



Lyndoch Primary School

“Achieving Together”

Respect - Resilience - Collaboration - Self
Responsibility



Government of South Australia
Department for Education

21st May 2021 - TERM 2, Week 4

Principal - Melissa Babic
Coordinator - Kate McAuley
Finance Officer - Bec Handke
PCW - Jo Herrmann

Diary Dates:

Sciworld Shows

31st May 2021

Science Week

31.05.2021 to 04.06.2021

Dress up like a Scientist

04.06.2021

Public Holiday - Queens Birthday

14th June 2021

NAIDOC Week Celebration

02.07.2021

PJ Day

02.07.2021

Governing Council meeting dates

21.06.2021 - 6:30 pm

02.08.2021 - 5:45 pm

20.09.2021 - 5:45 pm

25.10.2021 - 5:45 pm

06.12.2021 - 5:45 pm

Pupil free Days

11.06.2021

07.09.2021

Term 4 TBC

School Closure Day

6th September 2021

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FROM THE PRINCIPAL



Last week during Morning Mugs a group of parents were involved in learning about Interoception.

What is **Interoception**

Interoception is a pre-requisite skill for self-management and self-regulation. It provides the tools to know when we are developing emotional reactions and the skills to be in control of these reactions.

Interoception is an internal sensory system where the internal physical and emotional states of the body are noticed, recognised, identified and responded to.

Interoception skills are needed for functions such as knowing when to go to the toilet, being aware that you are becoming angry or upset and being able to manage your emotions proactively.

Children and young people will struggle with their own emotions and social interactions if they have not developed interoception skills. Even just being around others may be difficult for them to manage.

Children and young people with well-developed interoception are able to use both logic and emotions to respond to their environment. Those without tend to rely on logic and have to carefully think through their possible responses to each situation.

Thinking through each situation long term can be tiring and contribute to overload, shutdown, meltdowns, anxiety and depression.

Benefits of teaching interoception

- Helps children and young people connect to and learn to understand their bodies and emotions.
- Helps children and young people develop a sense of belonging. Without interoception, social skills are just the application of rules and not a meaningful way of interacting.
- Classrooms where interoception is being taught have decreasing behavioural challenges over the school year and those where it is not have static or increasing behavioural challenges (school wide behaviour reporting analysis).

If you would like more information please see Kate or myself.

OSCH/Vac Care

At Lyndoch Primary School we value the importance of supporting our families. The OSHC service has not had a fee increase for a number of years and upon review, the fee increase is required to ensure ongoing OSHC service provision. The increase of fees being charged have been worked out using a budget tool, support from the DfE Early Years and Child Development team and Governing Council.

** To work out what Child Care Subsidy (CCS) you are entitled to will depend on your circumstances and the hourly rate cap set by the Government. To find out if you are eligible, simply log into MyGov and complete your CCS Assessment.

The price increase will start on Monday 7th June 2021. If you have any questions about this please do not hesitate to contact me on 8524 4172 or email the school dl.0237_info@schools.sa.edu.au

Outdoor garden area



Thank you to Bunnings for donating plants, potting mix, soil improver, mulch, plant trainer, health tonic and watering cans.

Julia is our volunteer who comes in every Tuesday after recess and works with a group of students. Next term she has other commitments and will not be able to volunteer her time. **If you are interested we are looking for a new volunteer during term 3 2021.**

Whole School Meetings

Only parents of children hosting will be permitted to attend whole school meetings. Teachers will notify families via Seesaw when their class will be presenting.

Friendly Schools Awards:

Week 3 - Bethany

Week 4 - Imogen

Congratulations to our Award Winners:

Week 3

R/1 Class: James

1/2 Class: Braxton

3/4 Class: Elijah

4/5 Class: Owen and Charlee

6/7 Class: Hamish

Week 4

R/1 Class: Joel

1/2 Class: Ethan

3/4 Class: Jasmine

4/5 Class: Nate

6/7 Class: Harley

Mr. Smiley Award

Week 3 - Kiana M for showing courage

Week 4 - Henry H for showing consideration towards others

Birthdays

The following students are having or had their birthdays so we would like to wish them a very happy birthday:

Willow V 15th May

Andrew w 21st May

Birthday song in Japanese

Otanjoubi omedetou

Otanjoubi omedetou

Otanjoubi omedetou

__(name)__san

Otanjoubi omedetou

<https://youtu.be/ufpqAspbV44>

COVID-19 update

REMINDER - Staff and Families need to be using the QR Code check in or sign on book in the office

COVID-SAFE CHECK-IN The school continues to have a QR Code for parents to check in when you enter the school buildings. Please scan in each time you enter the school buildings. Codes are available in the office and on the windows of each classroom. If you prefer not to scan there is a sign on book in the office. Thank you for your cooperation.