



Central News

Lockhart Central School

Your School For Life

Term 3 Week 6

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Title Overcoming barriers to learning

Learning is not always easy. You often have to work hard. There are many ways in which you can help your child to stick with it.

Have you ever wondered what effect stress has on learning?

One of the main obstacles to learning is too much anxiety, which leads to stress. Your child will have the best chance to develop and grow if you can provide challenge, together with support. Be careful, though, not to tip them into a situation where they feel vulnerable or threatened.

As far as the brain is concerned there is no difference in the way it responds to a real threat and an imagined one. We deal with threats or difficulties in one of four different ways: fight, flight, freeze or flock.

How does your child deal with difficulties? Do they

- Get really frustrated and blame someone else? (Fight)
- Try to avoid the difficulty by doing something else? (Flight)
- Stay rooted to the spot not knowing what to do? (Freeze)
- Want to be with you or with their friends? (Flock)
-

By recognising the signs you are able to work together to reduce your child's stress. Tips for reducing your child's stress include:

- Try to avoid showing your own anxieties
- Encourage your child to make their own decisions within limits that you set. This will help them be confident in new situations
- Try not to pressure your child to get it right every time. If you do, they may not want to take the risk of disappointing you. If you want to accelerate your child's learning, encourage trial and error, and experimenting with alternatives
- Avoid over-protecting your child! Children learn coping strategies and 'stickability' when things are going badly, not when they are going well.

Photo: Premier's Sporting challenge.



RESPECT SELF – RESPECT OTHERS – RESPECT PROPERTY

Premier's Sporting Challenge

Every afternoon, before home time, Primary have been participating in the Premier's Sporting Challenge. This has been a short sporting session where we join in and participate in activities such as running, skipping, hula hooping, ball skills and obstacle courses.

It is cool that we have been able to run around and exercise before we go home and it's really fun getting to play, get fit and be active with the rest of Primary.

I have really enjoyed the skipping the most. It has also been great to see that the basketball hoop is being used at lunch times since we have started the Premier's Sporting Challenge.

Eliza Chambers, Year 4

Team Building

As of two Thursdays ago, Secondary has started sport with team building activities.

So far we have got to know each other by playing Human Bingo, and activities such as finding out who have similarities. We have also passed a hoop, whilst being conjoined!

It has been a great way to start sport, with everyone working together and cooperating. Plus, it has been lots of fun!

Erica Alchin, Year 8

Primary Southern Riverina Athletics Carnival

Last Thursday Ruby Bouffler, Adrian Ronnfeldt, Josh Forbes, Brianna McKay, Sasha Davies, Holly Murphy and Lachlan Day travelled to Albury for the Southern Riverina Athletics Carnival.

Congratulations to Holly Murphy, who received Senior Girl Champion! She will go to the next level in Shot Put, Discuss, Long Jump and High Jump.

I came 11th in my age group and the Relay team came 2nd, so we get to go to the next level too.

We had a great day and we got to see lots of students from the Greater **Kengal** group.

Ruby Bouffler, Year 4

Photo: Holly Murphy, Senior Girl Champion



Photo: Premier's Sporting Challenge. Lachlan Delphin skipping rope.



Student performance at Opera House

Next Tuesday, Ruby Bouffler will perform at the Sydney Opera House as part of the Instrumental of music playing the recorder.

She will perform with hundreds of other students from all over New South Wales. Ruby has dedicated a lot of her time and effort in preparing for this event. Mrs Judith Smith has been working with Ruby all year teaching her the music.

Ruby, we are proud of your achievement and look to hearing about your experience when you return.

Miss Preston

Photo: Ruby Bouffler singing at Assembly.



Students perform with confidence

It was a joy to attend our assembly once again and witness so many students receiving copious amounts of awards for their participation and efforts in the classroom.

Strong performances were given at the whole school assembly by Ruby Bouffler who sang 'A Thousand Years' by Christina Perri, Erica and Shantelle singing 'Change Your Life' by Little Mix and the beautiful P1 class who performed The Rainbow Song with exuberance.

Mrs James

Photo: Erica Alchin & Shantelle Gibb-Schneider.



Photo: P1 performing The Rainbow Song at Whole School Assembly



New Signs to promote positive behaviour

Secondary students worked hard to clean up the front yard of the school last Friday, as new signs were posted around the school as part of our PBL (Positive Behaviour for learning) program.

Students will be explicitly taught correct behaviours for different situations in conjunction with the signs, to remind students of expectations in different areas of the school.

Mrs James

Photo: Hayley Gibb, Lillian James & Kysha Miller



Photo: Zac McKay, Mr Watt, Brett Smith and Brooke Peel with our new PBL sign.



Exciting news from Primary

The last few weeks in primary have been great! So far we have been to Wagga Wagga, singing for Education Week. We sang 'Play Your Drum' and 'Bella Mamma'. A big thank you to Miss Sinden for all your help with our two productions.

Stage 3 is going on their major excursion to Canberra in a couple of weeks. While we are in Canberra we will be going to the snow for a day, Telstra Tower, The War Memorial and meeting up with the rest of primary for a trip to Questacon which should be great fun!!

In W2/3 we have been learning about different ways to gain meaning from what we read. Ms Madden and Mrs Webb have been reading through different types of texts and we've been learning how to sort through all the different information in new ways. We are also strengthening our skills in numbers in artistic ways. Most recently by making a 13

windowed house!

P1 has just finished their exciting adventures under the sea and are now moving on to fables. Students in P1 have also been learning about how to measure volume and the capacity of the things around them. Mr Gooden has also been teaching P1 some NRL moves!

The last few weeks of sport have been great! We have been using the AFL foot balls and working on our skills. Congratulations to the primary relay team and Senior Girl Champion Holly Murphy who made it to the next level. On the 23rd the Bernie O'Conner Football and Netball Cup at Yerong Creek. That should be a lot of fun for all of Greater Kengal.

School Captains Holly Murphy, Adrian Ronnfeldt, Josh Forbes and Kirra Bennet, Year 6



Meet a student

Name: Braydyn Power

House: White

Year: 5

Hobbies/Interests: Playing my PlayStation 3, riding my scooter, making lego, great white sharks and playing with my dog, Tuff.

What do you want to be when you get older?
EB Games employee.



Name: Sarah Pither

Year: 11

House: White

Hobbies/Interests: Listening to music, hanging out with my friends and playing netball.

What do you want to do when you grow up?
Go to university and have a career in helping others.

**Meet a teacher**

Name: James Gooden

Currently: Studying to be a teacher

Future profession: Teacher

Teaching at LCS: P1

Favourite colour: blue.

Favourite subject: All subjects.

Favourite sport: Touch football with primary.



By Alirah Lub Year 3, Eliza Chambers Year 4 & Kirra Bennet Year 6

**Congratulations to our Principal PBL
(Positive Behaviour for Learning)
Award recipients!**

Week 4, Term 3

Primary: Haylee Gibb

Secondary: David Fletcher

Week 5, Term 3

Primary: Ruby Bouffler

Secondary: Zac Farrall



Upcoming Assessment tasks**Year 12**

Week 6 – Trial HSC Exams

Week 8 – English

Year 11

Week 6 – Chem, Food Tech, IT Wood

Week 7 – English

Week 8 & 9 – Preliminary Final Exams

Year 9 & 10

Week 6 – Maths, Metal

Week 7 – History

Week 8 – Food Tech, PASS, PDHPE

Year 7 & 8

Week 6 – Music

Week 7 – English

Week 8 – Geography

Father's Day Competition

Guess how many jelly beans are in the jar!

Win a gift for Dad, Grandad, Uncle or Pop.

1st Towel and bath runner

2nd Towel, Handtowel and face cloth

3rd Jar of Jelly Beans

\$2 a guess

In aid of Combined Lockhart Urana

Christian Board Inc, in support of Kid's Club

Craft Program

Upcoming Events AUGUST**Week 6**

Tues 20th 9.30am Book Week Parade

Tue 20th – Mobile library

Fri 23rd – Bernie O'Connor Cup at Yerong Ck

Week 7

Mon 26th – 29th Stage 3 Canberra Excursion

Wed 28th Healthy Harold visit

Thu 29th – K-4 Canberra Excursion

Fri 30th – Primary Riv Athletics - Albury

SEPTEMBER**Week 8**

Tues 3rd – Mobile Lib 10.45am

Wed 4th – Bookclub Due to Front Office

Thurs 5th – CHS State Athletics Sydney

Fri 6th – Primary Assembly 2.30pm

Week 9

Thurs 12th – School Photos

Sandra's School of Dance - Concert

Thursday 5th Sept 2013

Lockhart Memorial Hall 10.30am

\$3 per student, \$5 per adult

RSVP – 31st August 2013

Sandra Pertzelt Ph 0429305867

.Photo : Secondary Sport. Tayla Scott, Josh Webster, Erica Alchin & Tyler Adnum.



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