



# Lake Munmorah Public School

## Term 2 Week 1



Personal Best

Responsibility

Respect



# Welcome back!

We are looking forward to a fabulous Term 2.

### Playground Upgrade

Our new playground works are in full swing. The ground has been cleared and the bed has been laid for the new artificial turf. Due to the fencing off of the work site, there have been some changes to the pick up arrangements with buses and Kindergarten. Please see your child's teacher if there are any concerns around arrangements in place.

We are hoping for clear weather over the coming weeks so the works can be finished in a timely manner.



As you will have already noticed, there is a significant amount of work going on in the Carters Road area. Council have started the carpark that runs alongside the busbays, and LMHS have extensive works being undertaken at the front of the school. Please take care when in the Carters Road area. Your patience and understanding are most appreciated.

### ANZAC Day

Today we held an ANZAC Day assembly. The school leaders led this assembly, assisted by Mr Law. Students heard about the ANZAC Spirit and how what has happened in the past has shaped our country and Australians today.

Students and their families are invited to the service being held at the Doyalson RSL on Sunday 25th April, and may take part in the march. Line up for this march will be at 8.45am. Students must wear full school uniform. Mrs Treharne and Mrs Baldwin will both be on site to help on the day.



## **NAPLAN 2021**

Students in Year 3 and Year 5 will take part in the NAPLAN assessment this year. As we did in 2019, LMPS will use the online format for the assessments. NAPLAN is scheduled to run from 11th - 21st May. Students will take part in assessments in Numeracy, Reading, Writing and Language Conventions. Please remember that the NAPLAN assessment is just a “snapshot in time” of what the students know and understand in these four areas. A report will be made available to parents later in the year.

## **Cooler Weather**

With the cooler weather approaching, please make sure you label all items for your child. Misplaced jumpers and jackets make for a stressful morning when getting ready for school. Remind your children often to put jumpers into school bags when they take them off for play.

## **Sport News**

We have experienced a busy start to the term in the world of sport. On Thursday, Mrs MacDonald took the Stage 3 Netball team to their first game of the year against Budgewoi PS. The girls displayed great sportsmanship and determination, however Budgewoi came away with the win. The girls will be participating in a gala day next week and we wish them all the best.

Today the following students will be trialling for the Wallarah Zone Touch Football team. We wish Kealey, Rubee, Kourtney, Kaprice, Xavier, Hunter and Hudson S all the best for the trial. Next Monday, Amelia from 5C will be representing the Wallarah Zone at the Sydney North Soccer trials. We wish them all the best of luck.

A reminder that the Primary Cross Country carnival will be going ahead, next Thursday 29th April. Parents and carers are welcome to attend.

## **The School Facebook page**

Over the coming terms we will be posting many of the wonderful things we do in our school on our Facebook page. Please keep an eye out for your child's class and any of the special events that are on in the school. Please update your “permission to publish” preferences if you do not wish for your child to be on the Facebook page (if you have not already done so). This can be done by contacting the school office.

Narelle Baldwin  
Principal





## PBL News



In term 2 Lake Munmorah is introducing the **Bounce Back!** wellbeing and resilience program school wide. The **Bounce Back!** program teaches children the skills and attitudes to help them be in a positive mood most of the time, get along well with others and become more resilient.

The program can help your child to get better at:

- using helpful thinking when faced with a problem or a difficult situation
- thinking more optimistically, i.e. expecting bad times to get better understanding that everyone has setbacks and difficulties, not just them
- talking to people they trust so they get a reality check on their thinking
- being brave and facing their fears
- enhancing their own wellbeing
- feeling and expressing gratitude
- boosting their positive emotions
- managing uncomfortable emotions and turning a bad mood into a good mood
- getting along with others, making and keeping friends and dealing well with disagreements
- setting goals, being resourceful, developing a growth mindset and not easily giving up
- being kind, fair, honest, friendly, cooperative, responsible, and accepting of differences
- using humour in a helpful, not a harmful way
- identifying, applying and extending their ability and character strengths
- respecting other people and not bullying others.

You can help your child get the best out of their involvement with **Bounce Back!** if you reinforce the key messages they are learning.



# LIBRARY NEWS



## Welcome to Term 2

Thank you to everyone who purchased books from the Book Fair.

We sold nearly \$3,000 worth of books, so that means \$500 of new books coming to the library! Exciting!

Here is a reminder of class Library days.



**Your Term 2 library day is:**  
**REMEMBER TO BRING YOUR LIBRARY BOOKS AND**  
**A LIBRARY BAG PLEASE** (no bag, no borrowing)



### MONDAY

3C  
K/1V  
6J

### TUESDAY

6W  
5K  
5C  
1Z

### WEDNESDAY

2S  
KM  
KJ  
2L

### THURSDAY

2/3W  
3L  
4N

### FRIDAY

4R  
1W

It's nearly May and MAY is a BIG month for reading (well, bigger than usual!) It is Scholastic's National Family Reading month and they are encouraging families to take the challenge of reading for 10 minutes a day.

To sign up for the challenge at: <https://www.scholastic.com.au/scholastic-in-the-community/national-family-reading-month-2021/> and fill out the entry form. Follow along with Scholastic Australia on Facebook and Instagram for tips, inspiration, motivation and fun giveaways!  
#NationalFamilyReadingMonth  
TAKE THE CHALLENGE!!!!



During May, we will also participate in National Simultaneous Story Time on Wednesday 22<sup>nd</sup> May (all classes will experience the book during that week). This year we will be reading a picture book by Philip Bunting – *Give Me Some Space*. More information here at: <https://www.alia.org.au/nss>

This initiative is aimed at encouraging reading for everyone – and everyone reading together as one voice #1millionkidsreading

Book Club Issue 3 will be out next week. Lots of great books and resources to choose from.

The new Bad Guys, the latest WeirDo, Lego, Wings of Fire, Ella & Olivia, Disney, I Spy, Pokémon, Dog Man, Unicorns and Hot Wheels.

There are heaps of high-interest non-fiction titles too!

Oodles of books for less than \$5.00!!!

Thanks & Happy Reading

Julie Treharne



## Reminder

Please return Stewart House Donation Drive Envelopes to the office. There are extra envelopes at the office if you require one.



# Primary Cross Country Update

Great news primary students! Primary Cross Country is **Thursday, 29th April** (Week 2, Term 2). Looking forward to seeing you all there unifo!

Christine Adamson

Primary Cross Country Coordinator

# PBL Awards - Term 1 Week 10



Class	Respect	Responsibility	Personal Best
KJ	Isaac	Alex	Charlotte
KM	Jaxon	Lucy	Andy
K1/V	Dimitri	Travis	Paris
K-6S			
1W			
1Z	Violet	Bodhi	Lilly-Grace
2L	Alyiah	Marcel	Craig
2S	Charlie	Tanner	Riley
2/3W	Grace	Koby	Isaac
K-6B			
3C	Loukah	Summer	Bryce
3L	Sunni	Michael	Olivia
4N	Jack	Izayah	Ryder
4R	Ayla	Stephen	Levi
K-6R			
5C			
5K			
6J			
6W			
Library	Keira 5C Tyrone 1Z		
RFF	Hannah 4N Amarlee 5K	Lucy KM Liam 2S	Vanessa 1W Jesse 4R
Wristbands			

# PBL Awards - Term 2 Week 1



Class	Respect	Responsibility	Personal Best
KJ	Adhalya	Lani	Charlie
KM	Lucy	Harris	Remy
K1/V	Youseff	Nixon	Xzavier
K-6S			
1W	Kaitlyn	Shannon	Byron
1Z	Kyson	Quinn	Hayden
2L	Abbey	Max	Lukia
2S	Marlee	Ivy	Ruby
2/3W	Kobe	Milla	William
K-6B	Rex	Nicholas	
3C	Ellie	Heath	Brody
3L	Chellsea	Jemma	Kyle
4N	Ella	Jazmin	Abby
4R	Willow	Jaia	Koby
K-6R	Declan	Joshua	
5C	Jye	Keira	Sienna
5K	Jack		Nate
6J	Caelan	Tayte	Jayden
6W	Nate	Oliver	Oliver
Library	Kobi 5K	Willow KM	
RFF	Fletcher 2S Madison 1W	Isaac 5K Seven 4R Ella KJ	Heath 3C
Wristbands	Lucy KM		



## **Lions Club of Gwandalan Lioness Inc** **Art and Craft Expo**



**Art and Crafts from local Artists on display  
and for Sale**

*Including a display of artwork by students  
from local schools*

**Tunkuwallin Hall—130 Kanangra Drive,  
Gwandalan**

**Supporting Lions Children's  
Cancer Research Foundation**

### **Opening night:**

**Friday 30th April—6 pm for 6:30 pm—  
Admission \$10.00**

**Includes delicious finger food and beverages.**

**Official opening by Yasmin Catley MP**

**Children  
Free**



**Saturday 1st May 9 am—4 pm**

**Sunday 2nd May 9 am—3 pm**

**Admission at door—\$2.00**

**Morning and Afternoon Tea / Coffee and Cake  
and cold drinks for Sale Saturday and Sunday**

**No Eftpos available—Cash only**

**Enquiries contact Lioness June Spencer mobile 0459 023 498**

**Proudly Sponsored by**



**Yasmin Catley MP**





# ONE CULTURE MARINERS

## INCLUSIVE FOOTBALL EVENT

**SUN 25 APRIL | 9AM-11AM**

**THE FOOTBALL GROUNDS, ERINA**

**FOR 6-65 YEAR OLDS LIVING WITH A DISABILITY OR HEALTH CONDITION**

JOIN US FOR A FUN DAY OF FOOTBALL, MUSIC, FRIENDSHIP, FOOD & PLAYER VISITS FROM CCM!

**REGISTER NOW: [ONECULTURESUPPORTSERVICES.ORG/FOOTBALL-NSW](http://ONECULTURESUPPORTSERVICES.ORG/FOOTBALL-NSW)**



## Healthy Lunch Box recipe

### Zucchini muffins.



#### Ingredients

2 zucchinis, grated & liquid squeezed out  
1 carrot, grated  
125g tin corn kernels, drained  
1 small red onion, finely diced  
1 cup baby spinach leaves, chopped  
1 cup wholemeal self-raising flour  
6 eggs, beaten  
1 cup reduced-fat tasty cheese, grated

#### Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box

## Nutrition Snippet

### AUTUMN FRUIT AND VEG.



#### It's the International Year of Fruit and Veg!

**Why not celebrate by trying these seasonal recipes:**

- [Stewed apples and sultanas](#)
- [Pumpkin and cheese pikelets](#)
- [Vegetable pasta bake](#)
- [Sweet potato and lentil curry](#)
- [Shepherd's pie](#)

For these recipes and more visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box



## Empower her with a daughters and dads program experience

Experience the **free** multi-award winning Daughters and Dads program developed by the University of Newcastle, filled with fun activities and the perfect opportunity to spend quality time with your daughter.

### OUR DAUGHTERS AND DADS PARTICIPANTS:

- Enjoy quality one-on-one time together
- See daughters develop confidence and skills in a range of sports
- Have fun being active together with fun dad-tested activities
- Learn about building self-esteem and resilience in girls



### OUR CLASSIC PROGRAM INCLUSIONS

- Eight weekly group sessions, starting Monday 26 April. The first week of the program is an information session for dads/father figures only running from 5.30pm - 7.30pm. Daughters will join them for the remaining seven 90 minute sessions from 5.30 - 7pm
- Each week involves a short theory session focusing on ways to build confidence, self-esteem and resilience in girls followed by a practical session focusing on fun rough and tumble play, fitness and sport skill activities
- The emphasis is on fun and the program caters for all physical activity and skill levels
- Daughters and dads receive a program t-shirt, drink bottle and activity book
- There will be a final session on Sunday 20 June from 9am - 4pm where daughters and dads will experience traditional camp activities such as kayaking and archery

WHEN	PROGRAM TYPE	WHERE	COST
Monday evenings 26 April - 7 June (fun day on Sun 20 June) 5.30 - 7.00pm	Classic	Point Wolstoncroft Sport and Recreation Centre Kanangra Drive, Gwandalan NSW	Free

\*Father or significant male role models/father-figures are welcome

\*Daughters should be primary school aged, minimum of five years old

Proudly funded by the  
NSW Government

In association with  
The University of Newcastle

### To book your place visit:

 [sport.nsw.gov.au/daughtersdads](http://sport.nsw.gov.au/daughtersdads)  
or for more information call 13 13 02







## A weekend adventure with your daughter awaits!

Enjoy quality time with your daughter and experience the multi-award winning Daughters and Dads program developed by the University of Newcastle, filled with traditional camp adventure activities.

### OUR DAUGHTERS AND DADS WEEKENDER PARTICIPANTS:

- Enjoy quality one-on-one time, together
- See daughters develop confidence and skills in a range of sports
- Have fun being active together with fun dad-tested activities
- Learn about building self-esteem and resilience in girls



### DAUGHTERS AND DADS WEEKENDER PROGRAM INCLUSIONS

- Two-night weekend stay at Milson Island Sport and Recreation Centre. Each dad and their daughter will have a private room at our scenic centre and your stay includes all outdoor recreation activities and meals
- Our fun practical sessions focus on rough and tumble play, sport skills, and fitness
- Our theory sessions focus on building confidence, self-esteem, and resilience in girls
- The emphasis is on fun and the program caters for all physical activity and skill levels
- Daughters and dads both receive a program t-shirt, drink bottle and activity book

WHEN	PROGRAM TYPE	WHERE	COST
5.30pm Friday 21 May - 3.00pm Sunday 23 May	Weekender	Milson Island Sport and Recreation Centre Hawkesbury River return ferry trip included from Brooklyn Wharf	\$257 dad/carer \$182 daughter Includes return ferry trip

\*Father or significant male role models/father-figures are welcome

\*Daughters should be primary school aged, minimum of five years old

Proudly funded by the  
NSW Government

In association with  
The University of Newcastle

To book your place visit:

 [sport.nsw.gov.au/daughtersdads](https://sport.nsw.gov.au/daughtersdads)  
or for more information call 13 13 02



# Variety ACTIVATE INCLUSION SPORTS DAYS

IN PARTNERSHIP WITH



Sport NSW  
*The Voice of Sport*



DISABILITY  
SPORTS  
AUSTRALIA

## A FREE, FUN AND INCLUSIVE DAY OF SPORT TO TRY!



FOR PHYSICAL, SENSORY &  
INTELLECTUAL DISABILITIES

Friday 10 September 2021

10:00am - 1:00pm

Bateau Bay PCYC

460 The Entrance Road

Bateau Bay NSW 2261

Limited places available.

To register attendance [CLICK HERE](#)  
or visit [sportnsw.com.au/events](https://sportnsw.com.au/events)

Hosted by:

Central  
Coast  
Council



variety  
the children's charity

Delivered by:



Sport NSW  
*The Voice of Sport*



Contact:

Rae Anderson

+61 2 8736 1223

[aisd@sportnsw.com.au](mailto:aisd@sportnsw.com.au)