

Luddenham Public School

Newsletter

"Be the reason that someone smiles."

Dates to remember.....

Fri 28th September

End of Term 3

Mon 15th October

Students and Staff return

Wed 17th October

K-6 Assembly

Mon 5th November

Police Visit K-6

Tues 6th November

Kindergarten 2019
Transition

Fri 9th November

P&C Meeting

12th—14th November

Stage 3 Camp

15th—16th November

Stage 2 Camp

15th November

K-2 Excursion

Principal's Message

As Term 3 comes to an end this week, I would like to thank and recognise the hard work of the many students who always give 100 per cent in striving to be the best person they can be in our school. I have noticed many students striving to improve their learning, students building more positive connections with their peers and teachers and students who have excelled in many aspects of school life such as choir, Challenge2BFit, sport, writers festival and public speaking. Our school values the positive contributions of our students and we are proud to say that these students demonstrate a true passion for lifelong learning.

Congratulations to the students who successfully completed their speaking and listening tasks for this term. The following students will be representing the school at the Penrith Valley Public Speaking Competition next term. Congratulations Xavier, Ryan, Chloe, Jazmin, Cameron and Daniel.

Ryan has achieved great success during this term and I congratulate him on his 4th place discus at the Sydney West Regional Athletics Carnival. Your hard work and commitment to continually improve your personal best is admirable. Well done Ryan.

Today, the Term 3 Principal Morning Tea was attended by those students who were nominated and recognised by their teachers for consistently working hard, setting learning goals and demonstrating a responsible, safe and respectful attitude towards learning. Congratulations to all students.



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LUDDENHAM NSW 2745

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Luddenham Public School

Next term we will be having a Police Visit for all students in our school focusing on road safety, anti-bullying and cyber safety. I encourage all parents to be aware of their children's online behaviour with a particular focus on the games that children are playing online and the amount of screen time the children have. Tired children are unable to learn and achieve their best at school.

Stage 2 and 3 Camps are in Term 4. All parents are reminded to keep up with the payment schedule. Attendance at school camp is by invitation only and if student behaviour at school is unacceptable and consistently disobedient the invitation to attend camp will be withdrawn.

I wish everyone a safe and enjoyable holiday and all staff and students will return to school on Monday 15th October.

Karen Ellis

Learning and Support

As a mother of three kids I often chat with other parents about the rules and boundaries we have for our kids. I have discovered that many of us question our parenting and look for advice. I personally don't see anything wrong with questioning our parenting, as I believe that this is an indication that you care and want the best for your kids. As I navigate this parenting journey, I also find it useful to research my particular questions. Just the other day, I came across this website called lovewhatmatters.com. It offers articles on various parenting topics that cover popular areas that many of us are dealing with. In particular I found the article: Boundaries, routines and early bedtimes: 13 habits that raise well-adjusted kids helpful and informative. It goes on to suggest 13 practical ways to promote a healthy family setting. Below is a basic collation of the ideas, but I'm sure that you'll get more out of reading the whole article.

1. Boundaries
2. Routines.
3. Early bedtimes

4. Empathy
5. Hugs
6. Playful parents
7. Outdoor time
8. More chores
9. Screen time limits
10. Experiences, of things
11. Slow moving days
12. Books read to them
13. Music

Lindy Johnson

Learning and Support Teacher

Luddenham Legend



We would like to congratulate Grace Chamberlin whose 13 years of schooling and incredible hard work over the last two years in particular, ended on a wonderful high with her being awarded the 'McCarthy Catholic College 2018 DUX'. Grace's parents are so proud of her and how dedicated and driven she is to do and be her best. They said that Luddenham was a wonderful to start to her education. Well done Grace!



Luddenham Public School

Regional Athletics Carnival

A huge congratulations to Ryan for representing Sydney West at the Regional Athletics Carnival in Junior Boys discus! He came 4th, only missing out on representing NSW by one place! What a legend!

SRC News

On Thursday 13th September the SRC ran a fundraiser for the Fight Cancer Foundation. Students were asked to donate a gold coin and wear their favourite team colours for Footy Colours Day. We raised \$208.60 for this worthy cause. Well done!

PUBLIC SPEAKING

Congratulations to all students who have completed their Public Speaking task over the last week. There were certainly some very interesting topics presented.

A MASSIVE congratulations to the following students who each delivered a fantastic speech to their peers and have been chosen to represent Luddenham Public School in the Penrith Valley Public Speaking Competition.

Year 6 - Daniel Baigorria and Cameron Cloey

Year 5 - Jazmin Vicary and Chloe Darmanin

Year 4 - Ryan Cloey

Year 3 - Xavier Baigorria

The competition will be held on the 30th October 2018 at Surveyors Creek Public School.

More information will be sent home to parents.

Congratulations once again.

iPlay

We are coming to the end of our iPlay journey, and all the staff have learned a lot about how to continue providing quality PE and fitness lessons to our

students. Information will be provided in our upcoming newsletters on how you can be involved at home, encouraging a life-long love of physical activity and understanding the health benefits for your children.



Principal's Morning Tea

Congratulations to those students who were invited to have morning tea with the Principal this morning in recognition of their enthusiasm and effort in their learning. They have consistently demonstrated respectful, safe and responsible behaviour in all areas of the school. They were nominated by their class teacher, and after the morning tea, Mrs Ellis had a special recess with the invited students. Unfortunately the weather did not allow us to go across the road to Willmington Reserve to use the basketball courts but we still had fun playing under the COLA.

Congratulations to the following students:

Charlee W	Noah	Shelby	Max
Kaycee	Olivia	Delta	Ava
Jamal	Koby	Tyler	Ella
Elyssa	Stephanie	Alex	Lily
Aleida	Jacob	Bella W	Chloe
William	Lizzie	Bella T	Lexi
Cameron			

PBL Awards

The following students have been recognised for their respectful, safe and responsible behaviour.

Respectful: Tilly (K/1), Makayla (5/6)

Safe: Drake (5/6)

Responsible: Marcus (5/6)





Monday 8th October

10:30 to 11:30

264 Edmondson Ave Austral

\$5 per child

Parents/Guardians to remain with child
at all times

Performed by

Peter Wood Funny Magic Show



Booking & Payment Essential to secure your spot

Call (02) 9606 0629

Proudly brought to you by Outer Liverpool
Community Services Inc



Mondays 9:30 am to 11 am

HJ Starr Progress Hall

264 Edmondson Ave Austral

OLCS Playgroup

Invites everyone to Play, Laugh,
Read, Sing, Support and enjoy the
experience of getting together in a
safe community minded
environment.

Bring along some morning tea for
your child to enjoy.

New Parents Welcome

Call: 9606 0629

Email: out1932@bigpond.net.au

Facebook.com/olcs2179



Every second Thursday

10:30 am to 12 noon

HJ Starr Progress Hall

264 Edmondson Ave Austral

Starting 20th September

Join us to do a variety of crafts
including Card Making, Jewellery
Making and much more
Everyone is Welcome

Please contact us on

(02) 9606 0629

To find out more details

Luddenham Public School

P&C News

The next P&C Meeting will be held in the library on Friday 9th November immediately after the morning assembly. Attending P&C meetings is the best way to get involved and find out what's happening in our school.

Everyone is welcome



Money Matters

Payments to the school can be made via cash, cheque, EFTPOS or online using the 'Make a Payment' button on the website

Payments to the P&C for fundraising or canteen can be paid by cash or cheque. Please place payment in a separate envelope to school payments. Cheques should be made payable to Luddenham Public School P&C Association

Payments for Bookclub can be made online or in cash. Cheques are no longer accepted by Scholastic.

<i>Event</i>	<i>Cost</i>	<i>Due Date</i>
Voluntary Contributions	\$48	Voluntary
Stage 3 Camp	\$50 — 4th instalment	Fri 21st September—
Stage 2 Camp	\$57 — Final payment	Fri 19th October
Stage 3 Camp	\$45—Final payment	Fri 26th October

Student Absence Note

Student Name

Class

Date of absence

Reason for absence

.....

.....

.....

Parent/ Caregiver signature

.....

Date

TERM 4 ACTIVITIES

Young People



CONTEMPORARY POP ART

with Na'ama Atzmon-Simon

Pop Art broke the mould with its revolutionary use of mass media and popular culture images celebrating everyday objects and people. Get hands on using Pop Art's bright, graphic and comic art style to develop your own cutting-edge art works. Be inspired by the techniques of Pop Art legends like Andy Warhol and Roy Lichtenstein and walk away with your own works on mixed-media and canvas.

WHO: Students in Grades 7-10

WHEN: Tuesdays, 4.30 - 6pm

(23 October - 13 November)

TICKETS: \$80 for a 4 week term



CHILDREN'S WEEK



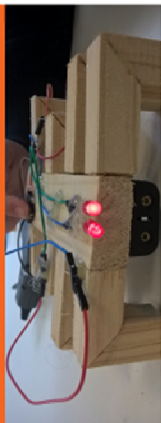
Celebrate Children's Week with great, free activities and a fun-fair atmosphere. Children, bring your parents to visit the Penrith City Library stand on the Mondo to enjoy stories, craft and much more. Find out about the great places children and families can enjoy in our local council area.

WHO: 0-5 year olds

WHEN: Wednesday 24 October, 10am - 2pm

WHERE: The Mondo, High Street, Penrith (opposite Penrith City Library)

Children



TINKERING THURSDAYS

with Build-a-Mind

Join Kerry from Build-A-Mind for Tinkering Thursdays where you get the chance to create, discover and solve a new weekly tinkering challenge all new while you're having fun. Grounded in science, technology, engineering, arts and maths (STEAM), children will be introduced to a variety of tools and materials. They will face a weekly challenge to solve in their own way, using what they have learnt coupled with their imagination.

WHO: Students in Grades 1-6

WHEN: Thursdays, 4.15 - 5.15pm

(18 October - 6 December)

TICKETS: \$120 for an 8 week term

Infants & Pre-schoolers



Baby Time

For babies 0-2 years old, Mums, Dads and Carers

PENRITH Monday, 10.30 - 11.30am

Story Time

For Children 2 - 5 years old

ST MARYS Tuesday, 10.30 - 11.30am

PENRITH Wednesday, 10.30 - 11.30am

ST CLAIR Thursday, 10.30 - 11.30am

Toy Library

Play with and borrow educational toys 10am - 12pm, each week before Story Time at Penrith, St Marys and St Clair library branches and on Saturday from 10am-12pm at Penrith library.

For more information contact Barjinder on 4732 7891,

email childrensteamlibrary@penrith.city or go to penrithcity.nsw.gov.au/library



PENRITH

CITY COUNCIL

PENRITH CITY LIBRARY

601 High Street, Penrith 2750

penrithcity.nsw.gov.au/library



• SPRING 2018 • ISSUE 1

PENRITH

LIBRARY

FOR CHILDREN & YOUNG PEOPLE

5,4,3,2,1... BLAST INTO ORBIT AT THE LIBRARY

It's a launch! Our new-look newsletter for children and young people has landed.

Set your orbit around your library – a hub of fantastic, fun and handy resources for children and young people, not to mention your baby sister, mum, dad and grandpa too! Books are just the beginning...

Penrith City Library has a huge collection including children, teens, fiction, non-fiction, large print, audio, reference and research books to name just a few. There are DVDs for everyone and CDs for children too.

If you'd like to hear a short story while you're visiting the library, check out the Story Pod which comes with great picture book animations and is available in many languages. You can also find your Premier's Reading Challenge (PRC) titles marked with handy grade stickers in the devoted PRC shelves in the Children's area and the non-fiction area.

Our collection heads online with Libby, where you can download eBooks for reading on the go, or you can jump on the catalogue at the Library and at home to find stories, games, rhymes and jokes with e-resources like Ziptales and World Book Web for kids and students. All you need to get online is your library card and password.



Students, there's study help at your fingertips with StudioCity online. Log in with your library card and have immediate access to an expert in the subjects you are studying. Step by step advice for tricky study questions, critique and feedback on your draft essay within 24 hours from a pro – everything to make your assignments stand out from the rest.

Of course, check out the library's range of holiday workshops and after school programs. Why not give art and design, technology, music, games, dance, making or writing a try – or just catch a fun family show in the holidays?

Keep an eye out for your Orbit newsletter, it's the guide to what's on and what's what at your library. See you around at the library soon!



Email childrensteamlibrary@penrith.city with your name and email address and you'll receive information about all of the children's and young people's programs straight to your inbox.

LIKE US ON
FACEBOOK

to keep up to date with all of our events and activities

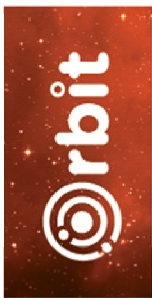
www.facebook.com/penrith.city.library



PENRITH
CITY COUNCIL

70
YEARS
1948-2018

PENRITH
LIBRARIES



HOLIDAY ACTIVITIES

TICKETS ON SALE FROM MONDAY
20 AUGUST 2018 - BOOKINGS ESSENTIAL!



Children

ALL EVENTS HELD @ PENRITH CITY LIBRARY

Family Shows

THE BIG BAG SHOW

with Dennis Clare

A master in mime and visual theatre, Dennis involves audiences in the action and literally pulls a unique, fun and spontaneous family show straight out of the bag! Bring your best ideas, add them to the Big Bag and be delighted as Dennis uses the skill of mime to bring your ideas alive. Children will be part of the action helping Dennis enact their ideas on stage. What emerges from the Big Bag is only limited by your wildest imagination!

WHO: For the whole family
WHEN: Wednesday 3 October, 10 - 11am
TICKETS: \$7 per person (children under 2 free)

READ YOU CAN ORANG-UTAN

with Jared Morgan

With puppets, larger than life character costumes, diverse stories and a splash of magic this vibrant show has something for everyone! You'll meet mischievous Orang-utan who can't read books but reads the jungle, over-the-top Pantomime Dame and El Howdidee the illusionist who mystifies even himself! Each new character spins a different tale and has you imagining how you might tell your own.

WHO: For the whole family
WHEN: Wednesday 10 October, 10.30 - 11.30am
TICKETS: \$7 per person (children under 2 free)

Young People

COLLAGED ILLUSTRATION WORKSHOP

with Narelda Joy

Illustrate your story in collage with illustrator Narelda Joy. Starting with word prompts to develop story ideas, you will make a character and produce two storyboards showing the movement of the character from one story scene to the next. Later, at home you can make more storyboards to complete the whole story.

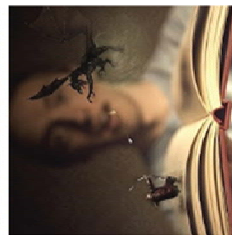
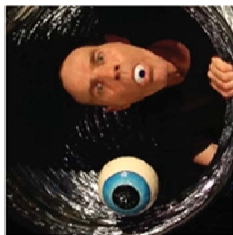
WHO: 9-14 year olds
WHEN: Thursday 4 October, 10 - 12pm
TICKETS: \$18 per student

GREAT CHARACTERS WALK OFF THE PAGE

with Penny Reeve

Great characters make great stories. But how do we write them? What makes one character more believable than the next? And how do we make our readers care about them? Join author, Penny Reeve in a workshop for budding authors wanting to make their stories, and characters, really come alive!

WHO: 11-15 year olds
WHEN: Thursday 11 October, 12.30 - 1.30pm
TICKETS: \$12 per student



VISUAL THEATRE & MIME WORKSHOP

with Dennis Clare

After being blown away by Dennis' Big Bag Show, get hands-on to play and experiment with the visual props and drama techniques Dennis uses to create the show. Try some basic mime skills to make the invisible world visible and learn how to animate and create characters using the amazing giant slinky apparatus as it glides across the stage. Lots of interactive fun.

WHO: 5-11 year olds
WHEN: Wednesday 3 October, 11.15am - 12.15pm
TICKETS: \$12 per child

BIG BANG SCIENCE ESCAPE ROOM

with Children's Discovery
Museum

Race against the clock to solve the mystery of the Zombie Outbreak, Librarian Crime Ring, Alien Investigation, Pirate's Treasure or Scientific Discovery and open the chest which holds the key to your escape!

WHO: 9-12 year olds
WHEN: Tuesday 9 October, 10.30 - 11.30am
TICKETS: \$18 per child



BACKYARD BUGS

with Rangers on the Run

Explore the amazing world of bugs in an interactive show where children can hold and touch them in a safe and exciting way. Live myriapods (the slinky guys - like centipedes!), insects and arachnids are the stars of the show. We explore their features and their amazing abilities, where they live, how they grow and the role of bugs in the environment.

WHO: 6-13 year olds
WHEN: Friday 12 October, 10.30 - 11.30am
TICKETS: \$10 per child



MAKE A MOVING PUPPET

with Narelda Joy

Make a moving puppet with illustrator Narelda Joy. Younger children will be able to bring a puppet character to life based on illustrations in the delightful story, Fox and Moonbeam. A reading of the story will inspire children to reach their full potential.

WHO: 5-8 year olds
WHEN: Thursday 4 October, 1 - 2pm
TICKETS: \$12 per child



CREATE A FLIP PICTURE BOOK

with Penny Reeve

Love playing hide and seek? Love making up stories? This creative workshop combines them both with children's author, Penny Reeve. Children will learn about how stories are structured as they write and illustrate an engaging 'lift-the-flap' adventure they can share with family and friends.

WHO: 6-10 year olds
WHEN: Thursday 11 October, 10.30 - 11.30am
TICKETS: \$12 per child



THE VERY HUNGRY CATERPILLAR LIBRARY TRAIL

At Penrith, St Marys and
St Clair Library Branches

Pre-schoolers, bring your parents, sisters and brothers to follow The Very Hungry Caterpillar's food trail through each of our library branches. Find the hungry caterpillar's cocoon and take away a small gift. Only available while stocks last.

WHO: 3-6 year olds
WHEN: Saturday 29 September - Sunday 14 October
During library opening hours.
TICKETS: Free



TICKETS ON SALE FROM MONDAY 20 AUGUST 2018

All events are at Penrith Library. Bookings are essential. Book early to avoid disappointment as tickets sell quickly. No refunds or exchanges for tickets purchased. Family shows - every adult and child over 2 years old must purchase a ticket. Other events - accompanying adults attend for free. All events are supervised by professional facilitators and staff. Images displayed in the newsletter are for promotional purposes only.



Turn off the TV or computer and get active

Did you know?

- ★ Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.
- ★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- ★ Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- ★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

“Set limits for computer games and being online”



Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au