

DATES TO REMEMBER

Term 2

APRIL

- 19THSTAFF DEVELOPMENTDAY NO STUDENTS20THSTUDENTS FIRST DAY
 - TERM 2 APPLICATION FOR YEAR 5 OPPORTUNITY CLASS OPEN
- 21ST KOTARA HIGH SCHOOL PARENT INFORMATION EVENING
- 23RD ZONE PSSA CROSS COUNTRY
- 28TH YEAR 2 ART GALLERY EXCURSION

MAY

7TH OPPORTUNITY CLASS APPLICATIONS CLOSE

FROM THE PRINCIPALS DESK ...

It is hard to believe that the last day of Term 1 is almost over. This term has just flown by.

This term we experienced our first "normal" term in nearly 12 months with restrictions starting to ease allowing us to participate in more activities and excursions.

It was great to have some families back on site today to watch the infants parade their Easter Hat creations for their families and fellow class members.

Our kindergarten students have had a wonderful first term and have all settled into the school routine with ease. We are very proud of them.

Finally we wish you all a great break and enjoyable Easter with your families and friends.



KINDER TO YEAR 2 EASTER HAT PARADE

Infants celebrated the last day of term 1 with their Easter hat parade this morning. With Mr Jackson MC'ing and the students parading their marvellous creations around the playground it was great to have parents back on site to enjoy.

After the parade infants then made their way over to Alder Park to participate in the obstacle course events.























DA VINCI DECATHLON

Two teams of eight students entered the Da Vinci Decathlon at Bishop Tyrell this week, which is an extremely challenging academic competition. Both the Year 5 and Year 6 teams were successful at various subjects with the Year 5 team placing second overall. The students were outstanding representatives of New Lambton South and are to be congratulated.



PSSA SCHOOL SPORT

On Wednesday we took on an experienced New Lambton Public in the Zone PSSA Cricket Knockout Competition. The boys went through a series of trials and training sessions before today so their hard work and dedication should be commended.

Unfortunately, New Lambton were too good on the day. Our boys hit a respectable 49 runs and New Lambton were able to chase it down after losing 2 wickets, 1 being a sensational caught and bowled by Harvey F. An honourable mention to our 5 year 4 boys who were part of the team, including Oliver H and Ollie W who bravely opened the batting. The match was played in high spirits and both teams showed respect and sportsmanship throughout the day.

A proud coach!

Mr Roffey



P & C NEWS – TRIVIA NIGHT

Did someone say 'TRIVIA NIGHT"?

Ready for some fun??? Want to join the P&C Fundraising committee for some rock'n'roll???



Ok. So people tend to avoid a committee like the plague. But this one is going to be fun (we promise). We have some really fab ideas to get the school community engaged in some great events that will also help to raise much needed money for school improvements.

We would love you to join the committee to brainstorm, tap in to your unique skillset and use your creative minds to help turn these ideas in to realities. To be a part of the committee you do not need to join the P&C, you just need to be prepared to give up a little bit of time to meet up (meetings will probably be via zoom) and get planning.

We are trying to plan a Trivia Night in Term 3 as our major fundraising event for 2021 so would like to get planning ASAP.

If this sounds like your cup of chosen tipple, please comment on the P&C Facebook page and we will message you via messenger. Come on....you know you want to!!!



The Resilience Project Part 2: Gratitude.

This week's presentation from *The Resilience Project* focuses on Gratitude.

Gratitude is being thankful and expressing appreciation for what one has – as opposed to focusing on the lack of something.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View **Part 2: Gratitude** *of the series here:* <u>https://theresilienceproject.com.au/parent-</u> <u>and-carer-hub/</u>

There are many ways in which you can practise gratitude, including starting a <u>Wellbeing</u> <u>Journal</u>. In the image below are a few ideas to get started.

Source: <u>Psychology Today</u>

For mental health resources and support information, visit <u>The Resilience Project's</u> <u>Support Page</u>.

APPLICATIONS FOR YEAR 5 OPPORTUNITY CLASS PLACEMENT IN 2022

Year 4 students have received an Intention to apply form for placement in the Opportunity Class in year 5 2022. Information was also emailed out via Operoo.

Online applications open on Tuesday 20th April and close Friday 7th May. Parents must apply online using the following link: <u>https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5</u>

Please remember the intention to apply form is not your application. This is simply used to notify the school of your intention to apply for the Opportunity Class.

WHEN THE EASTER BUNNY WELCOMES YOU INTO SCHOOL

Students entering Gate 4 this morning had a lovely surprise when they were greeted by a big white Easter Bunny! In a little bit of last day of term fun Mr Pryce dressed up, greeted the students and handed out little Easter eggs.



2022 KOTARA HIGH SCHOOL TRANSITION PARENT INFORMATION SESSION

The first parent information session to support the transition from Year 6 to Year 7 (2022) of students attending Kotara High School will take place on **Wednesday 21st April (Week 1, Term 2)**. This information session will involve introducing the KHS staff involved in the KHS Transition Team to all parents and carers and also discuss the major initiatives that are taking place throughout the year to support transition.

This information session will take place in the **MPC at Kotara High School** from **6pm** running for approximately 30 minutes.



2022 LAMBTON HIGH SCHOOL TRANSITION INFORMATION

For those year 6 students who will be attending Lambton High School Year 7 2022, they will be conducting their Orienteering Day transition event on Thursday 29th April 2022. Please see below information provided by Lambton High School.



Dear Parents/Guardians,

Our first transition event for Year 7 2022 is **Thursday 29 April** (Term 2 Week 2), with locally zoned students invited to participate in the activities designed to orientate students with Lambton High School and its' facilities.

Year 6 students will work with Lambton High School Year 9 students throughout the day to complete an orienteering booklet and attend a concert from our talented music students.

The structure of the day is as follows:

Venue: Multi-Purpose Centre (MPC)/Tiered Learning Theatre

11:00 - 11:15	Welcome and Introductions - MPC
11:15 - 11:30	Starting High School: student perspective - MPC
11.30 - 12.15	Concert – Tiered Learning Theatre
12.15 - 1:30	Orienteering Activity 'Getting to know your school'
1:30 - 2:00	Sausage sizzle – Front Lawn
2.00 - 2.15	Conclusion and thank you - MPC

General Organisation

- Students do not need to bring their bag. Any student bags will remain in the MPC during the day.
- Students will require a pen.
- Any school wishing to arrive prior to 11.00am may utilise the front lawn for morning tea if desired. Students will need to provide their own morning tea on this day. Students are encouraged to bring an alternative lunch option if a sausage sizzle (or dietary appropriate option) is not suitable for the student.
- Feeder Primary schools will make arrangements to coordinate students movement to and from Lambton High School. Parents of students not coming from our Feeder Primary Schools will need to make arrangements for students to be dropped off and collected from LHS should they wish to attend (no student is permitted to leave the school unaccompanied).

Yours in public education,

Demet

Mr. Gary Bennett Principal 2021

Young Road Lambton NSW 2299 Telephone 4952 3977 – Fax 4956 2429 Email – <u>lambton-h.school@det.nsw.edu.au</u> Website – <u>https://lambton-h.schools.nsw.gov.au/</u> Principal: Mr. G Bennett Have a great break and a Happy Easter

Mr Pryce Principal

> APRIL 15th - 16th 2021 8:30am - 3:00pm

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