

Lennox Lookout

Lennox Head Public School

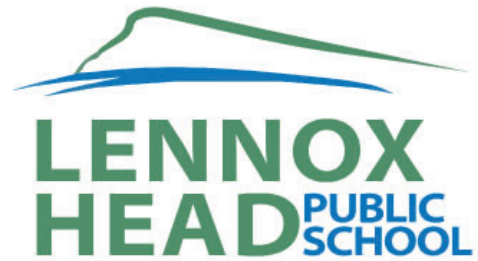
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A dynamic and caring learning community

Respect, Responsibility, Integrity

FRIDAY 15 NOVEMBER 2019

TERM 4 | WEEK 5

WHAT'S COMING UP!

2019 TERM 4

WEEK 6

Wednesday	20 Nov	BlazeAid Mufti Day \$2 donation- Wear red, yellow or orange
Thursday	21 Nov	K-2 Gymnastics
Friday	22 Nov	K-2 Gymnastics Awards Assembly - Years K-2 - 12 noon - School Hall Book Club Orders due

WEEK 7

Monday	25 Nov	2020 Captains Assembly - 2:10pm - Under the COLA
Tuesday	26 Nov	Kindergarten Pantomime 'Tari's First Christmas' for Years 1-6
Wednesday	27 Nov	Kindergarten Pantomime 'Tari's First Christmas' for Parents at 6pm
Thursday	28 Nov	Last Scripture lesson for Term 4
Friday	29 Nov	Awards Assembly - Years 3-6 - 12 noon - School Hall

WEEK 8

Sunday	1 Dec	Junior and Senior LSTT Band Performance and all K-2 students singing Carols - Lennox Head Carols in the Park - Time TBA
Monday	2 Dec	K - 2 Swimming
Tuesday	3 Dec	K - 2 Swimming
Wednesday	4 Dec	K - 2 Swimming
Thursday	5 Dec	K - 2 Swimming Year 6 Farewell
Friday	6 Dec	K - 2 Swimming Awards Assembly - Years K-2 - 12 noon - School Hall

WEEK 9

Monday	9 Dec	K - 2 Swimming
Tuesday	10 Dec	K - 2 Swimming
Wednesday	11 Dec	K - 2 Swimming
Thursday	12 Dec	K - 2 Swimming
Friday	13 Dec	K - 2 Swimming Presentation Day - 10am - School Hall

WEEK 10

Monday	16 Dec	End of year activity day
Wednesday	18 Dec	Last day of Term 4

2020 TERM 1

WEEK 1

Monday	27 Jan	Australia Day Public Holiday
Tuesday	28 Jan	Staff Development Day - Student Free Day
Wednesday	29 Jan	Students in Years 1 - 6 return to school



Principal's Message

Another busy two weeks at Lennox Head Public School! I would like to acknowledge two fantastic achievements from two of our fantastic students. Congratulations to Chad A who finished 4th in the State in his High Jump event at the State Athletics Carnival. Amazing! Congratulations also to Xavier M who finished 3rd in the State in the final of the Premiers Junior Spelling Bee last Friday, awesome effort. You are both to be commended on your efforts in representing our school, we are all very proud.

Our Kindergarten Orientation program for 2020 has been completed. It was wonderful to meet all of the students and parents that will be joining us next year. Starting school is a very exciting time for everyone and we look forward to welcoming you to our caring school community next year.

I would like to sincerely thank all of the Grandparents that were able to visit our school for Grandparents' Day two weeks ago. It was a fabulous morning and I know that the students and teachers enjoyed sharing the morning with you. We will look forward to welcoming you all back again next year.

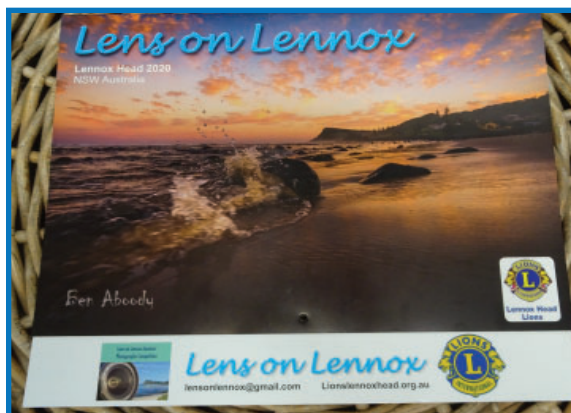
In preparation for the new build which will hopefully begin mid-way through next year, there will be additional things happening on the site from Wednesday 13 through to Tuesday 19 November. They will be extracting areas of soil through a process known as coring. This will apparently be a little dusty and noisy, but unavoidable. We are hoping there will be some updated information for the community prior to the end of the year.

Semester two school reports are currently being written by class teachers and will be distributed to parents on Friday 13 December.

A reminder that planning for 2020 is well underway. If you know that you are not going to remain enrolled at Lennox Head Public School next year, please let the office know as soon as possible. In addition if you know of someone else who may be moving into our school zone please let us know as soon as possible so that we can add them to our lists and complete their enrolment

There is lots still happening between now and the end of the year, so please keep an eye on the newsletter and School Stream reminders.

Have a great weekend.
 Deb Langfield



Library News

Premiers Reading Challenge Certificates

Students will be receiving their certificates shortly. If your child is receiving a gold or platinum award they will be arriving shortly at our school.

Book Club

The last Book Club for the year has been handed out. All orders must be handed in to Mrs Blair by Friday 22 November. No late orders can be accepted.

Overdue Books and Stocktake

All students need to return any borrowed Library books immediately as stocktake will be commencing shortly. If your child has lost the book please send in a replacement book or pay for the cost of a new book. If you believe the book has been returned please jot me a short note and I am more than happy to check the shelves again. Thank you for your assistance.

Donations

Thank you to Clay and Chad A, Harry and Sophie R, Jamilah, Mia D and Lilah for donating books to the Library.

Jenny Blair
 Teacher Librarian

Lennox Head Lion Club Fundraiser

We will be selling calendars from the Lennox Head Lions Club 'Lens on Lennox' photo competition. All of the photos in the calendar were taken by people in the local community and students from our school. The calendars are available at the front office and will be for sale at the Kindergarten Christmas performance on Wednesday 27 November. Calendars are \$10 each with proceeds donated to the school.



Friday Assembly Awards - Week 3 and 4

Gold Cards

Oscar O	Rab D	Kobe M
Ava M	Harry R	Jesse P x2
Avaluna G x3	Summer R x2	Billy B
Sophia B	Lachlan L	Charlie W
Asha L x2	Kye W	Bella S x3
Kailee-Rose L	Tam D x3	Blake W
Eva W	Rueben B x3	Emerson V
Dana A	Chloe T	Harrison G x3
Miah B	Lily H	Rob D x4
Heidi S	Quinn V	Lacey-Jade H
Levi S	Nevaeh F	Hayley A
Tully C	Ayla V	Zachary D
Billy B	Joey W	Alice P x3
Thaleh S	Shayla B	Jackson C x2
Milly T	Zain S	Logan S x10
Ava W x3	Maverick R	Emma F
Indi C x2	Noah M	Joshua S
Alice P x3		

Achievement Awards

3/4A	Aija H	Jett G
	Cohen W	Rab D
3/4H	Calvin G	Elina P
	Samantha D	Keala B
3/4J	Alby S	Elishia L
	Summer R	Alex W
3/4M	Elise H	Oscar O
	Mai P	Tully F
4/5O	Tam D	Kailee-Rose L
	Lily M	Max B
5/6C	Mark S	Millie L
	Matthew A	Portia J
5/6M	Sunny H	Rex S
	Macy S	
5/6O	Kaeleb B	Dræ B
	Angus B	Miah B
5/6R	Thomas S	Milly S
	Zac C	Taj T
MUSIC	Ivy G	Summer H
	Charlotte C	Isabella O
LIBRARY	Indi C	Oliver P

The Dolphin Class Award

The Dolphin Award is given to the class that demonstrates the best listening and participation skills during the weekly assembly.



Week 3 class: 4/5O
Week 4 class: 3/4H

Dolphin Slips - Our Three Key Values in Action!

Dolphin Slips are given to students for demonstration the Three Key Values of Respect, Responsibility and Integrity. Draws are made each week from the Dolphin Slip box. Each student receives a Canteen voucher.

Mila M Myla F Meg C Hayley A

Honour Students

Jett G Tam D



Distinction Student

Sophie R



Merit Students

Rob D Harrison G Maverick R
 Lillian W Alice P



Week 3 Student of the Week - Isabella O

Isabella is a conscientious and enthusiastic student. She finishes every task to the best of her ability. Isabella seeks responsibilities and willingly offers help to her peers. She is respectful to her peers and teachers in all settings and she's a supportive and compassionate friend to her peers. Isabella has a fantastic attitude to school-life. Well done Isabella!



Week 4 Student of the Week - Neeve A

Neeve is always polite and friendly to all students and consistently displays the Three Key Values of Respect Responsibility and Integrity. She is an excellent role model both in the classroom and in the playground. Neeve is a quiet achiever who always fully applies herself in everything she does. Her kind and positive attitude make her a valued member of Lennox Head Public School.



Sports News

Tennis

Congratulations to Jamilah who competed at the 2019 NSW Junior Closed Championships in Sydney last month. She made it to the semi final in doubles and the Consolation round of 32 in singles. As a result of her hard work over the year she is now invited to the Queensland teams event from 14 - 18 December. It's a gruelling and fun event over 5 days, each day kicking off with a 6.30am training for an hour, finishing up between 4-7pm for the first 4 days. She will compete in odd age groups (11's 13's 15's 17's) singles, doubles & mixed doubles. Well done Jamilah, and good luck!



Kindergarten Christmas Play Reminder

Kindergarten students are looking forward to performing "Tari's First Christmas" as a matinee to students in Years 1-6 on Tuesday 26 November and to our parents and friends at 6pm on Wednesday 27 November. We thank all parents who have been organising their costumes and ask them to ensure their children have their costume in a bag for the matinee on Tuesday. On Wednesday students are asked to come dressed in their costumes and should arrive at their classrooms at 5.30pm. Please refer to the note sent home on 13 November about costumes. After the performance parents may collect their child from their classroom. We look forward to seeing you all there.

Please remember to bring along a Christmas hamper item each to contribute to our hampers that we will del



Come dressed in FIREY colours to support BlazeAid

Wear sunsafe clothes and enclosed shoes

Donate \$2

Wednesday 20 November 2019





Education



Information sessions for PARENTS and PROVIDERS

NDIS and its Interface with Education

The Department of Education together with the National Disability Insurance Agency (NDIA), would like to invite you to attend an Information Session for parents about the NDIS and the range of supports available including supports which assist young people to transition to post school life and employment.

The Information Session will cover:

- Understanding the NDIS
- Seeking access to the NDIS
- The participant pathway
- Post school pathways and employment supports
- Preparing for your planning appointment
- Let's Talk About Work booklet
- Meet Providers in your local area
- Q&A

Wednesday 27 November, 1 - 3pm

Toormina High School - COFFS HARBOUR

Armstrong Rd, Toormina NSW 2452

Thursday 28 November, 1 - 3pm

Southern Cross Public School - BALLINA

Chickiba Dr, East Ballina NSW 2478

Please contact Rowan Coombes on (02)6656 6644 OR email rowan.coombes@det.nsw.edu.au to confirm your attendance.



How to Set Up Parental Controls in iOS 12

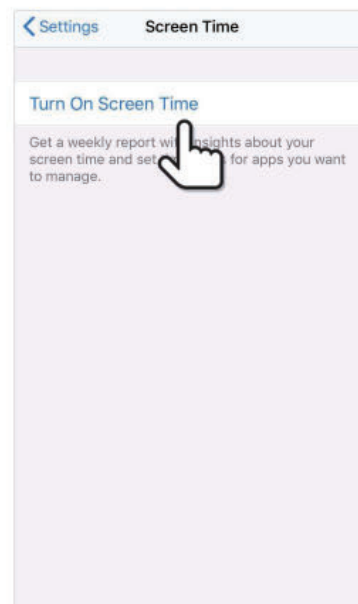
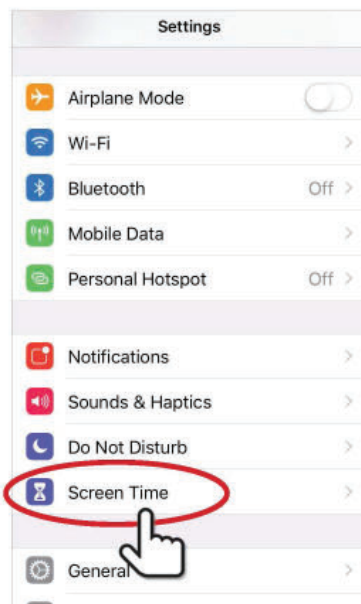
If you haven't upgraded your child's iPhone to iOS 12 here is the reason to do it now. Apple has created a new set of parental control functions known as "Screen Time."

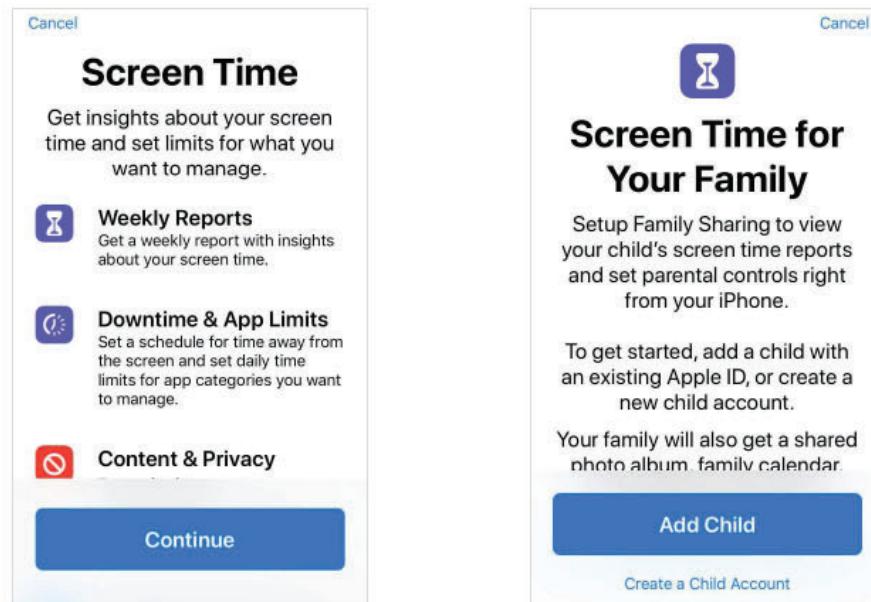
Screen Time works via Family Sharing, so as long as your children are part of your "Family" in the Family Sharing settings of your apple device, you'll be able to view and control their Screen Time options from your phone. If the child has an iPhone, and the parent has an Android phone, Screen Time settings can be set on the child's device. Unfortunately, the parent will have to access the child's phone to see screen time information or make changes to the settings. The best situation is for the parent and child to both have iPhones and connected with Family Sharing.

Turn on Screen Time

You will need to turn on and set up Screen Time on all the devices owned and used by your children. This is done in the Screen Time section of the Settings app.

Open up the Settings. - Navigate to the "Screen Time section." - Choose "Turn on Screen Time."





Choose "Continue"

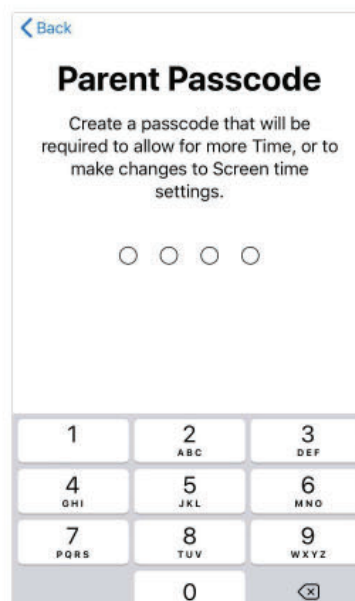
When you see the introductory screen asking whether this is your iPhone or your child's iPhone, select "This is My Child's iPhone."

After you have turned Screen Time on, you can set Downtime, which is a set period of time in which your child will be blocked from using the iPhone, or App Limits, which will restrict certain app categories. You can also choose Content and Privacy settings, which we explained further below.

When your child's device is on your Family Share iCloud account, you can make changes remotely from your (the parent's) device, by tapping on a child's name in the Screen Time section of the Settings app, listed under the parent's own Screen Time usage. Alternatively, Downtime and App Limits selections for your child can be adjusted directly on their device by going to the Settings app and selecting Screen Time on their device.

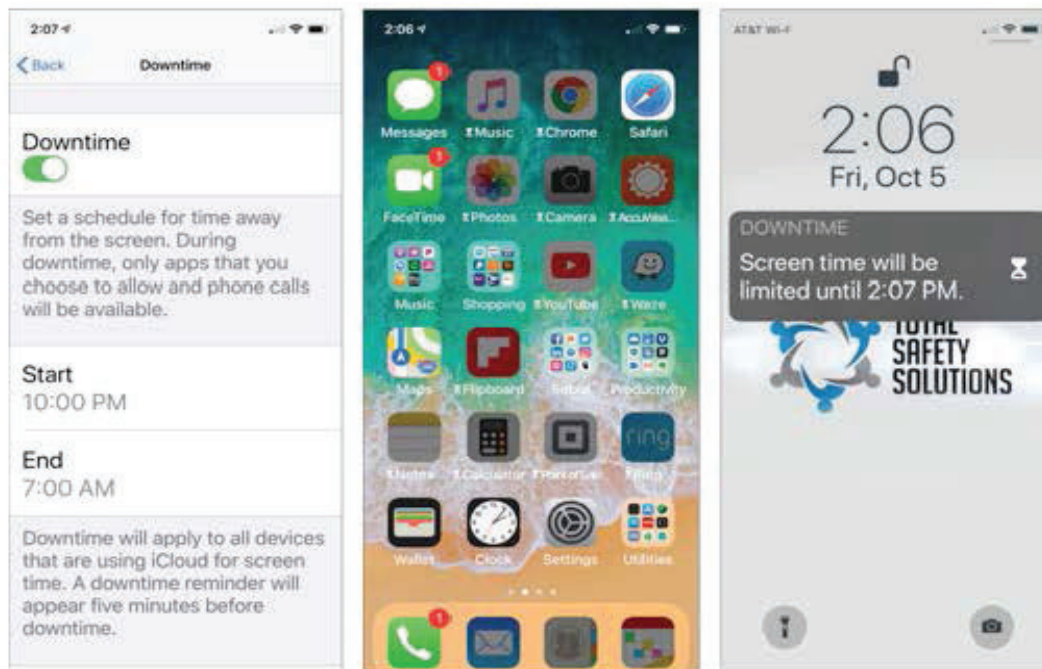
Parental controls only work if they are not altered by the child they are protecting. All of the App Limits, Downtime, and Content Restrictions are protected via a passcode.

The passcode restricts changes to the Screen Time settings and must be entered to allow more usage time to children when limits have been reached.

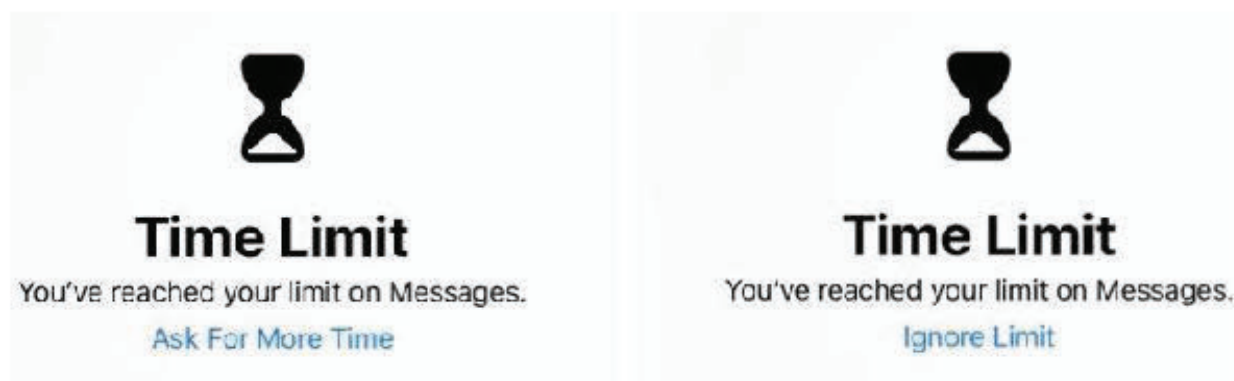


Downtime

Downtime sets a schedule that allows you to choose when your child cannot use certain apps on their iPhone or iPad. During Downtime, only apps that the parent designates in "Always Allowed" and phone calls will be available. We recommend Snapchat or Instagram is restricted during school hours.



You turn on blocking for Downtime to prevent apps from being used entirely, but Apple gives you a non-blocking option when you want your child reminded that apps shouldn't be used at certain times.



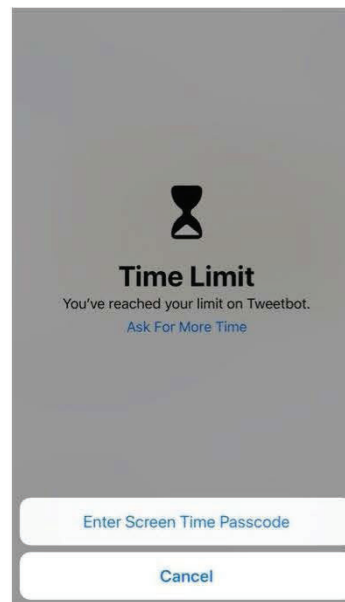
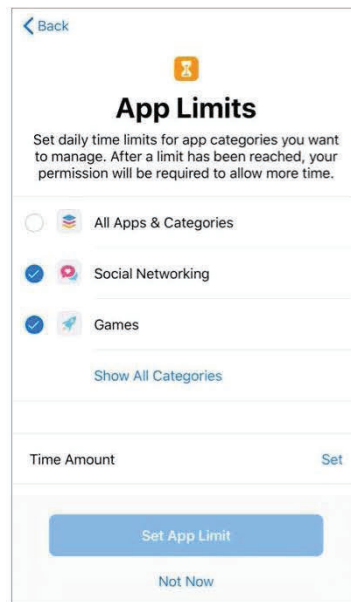
During Downtime, all apps on the iPhone are greyed out with little hourglass locks on them, letting children know that time limits have been reached.

Making and receiving phone calls are not blocked.

App Limits

App Limits allows you to finely control how much time your children spend on certain categories of apps.

With App Limits, you can set restrictions on either All Apps or by Categories such as Social Networking, Games, Entertainment, Creativity, Productivity, Education, Reading & Reference, Health & Fitness, and Other.



After the App Limit has been reached, apps will be locked with an hourglass symbol and a passcode will be required to enable more time.

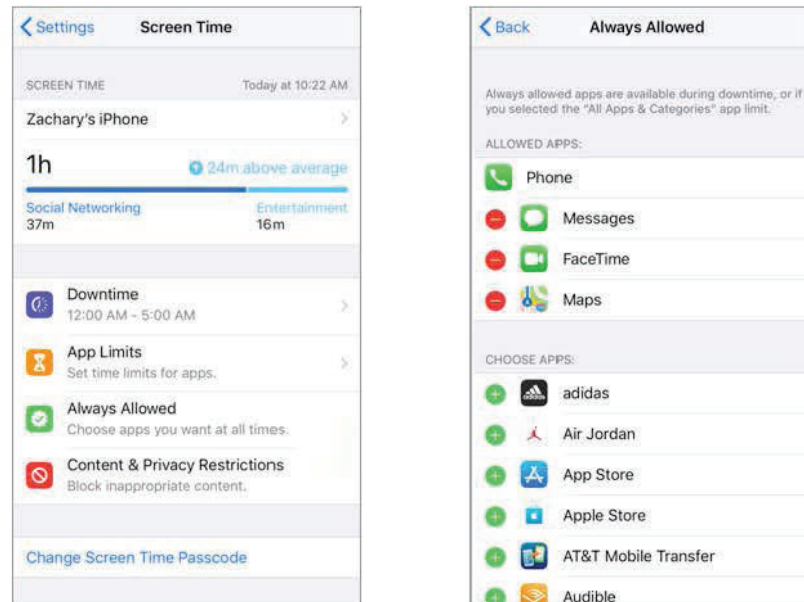
Children can ask for more time through the app. The parent can remotely approve or deny their child's request for more time directly from their device.

You can also set less restrictive rules that serve as more of a reminder by turning off blocking with App Limits.

Always Allowed

With Downtime and App Limits, the parent can designate certain apps to be "Always Allowed." These apps will be accessible at all times even when Downtime and App Limits are enabled.

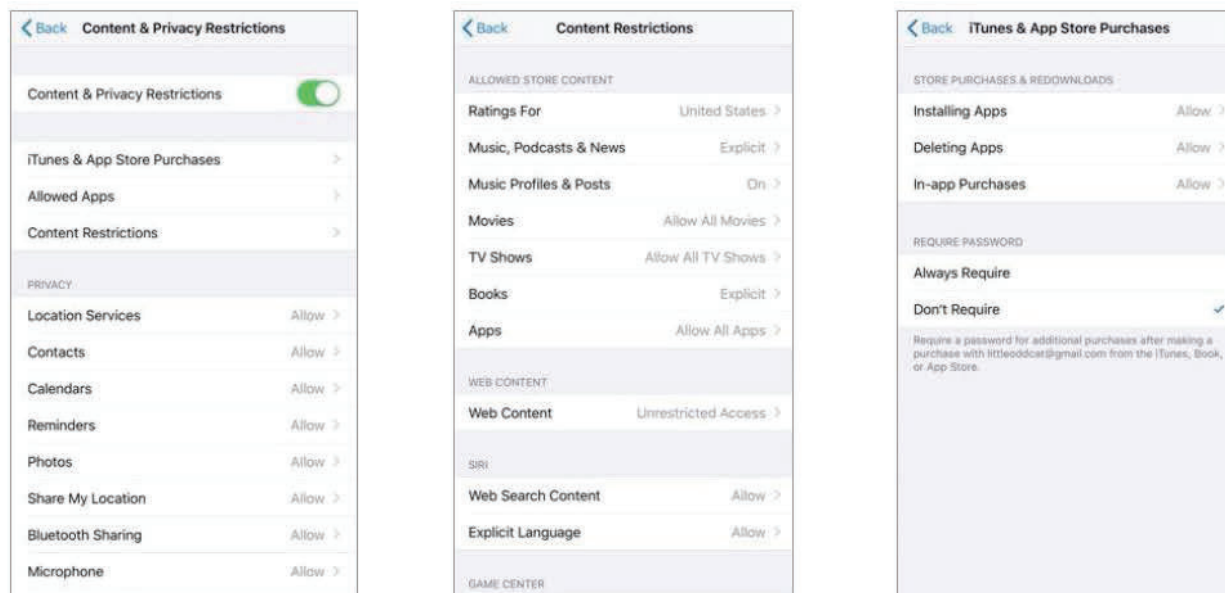
Apple makes Phone, Messages, FaceTime, and Maps as always available apps, but you can select any apps that you want through the Always Allowed app interface, accessible under "Always Allowed" in the Screen Time section of Settings on a child's device.



You can remove access to all apps, including Messages, with the exception of the phone, which remains available to children in case of emergencies.

Content Restrictions

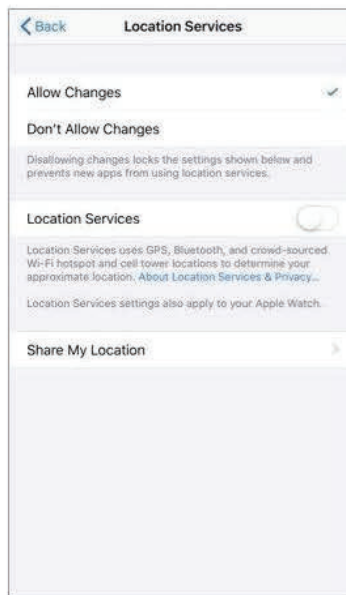
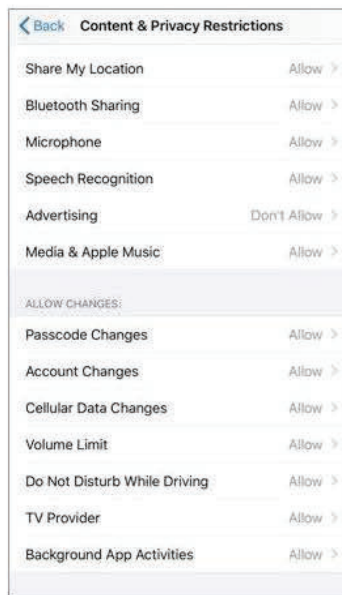
Content Restrictions have expanded to include preventing a child from changing the passcode on their device, restricting account changes, limit volume, and automatically turn on Do Not Disturb While Driving.



A parent can also set privacy settings for everything from location services (GPS) to advertising preferences.

For example, if a parent wanted to make sure they could always access their child's location, they can turn on Location Services and select Share My Location, and also limit GPS use on other apps.

Accessing Content & Privacy restrictions requires an adult to input a Content & Privacy passcode, which prevents children from changing these settings.



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TURN OFF SCREENS

+ get active!

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

HOW MUCH SCREEN TIME EACH DAY?

0-2 years		NO screen time	Choose active toys and play instead of screens
2-5 years		Less than 1 HOUR per day	Less screen time can help kids' sleep and growth
5-12 years		Less than 2 HOURS per day	Not including homework time

WHAT IS A SCREEN?

- TV/DVD/BLURAY
- Computer
- Game Console
- Tablet/Portable Games
- Phone

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)

TIPS TO MANAGE SCREEN TIME

- Eat together as a family. No screens at meals for parents and kids
- Before screen time - sleep, play outdoors, read and enjoy family time
- No screens in bedrooms, especially at night
- Take toys or books instead of screens when going out
- Monitor kids' screen time. Set limits if needed
- Sit less. Move more. Move every hour
- Help kids sleep. Stop using screens 1 hour before bed
- Parents - be a good role model. Reduce your screen time too
- Dance to music, or play video games that get you on your feet



B screened

The mobile van is coming to Ballina

Moon Street (River end)

21 Nov 2019 – Mid Jan 2020



Call 13 20 50 to book your **free** screening mammogram

.....
13 20 50

20 minutes every 2 years could save your life

For women aged 50-74 years
breastscreen.nsw.gov.au



Daughters and Dads Active and Empowered program is an award-winning evidence-based initiative, proven to enhance the physical and social-emotional well-being of girls, developed by the University of Newcastle, Australia. If you're a dad with primary school-aged* daughter(s) this is for you. Your daughter will walk away feeling empowered with improved fundamental movement skills and you'll get one-on-one time doing dad-tested activities.

ABOUT THE PROGRAM

The program involves a mix of both theory-based education sessions and fun practical activities.

EDUCATION SESSIONS

Dads learn the unique and powerful influence they have on their daughter and parenting strategies to encourage gender equity.

Daughters walk away feeling empowered against the culture of gender prejudice existing in many aspects of their lives, particularly regarding physical activity.

The daughters' education sessions focus on developing key social and emotional skills including:

- Self-control
- Persistence
- Critical thinking
- Resilience
- Self-reliance

PRACTICAL SESSIONS

The practical sessions focus on rough and tumble play, fitness and sport skills.

The program focusses on foundations skills necessary for a range of sporting activities including:

- Kicking
- Catching
- Bouncing
- Striking and throwing

DAUGHTERS AND DADS WEEKENDER PROGRAM INCLUDES:

- Two-night weekend stay at Lake Ainsworth Sport and Recreation Centre (includes outdoor recreation activities, all food and accommodation)
- Experience the Daughters and Dads Active and Empowered program as well as traditional camping and adventure activities
- Practical sessions focus on rough and tumble play, sport, and fundamental movement skills
- Theory sessions focus on building confidence, self-esteem, and resilience in girls
- Daughters and Dads receive a program t-shirt and drink bottle

WHEN	PROGRAM TYPE	WHERE	COST
29 November - 1 December	Weekender	Lake Ainsworth Sport and Recreation Centre Pacific Parade Lennox Head NSW 2478	Adult: \$208 Child: \$153

*Participants should be at primary school or a minimum of five years old

For more information or book your place

13 13 02

sport.nsw.gov.au/daughtersdads

