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NEWSLETTER

28th March, 2017

UPCOMING EVENTS AT LONSDALE

16/20/22/23/29/3 &5/4/18		Police Visits to all classes
30/3/18	Friday	GOOD FRIDAY
2/4/18	Monday	EASTER MONDAY
13/4/18	Friday	Last Day Term 1 2.15 p.m. dismissal
30/4/18	Monday	First Day Term 2

FROM THE PRINCIPAL

We hope everyone has an enjoyable and safe Easter Break. The students have had an extremely busy term with excursions, swimming, Life Education bus, Crows visit and clinics, T-Ball clinics, cooking classes and Police visits as well as all the wonderful curriculum learning done in their classes.

Preschool has got off to a great start in 2018 and the students have settled in very well. They have done a wonderful display in the front office for everyone to see. If you have or know of any children turning 4 before the 1st May, 2018 they are eligible to start preschool now. Parents/Carers are always welcome to stay for a while at kindy and do some reading or puzzles/games with a group of children. Even if you have a special skill you would like to share with the children in the way of an activity please speak to either Bianca or

Stacey to arrange a time to stay during any kindy day. They would appreciate your time. These are very special times for the children as they enjoy having family members stay to share activity time.

Playgroup runs every Friday morning from 9 a.m. to 11 a.m. and has been a very busy term with large numbers of families attending. Anyone with children not attending school are welcome to come along. **Lonsdale Heights playgroup is a free service.** Our playgroup co-ordinator is Elizabeth, so feel free to make yourself known on Friday mornings.

Governing Council has been elected and meetings have started again for 2018. We are always looking for new members to join, so if you are interested in learning about the running of the school or would like to have some input, please come into the Front Office for more information. This is a great

I HAVE READ THE NEWSLETTER DATED 28/3/18 PLEASE ENTER ME IN THE NEXT RAFFLE DRAW IN THE WEEK 10 Term 1 ASSEMBLY.

NAME:

CHILD'S NAME:

CHILD'S CLASS:

FEEDBACK ON THE NEWSLETTER:

opportunity to meet some families at the school and be involved in some of the school fundraising and decision making about moving the school forward. The next meeting is on the **9th April, 2018** in the staff room at 7 p.m. Hope you can join us.

[Coles Sports for Schools](#) has almost finished and we would like to say thank you to everyone who has saved their vouchers for our school. So far our tally is up to nearly 5,000 vouchers which we will redeem for sporting equipment for the school. Well done Lonsdale Heights School.

[Volunteering in the School](#) is another great way to see how the school operates and what wonderful programs the children are involved in. Different ways you can be involved are by coming into school to *listen to children read, support teachers with a specific activity, assist with cooking classes, the school garden, canteen, fundraising events, excursions and many other things.* **Reading can be done in classes at all year levels, so even if your child has moved through into the Upper Primary classes it is still very valuable for the children to read every day.** If you think you would like to be involved in any of these ways please speak to one of the Front Office staff and they will get you started with your DCSI clearance form. Teachers and SSO's can support with any training needed. The amount of time you wish to give is entirely up to you.

[EASTER RAFFLE](#)

Our Easter Raffle raised over \$100.00 for the school and thank you to everyone who supported this fundraiser. All winners will be notified on Wednesday. Enjoy the goodies.

[SCHOOL CANTEEN](#)

[‘The Lunch Box’](#) Lonsdale Heights School Canteen is open on Thursday's and Friday's each week. Most menu items are made fresh here at the school and there are many delicious items available for sale at recess and lunch. Children can buy items from as little as 50 cents and have a lovely healthy snack. Most children enjoy being able to

purchase canteen items, so if your child is able to bring along 50 cents they can exchange their money for a token at the office and buy some yummy food next time the canteen is open. ***We are always looking for new volunteers in the canteen as well, so if you would like to join the crew feel free to enquire at the canteen or the Front Office.***

[RE: NOTIFICATION OF CHICKEN POX](#)

We have been informed that one of our students has contracted Chicken Pox. We have outlined below some general guidelines for your information.

Chicken pox is a viral infection caused by the varicella-zoster virus. Symptoms include fever and “cold-like” symptoms followed by a rash. The rash appeared blisters which crust to form scabs to form scabs. The rash is more noticeable on the trunk than on the limbs and may affect the scalp and the inside of the mouth, nose and throat. The rash is usually itchy. Incubation period (time between becoming infected and developing symptoms) is two - three weeks, commonly thirteen – seventeen days. Infectious period (time during which an infected person can infect others) is from two days before the rash appears (during coughing, runny nose stage) until 5 days after the appearance of the first blister.

Control of spread

- exclude person with chickenpox until fully recovered or for at least five days after the rash first appears. Note that some remaining scabs are not a reason for continued exclusion
- any child with an immune deficiency (eg leukaemia) or receiving chemotherapy should be excluded from contact with a case of chicken pox or shingles for their own protection
- wash hands after contact with soiled articles (tissues, etc) Dispose of tissues appropriately
- persons with shingles should cover the moist shingles rash with a dry bandage to ensure that others are not exposed

Treatment

- specific antiviral treatment for both chicken pox and shingles is available
- medical advice should be sought if:

- a child or adult with chicken pox has a high fever, cough, shortness of breath or chest pain
- a pregnant woman has chicken pox
- a person over 50 years of age has shingles

For all cases, calamine lotion or pheneregan (available from chemists) may be useful for the itch. If treatment to reduce temperature or discomfort is necessary, paracetamol is recommended

2018 MATERIAL & SERVICES FEE

Well here we are, Week 9 already. Statements for outstanding invoices have been sent out to you last week.

A reminder that **school fees were due on February 28th 2017.**

If you are experiencing financial difficulty and wish to pay in instalments either direct to the school or by direct debit using the **free Centerpay** service provided by Centerlink – **forms are available at the school on your request.** If you require **free** financial advice, please come in and speak to Mel Jolly in the Finance Office.

If you are eligible to apply and have not submitted a School Card Application form this year - **this needs to be done ASAP.** If you need another form, please come to the office to get one.

Thank you for your attention to this matter.

Mel Jolly
Finance Officer

COOKING CLASSES JUNIOR PRIMARY

We hope you have been enjoying our recipes in the newsletter. The children have been making and tasting these recipes during cooking classes. This week's recipe is:

PEAR CRUMBLE

12 Pears
1 lemon
500 ml water
150 grams sugar

Topping

250 grams unsalted butter
6 cups rolled oats
1 cup brown sugar

Preheat the oven to 180 degrees. Peel the pears and chop into small dice. Juice the lemon. Place the water, lemon juice and sugar in a large saucepan. Bring to a simmer. Turn the saucepan heat up to medium and drop the pears into the syrup. Put the lid on the pot and turn heat down to low and simmer for 15 – 20 minutes until pears are tender. Drain off the stewing juice and place the fruit in the bottom of the baking dish.

Topping: Melt the butter in a medium saucepan then stir in the oats and sugar. Spread the topping over the fruit and bake for 30 minutes until the topping is golden.

WANT TO PLAY GIRLS OR WOMEN'S AFL FOOTBALL FOR 2018

Southern Football League CLUBS has the opportunity

For Under 14, Under 16 Girls & Open Women's to play

The Following clubs have Teams and are looking for

Players – Contact them on the following details

REYNELLA FOOTBALL CLUB – email
rfc.flygirls@outlook.com

COVE FOOTBALL CLUB – Anthony - Mobile
0421061617

MORPHETT VALE FOOTBALL CLUB – Amanda
Jarrad – email klemettila.06@bigpond.com

FLAGSTAFF HILL FOOTBALL CLUB – Deb
Osmond – email ddslosmond@bigpond.com or
Mobile 0403029569

PORT NOARLUNGA FOOTBALL CLUB - Mark
– email Mark.lucie@iinet.net.au - Mobile -
0427580073

NOARLUNGA FOOTBALL CLUB – Jodie Smith
– email jodiebaz@bigpond.com or mobile
0437662225

HACKHAM FOOTBALL CLUB – Charmaine
Mulloy – Mobile 0432341242 email –
cm7778@gmail.com

Or any question or enquires regarding
Competition please contact Belinda Howden
Southern Football Director and women's/Girls co-
ordinator – Mobile 0418895830