



# Central News

## Lockhart Central School

### Your School For Life

Term 3 Week 8

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#### Resilient Learners

Resilience is the emotional aspect of learning where learners are ready, willing and able to lock onto learning – knowing how to work through difficulties when the pressure mounts or when the going gets tough. Your resilience is made up of...

*Absorption:* being able to lose yourself in learning – becoming absorbed in what you are doing; rapt and attentive

*Managing distractions:* recognising and reducing distractions; knowing when to walk away and refresh yourself. Creating your own best environment for learning

*Noticing:* perceiving subtle differences, patterns and details in experience

*Perseverance:* keeping going in the face of difficulties, channelling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.

Remember: Every expert was once a beginner

**Ruth Ernest**  
**Principal**

**Photo:** Stage 1 & 2 excursion to Canberra - The Dog on the Tuckerbox.



**RESPECT SELF – RESPECT OTHERS – RESPECT PROPERTY**

### Computer access at school

You may recall a couple of newsletters ago I offered community members the use of our facilities for Internet access and emails etc.

If you do not have this facility at home and would like to take up this offer I will have the library computers available next term on Tuesdays and Thursdays 3.30 – 5pm.

Don't worry if you have never used a computer before, I will be on hand to help you out!

**Ruth Ernest**  
**Principal**

### Students volunteering in the community

Students in Year 9-10 Food Technology baked to assist the Lockhart Red Cross for the Big Cake Bake on the 30<sup>th</sup> August, 2013.

The students involved were Cindy and Kierra Bennett, Tayla Scott, Jordan Lees, Mathew McTavish, Zac McKay and Lachlan Fletcher and were assisted by Mrs Driscoll.

Mathew McTavish and Zac McKay also assisted the ladies on the stall in the main street of Lockhart from 9-12 pm.

It was a great effort from all the students involved and greatly appreciated by the Lockhart Red Cross.

**Mrs Driscoll**

### Mufti Day

Students are being given the opportunity to wear Mufti on Wednesday 11<sup>th</sup> September as school photos are being taken on Thursday 12<sup>th</sup> September.

Mufti gives students and parents the opportunity to clean their WINTER uniforms so everyone looks beautiful in their photos!

**Mrs James**

### Book Week Activities

Primary eagerly dressed up in Space themed costume for Book Week. The theme was Space! Students arrived at school as rockets, aliens, stars and superheroes! Everyone had a fantastic day participating in craft, outside games and cooking.

**Photo:** Bethany Ziems



### Hand Foot and Mouth Disease

There have been some local reports of incidents of hand foot and mouth disease this week. The disease often results in the development of blisters and children with hand, foot and mouth disease should not attend school or child care centres until all the blisters have dried.

Further information is available on the following web site:

<http://ideas.health.vic.gov.au/bluebook/hand-foot-info.asp>



### Our Excursion to Canberra

My Recount:

On Monday 26<sup>th</sup> of August Years 5 and 6 met at school to get on the bus to drive to Canberra. Mrs Webb, Mr Barron, Cheryl and my dad came with us.

On Tuesday we had to get up very early as we were heading to the snow. When we got there we had to get all our equipment on, then we had a lesson and then we had free time. Dad, Josh and I learnt how to ski and we skied down the slope again and again.

On Wednesday we went to the Australian Institute of Sport and the National Zoo and Aquarium. My favourite animal was the tiger. I liked the bear and monkeys too. That night we went up to the Telstra Tower and we could see all the lights of Canberra.

On Thursday we went to the War Memorial and we saw some planes, tanks and ships. Then we went to Questacon and met up with P1/2 and after that we drove home.

I had a great time and enjoyed myself. I'm glad we went to Canberra and thank you to the teachers and parents for coming too.

**By Riley Mildren, Year 6**

**Photo:** Riley Mildren and Megan Trethowan



**Photo:** Holly Murphy



### **'Take Charge'- Leadership Forum**

On the 23<sup>rd</sup> of August, 2013, 7 students from years 7-9 travelled to Wagga to participate in the first ever, Take Charge Leadership Forum, held at Charles Sturt University.

The forum included 3 guest speakers and 4 different workshops. The first guest speaker was Letitia Gibson. We learnt that Letitia is a TV presenter, reporter, director and is a producer at her own company called BlueClay, now based in Wagga.

In between speakers different workshops were held for the three different colours on our tags. The workshops were about leadership and media, the good things about social media and being the leader as Prime Minister. We also all came together at the end of each of the different workshops to have a bit of a fun dance with Centennial Tuvalie, a hip hop choreographer/dancer.

There were also two other guest speakers, Dominic Mortimer and Sarah Groves. The second guest speaker, Dominic, set up a charity for underprivileged children in Tanzania called Kids2Kids when he was 12! Sarah Groves was next. When she was 16, Sarah was picked to be included in a Rotary Youth Exchange program. She spent twelve months in Denmark while being a part of the program.

At the end of the day, Ben and Lachlan were interviewed for Letitia's, BlueClay company. It was a new opportunity to do some public speaking!

I thoroughly enjoyed the forum and a big thanks has to go to Miss Grant for organising everything so we could participate in Take Charge, 2013.

**Erica Alchin, Year 8**

### **Primary Riverina Athletics Carnival**

Last Friday, the Relay Team and I attended the Riverina Athletics Carnival in Albury. We had our Relay first and we came 5<sup>th</sup> in our heat on the day. I then participated in my events of High Jump, Long Jump, Shot Put and Discus.

I was lucky enough to come 2<sup>nd</sup> in in High Jump, which means that I will be attending the State Athletics Carnival. I also made 4<sup>th</sup> in Discus, so I am on standby for that event. We had an awesome day and we would really like to thank Mrs Peel for giving up her lunchtimes to help us with training. We have really appreciated it.

**Holly Murphy, Year 6**

**Photo:** Athletics LCS Representatives



**Photo:** Take Charge





**Meet a student....**

Name : Connor McKenzie

Year: 8

House: White

Future job: A sparky (Electrician)

Favourite thing to do: Annoy my sister!



Name: Alirah Lub

Year: 3

House: Red

Future job: A doctor

Favourite thing to do: Eat food!



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

**Week 6, Term 3**

Primary: Sasha Davey

Secondary: Josh Taylor

**Week 7, Term 3**

Primary: Rohan Day

Secondary: Mikala Shilo

**Sydney Opera House Performance**

I had an amazing week in Sydney! I spent time with my Mum and Nanny and other family and went on shopping sprees! BUT..... The highlight was playing the recorder in the Opera House!

I had rehearsal in the morning and I missed some of the notes, but I played perfectly on the night and made no mistakes. We played three songs and it was fantastic.

**Ruby Bouffler, Year 3**

**Meet a teacher....**

Name: Mr Daymond

Hobbies: He enjoys breeding sheep, birds, market gardening and agriculture.

This term we have been joined by a new Prac Teacher, Mr Daymond. He is studying to be a Science teacher and is an 'assistant' to Mr Watt during his time here.

We thoroughly enjoy having Mr Daymond work with us, especially in Year 8 where he is teaching us about the reproduction and sexual organisms of plants and seeds.

**National Health & Physical Education Day**

Bring joggers and some money for the SRC 'healthy' lunch canteen. Students will have a fun afternoon, participating in sports on Wednesday 4<sup>th</sup> September!



**Upcoming Assessment tasks****Year 11**

Week 8 – Preliminary Yearly Exams

Week 9 – Preliminary Yearly Exams

**Year 9 & 10**

Week 8 – Food Tech, PASS, PDHPE

Week 9 – Geography, Metal, Music

Week 10 – Science, Work Education

**Year 7 & 8**

Week 8 – Geography

Week 9 – Science, Technology

Week 10 – PDHPE

**School Holiday Netball Clinic**

Run by the Hume Netball Association –

Dight St, Jindera

24<sup>th</sup> September 2013 9am-12pm

Age: 5-12 yrs old

Cost: \$40

Ph 02 9951 5000 to register

Bring healthy snacks, drink bottle, sunscreen & a hat

**Upcoming Events****SEPTEMBER****Week 8**

Tue 3<sup>rd</sup> – Mobile Library 10.45am

Wed 4<sup>th</sup> – Bookclub due to Front Office

Thu 5<sup>th</sup> – CHS State Athletics Sydney

Fri 6<sup>th</sup> – Primary Assembly 2.30pm

**Week 9**

Wed 11<sup>th</sup> – Mufti Day

Thu 12<sup>th</sup> – School Photos - Winter Uniform

**Week 10**

Wed 18<sup>th</sup> – School Assembly 10.15 Library

Wed 18<sup>th</sup> – Parent/Teacher Interviews K-12

Fri 20<sup>th</sup> – Last day of Term 3

– Yr 12 Farewell Assembly

**Sandra's School of Dance - Concert**

Thursday 5<sup>th</sup> Sept 2013

Lockhart Memorial Hall 10.30am

\$3 per student, \$5 per adult

RSVP – 31<sup>st</sup> August 2013

Sandra Pertzel Ph 0429305867

**Photo : P1 – Book Week Dress-Up – SPACE!**



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