

# Lutheran School Wagga Wagga

# NEWSLETTER

12 May 2021  
Term 2 Week 4



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## FROM THE PRINCIPAL

This week's [video message](#) from the Principal.

For some students, exams like NAPLAN represent a 'break' from regular work and are just another part of school. For others, exams can cause anxiety. Earlier this week, we sent a letter to students (attached in this newsletter) to try and put the exams into perspective. What can parents do to help soothe their children and not let them go down the dark path of anxiety?

Experts say, the first step is to look out for the signs of anxiety. 'Anxiety is often accompanied by signs of restlessness or fatigue during waking hours, problems in concentration or sleepiness during the day, accompanied by muscular tension or trouble in sleeping at night,' said Irena Constantin (MPhil), an educational psychologist at Scott Psychological Centre. 'It's important to pay attention to your child's feelings and signs of anxiety and to stay calm when your child becomes anxious about a situation like exams.'

### CHANGES IN BEHAVIOUR

Dr Sara Delia Menon, a clinical psychologist at Alliance Counselling, suggests that parents determine if the anxiety is proportionate to the stressor and compare their child's response to past behaviour.

So, for instance, greater anxiety can be expected for national or other milestone examinations, compared to class tests. It's also important to look out for changes that are out of character. She cites examples such as mood changes, changes in social interaction or differences in activity level.

If these changes are temporary — lasting no more than a few hours — and related to a specific trigger, such as being scolded by a teacher or parent and are infrequent, the stress response is likely to be normal. 'However, it warrants further exploration if the changes in your child's behaviour are more long-lasting, are not associated with specific triggers and occur on a regular basis,' said Dr Menon.

If your children are indeed going through an anxious phase, you should let them know that you are there for them. Constantin said one can provide support by accepting your child's feelings and empathising with his or her situation. 'Anxiety is a very scary feeling and your child needs the reassurance that you're together with (her) him,' she said.

'Make sure you're taking the child's feelings seriously and providing a good balance between learning and playing, together with healthy food and enough sleep.'

Constantin also points out the importance of recognising small accomplishments and not punishing mistakes. In fact, allowing your child to make mistakes can actually be used as a motivator. 'We do learn from our mistakes,' she explains. 'Mistakes force us to rethink and reflect on what went wrong so we avoid doing the same 'learning mistakes' next time. Reflecting is a good tool and will help your child decrease (her) his anxiety levels and to gain control over the exam situation.' 'Keep going on as a parent, believing in your child and encouraging him(her) to go ahead even if they have failed,' she added.



### THOUGHTFUL ACTS

Dr Menon recommended reassuring children that exam stress is normal in the short term and to draw on past instances where your child successfully managed a stressful situation, to provide hope and motivation.

'Parents should also certainly spread the love, in order to affirm your child's self-worth,' she said. For example, you can engage in acts of thoughtfulness such as making your child's favourite meal, providing verbal praise or positive feedback that includes but isn't limited to academic achievement and give your child generous amounts of affection, through hugs, kisses and loving words.

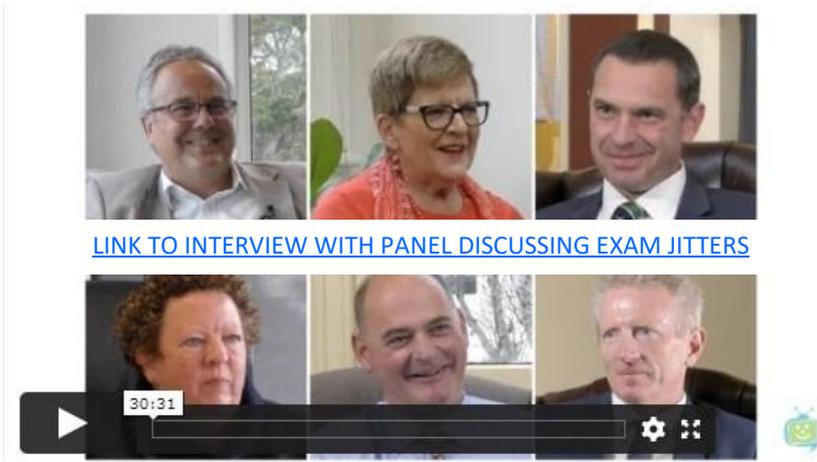
While you're at it, make sure that your child is getting the right amount of sleep and level of concentration during this exam period. 'Reinforce the importance of rest and maintain pockets of time for leisure or relaxation even during the examination period,' urged Dr Menon.

Try to plan a study schedule with your child in advance and emphasise consistent hard work, rather than last-minute panic. Also always send the message to your child that their well-being is ultimately most important.

Since exam season is also a stressful time for parents, experts say it's essential that they too look after themselves. Dr Menon proposed separating your own feelings from your child's feelings and to be aware of and manage your personal stress and tiredness. 'Many parents overreact to their children after a long day at work because they have other demands on their time and energy,' she said.

Try and build in self-soothing activities like deep breathing, or physical activity like walking to prevent an escalation of conflict with your child. Not only will this help ease any tense situation in the home, it can perhaps also help your child cope better with exam stress, knowing that parents aren't seemingly unnecessarily haranguing them. 'Learning is challenging enough; scolding, threatening or bargaining with your child is not going to get him or her to learn any faster,' Menon said.

Would you like to know more? Below is a [link](#) to a 30-minute interview with a teaching panel discussing exam jitters at various levels of education.



First row (left to right): **Dr Tim Hawkes** - Former Headmaster, The King's School; **Elida Brereton** - Former Principal, Camberwell High School; **John Moore** - Head of Senior School, St Leonard's College.

Second row (left to right): **Sue Cahill** - Student Wellbeing Leader, St Charles Borromeo Primary School; **Philip Grutzner** - Principal, Carey Baptist Grammar School; **Pat Kenny** - Head of Junior School, St Leonard's College.

### National Walk Safely to School Day (WSTSD)

WSTSD day is this Friday, 14 May. This is an annual campaign supported by the Australian government and all state, territory and local governments that encourages children to walk safely and regularly to school with their parents/carers. The Pedestrian Council of Australia says that Australian children are becoming less active. One contributor is the decline in walking to school. Children who are regularly physically active are healthier, perform better academically and are less likely to be overweight. Walking regularly is the best exercise because you can build it into your daily routine. If you can't walk all the way to school, maybe combine a walk with bus travel. If you must use the car, try leaving it a good distance from school and walk the rest of the way.

Walking also reduces car dependency and traffic congestion, reduces the level of air pollution created by motor vehicles and helps children to develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road.

Thank you for your support and participation. For further information visit the [walk.com.au website](http://walk.com.au)



### Sausage Sizzle Lunch

A note and order form was sent home today regarding a sausage sizzle lunch to be held next Friday 21 May (the day after the Athletics Carnival). The cost is \$2 for a sausage in bread. A gluten free option is available.

Flexischools is available to take your orders, and is our preferred method of ordering. It's easy to register by following the instructions below.

The order slips on the information note are provided for those families that need to order by an alternative method. Please complete your order by **Monday 17 May**. No other canteen lunches will be available on the day. Late orders will not be accepted.

**Note:** Kindergarten students will be having their sausage sizzle at 12:15pm, due to a scheduled excursion. Years 1-6 will have their lunch at the usual time of 1:15pm.

## REGISTER

-  1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **REGISTER** option and enter your email address.
-  2 You will be sent a registration email. Click on the link in the email to complete the registration.
-  3 Fill in your details on the Registration Form and click "submit".
-  4 Add your students, select their school and class.

## ORDER



-  1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **LOGIN** option. Click on "Start an order" for your student.
-  2 Select the service you wish to purchase from. You can also set up orders in advance.
-  3 Add each of your items. Extras and options will appear where relevant to the item.
-  4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.

### Mother's Day Stall

The P&F coordinated a successful Mother's Day Stall last week. Thanks to Liz Gooden and her team of helpers for their hard work in bringing the stall together. You created a wonderful "shop front" that was appealing to students. Thanks also for helping the students choose lovely gift(s) for their mum or that special someone.

Special thanks to our parents/carers for their participation and support. The P&F raised \$1,423!

Janet Moeller

# THANK YOU!

## OSHC NEWS

The children have been enjoying a large range of planned and spontaneous play throughout the past week. Crafting and playing board games such as 'Guess Who' and 'Uno' have been very popular. Dancing along and listening to music in the chapel has also become a regular part of the afterschool program.

Parents/carers please keep an eye out in your emails as the vacation care program for the winter school holidays will be coming out soon with lots of fantastic activities planned.

Bec Cameron (Coordinator)



## SPORTS NEWS

### NSWPSSA AFL Championships

On Tuesday 4 May Joe Stone travelled to Byron Bay for the NSWPSSA AFL Championships. There were 13 teams participating at this three day event. Joe was representing CIS and competing at his first NSWPSSA AFL Championships.

The CIS team played two games on day one of this competition. The CIS boys started extremely well, defeating South Coast 35-3. They narrowly went down to Mackillop 28-13.

On day two the CIS team played two games against Sydney East and Riverina. The CIS boys continued their impressive form, defeating Sydney East 28-9 and Riverina 41-8.

On the third day of the championships the CIS team played Sydney North, with the winning team advancing to the grand final. This hotly contested final was won by Sydney North by one point, 15-14.

The CIS team played South Coast in a playoff for the third. The CIS team were successful in their final game winning by two points, 22-20. Congratulations to Mackillop who were crowned NSWPSSA champions. They defeated Sydney North in the grand final by 44 points, 59-15.

Joe played in the ruck throughout the championships. The ruckman is one of the most important players on the field. They are key to winning centre clearances which result in the most goal kicking opportunities.

Joe said, "the highlights of the championships were playing in the mud, competing at this next level, playing in a great team, making new friends, learning new ways of playing and listening to an experienced coach. It was lots of fun."

Congratulations Joe, the school community is super proud of your 2021 AFL achievements. Thank you to Stacey and Troy for transporting and supporting Joe at this event.



### Riverina Schools Orienteering Championships

The Riverina Schools Orienteering Championships were held on Wednesday 5 May at Willans Hill. There were over 80 primary and secondary students from throughout the Riverina competing at this event. Our school was represented by Ryder Seaman, Nathan Earl and Hayden Earl.

Nathan and Ryder participated in the boy's 10-11years age group. The boys performed extremely well, placing 2<sup>nd</sup> and 3<sup>rd</sup> respectively in their 1.1km event. Hayden participated in the boy's 12-13years age group. He also had a fabulous race, placing 4<sup>th</sup> in his 1.3km event. The three boys then combined as a relay team and competed in an open (primary and secondary) event. The boys placed 14<sup>th</sup> overall, a fabulous achievement considering the boys were competing against all ages on the day.

Thank you to Briohny Seaman and Andrew Earl for supporting the boys at this event.

Caroline Stewart (PE Teacher – Sports Coordinator)





# Meet Mrs Macleod

## About Me:

Hi, my name is Tash Macleod. I am part of the Kindergarten team, and teach KM. I have worked at LSWW for 14 years. I have taught Kindy/Yr 1/Yr 3 and Learning Support during my time at Lutheran. I enjoy being a part of this huge community and love coming to school each day.

## Fun Facts:

- I am an avid AFL Geelong supporter.
- I love going camping with my family and friends. Roasting marshmallows and having a delicious glass of red wine... (or two!).
- We have a new member to our family. Her name is 'Ruby' the Spoodle.
- I am married to Hugh, my husband and have two children Jock (9) and Apple (7).
- I am part of a local book club and really enjoy reading.
- I love cooking and baking at home... cooking shows love!
- I am just under 6ft in height.
- I play netball and waterpolo.
- I help run a small business part-time called 'Betsy's Good Bar'.

## I am reading:

'The Push' by Ashley Audrain.



## TERM 2 DIARY DATES AND INFORMATION

DATE	EVENT
12 May	NAPLAN (Years 3 and 5)
13 May	NAPLAN (Years 3 and 5)
14 May	NAPLAN catch up (Years 3 and 5)
14 May	RAS Cross Country
14 May	2:40pm Assembly (Kinder)
14 May	Team 6 Social Evening 5:30pm at Thirsty Crow
17 May	10am Principal's Tour for prospective parents
18 May	4:45pm Parent Volunteer Session (Parent Hub)
19 May	11am National Simultaneous Story Time
19 May	Year 1 Mum's Dinner 7pm at the Birdhouse
20 May	Athletics Carnival
21 May	9:10am Athletics Carnival Awards Ceremony
21 May	1:15pm Sausage Sizzle Lunch (Kinder at 12:30pm)
21 May	1pm Kinder Excursion (Civic Theatre)
21 May	Peer Support
25 May	Spellmaster round 1
28 May	2:40pm Assembly (Year 4)
1 June	7pm Kinder Readiness and Orientation Parent Meeting (Wine & Cheese)
1 June	Spellmaster round 2
4 June	Peer Support
8 June	Spellmaster round 3
8 June	7pm P&F Meeting (Library)
10 June	CIS Cross Country Championship
11 June	2:40pm Assembly
14 June	Queen's Birthday Public Holiday
15 June	Spellmaster round 4
17 June	Spellmaster oral round
17 June	Math Olympiad and Games
18 June	Todd Woodbridge Cup (Stage 2)
18 June	Peer Support
21 June	Spellmaster Final 2pm in the school hall
22 June	Mortimer Shield Finals (Stage 3)
22 June	Year 2 Excursion (Civic Theatre)
25 June	Sausage Sizzle Lunch
25 June	2:40pm Term 2 Closing Chapel

### UNIFORM SHOP

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

**Year 1 Mum's Dinner**  
 Wednesday 19 May 7.00 pm @ the Birdhouse  
 Come along for a casual catch up  
 Contact Tara Freeburn 0402 222 980

**Team 6 Parents Social Evening**

**THIRSTY CROW**  
 FRIDAY 14 MAY FROM 5:30PM  
 DINNER AND DRINKS  
 CHILDREN WELCOME  
 RSVP: BEK 0402619911  
 WAYNE 0428432556

**Lutheran School Values**

respect  
service

compassion  
quality

courage  
humility

love

JUSTICE  
hope

forgiveness  
APPRECIATION

2021 Term Dates	Term 2 Concludes 25 June	Term 3 13 July—16 September	Term 4 5 October—9 December
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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](mailto:complaints@lca.org.au)