



LINDENOW PRIMARY SCHOOL & WOODGLEN CAMPUS

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7th October 2021

NEWSLETTER NO. 29

Principal's Message Term 4 Week 1

Welcome back! A reminder that all students **MUST** have a wide-brimmed hat on when playing or completing activities outside. We prefer students have a navy blue hat to match their uniform. Please name hats.

BUMPER BABY ARRIVALS

The next wave of little ones have arrived!

Mrs Orchard gave birth to a beautiful girl named Emi in the holidays. We wish her family all the best. Mrs Armit became a grandmother for the first time as well with her daughter giving birthday to a little girl, Harley, in Scotland! Congratulations to all.

SWIMMING

Currently the indoor pool at the BARC is still restricted due to COVID regulations. This means swimming lessons for our junior and senior students will start on Monday 25th October (Week 4).

SCHOOL REVIEW

This term we will be conducting our school review. This occurs every four years for Government schools. It spans across the entire term, so it will be busy time for all as we reflect on our school data and set new goals for the next four years.

LUNCH ORDERS

Our local shop who provide lunch orders have new owners. They are currently adjusting the lunch order list and we plan to have all Friday lunch orders starting again Friday 29th October. This also includes Subway orders.

150th CELEBRATION—POSTPONED

Due to current restrictions, we unfortunately have to postpone our 150th birthday celebrations. It is extremely frustrating, but understandable due to the unpredictability of the current climate. We will look to the beginning of next year for our important celebration.

RETURN TO SCHOOL DATES

From Monday 11/10—Friday 22/10: Grade 3/4 students are expected to attend Tuesday and Wednesday and Grade 5/6 students are expected to attend Thursday and Friday.

From Tuesday 26/10 onwards: All students are expected to attend school full-time.

All the best!

Mr Cairns

OCTOBER

Monday 25th—Swimming starts for students P-6

Friday 29th—Book Week Parade and rotations

NOVEMBER

Tuesday 2nd—Public holiday Melbourne Cup
10th—12th Grades 5&6 Camp TBC

Jump Rope for Heart

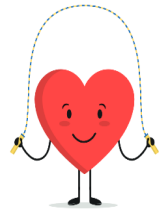
Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](#), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents

Students will have the opportunity to be skipping at recess and lunch, during this time you can share their online fundraising page with family and friends to help raise money for this great cause. Thank you for supporting the Jump Rope for Heart program!

Leah Livingstone



BOOK WEEK ACTIVITY DAY

Dress-Up Day on Friday 29th October and we look forward to seeing the students dressed up as their favourite book characters. Lindenow Primary School students have wonderful imaginations and over the years have come up with some inspiring costumes. We will have a 9 am parade and hope to see all the students participate and enjoy the day.

After the parade, students will form groups and spend the day in varied activities designed around some of the 2021 CBCA shortlisted books. Hopefully, some of their creativity will be on display in the weeks to come.

Community Notices.....

WOODGLEN PLAYGROUP

Just a quick reminder that playgroup at the Woodglen Campus is held on the first Thursday of each month.

We will be holding a session next Thursday morning, 14th October 9:30-11:30am.

If you have time please bring a plate to share, but no stress as there is always plenty.
Remember....if you know of others in the local area who would be interested please let them
know about our little playgroup.

Kind Regards, Katie

E-mail woodglenplaygroup@hotmail.com or
text 0427836274.

The Great Australian Platypus Search.

Become a citizen scientist
and help save the platypus!

www.eev.vic.edu.au/events



ENVIRONMENT
EDUCATION
VICTORIA



Do you live in regional or rural Victoria? Would you like some extra skills to help you feel better day today?



Are you, or someone you know

Stressed, worried, sad, or irritable?

Finding it hard to stay on top of your responsibilities?

Finding it hard to keep your emotions in check?

Troubled by a difficult event or memory

Going through an event like a bushfire, flood, drought, or the COVID-19 pandemic can be physically, financially, and emotionally tough. It helps to have some extra skills to help you on the pathway to recovery.

SOLAR Program: A free program promoting wellbeing and recovery for regional and rural Victorians

The Skills for Life Adjustment and Resilience Program (SOLAR) program is a brief, 5-session skills-based program to promote wellbeing in rural or regional Victorian communities. Backed by the best evidence about what helps recovery, the SOLAR gives people the skills they need to reduce stress, improve mood and increase their quality of life.

How do I get involved? The SOLAR program is offered free of charge. As part of this, we are evaluating how useful the program is in improving mood and reducing stress. All participants will be asked to answer some questionnaires before and after the program as part of this evaluation.

Interested in receiving the SOLAR program After completing some questionnaires you will receive the program either immediately or after receiving some self-help resources. Specifically, you will receive:

Five one-on-one sessions with a trained SOLAR coach, face-to-face or via telehealth (videoconferencing). These sessions run for 1 hour and take place weekly. **OR** Online resources sent weekly for five weeks as part of a self-help program, followed by five one-on-one sessions with a trained SOLAR coach, face-to-face or via telehealth (videoconferencing).

Does my taking part help others? Yes! By taking part in SOLAR and answering our evaluation questions you are helping us to understand the best ways to support people and communities affected by disaster events. With this evidence, we can build more effective programs and support more people in the future.

Contact us if you Are aged 18 years and over, Reside in rural or regional Victoria; Have been impacted by a disaster, such as bushfires, drought or COVID-19; Are willing to take part in the 5-session SOLAR program involving either one-on-one sessions with a coach (via zoom or phone) or a self-directed program followed by the SOLAR program.

You can determine eligibility and book an interview with a member of our team. For more information, contact us on 1800 943 477 or via resilience-recovery@unimelb.edu.au <https://www.phoenixaustralia.org>

About Phoenix Australia

With 25 years' experience in trauma-related mental health and wellbeing support, Phoenix Australia provides informed, evidence-based and expert delivered training that's been proven to work.

We are Phoenix Australia. We understand trauma and renew lives.