

Remembrance Day at Lockhart Central School



Central News

Lockhart Central School





Lockhart Health Advisory Committee (LHAC) Social Inclusion day at LCS

Lockhart Health Advisory Committee (LHAC) youth members, Lillian and Zara, spoke to the students after the organised health events at Lockhart Central School last Friday.

Students participated in activities centred around diet, exercise and mental health strategies.



LHAC Social Inclusion day at LCS



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In the classroom... Science experiments!



Parent Resources:

From our School Counsellor
Kylie Cann MAPS FCEDP

1800 RESPECT

If you or someone you know is experiencing violence or abuse, you can contact 1800RESPECT on 1800 737 732 or through the online chat.

<https://www.1800respect.org.au/help-and-support>

Parent Line NSW

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

Parent Line NSW: 1300 1300 52

<https://www.parentline.org.au>

Positive Parenting Program

Triple P is one of the most effective, evidence-based Parenting Programs in the world. It includes 17 effective strategies supported by videos. The program can be accessed via phone, computer or tablet.

<https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-online-under-12/>

Raising Children Network

The Australian Parenting website provides parenting videos, articles and apps.

<https://raisingchildren.net.au/>

Raising Healthy Minds

Raising Healthy Minds is a free app is a free app you can tailor to your child, family and interests. It answers questions about child wellbeing and shares practical tips for day-to-day family life.

<https://raisingchildren.net.au/guides/raising-healthy-minds>

eSafety Parents: Taming the Technology

Find out how you can monitor and limit your child's online activity from the eSafety Commissioner.

<https://www.esafety.gov.au/parents/issues-and-advice/parental-controls>

LHAC Health Expo

Well done to Chaise, Drew, Wil and Zara on representing Lockhart Central School at the Lockhart Health and Wellbeing Event this week at the Ex-Servicemen's Club. They had the opportunity to assist community members with digital technology support and reflect on everything happening at Lockhart Central School. A big thank you to Fran Day for inviting us to attend and putting on a great day for everyone in the community.



Upcoming events - Term 4**NOVEMBER****Week 6**16th – 2023 Year 7 Transition Day16th – Primary Gymnastics18th – RAP HSC Graduation17th-18th – Primary Swimming**Week 7**21st-25th – Primary Swimming23rd – 2023 Year 7 Transition Day23rd – Primary Gymnastics23rd – Wagga Drive Smart Driving School25th – Year 7 Immunisations**Week 8**28th-29th – Primary Swimming30th – 2023 Year 7 Transition Day30th – Primary Gymnastics**DECEMBER****Week 9**5th – Primary Captains Speeches6th – Scripture at Uniting Church7th – Primary Gymnastics**8th – LCS Presentation Day****Week 10**14th – Year 6 Fun day and dress up15th – Year 6 Assembly and lunch16th – Pool Fun day16th – Last day of learning at LCS for 2022**Week 11**19th-20th – Staff only – Staff development days**Secondary Assessment Tasks - Term 4
2023 HSC****Week 7:** SDD**Week 8:** Business Studies, Legal Studies, Maths Standard, Modern History,**Week 9:** Earth and Environmental Science, Food Technology, Visual Design**Week 10:** Biology, English Studies**Year 9 & 10****Week 6:** Yearly Exams (14th, 15th & 17th Nov)**Year 7 & 8****Week 6:** Yearly Exams (14th, 15th & 17th Nov)**Breakfast Club**

Thank you to Lockhart IGA & Lockhart Lions Club & St Ives Rotary Club who are sponsoring our breakfast club.

lionsaustralia
75 years and counting

**Board Games Night**

Saturday 19th November 2022

6:30 pm to 8:30 pm

Primary and High School students welcome

Gold Coin Donation

Lockhart Uniting Church Hall

Hosted by Lockhart Progress

COVID-19 Safe Measures at Lockhart Central School

Parents and Carers,

Although restrictions for COVID-19 have lifted quite a lot over the last few months, COVID is still moving through the community. Schools have been advised that there is an expected spike in COVID cases early December and then over the coming few months. We have been advised that school COVID Safe Measures may change and some restrictions re-introduced.

Students and staff are still to stay home if showing cold and flu symptoms.

Testing is also still expected if anyone is showing symptoms or unwell.

In the coming days additional RAT testing kits will be sent home in your child's bag.

Thank you to our whole school community for all your efforts to ensure we remain vigilant keeping our community safe.

Janine Dunne
Principal

LOCKHART CENTRAL SCHOOL

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