

Luddenham Public School

Newsletter

"People generally see what they are looking for and hear what they are listening for"

Dates to remember.....

Fri 9th November

P&C Meeting

12th—14th November

Stage 3 Camp

15th—16th November

Stage 2 Camp

21st November

K-6 Assembly

22nd November

K-2 Aquarium Excursion

29th November

End of Year Concert

5th December

K-6 Assembly

13th December

Presentation Assembly

14th December

P&C Meeting

17th December

Year 6 Farewell

19th December

Student's last day

Principal's Message

Thank you to our amazing Grandparents and special visitors who joined us last Thursday for our Grandparent's Day celebrations. A lot of people worked together to make the day a happy and successful time for everyone. I would like to acknowledge the support we continually receive from the Outer Liverpool Community Services and thank them for a delicious morning tea on Thursday morning. The P&C Art Show was a big success and thank you to all those members who helped out throughout the morning. Our students interviewed their Grandparents about their time at school and they learnt a lot about their past family history. Thank you to the many Grandparents who came to spend time with us last week and we hope that you enjoyed your time spent with your grandchildren.

Congratulations to our Public Speaking Representatives at the Penrith Public Speaking Competition last week at Surveyors Creek Public School. Ryan was awarded Runner Up for Year 4 and he will now speak at the Cluster Final. Good luck Ryan. Well done Xavier, Chloe, Jazmin, Cameron and Daniel on your efforts, we are proud of you.

Senior Constable Watson and Senior Constable Nguyen from Liverpool City Police Area Command visited our school on Monday. They spoke to our Years 3-6 students about cyber crime and how to stay safe online. Among other things they discussed the dangers of online gaming and why there are age restrictions, as well as how to protect themselves from cyber crime/bullying and harassment. They spoke to our K-2 students about their role in the community and reinforced that the police are there to help. The police officers talked about what they carry on their belts and the students were able to check out the police car before they went out to recess. Many thanks to Senior Constables Watson and Nguyen for taking the time to visit our school and talk to the students. We value the great working relationship we have with the police.

Today Christine Tasker, Director Educational Delivery, visited our school enabling us to demonstrate our school's progress with our School Plan. Our 3 strategic directions are Quality Teaching and Learning, Wellbeing and Connections. We are making great progress

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due to our hard working and committed staff and community.

Last Thursday afternoon, we had a juvenile eastern brown snake found near the administration building away from the students playground. All students were safe and were inside the classrooms. A local area snake catcher came and removed the snake and he will be coming to our school in the next fortnight to do a snake safety awareness talk with all students and staff. Once the details are confirmed, any interested parents are also welcome to attend the information session. As the hot weather approaches it is important for parents to also speak with their children about being safe around snakes.

Karen Ellis

Learning and Support

Mindful Kids

Research has found mindfulness to be one of the pillars of resilience - the ability to adapt to change or bounce back from problems, a key component of a child's social and emotional development.

Mindfulness is:

- * Focusing on the present moment;
- * Being highly aware of present sensations, thoughts and feelings;
- * Paying attention without being "caught up" in your thoughts.

Essentially, mindfulness is about awareness. It is the practice of noticing things in the moment, especially those overlooked, such as one's breathing, feelings, thoughts or actions.

Regular mindfulness helps to develop the ability to regulate our emotions, calm ourselves and become more aware of our own emotions and feelings.

With mindfulness we are not getting caught up in the past (regret, anger) and not imagining the future (worry, anxiety, anticipation), so we become more hopeful and optimistic as we think about in the present.

If the present isn't as good as it could be,

mindfulness gives us the tools to examine our feelings and emotions and the clarity to make decisions for change, again leading to greater optimism.

Children are often quite naturally mindful, particularly when playing. However these days, lives can be so busy and structured, children are often less in tune with their senses, actions and feelings. Today's children may experience stress or anxiety as their world speeds up and more is expected of them.

In times of heightened stress the areas of the brain that regulate our bodies, including the fight, flight or freeze response become over active. In addition, the frontal lobe of the brain, linked to self-regulation, decision-making, organisation skills, memory processing, as well as empathy and compassion can be underactive.

Research has shown that regular mindfulness practice helps to subdue the fight/flight/freeze response, thereby reducing stress and anxiety. It has also been noted that regular mindfulness practice helps to re-engage and fire-up the frontal lobe of the brain.

Mindful awareness is something we all possess that can be strengthened through regular practice. This can be through formal sitting mindful practices or informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress. When parents, or other trusted adults, share these activities with children there can be significant benefits for both.

More information can be found at: <https://www.mindful.org/what-is-mindfulness/>

<http://www.eastbentleighps.vic.edu.au/page/43/Wellbeing-Articles-2016>

Fay Mantas

Learning and Support Teacher

Luddenham Public School

PBL Awards

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

Respectful: Alyssa (5/6), Marissa (1/2)

Safe: Aleida (3/4)

Responsible: Chaise (K/1)



Year 6 Farewell

Our Year 6 students and parents have been working hard to fundraise for the Year 6 Farewell. Last week they had a Sausage Sizzle and Cupcake day, and the students have been running a Guessing Competition and selling iceblocks at luncheon time twice a week.

Congratulations to Tilly, Ella and Alieida who were the winners of the Guessing Competition.

Many thanks to all the families who have been supporting our Year 6 students in their fundraising. I am sure they will have a fabulous night and take home memories they will cherish forever.

Canteen News

Congratulations to the following students who have won Award Vouchers since the last newsletter:

Healthy Choice: Jazmin (5/6)

Most Polite: Jospeh (K/1), Lizzie (5/6), Cody (3/4)



REVISED CANTEN MENU

The freezer in the canteen is temporarily out of action so the canteen will operate on a revised menu, possibly until the end of term.

This week the canteen will be providing pizzas for lunch—no other orders will be catered for. A note will come home today to place your order TOMORROW for Friday.

The canteen will be open at recess and lunch for snacks as usual.

Thank You Rotary

The Rotary Club of Wallacia-Mulgoa Valley has made a generous donation towards our school's Presentation Day awards.

Luddenham Public School is fortunate to have support in the community from our local Rotary chapter.

Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

1

Download the app

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SkoolBag

Luddenham Public School



LIVERPOOL
CITY
COUNCIL

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change

**Don't stop in
a BUS ZONE**

**Penalty: \$337* and
2 demerit points**



LIVERPOOL
CITY
COUNCIL

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change

**Don't stop in a
NO STOPPING
zone**

**Penalty: \$337* and
2 demerit points**



LIVERPOOL
CITY
COUNCIL

Liverpool City Council Road Safety Initiative * Penalty applies in school zones. Minimum fine, subject to change

**Don't
DOUBLE PARK**

**Penalty: \$337* and
2 demerit points**

5/6 INFORMATIVE WRITING

Please enjoy reading some wonderful extracts from students in 5/6 about how light travels.

Light can travel at an amazing 2 993 337 kilometres per second! Light is that fast that it can move around the earth 7.5 times in just one second. It is that fast that when you turn on a light switch, it reacts straight away.

Samuel

Light is all around us and it helps us see everyday objects. As we know a blue pen is blue but the colour of an object is the colour the light reflects. White light is a mixture of all the colours in the rainbow.

Ebony

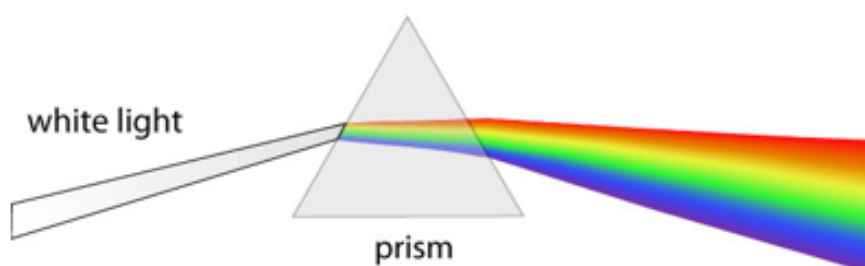
Light is a form of energy, just like heat or sound. Black clothes are usually known as the 'hot' clothes because black absorbs all the light whereas white reflects the colours.

Jazmyn

White light is a mixture of all the colours of the rainbow - ROYGBIV (red, orange, yellow, green, indigo and violet). Did you know that all fruits and vegetables absorb and reflect different wavelengths of light? When you blow a bubble, the light waves running into each other make colours inside the bubble.

White objects reflect all colours but black objects absorb all colours. When a white light hits a prism, the white light becomes a rainbow light.

Makayla



Luddenham Public School

Congratulations to the following students who were presented with awards at our assembly last week:

Class Awards	K/1	Destini and Jeremy
	1/2	Tyler and Stephanie
	3/4	Cody and Xavier
	5/6	Daniel and Isabella
PBL Awards (Respectful)	K/1	Noah
	1/2	Jamal
	3/4	Brock
	5/6	Lizzie
Library Awards	K/1	Claudia
	1/2	Marissa
	3/4	Candace
	5/6	Makayla
Luddenham Awards	K/1	Ruby, Claudia and Jeremy
	1/2	Jamal and Scarlett
	3/4	Abdullahi, Alisha, Alex and Ryan
	5/6	Drake, Andrew, Ashton, Blake
Principal's Award		Lily and Cody



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
K-2 Aquarium Excursion	\$30	Wed 14th Nov

Student Absence Note

Student Name

Class

Date of absence

Reason for absence
.....
.....

.....
Parent/ Caregiver signature

.....
Date

PARENT COACHING



What's available?

Parent coaching provides new insights, ideas, and practical solutions for your parenting challenges. Parents are supported to make simple and positive changes in their family. Parents are given easy-to-follow instructions and visuals to help make changes that last.

Parent Coach: Narelle Smith

22 years experience working with children and families in the Penrith area. Qualifications: BA; Masters Child & Adolescent Mental Health; Grad Dip Counselling & Integrated Psychotherapy; Cert IV

Available by appointment.
Circle of Security parenting facilitator; Parent-Child Interaction Therapy.

Parents are welcome to bring their child/ren to the sessions.

Special interests: child anxiety, ADHD, disability interaction therapy.

Special interests: child anxiety, ADHD, disability

phone: 0409 986121

Phone: 0409 580121
Email: Parenting@nonnencommunity.org.au

Email: parenting@nepeancommunity.org.au[illegible]

Cost: FREE

Location: South Penrith Neighbourhood Centre

 Hands, Hearts and Minds (WordPress)

Respect. Resilience. Reconciliation.

W: www.nepeancommunity.org.au

E: info@nepeancommunity.org.au

NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES P: 02 4721 8520 (Head Office)

