

Community Service Students worked well catering at the Lockhart Show with Mrs Driscoll.



Central News

Lockhart Central School

Celebrating a successful 13 years of learning

The 2015 HSC cohort celebrated their final week of school with themed dress up days.



Primary News

Supporting learning in Science and HSIE

Primary Junee Excursion

Primary students are looking forward to their excursion to Junee on Friday 23rd October. Please return permission notes and money to the front office by Friday 16th October.

School Swimming

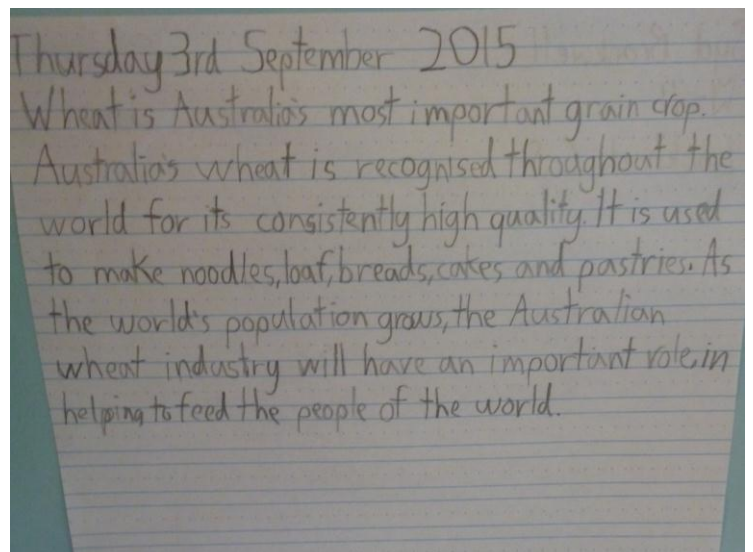
We are currently organising dates and times for our 10 day School Swimming Program with Mrs Fran Jones. The program will commence in the last few weeks of term. Cost: \$3 entry or Season's Ticket \$180 (family) \$60 (single).

A note will be sent home when details are finalised.

Lockhart Show

Congratulations on the wonderful display of students work in the School and Art and Crafts sections for this year's Show. We also have some budding cooks, photographers and builders!!!!

Carla Fletcher, Assistant Principal



Building skills for life in our students

Lockhart Central School is currently running two programs for selected Primary and Secondary students at our school. We hope this will equip students with skills they will use and carry with them throughout their lives.

Red Cap Program

This is a program that focuses on teaching children how to identify and manage their emotions and develop conflict resolution skills. Students who develop and practice skills attained in conflict resolution are able to assist their peers when disputes arise and affirm positive choices and behaviours in the school community.

Girl Time Program

This is a program that focuses on teaching girls how to identify and manage their emotions, develop lasting friendships, hygiene, self-esteem and what it is to become a woman in the 21st century. Students who develop and practice skills attained in this program are able to develop positive bonds/friendships, assist their peers when disputes arise, improve their own positive self-esteem and affirm positive choices and behaviours in the school community.

Janine Dunne, Head Teacher
Carla Fletcher, Assistant Principal



Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit
sportandrecreation.nsw.gov.au/swimandsurvive
 or phone 13 13 02



Upcoming Events**October****Week 2**12th-16th – Secondary South Coast Excursion13th – P&C meeting @ 7pm in the Library15th – 'Tough and Up' Resilience Seminar**Week 3**21st – Year 7 Immunisations23rd – Primary Junee Excursion23rd – Ag Inspirations**Week 4**26th-28th – Festival of Choral Music27th – Youth Forum**Assessment Tasks****Week 2**

Year 8, 9 & 10 – Science

Week 3

Year 9 & 10 – Food Tech.

Week 4

Year 8 – Maths

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A Quick Bite ...**A Good Night's Sleep**

School aged children who don't get enough sleep may be irritable and get upset easily. Lack of sleep also affects their ability to learn at school. They may have difficulty listening to the teacher and understanding instructions. They may be unable to make good decisions and learn effectively.



Taking action early and setting a regular bedtime and waking time is a good start.

Avoiding stimulating activities before bedtime and having a quiet bedroom with no TV or games can help prepare the child for sleep.

Offer milk or water as drinks before bedtime rather than drinks containing caffeine, cola drinks, milo, hot chocolate or fruit drinks which can keep children awake.

A good sleep means a good start to the next day.

Acknowledgement: Centre for Community Child Health RCH Melbourne

For more information visit

mihd.health.nsw.gov.au/keepinghealthy

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



Scholastic Bookclub due to front office Monday 26th October. Cheques payable to "Scholastic Australia Pty Ltd"

