affected by the bushfires.

Swimming

As per usual, we are straight into our swimming program. We will once again be joining Murrabit for a comprehensive swimming program. Please note that the program commences this Friday and continues until Friday 14th February. There is no swimming on Friday of next week. Dates are Friday 31st January, Monday 3rd Feb to Thursday 6th Feb, and Monday 10th Feb to Friday 14th February. We will also be participating in a Water Safety Day in March, on a date to be announced.

Reading

Hopefully all our students have maintained a reading habit through the holidays. All students are expected to be reading at home each weeknight. Reading is a great habit to get into...and oh so many benefits.

Sunsmart

Lake Charm PS is a SunSmart school. As such we all have a Duty of Care to try to minimise the damage done by too much exposure to the sun. Hats must be worn outside and sunscreen use is encouraged. We supply sunscreen at school. Families are also encouraged to consider providing sunglasses for your children to protect them from sun damage.

Annual privacy reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#)

Please take time to remind yourself of the school's collection statement, found on our website [Schools' privacy policy](#)

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#). This information also available in nine community languages

Student Fundraising

ZOOPER DOOPERS for sale @50c every lunchtime. Miss Noonan and Mr. Millard are donating the Zooper Doopers and the funds we raise will go towards those less fortunate than ourselves.

Community Connections



NDCCH
Northern District Community Health

NDCCH-your first port of call in the pursuit of good health!

Healthy Lunchbox Tips

Healthy meals & snacks are important for your children's everyday health and it will also help them concentrate and learn. Use the following to guide healthy choices for a healthy lunchbox.

What makes a healthy lunchbox?

- 1. Grain Foods:** Wholemeal or multigrain sandwich/wrap/roll, pasta, noodles, rice, crackers, rice/corn cakes
- 2. Fruit:** Apple, orange, grapes, strawberries, cut-up watermelon, banana, mango, blueberries, peach, apricot, kiwi fruit, fruit salad
- 3. Vegetable:** Cherry tomatoes, capsicum sticks, snow peas, carrot/celery/cucumber sticks
- 4. Dairy:** Plain UHT milk, natural yoghurt, cheese cubes or sticks, smoothie, custard, yoghurt rice pudding, tzatziki
- 5. Protein:** Chicken, egg, tuna, hummus, baked beans, lamb, pork, tofu, lentil pattie
- 6. Bottle of water**

Healthy, cheap and tasty lunchbox recipes:
<https://www.healthy-lunchbox.com.au/recipes/>
Healthy snack alternatives:
<https://healthy-lunchbox.com.au/healthy-snacks/>

www.ndch.org.au

After School Art Classes

At Neighbourhood House
With Artist Caroline Ellis
Thursdays, 4:30 to 5:30pm
Commence on the 6th of February.

Adult Classes

At Lake Boga
Wednesdays 10:30am to 1:30pm

Please phone 0408 500 451 to book or enquire
Other classes may be added so please register your interest

STUDENT BANKING

Just a reminder that Student Banking day is

TUESDAY

If students forget, banking can be sent in on Wednesday. If Donna is away, books will be held over until she returns and processed immediately upon return.



BASKETBALL FOR PEOPLE OF ALL ABILITIES

Come along each Thursday for 4 weeks

ALL EQUIPMENT KINDLY SUPPLIED BY
Kerang Amateur Basketball Association

PLAYERS MUST WEAR FLAT FOOTWEAR (NO HEELS)

When: Commencing Tuesday 4th Feb 2020,
11th, 18th and 25th Feb 2020

Time: 10.30am-11.30am

Where: Kerang Amateur Basketball Stadium
Maxwell Street, Kerang

BRING ALONG YOUR FRIENDS AND ALL WELCOME!

Cost: FREE (Don't forget to bring your water)

ENQUIRIES:
Rhonda Allan
Mallee Sports Assembly
Mobile 0427 780109
Email: rhonda@malleesportsassembly.org.au



NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

5 SUNSMART Tips for your Family

☀ SunSmart starts with parents

Be a role model and make sure you are putting sunscreen also. Children are 16 times more likely to put sunscreen on after seeing their parents do so.

☀ Use UV reminders

Check the sun protection times each day by using the FREE [SunSmart app](#).

☀ Buy SunSmart clothing

Broad brimmed hats are best. Long sleeve tops, high necklines, longer skirts and pants can protect your children from the sun. Look for lightweight and breathable fabrics.

☀ Sunscreen: Choose it and use it

Apply 30 SPF (or higher) broad-spectrum, water-resistant sunscreen each morning. Reapply before going outside and after swimming.

☀ Keep SunSmart clothing, hats and sunscreen in plain sight

Keep hats and sunscreen next to the door so that is easy to see when going outside.

Don't forget to **SLIP, SLOP, SLAP, SEEK & SLIDE**



For more information visit: <https://www.sunsmart.com.au/about/media-campaigns/current-campaigns/behind-the-scenes/sun-protection-tips-for-families>

www.ndch.org.au

School Banking newsletter.

Term 1 update.



CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances. commbank.com.au/bushfirerecovery

2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.

Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$_____.

Activity 2: Find and count how many frogs and butterflies you can see

A: _____ Frogs and _____ Butterflies.



Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's
Activity Book



Mini
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit commbank.com.au/schoolbanking

*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018. Commonwealth Bank of Australia ABN 48 123 123 124