

Lutheran School Wagga Wagga

NEWSLETTER

17 March 2021
Term 1 Week 8



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HARMONY WEEK

15—21 March 2021 : Everyone Belongs

Dear God,

You created all people in your image.

We thank you for the variety of cultures within our Lutheran School community.

Enrich our lives by ever-widening circles of friendship and show us your presence in those who differ most from us.

Grant that we may always promote the justice and acceptance that ensures lasting peace and racial harmony.

Grant that we may show equal respect to all persons of different cultures that we may come across.

And help us to remember and appreciate that we are one community, with many stories.

We ask this prayer in Jesus' name

Amen.



FROM THE PRINCIPAL

Dear parents and caregivers,

Since the news of Mrs Watkin's passing came on Tuesday, I have been reminded of a verse in the Bible where Paul recounts a message from the Lord. He was feeling particularly tormented and wanted God to remove the pain. God said to him, "My grace is sufficient for you, for My power is made perfect in weakness" (2 Cor 12:9). We are blessed to know that at the times we feel most weak and helpless, God's grace is quietly, gently present. My prayer is that each of us can feel God's presence as we lean on one another.

Supporting one another

On pages 6-7 of this newsletter is some information on supporting children through the grief process. Please look after yourself as well. Some of the great current thought leaders, [Brene Brown](#) and [Simon Sinek](#) both remind us that vulnerability is not weakness, it is strength. As a Christian, I believe that God speaks to us when we are vulnerable. Please do seek support if you are affected by loss of any kind.

In this week's [video](#), we hear the *Rock On* group "Knockin' on Heaven's Door". We also learn more about Harmony Day, the Premier's Reading Challenge and Student-led Conferences.

Student-led Conferences

Students have already begun practising their presentations of learning. To sign up for Student-led Conferences, please [follow this link](#).

SeeSaw Links

You may have noticed the following come through SeeSaw these past two days:

1. K-2 Optional Harmony Day Poster Competition
2. Year 3-6 Optional Maths challenges
3. The link to a [survey](#) regarding the possibility of before-school music, drama and sport activities

Please note that the survey is for *expressions of interest beginning no earlier than Term 2. If you are not yet on SeeSaw, please write a note to the teacher in your child's diary, so that we can follow up with you.*

Parent Involvement on Campus

With the easing of COVID restrictions, we look forward to inviting parents and caregivers to our upcoming Chapels and Assemblies. You are also welcome to start volunteering in classrooms. Please remember that two things need to be completed before volunteering. First, you need to [complete an online module called Valuing Safe Communities](#). This needs to be completed every three years. Secondly, you need to meet with Mr Evans to discuss school policies related to keeping students safe.

We strongly encourage every parent to have a [Working With Children Check](#). Although the requirements might be inconvenient, they are important steps to ensure that every adult on campus hears the same message about how we relate to one another and to children. Your participation provides peace of mind to all that student safety is the priority for everyone who sets foot on campus.

Principal's Awards

Congratulations to the following students who received Principal's Awards at assembly on 26 February: Year 2; Clark S, Liya C, Zaiden C, Rose F, Jewel S and Rithu R. Year 3; Declan D, Willoughby F, Vera F, Olivia R, Charlie S and Eliza. Year 4; Mia G.

Ms Janet Moeller

FROM THE DEPUTY PRINCIPAL

Mrs Cath Watkins

Yesterday you will have been informed about the very sad news of the sudden passing of Mrs Cath Watkins our Learning Assistant. Cath was in her fifth year of service at Lutheran School. She was a well-regarded member of staff who cared about her students and always wanted the best for them. She will be sorely missed by her students and colleagues, and as a community our prayers and thoughts are with Ken and her two children.

As a school we will continue to monitor and support our students who might be struggling with this terrible news. If you feel your child will need some additional support over this difficult time, please contact the class teacher or me immediately so we can provide the necessary support.

Parent/Teacher/ Student Conferences

If you watched Ms Moeller's video at the start of the week you will have seen we are changing the way we lead these meetings. Students will need to attend these meetings with their parents so they can share a little bit about their learning this term and maybe be part of setting some goals for next term. Please ensure you book a meeting time with your teacher. These are very valuable times for you to listen and ask questions about your child's learning. The conferences will take place on Wednesday 31 March and Thursday 1 April. We look forward to seeing all parents attend these conferences.

Paul Kelly Cup

Today, a number of our Stage 3 students will be participating in the Paul Kelly Cup. I will be accompanying our students for part of the day and I look forward to seeing how they perform. Best wishes to all students taking part.

School Photo Day

Our School Photo day is next **Wednesday 24 March**. Last week an envelope was sent home with your child's name. You can order your photos online or return the envelope to the school. Sibling photo envelopes are available at the school office.

Please ensure your child is dressed in full summer uniform on this day. Students who usually have their PE lessons on a Wednesday should wear their summer uniform and bring their joggers to school to change into for their PE lesson.

Dylan Evans

FROM THE FINANCE OFFICE

Term 2 fees are now overdue. Reminder statements were sent home this week; prompt payment would be appreciated. If you are unable to finalise your account by the end of the term, please contact me on 69238100 or email finance@lpswww.nsw.edu.au.

Jenny Hausfeld

OSHC NEWS

Over the past week the children at OSHC have been making, building and creating with play dough. The melt beads and colouring-in have also been very popular this week. The children have had the opportunity to decorate library bags, colour in shrinkies and play games in the chapel. Mini golf continued to be a focus activity as tunnels and other obstacles were set up to challenge the children's putt putt skills.

The vacation care program is out and open for bookings during the April school holidays. With activities like bowling, bring your bike to OSHC and crazy hair day, you will need to book in quickly before spaces fill. If you would like a copy of the program or need help with your booking, please contact Bec or Mel at OSHC via email oosh@lpswww.nsw.edu.au or call 69238124.

Bec Cameron



FROM THE CURRICULUM COORDINATOR

NAPLAN

NAPLAN is a point-in-time assessment that allows parents to see how their child is progressing in literacy and numeracy against the national standard and compared with their peers throughout Australia. At the classroom level, NAPLAN provides additional information to support teachers' professional judgement about student progress. At a whole school level, the data we get informs our own teaching and learning practice across literacy and numeracy.

Schools generally receive their students' NAPLAN reports from mid-August to mid-September, depending on their state or territory test administration authority. The school will notify you when the reports are being sent to your home. The same report format is used for every student in Australia.

NAPLAN assesses literacy and numeracy skills that students have already learnt through the school curriculum. Our Year 5 and Year 3 teachers will ensure that students are familiar with the test formats and will provide appropriate support and guidance. Excessive preparation is not useful and can lead to unnecessary anxiety. If you have any questions about your child's preparation for NAPLAN, please make time to speak with your child's teacher.

The dates for the 2021 NAPLAN assessments are:

Year	DAY 1 TUESDAY 11 MAY	DAY 2 WEDNESDAY 12 MAY	DAY 3 THURSDAY 13 MAY
Year 3	Language conventions: 45 minutes Writing: 40 minutes	Reading: 45 minutes	Numeracy: 45 minutes
Year 5	Language conventions: 45 minutes Writing: 40 minutes	Reading: 50 minutes	Numeracy: 50 minutes

The NAPLAN paper test window is three days. Students who are absent during the test window can sit catch-up tests on the fourth day.

APSMO Mathematics

LSWW has been entering teams in the **Maths Olympiad** for many years now. If your child was selected, they should have brought home a note outlining the competition. Attached to the note is a practice paper. In addition, I will prepare the team at school in the lead up to the first paper which is on **Wednesday 24 March**.

This year, for the first time, we are offering Maths Games to other mathematicians in Years 5 and 6. [A letter will come home with your child if they have expressed interest in extending themselves in Mathematics.](#)

The Australasian Problem Solving Mathematical Olympiads (APSMO) is a *not-for-profit, professional organisation that offers a range of mathematical competitions for students aged from around 8 to 14. The programs are unique in that they focus on the students' ability to solve mathematical problems in a creative manner — as opposed to simply reaching a solution using a prescribed method.*

The APSMO Maths Olympiad has been operating in primary schools since 1987 and in high schools since 2003. Each year thousands of schools participate in the competition from around Australia and New Zealand.

In 2015 APSMO introduced the Maths Games to provide an opportunity for mainstream students in Years 5 and 6 to learn valuable problem solving skills, whilst exposing them to the application of mathematical problem solving strategies and techniques.

The Maths Olympiad and Maths Games are an ideal complement to the school curriculum. The main aims of the competitions are to:

- Introduce students to important mathematical concepts
- Teach major strategies and develop flexibility for problem solving
- Foster creativity and ingenuity and strengthen intuition
- Stimulate enthusiasm and enjoyment of mathematics

Prime Minister's Spelling Bee



This year, LSWW has entered the national Prime Minister's Spelling Bee. Thirty-four students from Years 3–6 have been invited to participate, based on their in class spelling results and their achievements in last year's Spellmaster.

This is an online event. On Thursday 25 March, students will come to the hub to sit the school round. There will be 30 words and it is a timed event. If you would like further information, please [follow this link](#).

Ms Karri von Mengersen

DIARY DATES

Date	Event	Time	Venue/Information
WEEK 8 HARMONY WEEK			
Thursday 18 March	K-2 Chapel	9:10am	
	CIS Swimming Championships		Sydney Olympic Park
Friday 19 March	Harmony Day		Wear your sports uniform and add a splash of orange!
	Assembly	2:40pm	Parents/caregivers are invited to attend. COVID-19 restrictions must be observed.
WEEK 9			
Sunday 21 March	Kinder Families Catch-Up	2:30—4pm	Botanic Gardens Adventure Playground
Monday 22 March	K-6 Chapel	9:10am	Parents/caregivers are invited to attend. COVID-19 restrictions must be observed.
Wednesday 24 March	School Photo Day		Order envelopes will be sent home this week
	Water Safety Lessons	12:15—1:30pm 1:15—2:40pm	Wagga Swim Hub
Thursday 25 March	K-2 Chapel	9:10am	Parents/caregivers are invited to attend. COVID-19 restrictions must be observed.
Friday 26 March	3-6 Chapel	9:10am	Parents/caregivers are invited to attend. COVID-19 restrictions must be observed.
	P&F Family Night	5:30—7:30pm	
WEEK 10			
Tuesday 30 March	Cross Country Carnival	9:30—12:45pm	
Wednesday 31 March	K-2 Easter Hat Parade		
	Water Safety Lessons		Arrangements are the same as Week 9
	Term 1 Closing Chapel	2:40pm	
	Parent /Teacher/Student Meetings	3:45—6:45pm	Held in classrooms. More information and booking details in next week's newsletter.
Thursday 1 April	Student Free Day		OSHC available. Email oosh@lpswww.nsw.edu.au
	Parent /Teacher/Student Meetings	9am—12pm	Held in classrooms. More information and booking details in next week's newsletter.
Friday 2 April	Good Friday		

2021 Term Dates	Term 2 19 Apr—25 Jun	Term 3 13 July—16 Sept	Term 4 5 Oct—9 Dec	 
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LCA Standards of Ethical Behaviour

If you feel that you have reason to complain about any type of harassment, abuse or bullying within the LCA, please contact the Manager of the LCA Professional Standards Department (PSD) Telephone **1800 644 628** or write to the Manager of the PSD: **Confidential , Professional Standards Department , PO Box 519 , Marden, SA 5070** or email complaints@lca.org.au

UNIFORM SHOP SALE

1/2 PRICE WINTER UNIFORMS
(excluding new style garments)
ALL OTHER PRICES AS MARKED

Place your order by the end of Term 1 or shop in person.

The Uniform Shop will be open from

8:45am—11am and 2:30—4pm

every day during the first week of Term 2

Orders will be accepted

via the e-form purchase request form on the school app,
by phone call or text message to Tegan Peel 0401 665 640



OLD SCHOOL FAMILY PICNIC & GAMES

FRIDAY 26TH MARCH 2021

5:30PM - 7:30PM LUTHERAN SCHOOL OVAL

BRING A PICNIC DINNER & DRINKS, A RUG OR DECK
CHAIRS & JOIN IN AS PARENT/CHILD PAIRS COMPETE



THREE LEGGED RACE

SACK RACE

TUG-O-WAR

'EGG' & SPOON RELAY

DRESS THE SCARECROW RELAY

POINTS AWARDED CONTRIBUTE TO OVERALL
SCHOOL HOUSE WINNERS

INVITATION

Who: 2021 Kindergarten families

When: Sunday 21st March 2:30pm—4pm.

Where: Botanic Gardens Adventure Playground

(by the BBQ area). There is also a fenced playground area beside the Adventure Playground which is great for toddlers.

Come along for a relaxed park catch up! A perfect time to get to know each other as our children are beginning their primary school journey at LSWW. Kindy kids can explore a different play space together. Parents can meet other families, connect and probably have a few laughs about family/school transitions.

Remember to bring along afternoon tea and drinks for your family. Be sun smart with hats and sunscreen. Be COVID safe and maintain social distancing.

If it rains, an update will be posted on the "Class of 2027 Kinder 2021 LSWW" Facebook group. If you have not joined this group. It is the best place to get up to date information about what is happening with our kindy children.



Seasons for Growth Children and Grief



When a child is grieving it is natural to want to support them. Yet, we often feel very uncertain about how best to do so. Perhaps you feel uncomfortable about discussing loss and grief, worried whether your child's behaviour is normal, and unsure what you can do to help. This factsheet offers some guidance for adults (parents, carers, relatives, teachers and others) to help you support a child who is grieving and nurture them to grow through the experience.



What is grief?

Grief is the human response to change and loss in our lives, such as the death of someone we love, parental separation or other major change. It is a natural and normal response, which has a physical impact on our bodies as well affecting our emotions and our thinking. Grief challenges the way we think about ourselves and the world, and influences our spirituality and relationships.

How do children express grief?

Like adults, children express grief in unique and personal ways. This can be influenced by a child's age and understanding of the loss, but also by other factors such as their character, situation or experience. Some children may openly express their hurt, while others may withdraw. Many children also dip in and out of grief, alternating between grieving and more playful behaviour. It is important to remember that grief is a normal and natural response and that there is no right or wrong way to grieve. Some (not an exhaustive list) of the reactions children may experience:



Emotions that children may feel ...

- May be anxious, fearful, fretful and sad
- May be angry, frustrated or disillusioned
- May try to mask their feelings to 'save' or 'help' adults around them

Thoughts that children may have ...

- May have unrealistic thoughts about their loss
- May try to recreate 'what was' before their loss
- May blame themselves
- May have frightening thoughts or worry about the future

Behaviours that children may show ...

- May regress to younger behaviours
- May 'lash out' at family, friends or teachers or 'act out' in anger
- May be overly clingy or uncooperative
- May try to be overly helpful and cheerful

Physical reactions that children may experience ...

- May be tired, distracted and unable to concentrate
- May have stomach aches and headaches

How to support a grieving child

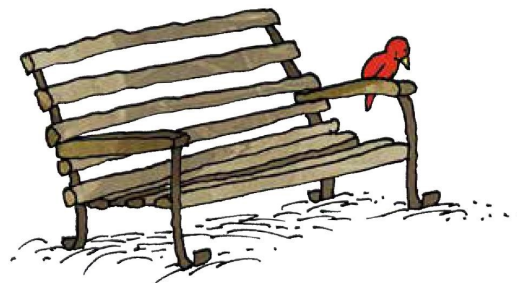
- If we think of grief as a journey, our role as adults is to walk alongside children. We cannot take away the loss a child has experienced and we cannot grieve on their behalf. However, we can help them to understand and navigate the journey and we can hold their hand, encourage and support them when the going gets tough.

What support do children need?

- A strong, loving relationship with a parent or primary caregiver who they can rely upon and trust.
- Clear, factual age-appropriate information about the loss they have experienced.
- Warm, open communication to talk through and make sense of what has happened, repeatedly and without judgement.
- Space to express a wide range of emotions (such as sadness, anger, fear, guilt and humour).
- Help to make sense of their emotions and reactions.
- Security from their usual boundaries and routines.
- 'Time out' from their grief, to be allowed to laugh and be playful.
- Opportunities to be involved in decisions linked to their loss.

How to help as relative, friend, teacher or other professional

- Let children know their loss is recognised
- Identify yourself as a safe person who is open and willing to listen (although don't force children to talk)
- Help children to identify overwhelming feelings and let them know it is OK to feel sad, angry etc.
- Help them to manage their feelings in different contexts (such as school)
- Check in with children regularly to keep communication open over time



Involving children in decisions at school

Talking with children about new arrangements can be a way of acknowledging their loss without focusing on it directly. For instance, a teacher might ask a child how they would like the teacher to respond to questions from other students, or discuss whether there are any special arrangements that might help them cope in the classroom.

Further Support

Seasons for Growth is an education program that gently helps children learn about the grief process. Train to be a 'Companion' to facilitate the small group (4-7 participants) over 8 sessions. There are four levels of the program to support children and young people 6-18 years. All four levels of the Program have flexibility to cater for participants with different learning needs.

Each session explores a theme such as:

- Life is like the seasons
- Change is part of life
- Valuing my story
- Caring for my feelings
- Making good choices

The Program has a safe and engaging curriculum that incorporates a range of age appropriate activities involving drawing, stories, discussion, playdough, music and journal activities.



Justice
Hope
Collaboration
Compassion
Respect

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