



LARNOOK PUBLIC SCHOOL

Friday 21st October 2022



Dear Parents and Carers,

Welcome back to another term, and Term 4 will be a busy one!

I am very happy to be in this beautiful school for another term. At this stage, Ms Emerton's leave will continue until mid-week 8. I look forward to seeing the year out with students, staff, parents and carers, and the Larnook community.

New Staff

We have been very lucky in adding some new staff members to the team at Larnook. Mr Cameron Blanch is employed two days a week in the role of Learning and Support Teacher. He will be working with students and assisting staff in developing student learning plans to support their learning. Mr Emmett Flick is shared with Barkers Vale PS on a 5-day fortnight rotating roster. This is part of a support plan for schools who were impacted by flood. Mr Emmett Flick will provide classroom support for teachers and enable us to do 2023 planning and professional development. Mr Blanch and Mr Flick have both settled into the school easily, and students are enjoying having some male staff! It is a great balance for us.

Road Closure rescheduled

As you may already know, Council has rescheduled their culvert replacement works to maintain access for our students. I would like to thank Lismore Council, in particular Rebecca and Ricky, who listened to the school's concerns and made changes so that we can have an uninterrupted end to a year that has already been so disrupted.



Kinder Transition

Kinder Transition begins next Friday the 28th of October. Miss Fish will be running the program with fun and engaging activities to help support a smooth transition and promote school readiness. Children will be in their own group at first, and then will gradually combine with the Dragonflies (K-2) over the course of the 7-week program.

Any child who turns 5 on or before the 31st of July 2023 can start Kindergarten in 2023. Even if you are not sure if your child is ready, or if you are unsure if Larnook is where you intend to send your child, please feel free to participate in our program. Children may come the whole day, or part, depending on what parents and carers are comfortable with.

Children will be given a school shirt and hat for Transition. A Transition pack will be available from the front office from next Monday, 24th October.

Please pack lunch, recess, some fruit and a water bottle.



Warm regards,

Megan O'Meara

Rel. Principal

Celebrating
100 YEARS
1922 - 2022

Larnook Centenary

Planning for the Centenary is underway. As many are aware, due to the floods and uncertainty with COVID restrictions, planning was put on hold earlier in the year. We will be setting a date for early 2023. While it is a shame we could not go ahead this year, feedback has been really positive about making sure we have the time

to organise a great event with plenty of history and special memories to share.

Steve Clough, past principal and who many of you know, has come on board to lead the organisation of this event. We invite anyone who is interested in contributing in any way to check out, like and share the newly established Facebook page 'Larnook Public School Centenary'. You may contact Steve via the page, or contact the school via email or phone call, and we will begin to collate interest.

On **Saturday the 12th of November**, those who would like to be part of a planning committee are invited to the school from 10-1pm to meet and discuss a date, roles and responsibilities and whatever else is needed to get the job done. Light refreshments, including vegetarian options, tea and coffee will be provided for lunch (BYO soft drinks or water). Please RSVP to the school by Wednesday 10th November to assist with planning the luncheon.

School Photos

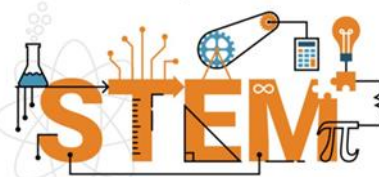
School Photos are being held on **Monday 31st of October**. Please ensure students are wearing full school uniform and have their hair neat and tidy. All previous orders and payments are still current for this date.



Halloween Dress-Up



Because school photos are on Halloween, and the Friday before is when Transition starts (and we really don't want to scare our new Kinders off!), we will have a dress-up day for Halloween on **Wednesday 26th October**. Students will be able to dress up in ghoulish style, but please ensure they are wearing appropriate shoes for typical school activities.



We have borrowed the Stem T4L kits again this term and this time we have the Robotics Kit. Students are learning the basics of coding as they have fun with the WeDo lego kits and the Dash robots. We even got to give them funny names like KFC, Macy and Cheetah.



What's Been Happening

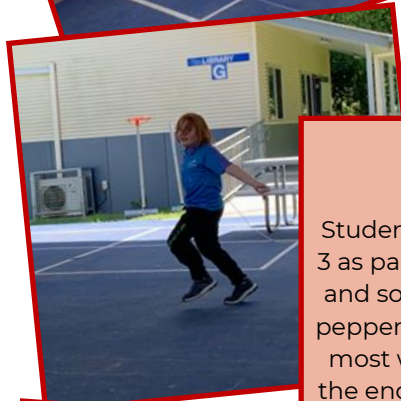
Virtual Reality Fun!

Students having fun using River and Oli's Virtual Reality head-sets.



Jump Rope 4 Heart Skip Off Day!

Students have enjoyed practicing their skipping skills during Term 3 as part of the Jump Rope 4 Heart program. We have all improved and some of the skills we can now do are: forward and backwards, pepper (really fast!) doubles, crisscross and using the long rope. The most we had skipping in the long rope was 9 kids! We celebrated the end of our skipping with a jump off day where the kids showed a routine they had created to showcase their skills.



BUNNINGS BBQ FUNDRAISER 5 NOVEMBER 2022

A big thank you to those of you who have volunteered to help with the upcoming Fundraiser Bunnings BBQ on Saturday 5th November. Once we have final numbers on who can help we will send home a roster with everyone's start and finish times. It will surely be a fun day working towards raising some money to help our 4/5/6 students set off on a wonderful adventure at the end of this term.



TERM 4 - UP-COMING EVENTS

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|------------------|--------------|--|
| MONDAY | 24 OCTOBER | PUBLIC SPEAKING SEMI-FINAL @ JIGGI PS |
| WEDNESDAY | 26 OCTOBER | BIRDWING BUTTERFLY WORKSHOP—PM HALLOWEEN DRESS-UP DAY |
| FRIDAY | 28 OCTOBER | KINDY TRANSITION BEGINS WORLD TEACHERS DAY |
| MONDAY | 31 OCTOBER | SCHOOL PHOTOS |
| FRIDAY | 4 NOVEMBER | FIRST SCHOOL ASSEMBLY TERM 4 — 2-3pm |
| SATURDAY | 5 NOVEMBER | BUNNINGS BBQ FUNDRAISER 8:30—4:30pm |
| SATURDAY | 12 NOVEMBER | CENTENARY PLANNING DAY @ LARNOOK PS |
| FRIDAY | 25 NOVEMBER | SECOND SCHOOL ASSEMBLY— 2-3pm |
| WEDNESDAY-FRIDAY | 7-9 DECEMBER | YEAR 4/5/6 BRISBANE EXCURSION |
| THURSDAY | 8 DECEMBER | K-3 EXCURSION—TBC |
| WEDNESDAY | 14 DECEMBER | END OF YEAR PRESENTATION & CONCERT |
| FRIDAY | 16 DECEMBER | LAST DAY TERM 4 FOR STUDENTS—HOLIDAY TIME!!! |

♥ Welcome to Kindergarten

To make your child's transition to school as smooth as possible, keep the following ideas in mind:

Practice separating from your child before the big day

If your child is not used to separating from you, practice spending time apart gradually. For example, start by leaving them with a relative or familiar friend for a few hours and build up to a full day. Be sure to reward them with plenty of praise for how proud you are for their efforts. You can also use a reward chart where your child earns a sticker for each day attended at school without too much resistance and they earn a special reward when they are no longer fearful of separating to go to school.



Prepare your child for what to expect and make it a special day to look forward to

The way you talk to your child about starting school will influence how they feel about it. If you appear worried or nervous they will pick up on this and may feel anxious too. Try to reduce the uncertainty by starting to talk about it in the weeks before school starts. Tell your child what will happen in the morning and tell them how excited you are for the fun they are going to have. You can involve your child in the preparation process by making an excursion to pick out school supplies, a new lunchbox or school bag for their first day.

Plan a way to manage your own anxiety

It's normal for parents to feel anxious and emotional on the first day of school, however, try to avoid conveying this to your child so they don't become emotional too. Think of what you will say when you leave your child and what you will tell yourself to manage your feelings.

Find some friends

If your child doesn't know anyone in their class try to arrange some play dates beforehand with one or two of the other children. Your child will feel more confident on their first day if there are some familiar faces in the crowd. You can also remind them that they will see their friends if they feel worried about their first day.

Plan the pick up location and be on time

This is particularly important in the first week of school. You want your child to trust that you will pick them up where and when you said that you would. When you pick them up remind them that you picked them up just as you promised you would.

Pack a familiar object

If your child is nervous about starting school something that reminds them of home, such as favourite toy, photos of the family, beloved book, drink bottle filled with a favourite drink or lunch box with a special treat can be comforting. Most children outgrow the need for these items and they can be phased out gradually.

Don't prolong the goodbyes

This is perhaps the most important thing to keep in mind at school drop-off to minimise tears and clinginess from your child. Appear confident, happy, and calm at drop-off and leave even if your child is crying. Try to set them up with an activity, say good bye, give one last hug, and leave when you say you will. If you stay with your child for too long you will send the message that they are not safe or able to cope on their own.

Celebrate their first day

Tell your child how proud you are of them for bravely completing their first day of school. You may also want to plan a special treat to look forward to, like cooking their favourite meal for dinner or going for ice-cream.

Don't criticise your child if they are having difficulty separating

If your child is having difficulty separating avoid criticising, being negative, or comparing your child to others – e.g., don't say things like "don't be a cry baby" or "James didn't cry when his mum left". Try to be empathic toward your child's feelings but express confidence in their ability to stay at school without you.