



'Nurturing a community of visible learners and empowering them to strive for continuous growth'

From the Principal

It has been wonderful to visit classes for the start of the 2020 school year and chat with students during their breaks. Our students and staff have begun their year with positivity and energy.

During this week we acknowledge and celebrate our student leaders with the induction assembly for our Captains, Prefects, House Captains and SRC. This is a significant rite of passage and requires our student leaders to commit to be role models of our school's expectations. I know all of our student leaders will meet the challenges of leadership with courage and commitment.

"Courage is rightly esteemed the first of human qualities . . . because it is the quality which guarantees all others." Winston Churchill

As a school we endeavour to encourage our staff and community to display the following practices:

- value and engage student voice within teaching and learning, school planning, operations and governance
- involve students in conversations and decisions about what and how they learn and how their learning is assessed
- develop student participation and leadership skills and nurture character to support their active citizenship
- provide inclusive student leadership opportunities within the classroom, school and wider community
- provide opportunities for student participation and leadership that celebrate difference, diversity, and that recognise, respect and respond to identity and cultural background
- provide opportunities for all students to actively contribute to the school and their community through mentoring, student service learning and volunteering

I look forward to continuing my work with you throughout the 2020 school year.

Mrs Deanne Taylor

Clean up Lalor Park This week our students learnt about the importance of conserving our environment and the school's grounds of LPPS. The Clean Up Australia campaign has been growing bigger every year since 1989 and it is evident just how successful and important this is to our world and its communities as it inspires and empowers us to clean up, fix up and conserve our environment. A huge thanks goes to Mrs Beverly Milne for her impeccable organisation, focus on the safety of all and above all else for reminding us about the importance of caring for our environment.



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PARENT CONSULTATION GROUP AND VOLUNTEERS

With the start of the 2020 school year we are looking for eager parents to join our parent consultation group as part of our school's focus on community engagement and commitment to improving learning outcomes for our students. If you are interested in finding out more about our Parent Consultation Group please speak to the office. We look forward to working with the parents and community at Lalor Park Public School.

SMITH FAMILY LEARNING FOR LIFE SCHOLARSHIP

Last year, Lalor Park Public School entered into a partnership The Smith Family "Learning for Life" initiative, which offers scholarships to support the education of young Australians and their families. In 2020 our school have been offered another 20 Scholarships to commence this year for either families or individuals. If you believe you meet the criteria and you would like to be referred onto the scholarship please come to the office to see Mrs Taylor for a referral.

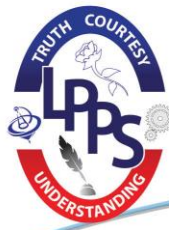
What are Smith Family Scholarships?

The Smith Family's *Learning for Life* program recognises that some children need extra support to stay at school and go on to further studies or a job. *Learning for Life* helps create better futures for children in need by providing:

- financial assistance from a sponsor to help families afford the cost of their child's education;
- support from a *Learning for Life* Program Coordinator to connect the child and their family to local learning opportunities and other supports; and
- access to Smith Family educational programs to help children get the most out of their school years.

DISMISSAL OF STUDENTS

Please be advised of the procedures for the dismissal of students from school. Students will be dismissed from the classroom. If the class/stage is in the hall, computer room, library, other classroom or the playground, the teacher will dismiss the students from that point. Students who



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walk home need to leave the school promptly and walk directly home observing pedestrian safety. If crossing Heffron Road, students are to use the pedestrian crossing directly outside the school. Students are reminded to use the pedestrian exits. All students are dismissed from school at 3pm, if you require to collect your students prior to 3pm you will need to attend the school office to obtain an early leaver slip. Students who ride their bike to and from school need to observe traffic regulations and wear a helmet. Under the school's Work, Health and Safety guidelines, students are to walk their bike and scooters whilst on school grounds. Parents are reminded of their responsibility to be prompt (bell time is 3:00pm). However, if for any reason you are going to be late you need to notify the office as soon as possible.

BIKE SAFETY

As mentioned in previous years, we have a focus on bike and scooter safety, which will include all students who ride to school needing to sign an agreement of use and following the NSW transport laws for bicycle and scooter use.

We have included a copy of the Bicycle Safety guidelines for students and parents to read.

Please collect a contract from the office and return completed as soon as possible.

If you have any questions please see the office to discuss it further.

Mobile Phones and Social Media Reminders.

Mobile Phones

At our school acknowledges the educational value of digital devices and online services in supporting and enhancing educational outcomes and student wellbeing. We also recognise they may cause harm if used inappropriately and that we need to support our students to use them in safe, responsible and respectful ways. With being stated we ask that if your child needs to bring a phone to school, the phone needs to be brought to the office in morning on arrival at school and collect from the office in the afternoon.

Should a student need to make a call during the school day, they must:

- Approach the administration office and ask for permission to call their parent or carer via the school's phone.

Should a parent need to contact their child during the school day, they must:

- Only contact their children via the school office.





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Social Media Age Restrictions

As a school we are mindful of the influence social media platforms can have on our children and we encourage and recommend parents acknowledge the actual age for accounts to be created for some of the most popular one.



13 years old

Snapchat has a minimum age requirement of **13 years old**, and users who enter a date of birth under 13 can't set up an account. Unfortunately, it's easy to circumvent this using a fake date of birth and – as with Facebook – the service has no way of checking.



13 Years Old

TikTok requires that users be at least 13 years old to use the app and that anyone under the **age** of 18 must have approval of a parent or guardian -- but there are plenty of young tween users.



13 Years old

Facebook requires everyone to be at least 13 years old before they can create an account. Creating an account with false info is a violation of our terms. This includes accounts registered on the behalf of someone under 13



13 Years old

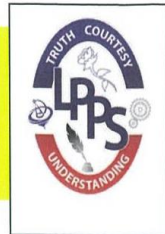
Instagram requires everyone to be at least 13 years old before they can create an account. Accounts that represent someone under the **age** of 13 must clearly state in the account's bio that the account is managed by a parent or manager.



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Bicycle safety guidelines at Lalor Park Public School



What does the Department of Education and Training and the RTA say?

The Department of Education and Training and NSW Centre for Road Safety recommend that children under 10 years of age should cycle in a **safe place off the road** and **away from vehicles and driveways**. Children aged between 10 and 12 years of age should avoid cycling on or near busy roads.

Parents and carers are responsible for:

- The maintenance of their child's bicycle and are to ensure their child always correctly wears an Australian Standards approved helmet when riding. Bicycles must be in a good, safe working order and must be fitted with a working brake and a bell
- Ensuring their child is aware of and follows the road rules relating to bicycles. This includes the pedestrian's right of way on footpaths and using a bell as a warning when approaching pedestrians
- Reinforcing rules and safety advice for riding bicycles to and from school, as outlined in these guidelines and RTA advice brochures.

Bicycle riders, who bring their bicycle onto school grounds, are responsible for:

- Completing a *Bicycle rider's agreement* and the *Bicycle rider's permission note*, issued by the school. This is to be completed and returned to the Principal.
- Using the bicycle entry and exit points to Lalor Park Public School via Heffron and Northcotte Road pedestrian entrances. These are the only ways to access the school grounds by bicycle riders.
- Dismounting before entering the school grounds and walking their bicycles whilst on the school grounds.
- Storing their bicycle in the bicycle rack near the GA shed. Bicycles must be locked with a chain and padlock supplied by the bicycle owner. Bicycles and helmets are brought and stored at school at the owner's risk.

Safe riding behaviours

- Students are to always correctly wear an Australian Standards approved helmet when riding.
- Students must always ride in a safe manner following these guidelines and the NSW road rules relating to bicycles.
- Bicycles are not permitted to be ridden on school grounds, unless supervised by a teacher for practical bicycle lessons.
- Bicycles are not to be ridden in school grounds after school hours.
- Parents and carers will be notified if their child does not adhere to the school's bicycle safety guidelines. Students may not be allowed to bring their bicycles onto the school grounds if they do not follow the rules.

Endorsed by:


School principal

More information is available from:

1. NSW Centre for Road Safety, Transport NSW *Information for parents and carers about safety on wheels – The law and safety advice for bicycles, foot scooters, skateboards and rollerblades* at <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/safe-riding.html>

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AT LALOR PARK PUBLIC SCHOOL CRUNCH AND SIP HAPPENS IN EVERY CLASS EVERY DAY

what to pack

A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.



A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.



Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.



for Crunch&Sip®

here are some examples

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.



Veggie sticks

Cucumber, capsicum, celery and carrot are great options.



Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.



Dried fruit

For example, apple, mango, apricots or sultanas, a **maximum of once a week**.



Helpful tips for Crunch&Sip®

1 Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.

2 Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

3 Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.

4 Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.

5 Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.

6 Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.