



LUGARNO

Public School

THE LUGARNO LETTER

LEARNING AND GROWING TOGETHER

Tuesday 14 December 2021, Week 11, Term 4

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Well done to our Student Leaders!
Congratulations LPS Staff
Thank you and congratulations parents
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Calendar dates

February 1 2022 – Years 1-6 return
Feb 2-4 Kinder students Best Start Assessment Days
February 9 – Swimming Carnival at Roselands Pool

Principal's Message

Thought for the Week...

"It matters if you just don't give up."

~ Stephen Hawking ~

It's hard to believe that this is the final week of the 2021 school year but we can definitely feel the buzz at LPS!

2021 has certainly been one of the most unexpected and interesting years for everyone but I remain immensely proud of the resilience demonstrated by the LPS community and the positive way our students, staff and parents have navigated the many challenges we have faced.

I would like to acknowledge the outstanding work that has been done by our wonderful staff. The compassion, professionalism and flexibility they have demonstrated has been

outstanding. Congratulations to our amazing students. I am so proud of each and every one of you and feel privileged to watch you learn and grow each day. Thank you to our hardworking P & C for their ongoing support of our school. Thank you to all of our parents and carers for supporting your child throughout the challenges of 2021 and entrusting us with the care of your children.
Wishing everyone within the LPS community a safe and enjoyable holiday period.

Presentation Day Assemblies

Congratulations to all of our award recipients at the stage-based presentation day assemblies! Please check out the school Facebook page for some of the highlights we captured. A notification with links to the presentation day videos will be sent separately.

Well done to our Student Leaders!

Congratulations to our newly appointed Student Executive Team for 2022!

Captains: Aisha C-C and Ethan C-C

Vice Captains: Georgia A and Riley T

Prefects: Gabriella M, Marcus C, Allie T and Kieran F



Well done and a big thank you to our 2021 student leadership team for their outstanding and resilient leadership this year:

Captains: Anthony K and Sophia R

Vice Captains: Sienna L and Billy H

Prefects: Summer H, Max W, Ashton F and Lillah C



Congratulations LPS Staff!

Congratulations to Dr Kerrie Carson who is the Assistant Principal and leader of our Itinerant Support Hearing team based at Lugarno PS. Dr Carson recently received an Education of Deaf Student Australia (EDSA) NSW Award of Excellence in recognition of her outstanding and continuous commitment to students with a hearing loss. Well done – what a wonderful achievement!

Congratulations also to Ms Carolynne Wilkie and Mrs Jo Targett, who recently received Georges River Network Awards in recognition of their excellence and support of students at Lugarno PS across a number of years. It was lovely to have Joanna French, our Director Educational Leadership Georges River Network visit us to present these awards.



Well done also to Mrs Bartley and Ms Horscroft who were recognised for their 30 years of service to public education and Mrs Dow for her 20 years of service to public education. We are very proud of you all!



Thank you and congratulations parents

A special thank you and congratulations to Mrs Latanis and Mrs Clay who were selected for this year's school parent appreciation awards and to Mrs Ametson, Mrs Kaniouris and Mrs Devet who were selected for the P & C parent appreciation awards. These awards were proudly accepted by our Year 6 students on behalf of their parents at our Presentation Day Assembly last Thursday. All of these parents have demonstrated such outstanding commitment to our school, volunteering in many capacities over so many years. We are truly appreciative of all of your hard work and support.



Congratulations also to Mrs Cuthbert, Ms Galea and Mrs Ametson who were nominated and awarded with a St George Community Award from Mark Couré for their outstanding contribution to our school community.



Staff Update

Congratulations to our school counsellor, Mrs Nalini Lomov who has attained a permanent school counsellor role at a school closer to her home. Mrs Erin Burgess will replace Mrs Lomov in the role of School Counsellor next year and has been allocated to LPS on Wednesdays in 2022.

Mrs Lomov has been a highly valued and respected member of the LPS Learning and Support Team and has made an outstanding contribution to the school, supporting the wellbeing of so many students and families this year. Mrs Lomov will be missed but we look forward to hearing of her continued positive impact at her new school. On behalf of the staff, students and parents at LPS, thank you Mrs Lomov.

Year 6 Farewell Update

We are looking forward to celebrating our exiting class of 2021 tonight at the Year 6 Farewell from 6-8.30pm. Thank you to our parent organising team and Stage 3 staff for ensuring that this will be a wonderful event.

Please note our plans have been modified based upon the **latest** COVID-19 Guidelines which were updated by the Department of Education on Friday.

In light of the updated guidelines, fully vaccinated parents/carers will be able to come on site to watch the formal proceedings at the end of the evening. Strict COVID safety plans will be in place for any parents/carers in attendance.

Parents are asked to return between 8.00-8.10pm so that they are able to watch the formal proceedings, including speeches and Year 6 video. A maximum of 2 fully vaccinated parents/carers per child can come on site (no younger siblings please). All parents/carers will need to enter via the Old Forest Rd main gates (near the paver wall), sign in by scanning the QR code, show their vaccination certificate to a staff member and only come on site if feeling well.

Parents must not congregate and are asked to remain physically distanced at all times when on the school grounds or whilst waiting outside the school gates.

We kindly ask that all parents/carers depart immediately with their child through the Old Forest Rd gates at the culmination of the event at 8.30pm.

Year 6 Graduation Assembly Update

Again, we are looking forward to another special and milestone event for our Year 6 students with their Graduation Assembly which has been scheduled for 2pm on Thursday, 16th December. It is an opportunity to acknowledge the culmination of 7 years of primary schooling for our students. Please note our plans have been modified based upon the **latest** COVID-19 Guidelines which were updated by the Department of Education on Friday.

Strict COVID safety plans will be in place for any parents/carers in attendance. Upon arrival parents/carers are asked to enter through the Old Forest Rd main gates (near paver wall) and complete the check in process by scanning the QR Code and submitting your details. All parent/carers must *sign in using the QR code from 1.50pm in readiness for a 2.00pm start*.

All parents/carers must be double vaccinated and show proof of vaccination to a staff member at the gate. *The Year 6 Graduation Assembly will be held outdoors under the COLA. The assembly will culminate with a 'lap of honour' and whole school clap out for our departing Year 6 students and any other students leaving LPS.*

Year 6 parents/carers are asked to exit the school grounds immediately after the proceedings conclude at 2.45pm via the Lugarno Parade car park gates. Thank you.

Parents must not congregate and are asked to remain physically distanced at all times when on the school grounds or whilst waiting outside the school gates.

We look forward to our Year 6 parents and carers joining us to honour our graduating class of 2021.

2022 Swimming Carnival

Our annual Swimming Carnival for Years 3-6 and competitive Year 2 swimmers turning 8 in 2022 will be held at Roselands Pool on Wednesday, 9th February, 2022 (Week 2, Term 1, 2022). A permission note will be sent home before the end of the year.

Students Enrolling and Departing

We appreciate the families who have informed us of their plans and school changes for next year. It has been helpful as we work through the class formation process. Please email the school if you will be leaving the school at the end of the year. We are still accepting enrolments for 2022 from Kindergarten to Year 6. Please let your family and friends know that if they are seeking enrolment at the school for 2022, they need to contact our school as soon as possible. Any families who might be taking leave at the beginning of the 2022 school year must complete an Extended Leave Form and submit for approval before the end of the school year. This form can now be obtained in the notes section on the school's website.

2022 Stationery Lists

Attached to this newsletter are the stationery requirement for each stage in 2022.

Notes Home

A friendly reminder that all notes are available on our school website by visiting:

<https://lugarno-p.schools.nsw.gov.au/>

School Photo Update

Due to the lateness of our photo day this year, our school photos will be distributed at the beginning of the school year. The team at Don Wood have fast tracked the Year 6 photos for the year 6 yearbook packages. Photos will be posted early in the new school year to any families not returning in 2022.

Canteen tomorrow

The canteen will be open tomorrow for online orders only. Please note there will be a limited menu tomorrow.

Picnic Days – Wednesday, 15th December

Please ensure that notes are returned in readiness for the Stage 2 and 3 Picnic Day at Evatt Park.

P & C Meeting

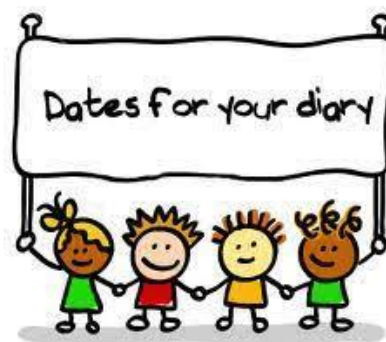
Our final P & C meeting will be held this Wednesday, 15th December at 7pm via Zoom. We look forward to you joining us!

Mrs Justine Williams

Principal

Dates for your diaries

Please note that dates are correct at time of publishing but subject to change and subject to COVID guidelines and restrictions.



Term 4, 2021

Week 11

- Tuesday, 14th December – Year 6 Farewell
- Thursday 16th December – final day for students; stage-based talent quests; Year 6 graduation assembly and clap out

2022

Week 1, Term 1

- Tuesday, 1st February, 2022 Years 1-6 students return
- Wednesday 2nd February- Friday, 4th February, 2022 Kinder students 'Best Start' Assessment interviews – each student will be allocated a day and time

Week 2

- Monday, 7th February – all 2022 Kindergarten students officially commence
- Wednesday, 9th February, 2022 – Swimming Carnival at Roselands Pool

KIDS IN THE KITCHEN

Veggie Rice Salad

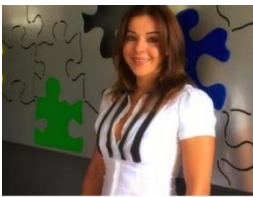
Ingredients:

- 1/4 cup peanut oil or canola oil
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 tsp. sesame oil
- 4 cups cooked brown rice (chilled)
- 1 carrot (diced)
- 1/2 cup snow peas (chopped)
- 1/4 cup rice vinegar
- 1 stalk celery (diced)
- 1/2 red or yellow capsicum (diced)
- 3 green onions (chopped)
- Optional: 1/2 cup corn kernels



Method:

1. In a small mixing bowl, combine the peanut oil, salt, black pepper and sesame oil. Stir until combined.
2. Pour the mixture over the chilled brown rice in a large mixing bowl. Toss gently to coat the rice, then set the bowl aside.
3. Steam the diced carrots, snow peas, and corn if desired, for 1 to 2 minutes, until they just start to turn tender. Plunge them into an ice bath to flash chill them and halt the cooking process, drain them, then stir the vegetables into the rice.
4. Add the remaining ingredients, from the rice vinegar through the chopped green onions, and toss to distribute the vegetables throughout the rice.
5. Serve the salad chilled and garnished with chopped fresh parsley. Enjoy!



Phone:

[0410 484 029](tel:0410484029)

Email:

totalfitnessstraining@outlook.com



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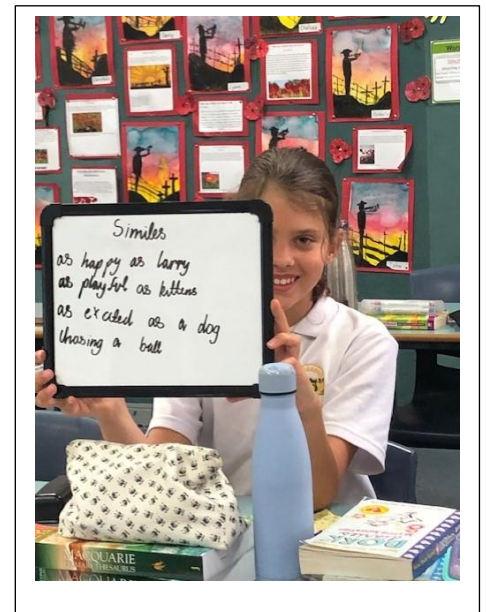
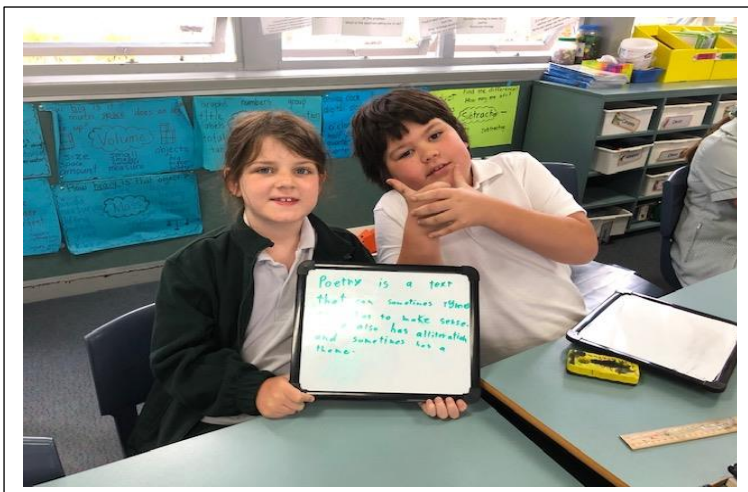
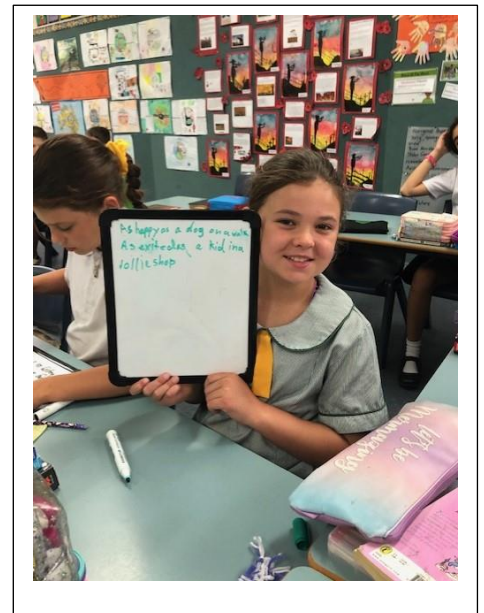
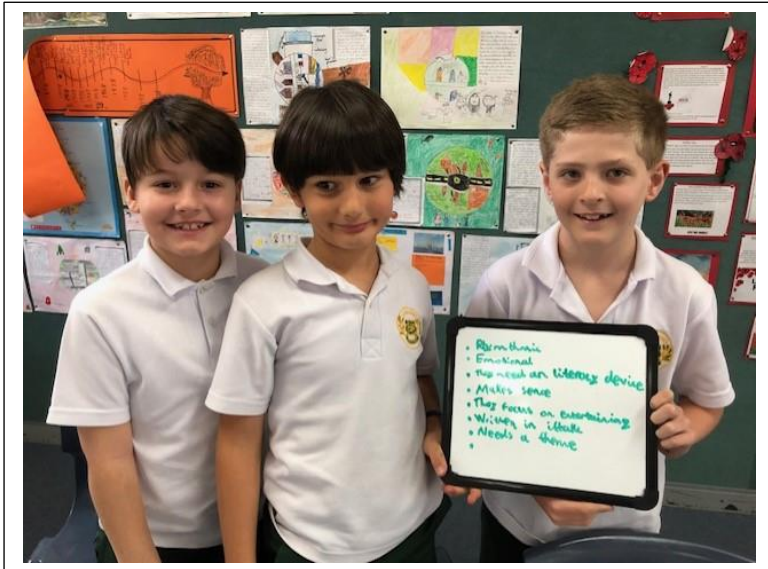
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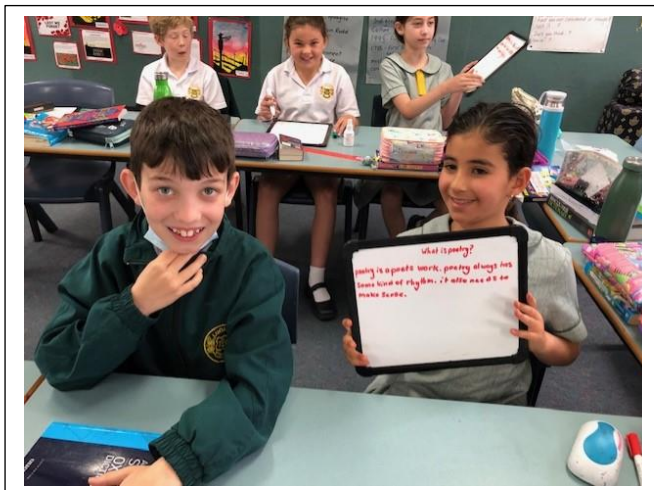
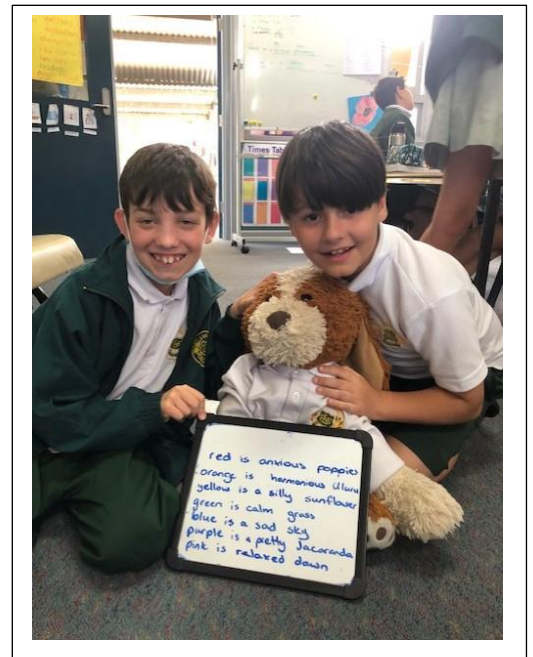
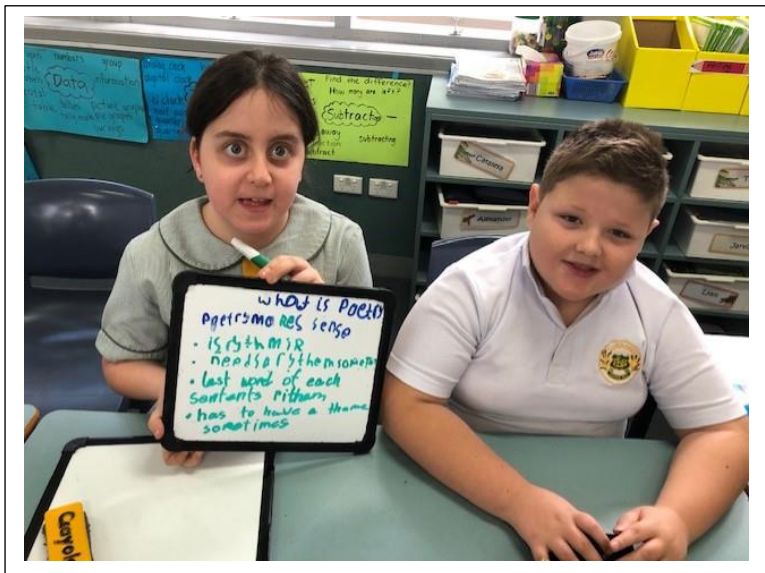
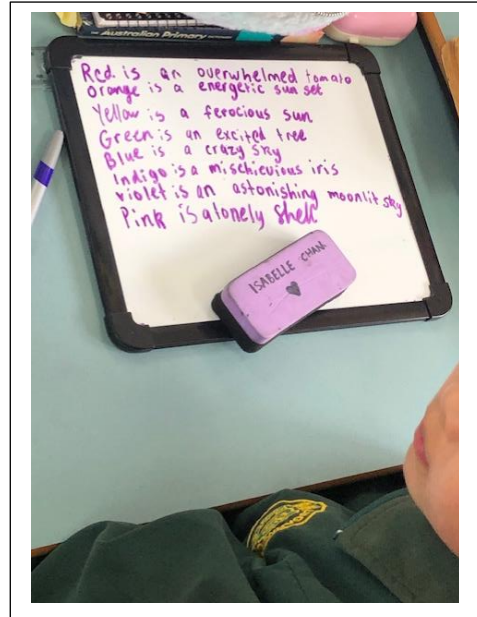
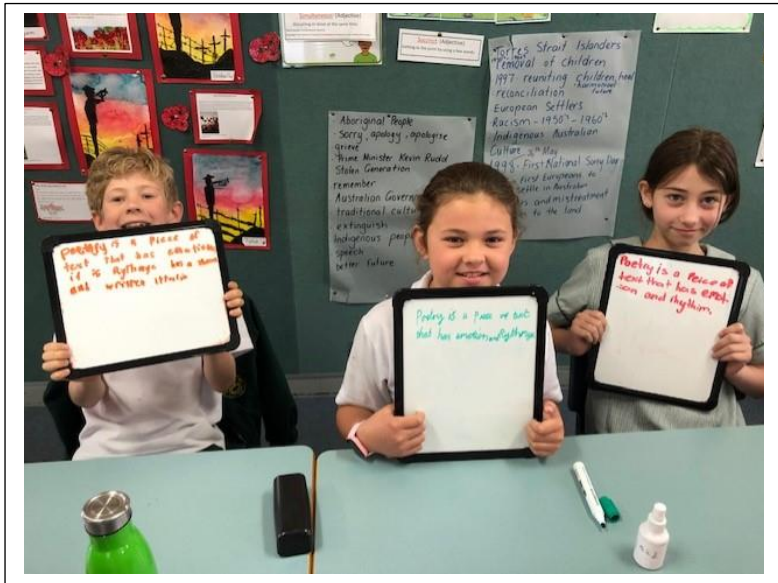
"Poems don't have to rhyme,"
Said Ms Jones, one more time.
We learn about features to make them stand out
Alliteration, metaphor, simile and even a 'shout!'

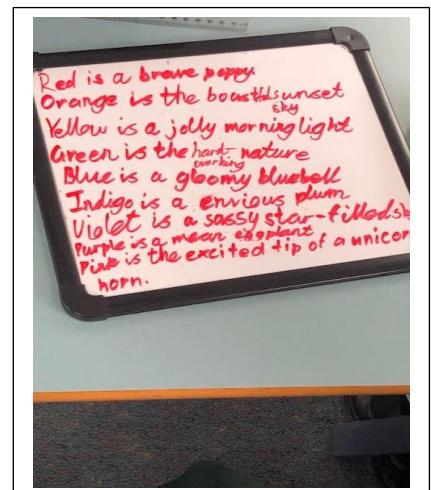
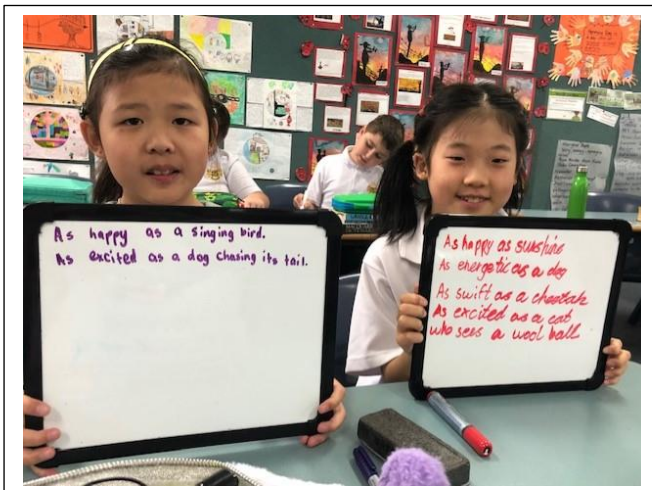
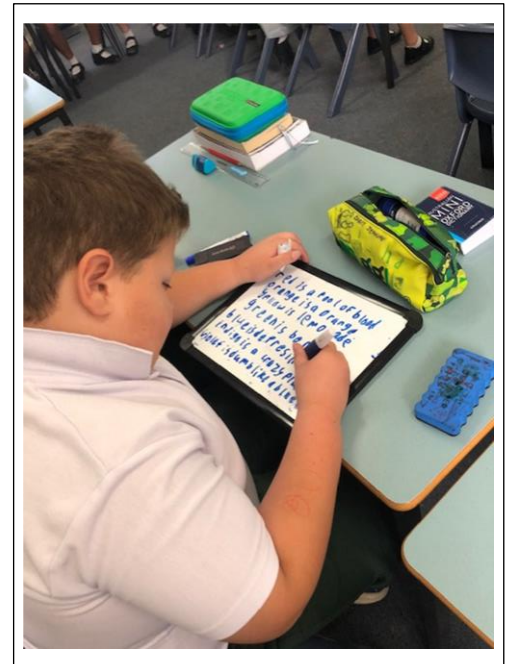
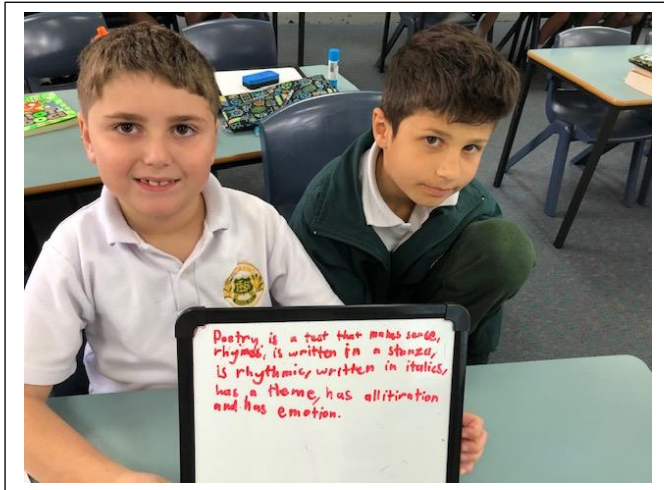
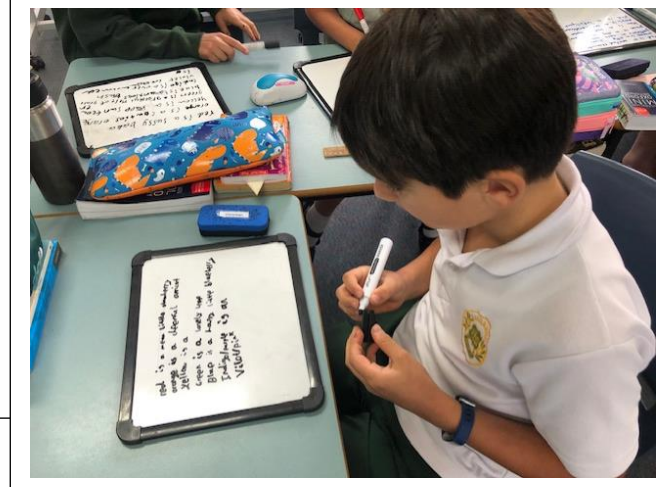
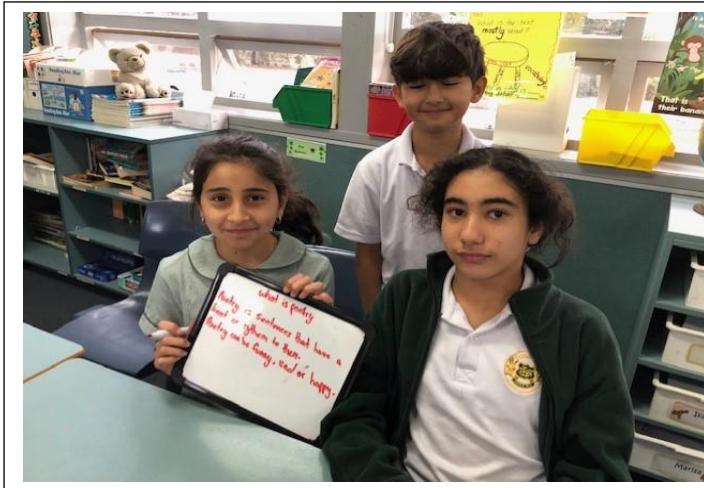
Students work diligently on their compositions
To touch others' hearts, their ultimate mission.
For poetry's not poetry without emotion,
With feelings that ebb, flow and crash like the ocean

With each phrase and stanza, their confidence grows louder.
As a teacher of small people, I couldn't be prouder.

By Ms Jones
Term 4, 2021
with 3/4AS







Early Stage 1 Stationery Requirements for 2022

- 1 pencil case
- 4 x Bostic or UHU glue sticks (no runny glue please)
- 5 x HB pencils per term
- Blunt-tipped scissors
- good quality soft eraser
- sharpener with enclosed barrel
- coloured pencils
- 8 whiteboard markers per term
- whiteboard eraser
- An extra large pencil case or plastic document wallet to store home readers
- 1 pair of headphones (please store in labeled zip lock bag)
- Paint shirt

Please **LABEL** all your equipment and replace items as needed



Classroom Requirements

- 2 boxes of tissues
- 2 rolls of paper towel
- 250mL bottle of liquid soap

PLEASE BRING BY WEDNESDAY 9 FEBRUARY

Some of these items will need to be replaced throughout the year. A note will be sent to notify you.

Thank you,

Kindergarten Teachers

Stage 1 Stationery Requirements for 2022

- 2 pencil cases
(1 small for basics and 1 larger for coloured pencils / textas)
- 4 x glue sticks (no runny glue please)
- 5 x HB pencils per term
- Blunt-tipped scissors
- good quality soft eraser
- sharpener with enclosed barrel
- 30cm clear plastic ruler (no bendy or metal ones please)
- coloured pencils and textas
- 2 thick black permanent markers (eg Sharpie)
- 2 x different coloured highlighters
- 8 whiteboard markers per term (black, blue or green)
- whiteboard eraser
- An extra large pencil case or plastic document wallet to store home readers
- 1 pair of headphones (please store in labeled zip lock bag)
- Paint shirt

Please **LABEL** all
your equipment
and replace items
as needed



Classroom Requirements

- 2 boxes of tissues
- 2 rolls of paper towel
- 250mL bottle of liquid soap

PLEASE BRING BY MONDAY 1 FEBRUARY

NB: Exercise books will be sent home in Term 1 to be covered in clear contact.

Thank you,

Stage 1 Teachers

Stage 2 Stationery Requirements for Semester 1, 2022

These are the requirements that your child will need:

- ❖ 3 good quality H.B lead pencils
- ❖ 2 blue, 1 red and 1 black ball point pens
- ❖ coloured pencils
- ❖ wind-up crayons
- ❖ textas (optional)
- ❖ colourful gel pens (optional)
- ❖ 3 highlighters
- ❖ 2 good quality erasers and white out tape (optional)
- ❖ sharpener with enclosed barrel
- ❖ 30cm ruler: not bendy or metal
- ❖ 3 solid glue sticks
- ❖ scissors
- ❖ 2 permanent black textas
- ❖ 4 thick and 2 thin whiteboard markers
- ❖ a whiteboard eraser
- ❖ 2 x A4 plastic sleeved folders with pages (one will be a homework folder)
- ❖ a dictionary (for use at home and school)
- ❖ a small notebook
- ❖ packet of square sticky notes
- ❖ a library bag
- ❖ a box of tissues
- ❖ 2 rolls of paper towel
- ❖ a suitable novel, magazine, comic or nonfiction book that your child is interested in
- ❖ a school hat and a spare green hat in their bag
- ❖ a bottle of water (to drink during class)
- ❖ USB (minimum 4-8Gb)
- ❖ set of headphones labeled in a zip lock bag: to be kept at school



Please note:

- ❖ Each of these items needs to be clearly labeled with the student's name or initials.
- ❖ 2 pencil cases: small one for basics and larger one for non-essentials
- ❖ Students should be stocked with all these necessary items **throughout the year**.
- ❖ Exercise books will be sent home to cover in clear contact early in the new year.



Thanking you,
2022 Stage 2 teachers
PS Wishing you all a lovely holiday.

Stage 3 Stationery Requirements for 2022

- pocket dictionary/thesaurus (not junior)
- pencil case (suggest smaller one for essentials & larger one for non-essentials)
- 5 x glue sticks (no runny glue please)
- blue and red **ballpoint** pens
- 3 x HB pencils or pacers
- correction tape (not liquid)- optional
- scissors
- good quality soft eraser
- sharpener with enclosed barrel
- 30cm plastic ruler (no bendy or metal ones please!)
- coloured pencils / wind-up crayons
- 2x different coloured highlighters
- felt tip or gel pens (optional)
- 1x thin black texta (eg Pilot Fineliner)
- 1x thick black permanent marker (eg Artline 90)
- 2 whiteboard markers (any colours)
- 2 x display folders or A4 wallets (for loose sheets and homework)
- 1 x pad of square sticky notes
- geometry set or a compass & protractor
- 1x box of tissues, roll of paper towel and liquid soap
- library bag
- USB memory stick (approx 4-8GB)
- school hat
- water bottle
- headphones

Please label all
your equipment
and replace items
as needed



NB... EXERCISE BOOKS WILL BE SENT HOME
EARLY IN TERM 1 TO COVER IN CLEAR CONTACT

Thanking you,
Stage 3 teachers

39th TRADIES SURF AWARENESS CLINIC

Elouera Surf Life Saving Club



ELOUERA S.L.S.C.

Benefiting the Community Together

The 39th Tradies Surf Awareness Clinic for children 7 to 12 years of age, is a five-day clinic held at Elouera Beach, Cronulla. The clinic is run from Monday 10th to Friday 14th January 2022, commencing at 8:45am and finishing at 12:00pm daily. Activities include surf swimming, body boarding, nipper board riding as well as learning surf and sun safety. The cost of the five-day clinic is \$60.00 (\$70.00 after 31/12/21).

To be eligible to participate in the clinic, each child must be able to swim 50m unaided, a test swim will be conducted at Caringbah Leisure Centre, Jacaranda Road, Caringbah on Friday 7th January 2022 from 9:00am to 10:30am. The 50m swim competency test is a condition of acceptance of applications to participate in the clinic. For further information, please email sac@elouera.com.



REGISTRATIONS ARE NOW OPEN

[Go to 39th Tradies Surf Awareness Clinic - Elouera Surf Life Saving Club](#)





NAME YOUR YOUTH FESTIVAL



New year? Yes please.

We're excited for what 2022 holds, and April is our opportunity to recognise and celebrate our younger generations during **Youth Week**.

Georges River Council will be hosting our own Youth Festival and we want **you** to help us name the event!

Scan the QR code to view our top five picks for your 2022 Youth Festival, and cast your vote for your favourite choice!





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NSW Ministry of Health
 73 Miller St, North Sydney, 2060
 Tel (02) 9391 9000
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Are you ready to Go4Fun® Online?

Go4Fun® Online is a free healthy lifestyle program for NSW children aged 7–13 years who are above a healthy weight, and their families. The program runs over 10 weeks in line with the school term and can be completed in the comfort of your home.

Learn tips for a healthier life – all for **FREE!**

WHY JOIN GO4FUN® ONLINE?

- Get expert advice on healthy eating
- Get active playing fun games
- Build confidence
- Make positive health changes as a family
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- All for **FREE!**
- From the comfort of your home



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WHAT HAPPENS ON THE GO4FUN® ONLINE PROGRAM?

Go4Fun® Online consists of 10 online sessions and weekly phone calls from a trained and qualified coach to help keep your family on track.

Highlights include:



Fun games and activities



Practical tools and tips to help with healthy eating, label reading and portion sizes



Great resources to make healthier choices



Earning tokens along the way to exchange for cool prizes at the end of the program!

WANT TO CHECK YOUR CHILD'S WEIGHT STATUS? HERE ARE SOME WAYS

- Speak to your healthcare provider to check your child's weight status
- Call **1800 780 900**
- Visit the Go4Fun website's weight status calculator at go4fun.com.au/why/bmi-calculator

Go4Fun® is also delivered face to face in local community settings, call **1800 780 900** for more information or visit go4fun.com.au

WHAT FAMILIES SAY



"Even though the program is finished we've still been able to carry through the tools and tips that we've learnt into our everyday life."

– **Maria, Go4Fun® Online Mum**



"We've learnt a lot from the Go4Fun® Online program. I know the children really love it!"

– **Aaron, Go4Fun® Online Dad**



"If I could describe Go4Fun® Online it would be: best thing ever!"

– **Go4Fun® Online child**



IT IS YOUR TURN TO HAVE A BLAST



School Holiday Program
POWERED BY THE SYDNEY SIXERS

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SEARCH SYDNEY SIXERS HOLIDAY PROGRAM &
FIND YOUR LOCATION OR OTHER LOCATIONS NEARBY



SCHOOL HOLIDAY PROGRAMS

CREATING THE WBBL STARS OF TOMORROW

- + Fun for all ages and abilities
- + Learn ball skills and stay active
- + All girls groups whenever possible
- + Coached by our trained Cricket NSW staff



- Participants will be grouped together with their friends and others of similar age & skill.
- Learn ball skills through fun game-based activities.
- Short, modified games - bat, bowl & field.

**SCAN THE
QR CODE TO
REGISTER FOR
THE PROGRAM!**

**EVERY PARTICIPANT WILL RECEIVE A
FREE CRICKET BLAST HOLIDAY PACK**



YOU HAVE TIME FOR CRICKET.

Cricket now offers a range of short modified weekend game competitions for kids and adults. Check out Play Cricket for more details.

 **Play Cricket**





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Maria Pierou Sinanis
Solicitor & Public Notary

P 02 9553 1255 F 02 9553 1249
E admin@constantinesolicitors.com.au
A Suite 3, Level 1, 55 Railway Pde, Kogarah NSW 2217
PA PO Box 872, Kogarah NSW 1485



Strategic Wealth
MANAGEMENT FINANCIAL PLANNING

Jasmine Theophile
Financial Planner
CFP®, JP

🏠 Ste 234, L3, 7-11 The Avenue
Hurstville NSW 2220

☎ +61 2 9580 3353
0432 288 110

✉ jasmine@swmfp.com.au

🌐 www.swmfp.com.au

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