



Learners today Leaders tomorrow

NEWSLETTER

PO Box 66 NORTH BENDIGO 3550

SCHOOL : www.lightningreefps.vic.edu.au

Phone: 5443 2501

ELC : www.bendigoregionalymca.org.au

Phone: 5444 6666



Please remember smoking is banned within four metres of an entrance to all Victorian Schools and within the school grounds



Sunsmart Policy: Hats On

All students are required to wear their broad brimmed hats, even when playing or participating in activities under our outside shelters.



Our SunSmart Policy is based upon the Cancer Council guidelines that hats should be worn when UV levels are above 3 on the index (usually around the beginning of September in each year). We source this information from the following website: www.bom.gov.au/products/UV/Bendigo_VIC.shtml

Hats off occurs when UV levels fall below 3 on the index (usually around the beginning of May in each year).

Please remember that only bucket or broad brimmed hats may be worn. The SunSmart mantra is "No hat, unable to play in the sun." (you will either play under the shade sails in the Court Yard or inside at Refresh during first break).

Newsletter to be emailed

We are moving towards a paperless newsletter!!!! Can you please confirm your email address with the office staff.

Drink Bottles

As the weather is remaining hot, please make sure your child has a drink bottle full of water to bring to school. Drinking plenty of water throughout the day helps to keep everyone hydrated.



BookPacks



Congratulations to all our families who have received their book packs by paying in full or registering for Centrepay. Ways to pay – Centrepay, Cash, EFTPOS, payment plans...please see Kristie and Jennie to arrange payment.

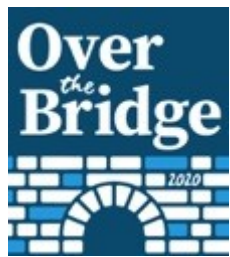
Respect, Co-operation, Responsibility, Be Our Best

Enjoy the weekend!

Julie Hommelhoff
Principal

Saturday 21st
March

Dahlia and Arts
Procession



BE YOUR BEST



BE RESPECTFUL



BE CO-OPERATIVE



BE RESPONSIBLE





CITY OF GREATER BENDIGO

Parking Services from the City of Greater Bendigo have contacted our school and requested that the following information be conveyed to our school community.

The illegal parking of vehicles adjacent to our school poses a safety concern to children, pedestrians and other road users. Parents are reminded that it is essential to comply with parking restrictions when dropping off and collecting children from school.

Motorists must not stop in no stopping areas, even briefly, with or without the motor running. They must not stop next to a continuous yellow edge line, on nature strips, too close to school crossings, park over driveways or double park. A number of schools have short term time restricted areas, such as 2 minute pick up drop off. These parking areas are in place to allow for ease of access close to schools and these restrictions must be adhered to. Drivers should also be aware that they cannot perform a U-turn over an unbroken or continuous dividing line.

With regard to children’s crossings, the law requires that a driver approaching a children’s crossing must drive at a speed at which the driver can, if necessary stop safely before the crossing. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police do conduct random patrols throughout the school year at various locations to ensure that motorists are adhering to the Road Rules.



Room 9 have loved having Alfie back in the classroom this week. We are ready to learn, we use our inside voices and we ensure our classroom is neat and tidy. Alfie has helped us to have a calm and engaging classroom.

Why do we like having Alfie in our classroom?

“He makes me calm”

“When I am stressed I can look at him and he makes me feel good”

“It makes me concentrate when I am doing my work”



Raven is supporting the Leukaemia Foundation’s World’s Greatest Shave.

Join Raven on the basketball court at Friday 13th March @ 2:30 pm to see his lovely locks being shaved.

To help Raven with his fundraising there is a donation box in the office or go to our Facebook page where there is a link to donate and share.

Parents and Friends Committee Meeting

Tuesday 18/02/2020 at 2.30 pm

All are welcome to attend the meeting.



School is Back...and so are head lice!
Please check, and if necessary treat your family for head lice. It’s a good idea to make regular head checks a part of your routine.



Health & Wellbeing

SLEEP TIPS

Sleep is vital for children's growth, learning and development. Having a good sleep every night makes your child happier, helps them to concentrate and remember things, and improves their behaviour.

How much sleep do children need?

The amount of sleep we need changes with age. Everyone is different, but as a guide, children need the following amounts of sleep every night:

Ages 3 to 5: 10 to 13 hours

Ages 6 to 13: 9 to 11 hours

Ages 14 to 17: 8 to 10 hours



Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings and behavioural problems.

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep.

Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it - even at the weekend.

Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.

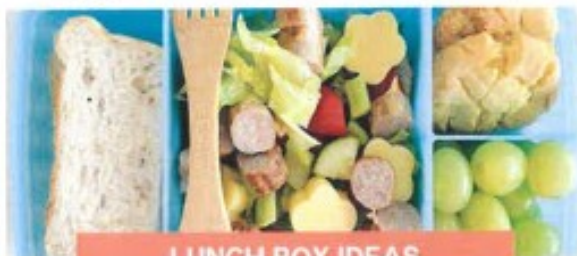
Turn off technology: Turning off computers, tablets and television 1 hour before bedtime should help your child sleep better.

Help your child wind down: Busy children need some time to relax. Consider playing soft music or reading to them.

Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.

Avoid stimulants: Make sure your child avoids tea, coffee, chocolate or sports drinks, especially in the afternoon.

<https://www.healthdirect.gov.au/sleep-tips-for-children>



LUNCH BOX IDEAS

LET'S STOP THE SPREAD OF Germs



Always cough or sneeze into a clean tissue.



BIN IT!



Always wash your hands after using the toilet.





Don't share drinking cups and eating utensils.



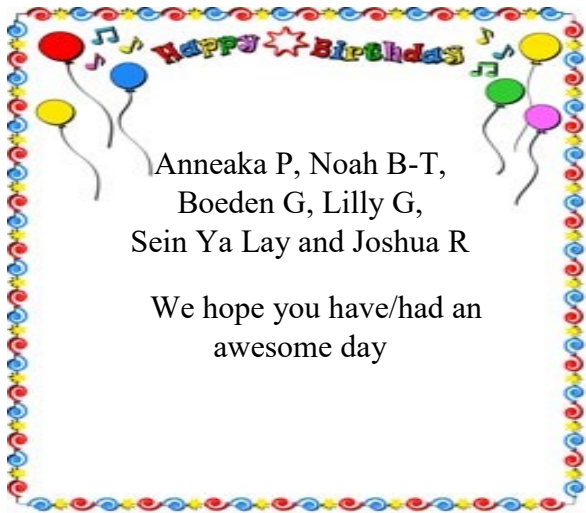
Victoria Department of Education and Early Childhood Development

EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but...

He/She is only missing just...	That equals...	Which is...	over 13 years of schooling, that's...
50 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS





Calendar of events:

- Monday 9th March**– Labour Day Holiday
- Saturday 21st March** - Dahlia and Arts Procession
- Wednesday 18th March** - Pupil Free Day
- Friday 20th March** -Harmony Day
- Monday 23rd March-Thursday 26th March** - Swimming Program
- Friday 27th March** - Last day Term 1
- Tuesday 14th April** -Term 2 begins

CONTACT US: 5443 2501

Principal:

Julie Hommelhoff

Assistant Principal:

Jo Ryan



Business Manager:

Kristie Coates

Leading Teachers:

Paul Keller

Learning Specialist:

Katrina Johnstone

Specialist Coordinator:

Roxanne Tonzing

Social Worker:

Gai Maddams

School Council President

Sonia Valli

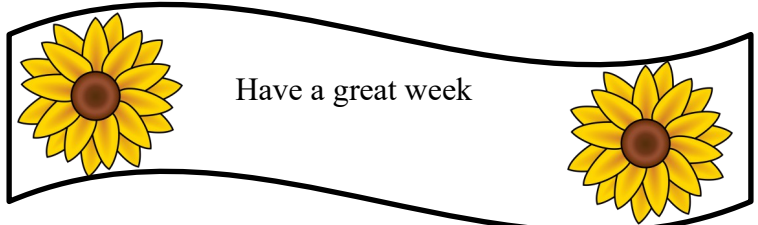
Parents and Friends President:

Donna Rutherford

For any concerns please see your Home Group Teachers

Bendigo / Sandhurst Rotary & Inner Wheel will again be running a monthly luncheon for our community (students / staff) .

- Friday 14 February – BBQ
- Friday 20 March – Sandwiches
- Friday 17 April – BBQ
- Friday 15 May – Sandwiches
- Friday 19 June – BBQ
- Friday 24 July – Sandwiches
- Friday 14 August – BBQ
- Friday 11 September – Sandwiches
- Friday 16 October – BBQ
- Last one for the year
- Friday 13 November – Sandwiches



BE YOUR BEST	BE RESPECTFUL	BE CO-OPERATIVE	BE RESPONSIBLE
