



Linton Primary School Newsletter

5th April 2023

Volume 5 - 2023

Respect Responsibility

Pride



From the Principal:



28 Adair Street
Linton Vic 3360

Phone: 5344 7341

Mobile: 0429 694 011

linton.ps@education.vic.gov.au

website:

www.lintonps.vic.edu.au

Important Dates

Thursday, 6 th April	Final day of Term 1! 2:30 pm finish Easter Parade Morning Tea 😊
Monday, 24 th	First day of Term 2 ANZAC Day service
Tuesday, 25 th	ANZAC Day Public Holiday
Friday, 28 th	Senior Cross Country @ Napoleons
Thursday, 11 th May	Leaders Day
Monday, 15 th	Education Week

Linton PS is a
Child Safe School

School Bank Details

Parents wishing to make
payments via direct deposit:

BSB: 063838

Account: 10018078

Please use student or family
name in the reference field.

Amazing Athletics!

It has been a quiet day at school today, as we all recover from the LDSSA Athletics! What a brilliant day we were treated to, with the weather really turning it on. Our students all had some success during the day which was lovely to see. My highlight was the students working together in the relay races!

Quotes from our students:

Liam – 'It was nice to get together with all of the other schools, have some fun and do some athletics!'

Xavier – 'It was great doing the jumping events!'

Millie – 'I liked hurdles, because I ran well, and it was fun'

Campbell – 'Everyone should try the 800m! Trying to beat my personal best in high jump was tricky.'

Scarlett – 'The field events and relay were brilliant'

End of term

Final reminders about tomorrow:

- It is a free dress day 😊
- Students will be completing an 'Easter Bonnet Parade' & assembly at 11:00 am – all families and friends are welcome to attend.
- We will follow this up with a cuppa and shared morning tea – families are welcome to bring something to share.
- School will finish at 2:30 pm

Reading Helpers

We would love some reading helpers - each Tuesday or Thursday from 9:15 – 10:00 am. If anyone has any questions, please ask Mr Vagg.

School Council

Congratulations to the following members who will make up our School Council for 2023:

- Alison Kerr (President)
- Dale Cox (Vice President)
- Daniel Vagg (DET Rep.)
- Stuart Robinson (Principal)
- Pam Southington (Community Member)
- Amelia Maitland
- Barbara Carrick
- Shannon Barry

Support for Mental Health & Wellbeing

There are several ideas below on how families can support their child/ren's mental health and wellbeing over the holidays. We hope you find some benefit!

Staff emails

Miss Walker – jacklyne.walker@education.vic.gov.au (Thursday & Friday)

Mr Vagg – daniel.vagg@education.vic.gov.au

Mr Robinson – stuart.robinson@education.vic.gov.au

Angela Burgoyne (Business Manager) - angela.burgoyne@education.vic.gov.au

School email – linton.ps@education.vic.gov.au

Appreciation

I appreciate everyone who volunteered at our Athletics!

Stuart Robinson

Acting Principal

Linton Primary School



Name – Mrs Foy (Karen)

Family – Husband – Shaun, 4 children Romi (8 yrs), Madden (6 yrs), Archie (4 yrs) & Hudson (2yrs)

Favourite book – Tomorrow When the War Began

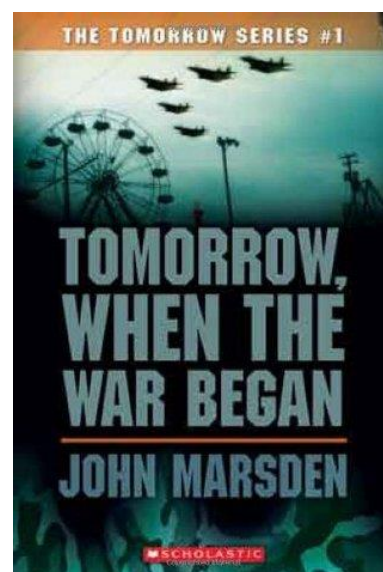
Favourite food – Hot chips / chocolate

Favourite drink – Coca Cola

AFL team – Melbourne

Pets – Two dogs (Allie & Shadow) & a cat (Lyla)

What you love about LPS – The children and their families 😊



There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships. If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can. Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it). Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood. If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to headspace wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing. A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going







INVERLEIGH & DISTRICTS GOOD FRIDAY APPEAL

Family Fun Day 2023

**Friday
7 April
10am-5pm**

All money raised goes to the Royal Children's Hospital

Located 25 minutes from Geelong - Victoria Park, 20 Park Street, Inverleigh. FREE ENTRY, FREE PARKING.



CARNIVAL RIDES & FUN FARM 2U

\$30 all day pass or
\$7 per ride



MIK MAKs

11am
& other
live music



Easter Bunny 12pm

EGG HUNT 12:30pm

\$5. Run in age groups.



AUCTIONS

Live 3:30pm
Must Register

**Silent Ends
3:30pm**

Raffles & Spinning Wheel all day



Live Animal Show 2pm



Teddy Bear Hospital 1pm-3pm



KF Dance 10:30am



SES 10-3pm CFA 2-5pm



Toy Workshop 10am-12pm



All Day
**Classic Cars,
Food Vans, Market
Stalls and more**

Thanks to our major sponsors:



Golden Plains Times

**Stockdale
& Leggo
Bannockburn**

NO ALCOHOL, NO SMOKING, NO DOGS (excludes assistance dogs).

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