Dear Parents and Carers

Welcome to another exciting newsletter! We have certainly had a busy start to Term 4.

As you may be aware, our Principal, Mr David Sim, has taken leave until the end of the year. He welcomed a baby boy into his family and they are all doing very well. Mr Sim wishes the school community a wonderful end to an already fantastic year at Lurnea Public School.

Lisa Stipanovic and I will be sharing the role as Principal until the end of the year. Mrs Stipanovic and I have been working closely for two years as Deputy Principals and have a strong professional working relationship.

Jason Clarke will also be in the office assisting us for 5 days a week whilst Mr Sim is on leave. He will be available to assist in any enquires or concerns that you may have regarding your child’s education. We will continue to advise you of more permanent arrangements in the coming weeks.

All teaching and learning programs will continue to be delivered, as per normal, with minimal change to students as possible. We will continue to strive towards providing quality educational opportunities for our 21st Century learners. Should you have any queries, please do not hesitate to contact the office.

Parents and carers will receive a letter next week informing you of our Presentation Night arrangements for 2014 scheduled for Monday 9 December. We have made the decision to move this very special assembly to the evening, as a trial this year, for the following reasons:-

- Feedback from some families has indicated a need to provide working families the opportunity to attend and see their child/ren receive awards.
- To ensure that the assembly is held in high esteem and become a very formal occasion for our students and community.
- Combine both the K-2 and 3-6 assemblies and have one ceremony so that all the award winners are together.

Be sure to mark the date on your calendars and watch for additional information which will be provided closer
to the date.

Mrs Stipanovic and I look forward to the opportunity to share in the role as Principal at our great school. We thank you for your continued support and look forward to another busy term ahead!

Mrs Dunlop and Mrs Stipanovic
Relieving Principals

To our new students:
Aaquilah 2S, Sarrinah KH, Serena KH,
Thusyanthan 3P Robert 4J

From the
Deputy Principal

Dear Parents and Carers,

Term 4 is up and running with lots happening at our wonderful school. Stage 3 have already been to the Powerhouse Museum and Stage 2 and Kindergarten students will be on their excursions very soon. As this term moves along there will be many other engaging learning experiences organised by our Stage Organisers including Mrs Blanchette, Mrs Thorley, Mrs Riley, Mr Sullivan and Mrs Velardi. I thank them for all their hard work and organisational skills in making these learning experiences so memorable and worthwhile for our students.

This term is also an extremely important term of learning. Our teachers will be continuing their focus on delivering quality teaching and learning programs that will aim to continue and deepen the learning that has taken place throughout the year. The end of this term will see school reports going home at the end of Week 9 and NAPLAN Reports went home last week. Whilst I understand how busy parents and carers can be, please don’t wait till the end of term if you would like more information about how your child’s learning is progressing. If you would like an update from your child’s teacher you can ring the office or see your child’s teacher after school and arrange a time to meet with them. Communication between the school and home is vital to ensure that we are all working together for the benefit of every child.

The Preschool Information Session and Kindergarten Orientations have been excellent opportunities to meet with parents and carers and ensure that all measures are taken to successfully transition your children into the Preschool or Kindergarten next year. To build on this, Mr Plumridge will also be leading our Entry Point Interviews for Kindergarten student’s next week. We held these interviews for the first time last year and it proved to be a wonderful opportunity to meet and have discussions about what needs to happen in order to set each and every child up for success from day one in big school.

I feel very fortunate to have relieved in the position of Deputy Principal over the last three weeks and look forward to continuing to work with all of the stakeholders of our school community to improve the schooling and learning experiences of every child. If you have any questions concerning our schools learning programs I would love to hear from you.
Nationally Consistent Collection of Data on School Students with Disability

This year our school has been selected to participate in a national data collection of students with disability. We have been collating our school based data on students who have disability and a summary of this data will be sent to the NSW Department of Education and Communities and the Federal Government.

No student’s names or personal information will be sent from the school. A numerical summary of the students with disability and level of adjustments that are provided to these students will be collected. In 2015 this data collection will provide vital information to state and federal governments about the needs of our students so that our school can receive the funding it requires to ensure a successful and rewarding school experience for every student.

We will protect the privacy and confidentiality of every child, but if you have concerns about your child’s information being collated in this data collection please speak to myself and your child’s data will be withdrawn. More information can be found at: http://www.schooldisabilitydatapl.edu.au/

Jason Clarke – Deputy Principal (Relieving)

Student Wellbeing Update

An important part of students’ learning at school is about health and personal development. This includes learning to make good decisions about how important activity, rest, nutrition and sleep are for lifestyle balance. It is important that children are supported in making good decisions, including developing good sleeping habits from an early age. The article below provides good information about children and sleep.

Sleep Tips for Kids of All Ages

Sleep has a big impact on health. Kids and teens need enough sleep to help them grow, ward off sickness, think clearly and remember things, and fend off bad moods.

Though it's still being studied, getting enough sleep has other clear roles in helping kids stay fit. Kids and teens that are well-rested are more likely to have the energy needed for exercise and being active. Additionally, getting enough sleep can help your child learn better and have better memory. It's up to you as a parent to encourage enough sleep for kids to help keep them healthy, active, and happy. The trick is to knowing how much sleep kids need based on their ages.

Sleep for Kids: How Many Hours of Sleep Do Kids Need?

Sleep needs vary from child to child, but the following are general guidelines from the National Sleep Foundation:

- **1 to 2 months old**: 10 1/2 to 18 hours per day
- **3 to 11 months old**: 9 to 12 hours per day
- **1 to 3 years old**: 12 to 14 hours per day
- **3 to 5 years old**: 11 to 13 hours per day
- **5 to 12 years old**: 10 to 11 hours per day
- **12 to 18 years old**: at least 8 1/2 hours per day
How Parents Can Help Ensure Sleep for Kids and Teens

Here are some tried-and-true methods to ease the way to sleep for kids.

**Power down.** Make sure kids are in sleep mode and prepared for bed at the proper time. Turn off electronics (including computers) at least one hour before bedtime. If your child has a TV in their bedroom, seriously consider moving it out. Research shows that kids who have a television in their bedrooms tend to sleep less.

**Create a calming night time routine.** Winding down each night with the same calm routine -- bath, book, tooth brushing -- signals that it's time for sleep, especially for younger children and kids who have more than one home.

**Be consistent with bedtime and rising.** Don't relax sleep rules on weekends or for homework. If kids are permitted to fight off sleep once, it's going to increase their interest in doing so again.

I admit being consistent on weekends is difficult. From my own experience, reading a book to younger children just before bed is an excellent way of calming them.

John Joy Assistant Principal

Events @ LPS

Premiers Spelling Challenge

Lurnea Public School competed in the Premier’s Spelling Challenge 2013 for the first time this year. The Challenge is open to all schools in New South Wales.

During Term 2, competitions were held in Stage 2 and Stage 3 classes to find class representatives to compete for selection as the two junior and two senior finalists. Calvin and A.J. were our junior representatives and Taylor T and Andrew were our senior finalists.

The regional final were held at Prestons Public School on Wednesday 18 September. Twenty-one local schools were represented at both the junior and senior level. Lurnea got to the fourth round in the junior division, which was won by Holsworthy Public School. In the senior division, Lurnea made it to the third round with the eventual winner representing Blairmount Public School. Those two regional finalists will now go on to the State final, which will be held at the Eugene Goossens Hall, Ultimo on Wednesday 6 November 2013.

All the participants received a certificate at the regional final and were also acknowledged at our primary assembly.

Well done to Calvin, A.J., Taylor and Andrew. You made us all feel very proud.

We are now on the lookout for our 2014 representatives!
Jump Rope for Heart

Lurnea Public School celebrates Happy Heart’s 30th Birthday!

On 11 October, our school participated in the Heart Foundation’s Jump Rope for Heart program. The Jump Rope team provided us with lots of resources and support to implement the program.

We were thrilled to have won the opportunity to host Happy Heart's 30th birthday party. The students were excited to show off their skipping skills as they raise much needed funds to fight heart disease for the Heart Foundation.

This year marks the 30th anniversary of Jump Rope for Heart in Australia. The program provides a fun way to educate children about the importance of heart health. It was a great way to encourage children to get involved in our community and support Australia’s leading heart health charity, the Heart Foundation.

Thank you for your donations and sponsorship of our students. The students are encouraged to continue to bring in their donations up until Friday 25 October.

From the Students

Kindergarten Orientation 2013

On Tuesday 22 October 2013, we facilitated our second Kindergarten Orientation morning for children attending Lurnea Public School in 2014. Throughout the morning, the children actively participated in a number of activities including play dough, pasta threading, drawing, letter blocks, Dramatic Play and construction. The children all settled beautifully and enjoyed getting to know the Kindergarten teachers and one another. After a fun morning, full of play-based activities we listened to Miss Ross and Mr Sullivan read 'We’re going on a bear hunt', before heading home. Kindergarten Orientation mornings provide a valuable opportunity for both parents and children to engage our school community and become familiar with 'Big School' prior to starting next year. Next date for Kindergarten Orientation: Week 4 Tuesday 29 October 2013.
ES1 Excursion to the Zoo!

We had sooooooo much fun!

We saw lots of animals – look out for our recounts in the next newsletter.
Stage 1

This Term, Stage 1 students are studying the topics “Families Past and Present” and “A Place in Time” for the Human Society and Its Environment (HSIE) and Science curriculum. These units will provide opportunities for the students to explore ways in which previous generations in their family and community played and worked. These units provide opportunities for students to explore the changes and continuities in the ways families have done things over time and the effects of changes in technology and gender roles.

The students are looking forward to their excursions to Elizabeth Farm and The Wollondilly Heritage Centre. Students in 1/2L, 1B and 1K will be attending an excursion to Elizabeth Farm and Year 1 students from K/1C, 2Q and 2S will be attending an excursion to The Wollondilly Heritage Centre.

Assemblies

K-2 assemblies are a lovely time for these classes to gather together and celebrate all of the wonderful things that they are doing in their classrooms. The children would love to see you whenever you can make it. The K-2 assemblies are being held in weeks 2, 4, 6, 8 and 10 this term.

Stage 3 Powerhouse Museum Excursion

On Monday 14th October 2013, all Stage 3 classes went on an excursion to the city to visit the Powerhouse Museum. The students had to be at school before 8.30am. When we got to school we all had to go our classrooms to get our names marked off the roll and then we got on the bus to leave.
As soon as we got there, we all had an early lunch. Straight after we were finished we walked down the stairs to the Powerhouse Museum. Our first activity for the day was the electricity experiment with Oskar. I was used as an experiment. It was called the static balloon. I had to take my hair out and Oskar rubbed a balloon on my head. He did this for about 10 seconds. When he was done, he lifted the balloon off my head and my hair was sticking up like I had an afro!

We also learnt some things like attract, repel, insulators and conductors in relation to electricity. Attraction always has to be evenly balanced, repel is where it is not balanced. Insulators is hard for electricity to get through and a conductor is easy to get through, like wire and metal.

We did an experiment to see if humans were insulators or conductors. It turns out that humans are conductors!

After that we went to the hands on experiment room. We got to try lots and lots of things. Then we looked around the other exhibits. We left the Museum at 1.00pm, we ate our recess and then got on the bus. By the time we got back to school it was homertime.

The day was fun and I wish we could another day!

By Kaylea 5/6I

How Aeroplanes Fly

Aeroplanes are a type of flying transport. One of the first planes that actually flew was made by the Wright brothers. If a plane is not designed the right way it will not fly! I will now explain how planes fly.

First off, a plane uses its massive jet thrusters to generate power for the plane to take off. The shape of the planes wing helps the air flow. The top of a planes wing has a different shape because it is curved more on the bottom, that means the air flows faster on the top than the bottom.

When the plane is up in the air the little flaps on the wing help the plane ascend and descend. The flaps also help the drag of the aeroplane. The spoiler can help change the drag and lift to rotate the body of the plane.

The tail flaps help the aeroplane stay in the air so it does not crash on the ground or in the water. The turbo jets help move the plane and makes the air flow go in between the flaps. That then helps the steering of the plane.

So now I hope you have learned a little bit more about how planes fly. Here is a fact: the world record for the fastest plane was set in 1976. The plane was a Black Birns, it set a speed of 3530kms per hour.

By Haydon 5/6T
Stage 2

Dragon – a narrative

I moved into my house 2 years ago. I live with my mum, dad, four aunties, three uncles, six cousins and two sisters. I live in a small village in the countryside. You could say my house is strong. It has survived many disasters, but that's a long story, so we will just say its strong. It can teleport and talk.

One Spring, a dragon came to the village and it wanted to say something but the children screamed and yelled "Dragon!" The adults were yelling with spears, knives and arrows. The dragon got so scared, it flew away crying.

Then, suddenly, my house started to float in the direction of where the dragon lived. We were all inside the house when it started to float, it felt like a crane picking us up. When we saw the dragon we stopped. We got out and we saw the dragon and house talking and they became best friends. We discovered his name was Jack.

They told me to tell the villagers that the dragon was friendly and that it was his birthday. I proved it and the villagers believed me! We were all so happy we had a huge party and everyone became friends with the dragon.

By Elma 4E
HOST FAMILIES NEEDED!
MORE INTERNATIONAL STUDENTS ARRIVING IN FEB 2014

From France
Sofia, 14, has an eye for art and a fine sense of balance and rhythm. The good gymnast that she is, she is also musical. She sings, plays the guitar and wants to explore Australian culture and nature environment, and share her culture.

From Austria
Theresa, 16, is from Vienna and, not surprisingly, most love her violin. She plays both the flute and guitar, and is with a brass band. A keen ballet dancer, she wants to make use of her skills for medical and humanitarian work one day.

From Japan
Miki, 16, lives close to the mountains in the Kawazaki area in the mountains and visits hot springs. A pleasant and caring girl, she is a well-rounded student who enjoys sports and has been to England.

From Italy
Alberto, 14, has led his soccer team to success and loves tennis. He also enjoy playing basketball and is very friendly and independent. Living near Milan, he works hard at school and hopes to achieve his ambition of becoming a doctor one day.

From Germany
Jennifer, almost 15, spends time-gazing in the sky as she is fascinated with astronomy. She is an excellent student and interested in chess, football and tennis, as well as reading. She plays the piano and wishes to play the violin and flute, and is fluent in English and French.

From USA
Liam, 17, from Vermont is adaptable and sporty, and enjoys a range of activities including soccer, tennis, swimming and painting. He has traveled around the USA and Canada and also speaks French.

Many more international students choosing Australia will arrive Feb 5th. If you want to be a part of the PREL International Program, contact us now.

Request now as many full student profiles as you like - you may just know the perfect host family!
FREE BOOM CAMP FOR WOMEN!

DON'T MISS OUT! JUST 10 MORE SPOTS AVAILABLE, FIRST-COME, FIRST-SERVED

CHIPPINGNORTONWOMENSBOOTCAMP.COM.AU
PH: 0409 171 685

$19.70 VALUE

GIVE US TWELVE WEEKS AND WE'LL GIVE YOU YOUR BODY BACK!
RESULTS & BENEFITS YOU CAN EXPECT FROM OUR WOMEN'S BOOT CAMP

“Twelve Weeks To Freedom” Chipping Norton Women’s Boot Camp:
• 3-6% reductions in body fat every 4 weeks
• 2-3Kilos weight loss every 4 weeks
• 8% core reduction in the first session every 6 weeks
• 16% increase in confidence
• Lose Weight, Tighten, Tone and
• Firm Up Your Body, and Drop Dress Sizes Fast
• Feel Great About Your Accomplishments!

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You
• Meet Other Women Like You

KEEP YOUR MOTIVATION, REGARDLESS OF YOUR AGE
• Meet Other Women Like You

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You

100% INCREASE IN CONFIDENCE
• Meet Other Women Like You

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You

LOSE WEIGHT, TIGHTEN, TONE AND
• Meet Other Women Like You

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You

FIRM UP YOUR BODY, AND DROP DRESS SIZES FAST
• Meet Other Women Like You

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You

FEEL GREAT ABOUT YOUR ACCOMPLISHMENTS!
• Meet Other Women Like You

MEET OTHER WOMEN LIKE YOU
• Meet Other Women Like You

WHEN:
NEXT WOMEN'S BOOT CAMP BEGINS MONDAY OCTOBER 21st, 2013
6:00AM - 9:00PM (4 DAYS)
WHERE:
ALDOR ROAD, CHIPPING NORTON
(NEAREST BUS STOPS: ALDOR ROAD)

FREE BODY, SIMPLE EXHILITRANCE, ANYONE CAN DO - BUT CHALLENGING IF YOU WANT TO SEE THE RESULTS YOU WANT!

Visit the website below today to reserve your spot or scan this QR code with your smartphone.

CHIPPINGNORTONWOMENSBOOTCAMP.COM.AU

COST:
3 Days/Week for 12 Weeks (54 Sessions) Just $15 per week!!

REGISTER NOW BEFORE ALL AVAILABLE SPOTS ARE TAKEN

CALL 0409 171 685 FOR FURTHER INFORMATION OR VISIT OUR WEBSITE TO RESERVE YOUR SPOT TODAY.

HURRY! SPOTS WILL FILL UP FAST!!

http://www.facebook.com/chippingnortonwomensbootcamp