

Edition 14 | 6 SEPTEMBER 2024

IN THE LOOP



Our Choir Students Shine with talent

Our talented choir students from Lalor North Primary School recently recorded their songs at Lalor North Secondary. The collaboration provided them with a fantastic opportunity to showcase their vocal skills in a professional setting. Their enthusiasm and dedication were evident as they delivered exceptional performances, making us all proud of their achievements and hard work.

Acknowledgement to Country

We are learning on Wurundjeri Country and in the spirit of reconciliation, Lalor North Primary School acknowledges the Traditional Custodians of the land on which we are learning. We pay our respects to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples.



Important Dates

Week 9, Term 3

Tuesday 10th September – Divisional Athletics

Wednesday 11th September – Playgroup 9am-10am

Wednesday 11th September – Macedonian Bilingual Concert

Thursday 12th September – Breakfast Club 8.15am – 8.45am

Thursday 12th September – R U OK? Day

Thursday 12th September – Choir Aged Care Visit

Friday 13th September – STOMP Dance Program Grades 4,5,6

Friday 13th September – Assembly, Presentation of Choir CD from Lalor North Secondary College

Week 10, Term 3

Tuesday 17th September – Footy Day, Special Lunch Order Day

Wednesday 18th September – Scienceworks Excursion, B1, B5, W5

Wednesday 18th September – Playgroup 9am-10am

Thursday 19th September – Parent Teacher Interviews – Pupil Free Day (Student attends interview only)

Thursday 19th September – Book Fair during Parent Teacher Interviews

Friday 20th September – STOMP Dance Program Grades 4,5,6

Friday 20th September – Newsletter

Friday 20th September – Final Day Term 3, 2.30pm Early Finish

Week 1, Term 4

Monday 7th October – First Day Term 4

Tuesday 8th September – Yarra Valley Waterwise Program Preps -Gr 2

Wednesday 9th September – Yarra Valley Waterwise Program Preps-Gr 2

Friday 11th October – Newsletter



Our School Values

Honesty

We communicate openly and work together to solve problems. By demonstrating honesty and acting with integrity we build trust, which enables us to collaborate, to take greater risks with our learning and to be more resilient when things go wrong.

Respect

We respect ourselves, our school and each other, and understand that our attitudes and behaviour have an impact on the people around us.

Unity

We have many languages, come from many backgrounds and are a school of many differences, but we speak with one voice, as one school. We develop a sense of connection and belonging within each part of our school, and across the whole school.

Success

We help each other learn so that everyone experiences success every day. Success means doing new things, learning new skills, finding new ways of thinking and solving interesting, complex and challenging problems.

Resilience

We know trying new things, experiencing challenges and bouncing back from adversity are central to life and to learning. Only by building our resilience can we experience strong levels of growth.

Principal's Message

Lalor North Primary School is bursting with creativity and pride as our talented students shine in The Arts. Our "Stomp" dance program has been a hit, with students showcasing their rhythm and energy. The Macedonian Bilingual program is preparing a remarkable display of cultural pride and musical talent in their rehearsals highlighting our students' dedication. Our choir, recently recording at Lalor North Secondary, demonstrated exceptional vocal skills and enthusiasm. These artistic endeavours not only enhance our school's vibrant culture but also provide a platform for our students to showcase their talents. We are thrilled by their achievements and excited to continue celebrating their creativity in The Arts. Lalor North is buzzing with so much awesomeness!



Parent/ Teacher/ Student Teacher InterviewsDon't forget to book a time!!

Our Parent/ Teacher/ Student Teacher Interviews will be held in the last week of this term on **Thursday the 19th of September**, so this will be an opportunity for all parents and carers to receive detailed feedback on their child's progress in learning. More information will be provided on Compass closer to the date. Please save the date!



It has come to our attention that students have been approaching our perimeter fences and holding conversations with passers-by. Our teachers are aware of this and as a school, we have promptly addressed this concern to ensure student safety.

Classroom teachers have explained that communication between students and strangers is not safe and informed students that they must stay away from our fence line, never reach through the fence bars, never pat dogs and to **always report strangers** attempting to communicate with them **to a teacher immediately**. Please ensure you speak with your child about this matter and for further guidance please visit:

<https://www.safety4kids.com.au/safety-zone/stranger-danger>

School Council Dates

Our School Council Meetings will be held on the following dates...

Tuesday 22nd October 2025

Tuesday 26th November 2025

Tuesday 10th December 2025

Tuesday 18th February 2025

(final meeting before new council meets in March)

Celebrating Cultural Richness

On Wednesday we acknowledged Indigenous Literacy Day, an important occasion to celebrate and support Indigenous languages and cultures. This day highlights the vital role of literacy in preserving and sharing Indigenous traditions, stories, and languages. Schools and communities are encouraged to participate in activities that promote awareness and appreciation of Indigenous knowledge. By supporting educational initiatives and literacy programs, we help ensure that Indigenous languages thrive and continue to enrich our diverse society. Let's come together to honour the heritage and contributions of Indigenous peoples and advocate for the preservation of their invaluable cultural legacies.



Macedonian Independence Day



On Sunday 8th September represents a significant moment in history – **Macedonian Independence Day.**

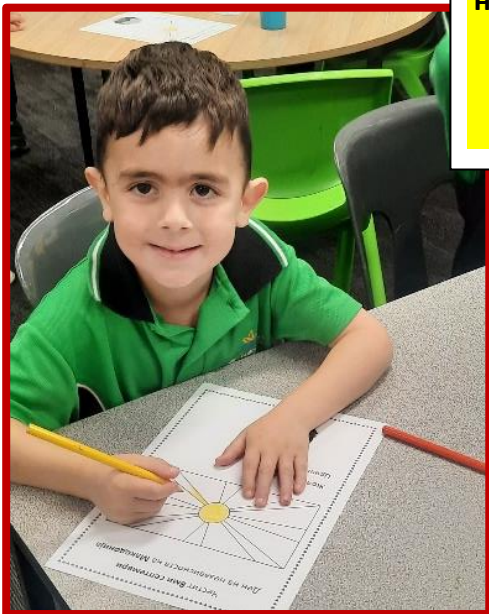
On this day, we honour the spirit of resilience, unity, and the unwavering dedication of the people of Macedonia in their quest for independence and self-determination. It is a day to celebrate the rich history, traditions, and the enduring strength of the Macedonian people.

To our Macedonian families, both within our school community and around the world, we acknowledge this momentous day. Your heritage enriches our school's tapestry, and your commitment to preserving your cultural legacy is truly inspiring.

Среќен Ден на Независноста!

Our students have been learning about Independence Day through various literacy activities and celebrating their cultural identity by writing acrostic poems, reading historical texts and of course, practicing for the upcoming concert.

Учениците од
училница Б7
зборуваа за
денот на
независност на
Македонија, ја
пееја химната
на Македонија
и ги боеја
знамето и
грбот.



Special
Community
Event...



Happy Independence Day !

The 40th Anniversary Concert is fast approaching.

Make sure you have secured your tickets...

We look forward to the concert on Wednesday 11th September.

Elizabeth Bryan and Amanda Lee

TOŠE Australian Macedonian
Dance Ensemble presents

**MACEDONIAN
INDEPENDENCE DAY
Picnic**

**FREE
ENTRY**

This event will be held on:

08 Sunday
Sept
2024

**11am to
4:30pm**

Whittlesea Public Gardens
158 Barry Road, Lalor

Come along to the TOŠE ANDE
community public event to celebrate
Macedonia's Independence Day

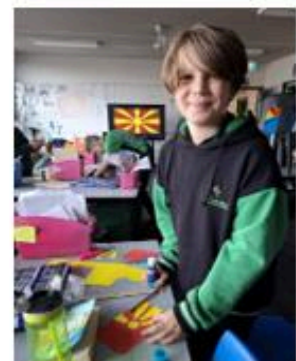
Live music *Traditional crafts* *food stalls*

www.toseandc.com.au

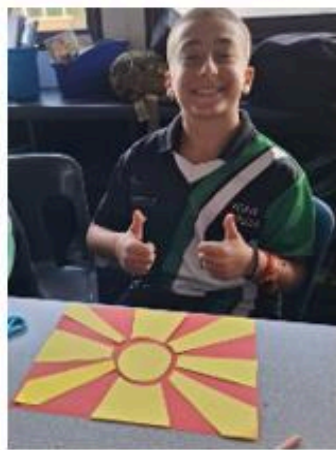
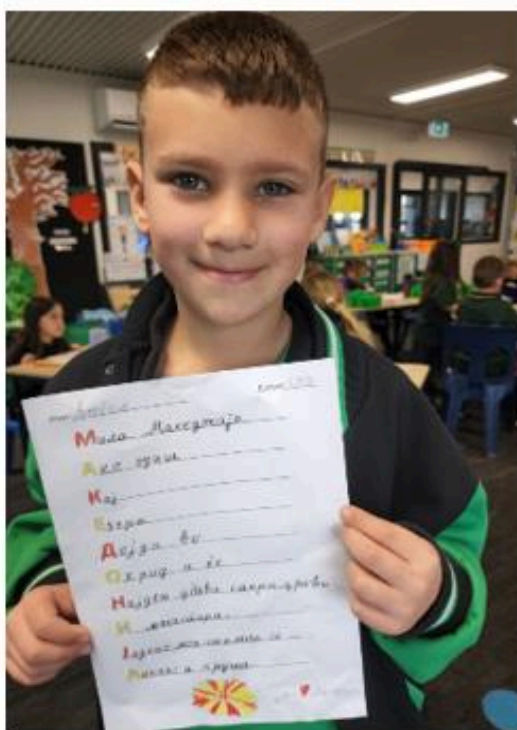


Our students have been learning about the significance of Macedonian Independence Day through various activities.

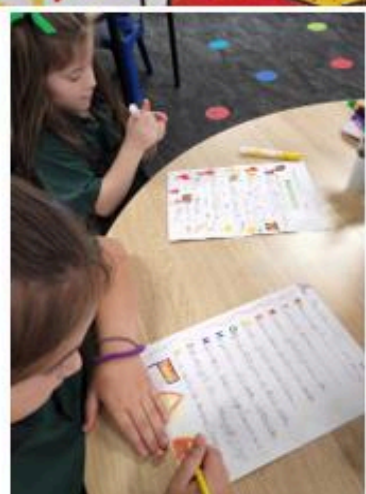
Macedonian Bilingual Program celebrating



**Честит празник
Ден на независноста
на сите
Македонци**



We are looking forward to our 40th Anniversary concert



FUNDRAISING @ Lalor North PS

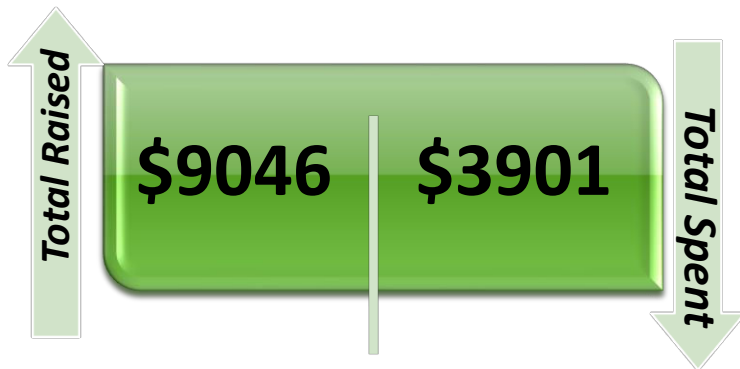
Our school is working together with our student representative council as well as with the school council to raise funds for lots of exciting projects and improvements....

So far here is the run down on our efforts:

- Colour Fun Run 2024 raised was \$4077
- Easter Raffle funds raised was \$2550
- Mother's Day and Special Person Stall
– total funds raised were \$852.00



Here are our results.....



Here is our balance....



UPDATE

Our Student Representative Council has chosen to purchase outdoor table tennis (\$3901)

THIS HAS ARRIVED! The table tennis table will be set up soon....watch this space!

Plus we won \$500 from Shop for Your School – spent on board games for wet days.

~ **Chocolate Drive Hamper Prizes !** ~



We are really excited about our chocolate drive. School council has initiated this special fundraiser, and our community are doing an amazing job with selling our chocolates. For every box sold and money returned you earn a ticket in the raffle.

Our three excited prize winners that were drawn at last week's assembly were:

1st Prize – Anthony N, Banksia 7

2nd Prize – Vasilij T, Bankisa 3

3rd Prize – David M, Banksia 3



Chocolate fundraising total Announced soon!

From the Office



2024 Grade 4, 5, 6 Camp

Reminder for families who have paid their deposit to attend this year's Grade 4, 5, 6 school camp which will be taking place at Lady Northcote Adventure Camp from Monday 28th October – Wednesday 30th October (Term 4). Full payment will need to be made by **Wednesday 9th October** to finalise the number of students attending. Further information regarding the camp will be sent home to students who have returned their consent forms and deposit.

Prep bags 2024 survey

Have your say about this year's Prep bags in a short survey, closing Sunday 29 September. Each year, the Department of Education gives every Prep student attending a Victorian government school a bag full of goodies to celebrate this milestone in their education journey. The information and educational resources in the bags are designed to help Prep students and their families thrive from the start of Term 1.

The department is inviting parents and carers of **current Prep students** to complete a short survey about the 2024 Prep bags, by 5 pm on Sunday 29 September 2024.

Your feedback will help the department learn what families liked about the Prep bags and what can be improved in 2025. You can have your say at [Prep bags 2024 evaluation survey](#). The survey takes 5 to 10 minutes to complete, and responses are anonymous. For more information on this year's Prep bags, refer to [Prep bags](#).

2025 Grade 6 Tops

At the beginning of Term 4, our current Grade 5 students will receive information on how to order a Grade 6 top for 2025. The cost of these tops are \$52-\$56 each, depending on the size ordered. Further information to come in October.



Updating Contact Details

Family contact details are very important to keep up to date on our records. If you have a new mobile phone number, a new email address or if you have recently moved home address, please contact our office to advise of this new information.

Liz, Barbara and Diana



B1News: St John First Aid

Renee, from St. John First Aid, came to teach us about CPR. She taught us this in case we had to use it on someone else. She taught us about DRSABCD which stands for Danger, Response, Send for help, Airways, Breathing, CPR and Defibrillation. Each student got to try CPR on a dummy. It's great because now I know what to do! Chrysoula Yr 4



Today in the last session, we went over to the room next to the Italian room. Renee was in there waiting for us. First, we talked about DRSABCD which stands for Danger, Response, Send for help, Airways, Breathing, CPR and Defibrillation. She gave us an example of when someone was in trouble. We answered some questions and then in fours, we got up and started doing some chest compressions on dummies. This was a fun incursion! Kassia Yr 5



Today we learned first aid. It was fun. We learned about DRSABCD which stands for Danger, Response, Send for help, Airway, Breathing, CPR and Defibrillation. Emilia Yr 5



Today, the 27th of August, Renee, from St John First Aid, taught the class of B1 what to do if someone is unconscious. This will help us know what to do when we are alone with one other person. Lucas Yr 5

On Tuesday the 27th of August Renee, from St. John First Aid came to teach us what to do if we are in a situation where someone is unconscious. We learned DRSABCD which stands for Danger, Response, Send for help, Airway, Breathing, CPR and Defibrillation. Tiahna Yr 6

At 2:30 today, Renee from St. John First Aid came to teach us about what to do when someone is unconscious. She also taught us about the DRSABCD which stands for Danger, Response, Send for Help, Airway, Breathing, CPR and Defibrillation. We also got to do CPR on dummies. I had a great time! Angelina Yr 3

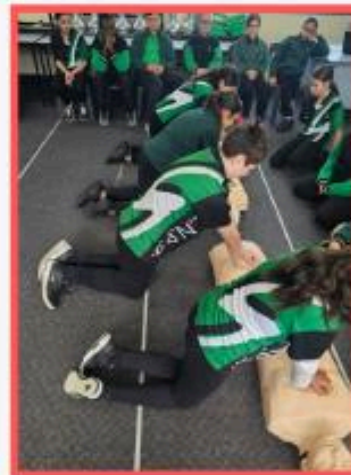
DRSABCD & CPR TRAINING

Thank you for organising this experience Ms Berlowitz!

On Tuesday the 27th of August, our 4,5,6 cohort participated in a 1-hour DRSABCD incursion with St John Ambulance.

This session covered important, lifesaving information such as:

- How to assess a situation
- Determining danger
- Keeping themselves safe in a dangerous situation.
- Who to call in an emergency and the process involved
- Using the method of DRSABCD
- How to put someone in the recovery position
- How to check for breathing
- Applying CPR and chest compressions



Students were amazing and super engaged throughout the entire incursion. Well done!

CHOIR RECORDING AT LALOR NORTH SECONDARY COLLEGE FRIDAY 30TH AUGUST, 2024



On Friday 30th August, our wonderfully talented P-6 Choir recorded 3 songs to create this year's CD! We worked with Mr Dino Azzolini and Mr Phil Smardenkas at Lalor North Secondary College to complete this project. Once our CD is ready, Mr Azzolini will present our CD at our school assembly. Our Choir students will receive copy of our CD to take home and share with their family and friends. Special thanks to Ms Elizabeta Popovski, Mrs Filiz Karakaya, Ms Nakitta Van Gestel and Mrs Lucy Nicolaou for supporting our Choir at this excursion.

*From Mrs Teresa Damjanic
Choir Leader*



P-6 Choir with Mr Timothy Cottrell - Principal at Lalor North Secondary College

Lunchtime Club

LNPS Drumming



Student Free Days 2024

Thursday 19th September – Parent Teacher Meetings
11-8pm (Pupil attends meeting session only)

Term 4

Monday 4th November – Common Professional
Practice Day (Day before Cup Day)

Save the date!

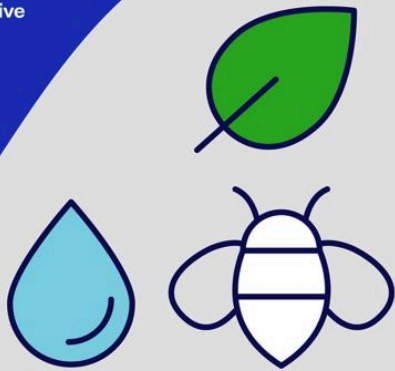
Wednesday 11th December – Year 6 Graduation



2024 Yarra Valley Water

Community Grant recipient

Helping communities thrive



Yarra Valley Water Community Grant

We did it!

We got another Grant \$14,000

We are thrilled to be the successful recipients of the Yarra Valley Water Community Grant...

Our Grant will go towards setting up our water tank, irrigation to water our kitchen Garden and a second drinking fountain for the Banksia Building. We are feeling very lucky indeed!

Prep – Grade 2 Education Program



During Term 4, the students in P-2 will be learning about the Earth's Resources, with a focus on how we should care for our environment and its natural resources.

The school has been fortunate enough to secure a free visit from **Yarra Valley Water** Education Program on Tuesday 8th October.



Yarra Valley Water visits schools and talks to the students about where water comes from, how people consume water, and how we all have a role to play in saving it. The session aims to increase the students' knowledge and understanding around water use.

The session will run for 50 minutes. Each grade from P – 2 will have the opportunity to visit and take part in a wide range of activities and games that will support their learning.

LALOR NORTH PRIMARY SCHOOL

FOOTY DAY

Don't forget...
Special Footy Day
Lunch Order



TUESDAY
17
SEPT
2024

DRESS UP IN
YOUR FAVOURITE
FOOTY COLOURS

TBC Staff Vs Students
Soccer match

School Saving Bonus Information

Dear parents and carers,

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

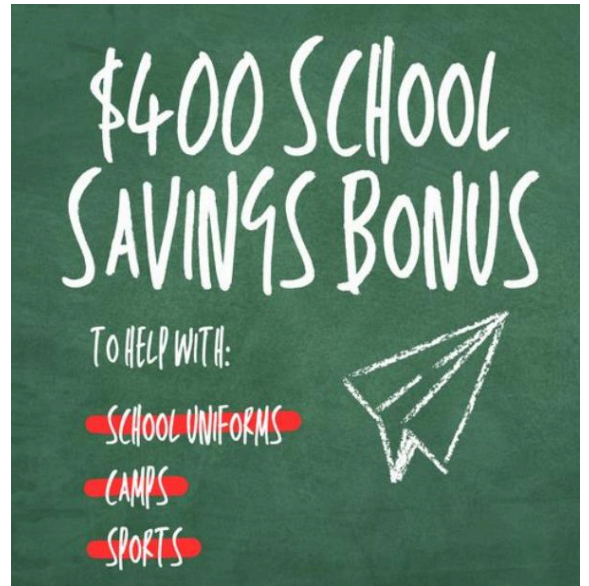
- **Complete enrolment:** If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about [Enrolling in School](#).
- **Check your contact information:** Ensure your email address and phone number is up to date with us. You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- in October, to verify your email address
- in November, with your \$400 School Saving Bonus.

Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, download the [School Saving Bonus Information sheet for government school parents and carers](#) or visit vic.gov.au/school-saving-bonus.



Prep 2025 Enrolments

Apply now to enrol your child in Foundation (Prep) for 2025

Important reminder for families who have a child due to commence Prep in 2025, Please contact our office for an enrolment form.



Our numbers are rising, and we need to have all enrolments accounted for to organise staffing for our school for 2025.

Prep Transition Begins Soon....Letters coming your way

Our Transition Dates for Prep Students Starting School in 2025

Transition session 1 - Wednesday 6th November

Transition session 2 - Wednesday 13th November

Transition session 3 - Wednesday 20th November

Transition session 4 - Wednesday 27th November

Are you leaving our school in 2025?

Please ensure that you inform the office if you are leaving our school so that we can plan our grade structures will update our and organise the transfer of information to your new school.

It is important to have this conversation with us as soon as you know.

During Parent / Teacher interviews

COME TO OUR BOOK FAIR FAMILY EVENT



 SCHOLASTIC

Thursday 19th September

11:00 AM - 8:00 PM





Banksia 6



Labor North Primary Previous Style Uniform Items on Sale!

We have **limited numbers** of *brand new* stock of our old uniform available for purchase from the office at special prices. Please see below for prices and sizes available.

The old uniform may still be worn for another 2 years

STYLE	SIZE	QTY	PRICE
	S/SLEEVE POLO DARK BOTTLE	10	1 \$15.00
	S/SLEEVE POLO DARK BOTTLE	12	14 \$15.00
	S/SLEEVE POLO DARK BOTTLE	14	16 \$15.00
	S/SLEEVE POLO DARK BOTTLE	16	11 \$15.00
	S/SLEEVE POLO DARK BOTTLE	A14	7 \$15.00
	S/SLEEVE POLO DARK BOTTLE	A16	2 \$15.00
	S/SLEEVE POLO DARK BOTTLE	A18	3 \$15.00
	S/SLEEVE POLO DARK BOTTLE	A20	5 \$15.00
	L/SLEEVE POLO DARK BOTTLE	6	6 \$15.00
	L/SLEEVE POLO DARK BOTTLE	8	2 \$15.00
	L/SLEEVE POLO DARK BOTTLE	10	2 \$15.00
	L/SLEEVE POLO DARK BOTTLE	12	10 \$15.00
	L/SLEEVE POLO DARK BOTTLE	14	7 \$15.00
	L/SLEEVE POLO DARK BOTTLE	16	4 \$15.00
	L/SLEEVE POLO DARK BOTTLE	A14	4 \$15.00
	BOMBER JACKET DARK BOTTLE	14	3 \$20.00
	BOMBER JACKET DARK BOTTLE	A18	2 \$20.00
	BOMBER JACKET DARK BOTTLE	A20	3 \$20.00
	FLEECY CREW NECK WINDCHEATER DARK BOTTLE	16	5 \$15.00
	FLEECY CREW NECK WINDCHEATER DARK BOTTLE	A14	7 \$15.00
	FLEECY CREW NECK WINDCHEATER DARK BOTTLE	A16	8 \$15.00
	FLEECY CREW NECK WINDCHEATER DARK BOTTLE	A18	2 \$15.00
	FLEECY CREW NECK WINDCHEATER DARK BOTTLE	A20	1 \$15.00

Some sizes are selling out, please see us ASAP if you wish to purchase any items

Student of the Week – 30th August

Room	Student	School Value	Reason for award
Wattle 2	<i>Durrah A</i>	Success	For making excellent improvement in her letter and sound knowledge! Well done, Durrah!
Wattle 3	<i>Ali A</i>	Success	For learning challenging mathematical concepts and helping his peers with enthusiasm. Excellent Ali!
Wattle 4	<i>Orson Y</i>	Success	For always working independently and producing quality work in every lesson. Amazing work!
	<i>Gerina S</i>	Success	For completing a challenging maths task to an exceptionally high standard! Well done!
Wattle 5	<i>Tala S</i>	Resilience	For showing strength and patience during challenging times at school. Well done, Tala!
Wattle 7	<i>Abraham S</i>	Resilience	For working very hard during our maths lessons... even when it can be challenging. Well done, Abraham!
Wattle 8	<i>Aleera S</i>	Unity	For being such a positive student, always willing to help her peers, including others and always willing to assist. Well done, Aleera!
Banksia 1	<i>Stathis N</i>	Success	For trying hard to stay focused on his work and not be distracted by others. Well done, Stathis!
Banksia 2	<i>Ariana G</i>	Success	For putting up her hand to participate in class discussions more often. Well done, Ariana!
Banksia 3	<i>Jordan D</i>	Success	For working hard in the Macedonian and English literacy sessions and making progress in reading. Great effort Jordan!
Banksia 4	<i>Alexander J</i>	Success	For contributing alternative ideas to solving mathematical problems. Well done, Alex!
Banksia 5	<i>Oliver P</i>	Resilience	For settling back into the classroom routine and working extremely diligently to complete all set tasks even if challenging. Wonderful work Oliver!
Banksia 7	<i>Andrej R</i>	Success	For displaying an excellent understanding of division by making equal groups and counting by twos to find the total.
Banksia 8	<i>William H</i>	Success	For being an active listener and a great contributor to group work in maths lessons. Keep it up, William!
Banksia 9	<i>Damian B</i>	Unity	For being such a positive student, always willing to help his peers, working collaboratively in group activities and including others in the games. Well done, Damian!
PE			
ART	<i>Sienna H (Banksia 4)</i>	Success	For creating a cohesive mixed media collage by carving a design onto foam, block printing and layering multiple textured fabrics to create a theme. Great work!
ITALIAN	<i>Kreysha G (Wattle 7)</i>	Success	For always completing tasks to the best of her ability. Well done, Kreysha! Keep it up!
STEM	<i>Giovanni S (Banksia 2)</i>	Unity	For helping his friends in class with their STEM work and caring for the classroom and school community
Digital Technology (Bi-lingual)	<i>Maggie K (Banksia 1)</i>	Success	For creating an amazing Google Slides presentation on the solar system. Your knowledge and skills are impressive. Well done, Maggie!

Student of the Week – 6th September

Room	Student	School Value	Reason for award
Wattle 2	Allana L.	Respect	For always showing kindness and compassion to her peers. Thank you for being so respectful!
Wattle 3	Marchella L	Success	For researching and writing an explanation text using her own words. Great work Marchella!
Wattle 4	Jordyn B	Resilience	For settling into her new school, developing friendships and being engaged in her learning. Well done, Jordyn
Wattle 5	Rosil K	Unity	For making an effort to work with everyone in the class and helping other students when required. Well done!
Wattle 7	Ali A	Respect	For being a great friend inside and outside the classroom and displaying care and compassion for everyone.
Wattle 8	Josiah F	Success	For improving his attendance at school and working extremely hard to get through his maths problems! Keep it up Siah!!
Banksia 1	Alex M	Resilience	For persevering while working through challenging division problems with remainders. Well done, Alex!
Banksia 2	Greyson S	Resilience	For trying hard to work slowly and carefully in his writing tasks to improve his handwriting. Well done, Greyson!
Banksia 3	David M	Success	For working hard and showing great improvement in his writing of explanation texts. Well done, David!
Banksia 4	Cleopatra K	Success	For outstanding effort during concert rehearsal!
Banksia 5	Chelsea H	Respect	For always displaying the value of respect and being an exemplary role model. Amazing Chelsea!
Banksia 7	Alexander N	Success	For showing improvement in his writing by using his knowledge of letters and sounds when spelling new words. Well done, Alexander!
Banksia 8	Maja B	Success	For excellent effort for numeracy!
Banksia 9	Aleksia R	Success	For improving her writing skills in both languages and for writing an interesting acrostic poem about Macedonia. Well done Aleksia!
PE	Ali A (W3)	Success	For his excellent soccer skills during our Futsal sessions in PE lessons. Well done, Ali!
ART	Anton M (Banksia 1)	Success	For demonstrating block printing skills by tracing his image onto foam board, using a roller to block print and transfer the embossed design.
ITALIAN	Durrah A (Wattle 2)	Success	For listening attentively in class and for correctly pronouncing the names of 2D shapes in Italian. Brava, Durrah!
STEM	Reem A (W5)	Success	For designing and building a rotating Pirate Ship ride for our STEM Smart City.
Digital Technology (Bi-lingual)	N/A No Digital Tech lessons		

We are coming up to that time of year again! Any student wishing to join in the Scullin Christmas Card Competition, please see office staff for an entry form.

ANDREW GILES MP

*SCULLIN CHRISTMAS CARD
COMPETITION*

DUE 📅 OCTOBER 14th 📅 2024



**WINNING ENTRIES WILL RECEIVE
A \$100 BOOK VOUCHER**



**Send back your drawing and your copy of the form by post to: Andrew Giles MP, Reply Paid 89292,
Thomastown VIC 3074**

We're building up to

TERM 4!

Building up excitement for the next school term? So are we!

We're constructing a fresh and fun program packed with new ways to play and learn together with activities and games!

Speaking of fresh, you'll also get to enjoy a yummy variety of healthy snacks and fruits to enjoy after a big day at school!

Whether you want to relax, finish up homework, get creative or play with friends, VillageOSHC is the place to be in Term 4!



**Book your sessions today
for the upcoming Term 4
at VillageOSHC.com.au**

This Week's Activities!

Monday

9/08/24

Before School Care
Make Friendship bracelets.
Game - Pass the hoop.
After School Care
Friendship bracelets.

Menu

Seasonal Fruit & Vegetable Platter.
Pita Bread and Tzatziki Dips.

Tuesday

27/08/24

Before School Care
Make a kindness card for a friend or family member.
After School Care
Game - Cross the river.

Menu

Fruit & Veggie Platter.
Potato Wedges with Tomato and Sweet Chili Sauce.

Wednesday

28/08/24

Before School Care
Friends paper chain.
Game - Mirror Images.
After School Care
Friends paper chain.
Game - Ball Tiggly.

Menu

Seasonal Fruit & Vegetable Platter.
Cheese and Crackers.

Thursday

29/08/24

Before School Care
Friendship bracelets.
Robot Tiggly.
After School Care
STEM Challenge - To build the tallest bridge as a team.
Dog and Bone game

Menu

Seasonal Fruit & Vegetable Platter.
Cheese Pizzas.

Friday

30/08/24

Before School Care
Mindfulness colouring in.
Game - Mirror Images.
After School Care
Cooking - Muesli slice with cornflakes.
Tiggly Games.

Menu

Seasonal Fruit Platter.
Assorted Rice Crackers.
Wholemeal Salsal Wraps.

During the last few weeks we've had the following theme weeks - Nature Week and Special Person's week, where we had fun doing activities based around these themes. In Week 7, we did Special Persons week where the children had fun making various gifts and cards for their Special Person, such as Key Rings and Can Coolers.

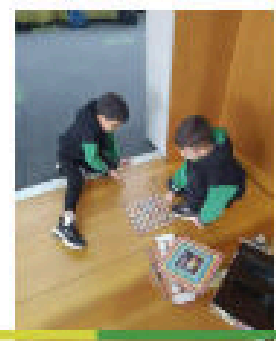
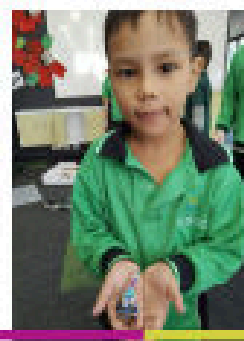
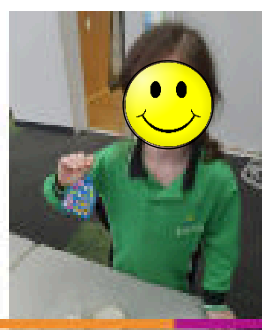
In Week 8, we did a Nature Week theme (hoping the weather would be nice), where some made Acorn Friends, Stick People and other various nature experiences. The children continue to enjoy playing various sporting and group games, such as Soccer, Musical Chairs, Musical Statues, Musical Four Corner, various Tiggly Games, and Basketball games. The children have continued to enjoy playing UNO and UNO flip card games, Ludo, Pop'n'Hop and Snakes and Ladders.

Recently, I have introduced [Villager Awards](#), based on the school values. In week 7, I had some students announce the awards at the school assembly. Congratulations to these students -

- **Resilience** - Kelina Petroveski for successfully completing a special person's key ring after many attempts!
- **Respect** - Johnny Clegg who was kind, generous and friendly to everyone at the service this week.
- **Unity** - Ilias Kerampoikis for being a team player.
- **Success** - Maxx Osoria for successfully completing his first few weeks of after school care at a new school.

Name: **Adam Conybear**

Position: **Coordinator**



(Formally known as the 'Big Night Out!')

We proudly invite you to THE



114 Childs Road
Epping 3076

**Lalor North
Secondary College**
"MUSIC FESTIVAL"

Families are invited to attend and be seated by

6.30PM start

Gates open at 6.00 pm - 9.00 pm finish

114 Childs Road, Epping 3076

Featuring Performances by

Lalor North Secondary College

and

Wednesday 16th October

St Clare's Primary School

Lalor Gardens Primary School

Bundoora Primary School

Lalor East Primary School

Lalor Primary School

Wollert Secondary College

Thursday 17th October

Plenty Parklands Primary School

Mill Park Heights Primary School

Lalor East Primary School

Lalor North Primary School

Epping Views Primary School

Diamond Creek East Primary School

SAVE THE DATE!

**Our Choir will be performing on
THURSDAY 17th OCTOBER!**

*Further information about this performance event
will be sent home to Choir families next week!*

STAY WELL WITH ASTHMA THIS SPRING



The spring season can often bring additional challenges for people with asthma. Follow our spring asthma checklist to better manage your asthma and allergies.



SPRING ASTHMA TIPS

1 Be aware of high pollen days

If you experience hay fever and/or pollen is a trigger for your asthma, it is important to be aware of when high levels of pollen are present in the air.

On high pollen days, close your windows and doors. If you have an air conditioner, make sure it is turned to 'circulate' so it doesn't bring the outdoor pollens inside.

2 Treat your hay fever symptoms

Managing hay fever is an important part of overall asthma care as hay fever can make asthma worse and more difficult to control. Treatment of hay fever depends on the severity and frequency of your hay fever symptoms. Treatment options include:

- Antihistamines or decongestants,
- Saline sprays/irrigations,
- Corticosteroid nasal sprays, and
- Allergen Immunotherapy

Speak to your doctor or pharmacist about the best treatment for your asthma and hay fever.

3 Household allergens

Mould is common in Australian homes and can be a regular trigger for asthma. Mould fragments (or spores) spread in the air and can cause allergic and asthma responses in some people. Allergic and asthma responses may cause inflammation of the airways, which bring on asthma symptoms and may cause serious flare-ups. Effective cleaning and maintenance can minimise the chance of mould spore build-up, and its potential impact on respiratory conditions.

Dust for people with asthma, can be one of the biggest triggers for asthma symptoms and flare-ups. It's important people with asthma whose symptoms are triggered by dust and dust mites minimise their exposure to these allergens as much as possible as dust and dust mites can act as irritants for sensitive airways.

4 Low allergen gardens

Gardens can harbor allergens that can trigger asthma, hay fever and allergy symptoms. Some top tips to reduce the impact of gardening on your asthma (alongside good asthma management) include:

- Choosing Australian native plants and brightly coloured, large flowering plants that are pollinated by birds/insects rather than wind, as they don't release pollen into the air

- Avoiding plants with strong fragrances or odour (e.g. jasmines), especially planted next to entrances, entrances or windows. Exceptions include roses
- Choosing native or slow-growing, low or no pollen grass that does not require frequent mowing
- Using inorganic mulches such as pebbles or gravel to reduce weeds and mould spores
- Weeding the garden often to avoid them flowering or seeding
- Avoiding compost heaps
- Avoiding gardening on windy days when pollen may be airborne

5 Pet allergies

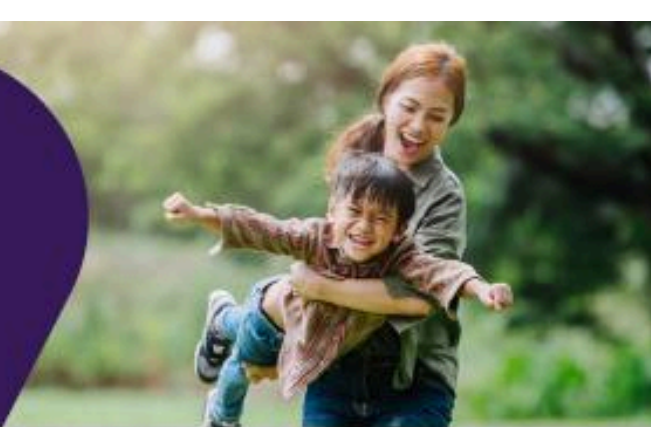
People with asthma have also been known to have allergies, some of which may include animals. If you find that your allergies or asthma symptoms worsen around animals, it is recommended you speak with your doctor about your symptoms and perhaps further allergy testing.

6 Thunderstorm Asthma

Thunderstorm asthma can be very serious for people with asthma. If grass pollen is a problem for you then thunderstorms in spring and summer may also affect you.

- Some pollens can burst open and release tiny particles that are concentrated in the wind just before the thunderstorm. These small particles get further into the airways and can trigger asthma symptoms.
- To avoid exposure, stay inside with the windows and doors closed until after the storm has passed.
- People at risk of acute asthma flare-ups triggered by a thunderstorm include those with seasonal hay fever, current asthma, a history of asthma or undiagnosed asthma.
- The risk of thunderstorm asthma is highest in adults who are sensitive to grass pollen and have seasonal hay fever (with or without known asthma). The worst outcomes are seen in people with poorly controlled asthma.
- To reduce the risk of thunderstorm asthma where it is a known trigger, it is recommended to aim for optimum asthma management year-round. This means optimising preventer use during spring thunderstorm season, controlling hay fever, checking pollen levels and avoiding exposure to pollen on these days where possible.

BE PREPARED FOR SPRING



Good asthma management year-round is the key to ensuring you are ready for spring.



1 Visit your doctor for an asthma review

Visit your doctor every 6 – 12 months for an asthma review.

With your doctor:

- assess your current level of asthma control
- make sure you are on the right medicines to manage your asthma (e.g. a preventer)
- check your inhaler technique
- ensure your Asthma Action Plan is up to date
- ask about your asthma, your treatment and how to stay healthy during spring

2 Get a written Asthma Action Plan

An Asthma Action Plan is something developed with a doctor to help provide clear instructions on what to do when experiencing asthma symptoms or during an asthma flare-up and should include instructions about managing asthma alongside identified triggers.

With your doctor, develop or update your written Asthma Action Plan.

Follow a written Asthma Action Plan for:

- better controlled asthma
- fewer asthma flare-ups
- fewer days off work or school
- reduced reliever medication use
- fewer hospital visits

3 Take the Asthma Control Test

If you have experienced any of the following in the last four weeks it indicates your asthma may not be under control.

- daytime asthma symptoms more than 2 days per week
- need for reliever more than 2 days per week
- any limitation on activities due to asthma symptoms
- any asthma symptoms during the night or on waking

Visit asthma.org.au/asthma-control-test to get your Asthma Score.

4 Preventer - every day, even when well

Preventers work to reduce the inflammation in the airways. Regular use of your preventer makes the airways less sensitive, which reduces the frequency and severity of asthma symptoms (reducing the need for your reliever medication) and the risk of future flare-ups. Daily use of a preventer is key to keeping well.

5 Check your device technique

Up to 90% of people are thought to use their inhalers incorrectly, which means the dose of medicine isn't getting into the lungs where it's needed. Ask your doctor or pharmacist to check you are using your inhaler medication device correctly.

6 Learn the steps of Asthma First Aid

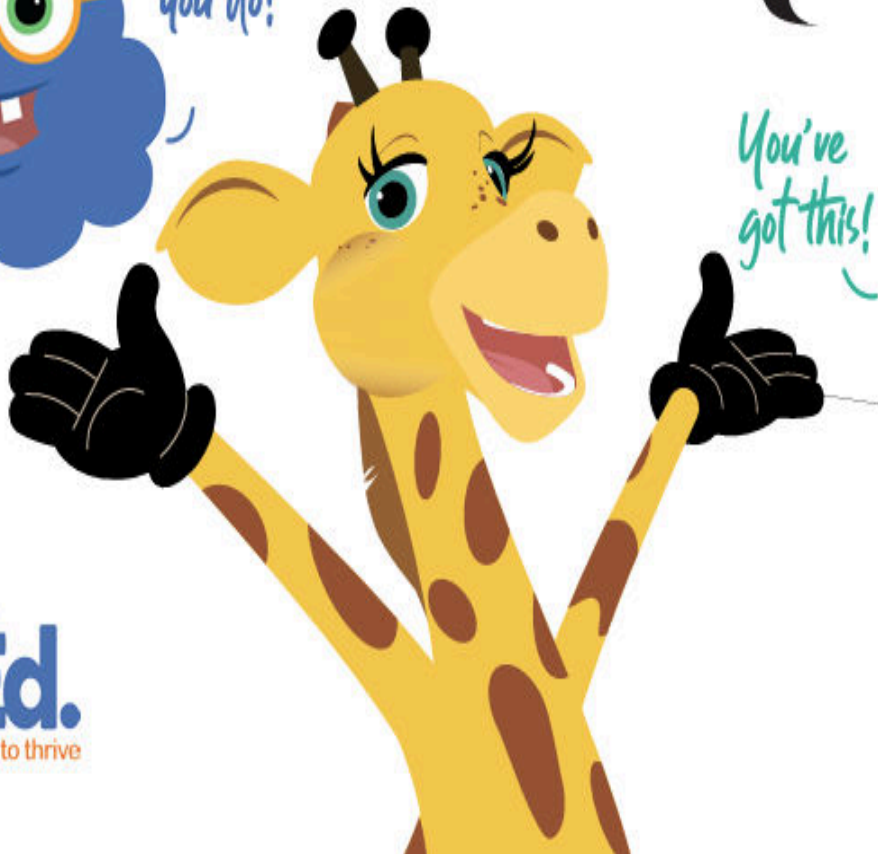
The Asthma First Aid app is your go-to tool for an asthma emergency. It covers both first aid in the event of an asthma emergency plus the ability to review each of the four first aid steps. Download the Asthma First Aid app from the App Store or Google Play.

For more information on how to manage your spring allergies, call 1800 ASTHMA (1800 278 462) and speak with an Asthma Educator or visit asthma.org.au/spring-asthma

Thursday 12th September is
RU OK? Day

You've got what
it takes to **ASK**

RU OK?TM



LifeEd.
Every child deserves to thrive

RU OK?TM



APLUS SCHOOLWEAR

ABN: 5312141573 ACN: 126453103

ADDRESS: UNIT 3, 30 HEATHS COURT MILL PARK VIC 3082

TELEPHONE: 03 9436 4005 **FACSIMILE:** 03 9404 5073

EMAIL: info@northernregionaluniforms.com.au

WEBSITE: www.aplusschoolwear.com.au

APLUS SCHOOLWEAR
WILL BE CLOSED ON SATURDAY'S
FOR TERM 3

NEW OPERATING HOURS

MONDAY TO THURSDAY 9AM – 5PM

FRIDAY 9AM – 3PM

SATURDAY CLOSED

FROM

SATURDAY 29TH JULY 2024

RE-OPEN ON SATURDAYS FROM

5TH OCTOBER 2024 AT 9AM

LALOR NORTH PRIMARY SCHOOL PLAYGROUP

"Stories, Songs & Smiles"

COME AND JOIN US!
FREE SESSION!

9AM - 10AM

EVERY WEDNESDAY

(DURING SCHOOL TERMS)

AGES 3+

WHY PLAY WITH US?

Friendship

Community




Fun activities

School readiness

PH: 9465 4922





	Item	Sizes Available	Price
	Summer Dress <i>Bottle green & white</i>	4 6 8 10 12 14 16	\$29.00
	Cotton Back Short Sleeve Polo <i>Emerald with black panels, white piping and black collar with emerald and white stripes (embroidered logo)</i>	4 6 8 10 12 14 16 Adult sizes 14, 16, 18, 20	\$35.00 \$38.00
	Rugby Knit Shorts - Unisex <i>Black</i>	4 6 8 10 12 14 16	\$21.00
	Microfibre Shorts - Unisex <i>Black</i>	4 6 8 10 12 14 16 Sml - Med - Lge - XL	\$30.00 \$33.00
	Cotton Back Long Sleeve Polo <i>Emerald with black panels, white piping and black collar and cuffs with emerald and white stripes (embroidered logo)</i>	4 6 8 10 12 14 16 Adult sizes 14, 16, 18, 20	\$37.00 \$40.00
	Hooded Top <i>Black with green sleeves and green insert in hood with black bands with green and white stripes on bands (embroidered logo)</i>	4 6 8 10 12 14 16 Adult sizes 14, 16, 18, 20	\$48.00 \$51.00
	Bomber Jacket <i>Black with green sleeves and black bands with green and white stripes on bands (embroidered logo)</i>	4 6 8 10 12 14 16 Adult sizes 14, 16, 18, 20	\$52.00 \$55.00
	Straight leg Track Pants <i>Cotton/Polyester Black</i>	4 6 8 10 12 14 16	\$28.00
	Fleecy Double knee trackpants with cuff <i>Black</i>	4 6 8 10 12 14 16	\$25.00
	Fleecy straight leg trackpants <i>Black</i>	4 6 8 10 12 14 16	\$24.00
	Waterproof Jacket Fleecy Lined <i>Black</i>	4 6 8 10 12 14 16	\$52.00
	Bucket Hat <i>Black</i>	XSm 53cm Sm 55cm Med 57cm Lge 59cm XLg 61cm	\$12.00
	School Bag <i>Black</i>	One size	\$45.00
	Warm Beanie <i>Black</i>	One size fits all	\$12.00
	Grade 6 Cotton Back S/Sleeve Polo Top - Green/White/Black Special Order Available only Oct/Nov	4 6 8 10 12 14 16 Adult sizes 14, 16, 18, 20	\$52.00 \$56.00



Lalor North Primary School Uniform

The purposes of the school uniform are to distinguish the school in public, build a school identity, help build an inclusive environment and to provide parents with cost effective and convenient clothing for school.

Lalor North Primary School has a compulsory school uniform. It must be worn at school, on excursions, at sporting activities and any other special occasions where students represent the school. It's important that every student feels comfortable and has a sense of belonging to our learning community while feeling pride about being a member of our school community each school day.

A PLUS SCHOOLWEAR

Northern Regional Uniforms Shop

Address: Unit 3 /30 Heaths Court Mill Park

Contact: [03 9436 4005](tel:0394364005)

Email: info@northernregionaluniforms.com.au

Trading Hours:

Monday: 9.00am - 5.00pm

Tuesday: 9.00am - 5.00pm

Wednesday: 9.00am - 5.00pm

Thursday: 9.00am - 5.00pm

Friday: 9.00am - 3.00pm

Saturday: 9.00am - 12.00pm

Closed Sundays and Public Holidays.

For Online Orders

Website Details: www.aplusschoolwear.com.au