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Lyrebird 17 September 2021

Thank You

Thank you to the entire LEPS community for your continued support throughout the term, and what an interesting term it has been!

As a school community, we have again modelled a high level of resilience and ability to adapt to challenging circumstances.

To our amazing students, thank you for all of your hard work over the last 10 weeks of school. The standard of work continued to be of an impressive standard throughout the learning from home experience and we are very much looking forward to having you back inside our classrooms shortly.

Congratulations to all our outstanding staff who are always committed to providing the very best possible education for all students and always ensure every student is known, valued and cared for.

Please enjoy viewing the following message from all the staff at LEPS!

https://drive.google.com/file/d/1eTUOVbBGsgu5ymQJ06M4M9_7UEhGjj-j/view?usp=sharing



P&C Teachers Care Packs

Thank you to the P&C for generously providing care packs for all of the LEPS staff. It has boosted their morale and given them inspiration during the extended lockdown and learning from home arrangements. We are very privileged to have such a caring and supportive community.

LEPS Staff Appreciation

Your care package was a truly wonderful gesture and greatly appreciated. It is lovely to know that you are thinking of us and took the time to show your care and compassion. Our job is made easier with the support from our families. May I take this time to wish you all well as we look forward to our school holidays and a break from the screens! Best wishes to all our school families.

I wish to say thank you for the thoughtful and generous P&C gift bags. Opening the goodie bags was just so much fun. Every dip in was a real delight. The chocolate was for immediate consumption and tomorrow morning I will be enjoying the scrumptious looking muesli. All the products were just wonderful. During these challenging times, it was so nice of you to think of us. We are very lucky to have such a wonderful parent community. Feeling spoiled!

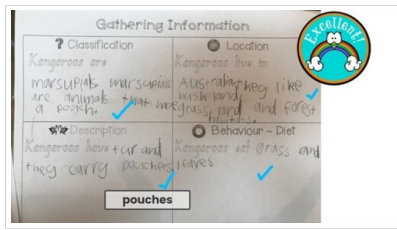
My family and I would like to pass on a huge thank you for our lovely gifts. It's like Christmas here! So many treats. We are just delighted. I love teaching and I love teaching your kids. It is an absolute pleasure to be part of the LEPS community.

https://lindfieldestps.schoolzineplus.com/_file/media/6163/p_c_gift.pdf

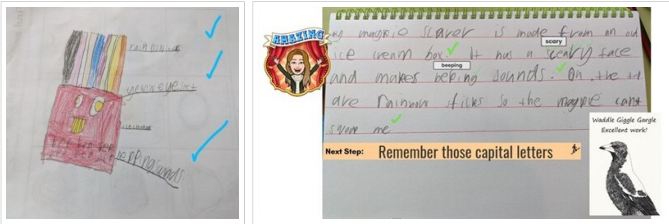
Learning From Home- Celebration of Outstanding Work

Kindergarten

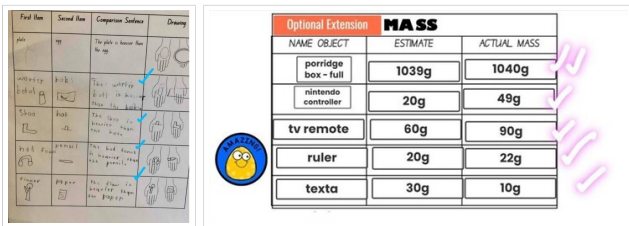
Kangaroo information reports: This term Kindergarten have been learning how to write factual sentences for information reports on different Australian animals.



This week for phonics Kindergarten have been learning the /ie/ sound. Students have listened to the story 'Waddle, Giggle, Gargle' By Pamela Allen. They then created their own magpie scarer and wrote some sentences to describe how their device could scare swooping magpies away. Students have also been creating beautiful artworks of a magpie.



This week in Maths students have been learning all about mass. They have been hefting items to determine which objects could be heavier or lighter than others. As an extension task students were able to find out the mass of different objects around their homes. First they had to estimate how heavy they thought the object might be and then figure out the actual mass by measuring.



Year 3

In Library, Year 3 has been learning about state emblems. These are Cooktown Orchids, the state floral emblem of Queensland. Below are some of the amazing artworks completed by Year 3 students.



In Mathematics, 2/3SP have been looking at monetary value and budgeting. Eurus L looks like he has a strong future in finance or accounting.

MONETARY mathematics

When I Grow Up - Budgeting

You will need:
Pencil and paper

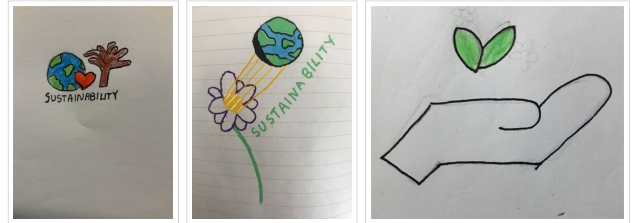
1. You have just won \$100 000. Write down 15 items that you are going to spend this money on. Research the cost of these items and order them from highest to lowest.
2. Using an addition strategy, what is the total cost of your items? If you have over spent, find some items that don't cost as much.
3. What fraction of your spendings will be used on the most expensive item?
4. Using a subtraction strategy, how much money do you have left over? What is this as a percentage?
5. Instead of spending any of the \$100 000, you decide to save it. Each year you gain 2.5% interest on your account. How much money do you have after 11 years?

Extension:
The most expensive item that you purchased depreciates by 30% each year. How much is it worth after the 5th year? Find a rule for this depreciation.

VOLUME 1 | @GIFTEDTALENTEDTEACHER

Library - Year 4

During Term 3, Year 4 has been learning about Sustainability in Geography.



Year 4 Poetry by Olivia (4MM)

Flight - Olivia

A flurry of feathers,
A flap of wings.
Birds of all kinds,
Some black with white rings.
At the start of winter they will take flight
All through the day and all through the night.

4MM Book Reviews

https://lindfieldeastps.schoolzineplus.com/_file/media/6162/4mm_book_reviews.pdf

Wellbeing Wednesday

On Wednesday 15 September, we saw all the students at LEPS participate in the second installment of Wellbeing Wednesday. This was a very successful day as the students indicated they enjoyed having the opportunity to have a screen free day. Students were involved in activities that allowed them to be active, reflect on aspects of their life they are grateful for, as well as share thoughtful messages to others. As the day progressed students sent in photos to showcase the activities they were involved in as a family and with siblings.

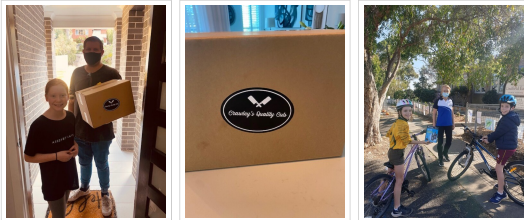


Father's Day Zoom Breakfast

Thank you to Liam and Gemma from Crawley's Quality Meats for donating a meat box worth \$150, Rosanna Hage from Quattro Deli in Chatswood for donating a \$50 voucher and Jaycar Electronics for donating a drone and walkie talkies.

The winners of the Father's Day Kahoot:

- 1.Holt family
- 2.Wilson family
- 3.Kinkade family



Semester 2 Academic Reports

Semester 2 academic reports will again be sent out to all families via the Sentral Parent Portal. This will allow parents to access academic reports at any point from Wednesday 15 December (Week 11) by viewing or downloading a copy from the portal.

Our Semester 2 academic reports will also feature a new percentage calculation of your child's attendance over the school semester rather than number of days absent. This information is in-line with our school's Strategic Improvement Plan (SIP) to transition to using the Sentral Parent Portal for attendance and will make it easier for parents to keep track via their portal account in the future.

SASS Appreciation Week

Thank you so much for celebrating SASS Appreciation week. We wish to thank you for the lovely messages, hand written cards, powerpoint presentations, bunting displayed in the foyer, flowers, homemade goodies and gifts.

We especially appreciate your thoughts & efforts with everyone being so busy juggling learning from home.

Have a wonderful school holiday break and we look forward to seeing our students back at school soon.

Thank you again

Carolyn, Scarlet, Katie, Amanda, Kavita & Greg

Swain Gardens

Every year the string ensembles perform at the opening of Swain Gardens in Killara, which is held on the second Sunday in September. Unfortunately due to COVID, this event has been cancelled. The lovely Joy Bryan, whose house backs on to the gardens and volunteers to coordinate this event, sent me this inviting photo. Worth a visit!



Support for families with children experiencing anxiety during lockdown

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/> - provides general information for managing children with anxiety related to coronavirus.

<https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/schools-young-people/> - is a useful site with a number of evidenced based tools and resources to support schools and families.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide> - a good general site for a number of parenting topics.

Smiling Minds 'Thriving Inside' is a dedicated section of the Smiling Mind website and Instagram account that is related to managing COVID-19-related stress and maintaining connectedness. <https://www.smilingmind.com.au/smiling-mind-app>

The BRAVE program is an evidence-based cognitive behavioural therapy-based online program developed by The University of Queensland for children and teenagers with anxiety symptoms. It has a parallel program for parents to help them understand and manage what is occurring for their children. It can be undertaken independently by children and parents or has the option for assistance from an online therapist. <https://brave4you.psy.uq.edu.au/>

Head to Health

Conversations play an important role in recognising when someone is going through a difficult time and connecting them to the right type of care. While we all like to have conversations in different ways, talking to someone about what's challenging us can be difficult.

#ChatStarter was developed by the National Mental Health Commission in partnership with parents and young people who have experience of mental health challenges and Australia's national mental health organisations - ReachOut, Butterfly Foundation, Orygen, batyr, headspace, Beyond Blue and Kids Helpline.

Having a small chat can make a big difference. Visit the website for easy-to-use tips and resources to help build confidence and capability to support a friend or loved one who may be experiencing distress or a mental health challenge.

Killara Schools Partnership (KSP) - Cyber Safety Webinar by Yasmin London

On Monday 6 September Yasmin London from ySafe, explained in detail to parents the different social media platforms commonly used by Australian school children. As most parents know that although users are supposed to be 13 years or older, many primary students are on Instagram, TikTok and Snapchat. She explained the different features of each, the different risks with each and how parents can best protect their children, especially from bullying and predators.

It was a real eye-opener to discover how the different platforms entice users to remain on the platform and how they tailor the experience for each child. One of the points she made was that anyone your child interacts with, should be (a) someone whose first and last name they know (b) they should know them in real life (c) you, as their parent, also know this person and approve.

Yasmin went through strategies to help your children with cyber bullying, how to evaluate games suitability especially the multiplayer games, the themes predators look for and suitable parental tools to assist your child.

Our school has been provided with a [cyber safety hub](#) for parents that has an enormous amount of relevant, up-to-date

advice provided by a range of experts. Please refer to this site for further information.

A link to a parent cyber safety webinar, similar to the one we had on Monday 6 September is [here](#). Click on that link to view the webinar again to remind you of the details of what Yasmin covered.



East Lindfield Community Preschool Spoonville Invitation

https://lindfieldeastps.schoolzineplus.com/_file/media/6152/leps_spoonville_invitation_.pdf

Simple Strategies to support kids' and teens' remote learning

Dr Kristy Goodwin has shared with us a copy of her ebook: "Simple strategies to support kids' and teens' remote learning". This is a resource that can support both students but also educators as the information in there is as relevant for adults as it is for students.

Dr Kristy, in preparation for Mental Health Awareness month in October, is presenting a free express webinar on Thursday 30th September at midday "Beat Back-to-Back Zoom Fatigue". Select the link [here](#) to register. As this is being held during the day, if you are unable to attend this live, all who register will receive an email with the replay link so they can watch it at a time that is convenient for them.

https://lindfieldeastps.schoolzineplus.com/_file/media/6164/dr_kristy_strategies_to_support_learning_2021.pdf