

Central News

Lockhart Central School

Book Week Celebrations!



LOCKHART CENTRAL SCHOOL

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Respect Self - Respect Others – Respect Property

Term 4**Week 4**25th – Kinder Transition29th – Year 12 Last Class *(students/staff only)**Week 5****November**1st – Kinder Transition4th – Secondary Sport – Swimming**Week 6**

Year 7 – 10 Exams

8th – Kinder Transition11th – Secondary Sport – Swimming**Week 7**15th – Kinder Transition18th – Secondary Sport – Swimming**Week 8**25th – Secondary Sport – Swimming**Week 9****December**2nd – Secondary Sport – Swimming3rd – Year 12 Formal *(students/staff only)**Week 10**9th – Secondary Sport – Swimming10th – Presentation Day (students/staff only)**Week 11**

PBL Wellbeing Week

School TV: Managing Overwhelm

Due to the pandemic, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report https://lockhart-c.schools.nsw.schooltv.me/wellbeing_news/special-report-managing-overwhelm

Halloween is coming!

The SRC would like to invite all students to dress up for HALLOWEEN this Friday for a gold coin donation! Make sure to wear your spookiest costume!

On behalf of the SRC, we would also like to thank everyone for participating in our special lunch last Friday. Students had a fantastic time and raised over \$120!! Well done LCS community!

We look forward to seeing everyone dressed up again this Friday (week 4, 29th of October) in their best Halloween costumes

Thank you,

Miss Owen



Kinder Transition 2022

Lockhart Central School will begin a transition program for students starting Kindergarten in 2022! The program will involve four sessions. All sessions will be on a Monday.

Week 4 25th October 8.55 to 11.10am
 Week 5 1st November 8.55 to 11.10am
 Week 6 8th November 8.55 to 11.10am
 Week 7 15th November 8.55 to 11.10am

Mrs Fletcher

Year 7 Transition 2022

Lockhart Central School will be running three transition days for Year 6 students, to help transition them into Year 7 2022. These days will occur on:

Monday 6th, Tuesday 7th and Wednesday 8th December 2021.

If you have any further questions, please ring the school. 69205209.

Mrs James

Reminders

A friendly reminder to everyone that during Terms 1 and 4 students will need to be wearing school hats to play. School hats are available for purchase from the front office for \$15.

National Mental Health Awareness Month

October is Mental Health Awareness month, during this time the Mental Health Foundation Australia (MHFA) will be holding a number of scheduled events virtually which you may find of interest. A full list of these events can be found in the following link.

<https://www.mhfa.org.au/cms/national-mental-health-month-2021>

Tell Them From Me Parent Survey

This term, Lockhart Central School is taking part in the Tell Them From Me parent survey. The survey will provide us with valuable feedback on our parent's/carer's perceptions of their child's experiences at home and at school.

Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. The survey is completed on-line and is run by an independent research company, The Learning Bar, which specialises in school-based surveys.

Staff in schools will not be able to identify individual parents/carers from their responses. To ensure confidentiality, participating parents/carers will be able to complete the survey at home by going to <http://nsw.tellthemfromme.com/s27z3>.

The survey typically takes 30 minutes or less to complete. Once the surveys are completed by parents/carers, reports are prepared and in most cases are available to schools within three business days.

This survey will help your school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. If, during the survey, you feel uncomfortable, you can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

More information about the survey and the research is available in English on the CESE website:

<http://surveys.cese.nsw.gov.au/information-for-parents>.

Mrs James



Lockhart Shire Youth Services – FREE Adulting 101 Programs

Due to covid-19 restrictions these courses have been in limbo, but now we are excited to let you know we have confirmed dates for the **Free courses! Morning Tea, lunch and afternoon tea will also be provided on the day for participants.**

If you are under 24 years of age, live in Lockhart Shire Council and are interested in attending one or all of the courses, please contact Ashleigh Andrews
 E: aandrews@greaterhume.nsw.gov.au or P: 0260360178. Further information on each course will be provided on expression of interest or registration.

Please note all participants must show proof of vaccination to register for the course and on entry to The Rock Bowling Club and Lockhart Ex-Service Men’s Club when attending the course.

Location	Course	Date
The Rock Bowling Club	RSA	Thursday 4 November 2021 9am – 4pm
The Rock Bowling Club	RCG	Friday 5 November 2021 9am – 4pm
The Rock Bowling Club	First Aid	Wednesday 8 December 2021 9am – 4pm
Lockhart Ex-service Men’s Club	RSA	Saturday 20 November 2021 9am – 4pm
Lockhart Ex-service Men’s Club	RCG	Sunday 21 November 2021 9am – 4pm
Lockhart Ex-service Men’s Club	First Aid	Thursday 9 December 2021 - 9am – 4pm





Expressions of Interest now open for enrolments in 2022.

Open Wednesday, Thursday and Friday

8am-3:30pm

3-5yr olds

Phone Kristin on 69205156 or

Email

director@lockhartpreschool.com.au

Relationships Australia



'YOUR LINK TO SUPPORT'

Family Workers in Schools are here to provide greater access to service for local communities.

Family Workers in Schools are aimed at assisting families to link into various support services. These may include;

- Housing and accommodation
- Financial assistance
- Parenting
- Drug and alcohol support
- Domestic violence
- Youth support
- Health
- Counselling and mediation
- Mental health
- Cultural support
- Health and wellbeing

LCS will host Louise - Family Worker on Tuesdays between 9am – 3pm.

If you would like to get in contact with Louise phone 0408 401 783, visit the school or drop into the Relationships Australia office located at

36-40 Gurwood St Wagga Wagga.



Relationships Australia Canberra and Region Inc acknowledges the Traditional Owners of country throughout Australia and their continuing connection to land sea and community. We pay our respect to them and their cultures and to the Elders both past and present.

LASCI

Lockhart Amateur Swimming Club Inc

Your local Swim club LASCI will be commencing **2nd November 2021** and we can't wait to get back in the pool and have some fun.

Tuesdays: **Junior Swim Club** 4 to 4.30pm
Lap Swimmers 4.30 to 5.30pm (Time Trials)

Thursday: **Lap Swimmers** 5 to 6pm (Training)

Sunday: **Lap Swimmers** 11am -12 (Laps)

Junior Swim Club - water confidence building, games & stroke development. (Prior swimming lessons a prerequisite, minimum 5years old.). \$50 membership.

Lap Swimmers (all ages) - improving strokes, technique, and PB times. \$100 membership

Registration details available on commencement. For more information contact Penny Lane 0407753431.

