



Lake Grace District High School NEWSLETTER #13

Phone: (08) 9865 4500 Address: 1 School Place, Lake Grace, W.A, 6353
Email: lakegrace.dhs@education.wa.edu.au

Thursday 24th August 2023

Term 3

Upcoming Events

Year 10 Work Experience
Monday 28th August– 1st
September

Board Meeting
Tuesday 29th August
@7pm in Padley Room

**Newdegate Field Day/
Pupil Free Day**
Wednesday 6th
September

Year 7/8 Cadet Camp
Thursday 7th-9th
September

Constable Care Visit
Thursday 7th September

**Canteen Order Cut Off For
Faction Carnival**
Thursday 7th September

Faction Jumps Day
Monday 11th September
NO CANTEN

Faction Athletics Carnival
Wednesday 13th
September

K/PP Assembly
Thursday 14th September
@2.20pm

SCHOOL HOURS

Monday (early close)
8.45am—2.30pm

Tuesday to Friday
8.45am—3.15pm



Book Week Continued..

BOOK WEEK 2023



Some of
Our
Costumes!





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Message from Principal: **Kerriane Mills**

Hello LGDHS Community,

Welcome to week 6, where the days are getting warmer and the sun is beginning to shine, with only a couple of days until spring.

So much has already happened this term, with dress up days, awareness events, school photos, camps and sports, yet there is so much to come in what seems to be a 'blur' of a year.

Congratulations to our local sporting teams that all made finals this year and the best of luck to those that have made the grand final - how exciting for our town.

I would like to take this opportunity to remind parents that a great healthy lunch and hearty breakfast before school is imperative to your child's learning. We also promote crunch 'n' sip in classrooms, with fruit breaks so please ensure your child's lunchboxes are packed with brain engaging, energising healthy options. We are seeing some students, mostly high schoolers, either not eating their lunches or not bringing lunches, therefore we ask for your support around this, by checking they do so. We also discourage students arriving to school with hot drinks in the morning, especially coffee. As a parent it is your choice as to whether your child can drink coffee or not, but we'd much prefer this stays at home and not be bought to school. We greatly appreciate your support with these matters.

Another friendly reminder to parents in regards to mobile phones. Firstly, if you haven't returned your child's mobile phone policy acknowledgement can you please do so. Whether your child has a phone or not please return your phone with this acknowledgment, we are still receiving reports of students having their phones on them in the school, therefore this is a reminder that we will confiscate any phone and call you to come and collect them from the school. If you know your child brings a phone to school can you please ensure you are returning the mobile policy form stating so and remind your child that they **HAVE TO** hand it in to the front office each morning. Thank you for your ongoing support.

Last week attendance letters were sent home with some students. These letters were to inform parents only as to where their child/rens attendance (%) is sitting with the Department of Education Attendance records. The letters were sent not as a 'warning' or 'threat' but as a reminder that sometimes we don't realise that just a day off here and there all add up. If we have grave concerns for your child/rens attendance, your classroom teacher or the school administration will be in touch with you directly, the letters are a means of communicating with you each term, a way of monitoring for both the school as well as parents. Attendance is a Wheatbelt District focus for 2023 and although schools have not returned to their attendance figures pre-covid yet, we are continuing to improve as a whole. As stated in the letter if you do not have any outstanding 'unknown' absences then please receive the letter as information only. These letters will become part of the school's attendance procedures to keep families informed and will be issued once a term. Should you have any enquiries about your child/ren's attendance please do not hesitate to contact the school, we will be more than happy to assist in any way we can.

The bookweek parade was a huge success last Tuesday, the students were beyond excited and the atmosphere electric. Seeing all the smiling faces as they walked around the undercover and continuing through the school was a wonderful sight to see. Thank you to all the families who helped put together their child/rens costumes and to those also that managed to attend the parade.



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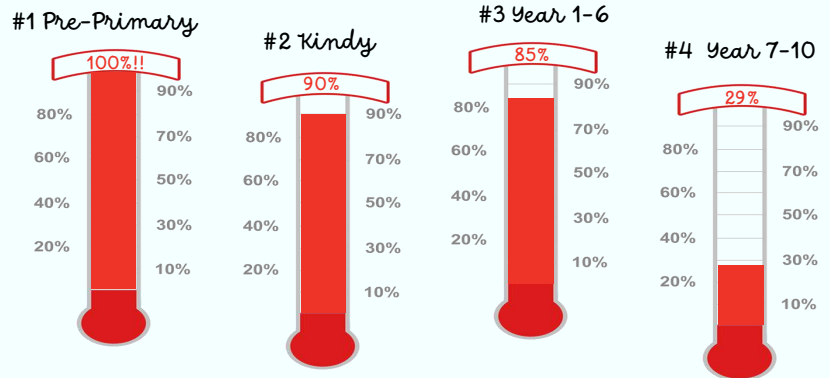
Message from Principal: **Kerriane Mills**

Calling all Parents! Would you like to have a voice when planning for the future of the school your child attends? Are you passionate about promoting our School? If this sounds like you, please contact the school to nominate yourself as a parent representative on the School Board. Some of the roles included as a Board Member are:

- Attend a meeting once or twice a term
- Review school policies and processes
- Promote the school in the community
- Approve contributions and charges
- Provide advice
- Code of conduct for students
- Business and strategic planning



Reminder, we are still short on voluntary contributions. We still have Pre-Primary in the lead with 100% payments received, Kindy at 90%, Year 1-6 at 85% and Year 7-10 at 29%, 55% of High School Electives and 60% of SIDE paid. Payment of these contributions enrich your child's learning experience here at LGDHS.



Enjoy the sunshine and slightly warmer days ahead.

Best wishes,
Kerriane Mills | Principal

Message from the School Nurse: **Laura Ballard**

Participants receive great freebies and a reward at the end!

BETTER HEALTH PROGRAM

Available in two formats

Online – complete fun, online sessions with your child plus a weekly call with your own personal health coach.

In a group – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

Sign up today!
www.betterhealthprogram.org
 1300 822 953

BETTER HEALTH PROGRAM

Is your child...

- primary school age?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

The *Better Health Program* is a **free**, 10-week healthy lifestyle program for you and your child. Weekly discussions include topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.

The program is available in **online** and **face-to-face** formats.

Both versions include a bunch of **great freebies**, and a **reward** at the end!

[f](https://www.facebook.com/betterhealthprogram) [i](https://www.instagram.com/betterhealthprogram) [@betterhealthprogram](https://www.tiktok.com/@betterhealthprogram)

Sign up today!
www.betterhealthprogram.org
 1300 822 953

BETTER HEALTH CO.



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P & C Update: **Nikki Lewis**

Dear LGDHS Community,

Currently P&C are in the process of opening new bank accounts and transferring funds from our Bankwest business accounts, preparing for Rabobank catering and the upcoming Faction carnival. Please keep an eye out via FlexiSchools notifications, in this newsletter or on our P&C Facebook page for updates on all things Lake Grace P&C.

Rabobank catering – Wednesday 6 September at Newdegate Field Day

P&C have once again been asked to supply platters of finger foods for the Rabobank sundowner. This is one of our annual catering fundraisers, everyone's contributions are greatly appreciated and we always get great reviews on the quality of our catering. Thank you, Amanda for once again co-ordinating this catering. Please keep an eye on the Lake Grace DHS P and C Facebook page or contact Amanda Trevenen to see what is still required.



Faction Athletics Carnival:

Keep an eye out for information from the school office on helpers, it is always a fantastic day. Please remember you don't have to commit to the whole day.

Ordering for the Faction carnival lunches will be available via the FlexiSchools app with Roma and Kay Café making orders up. Please select your child/children's faction and put all child/ren and additional lunch orders for parents or spectators in under one child's name. Orders will be bundled together in family groups by faction.



FACTION CARNIVAL LUNCH ORDERS to be placed by Thursday 7 September

Canteen:

Reminder if you place a canteen order and then your child/ children do not attend school on Canteen day. Please notify Annie Argent or myself before 9am on canteen day and we will arrange a refund to your Flexi Schools Account.

Uniform Shop:

If you have any queries regarding uniforms email Deb Carruthers via lgdhs.uniforms@gmail.com

If you haven't already please scan the QR code and sign up for Flexischools app and search for Lake Grace District High School to access our Uniform and Canteen ordering.



Download the *flexischools* app to get started today!

Best wishes,

Nikki Lewis | P & C President

Canteen Roster Term 3



28/08/2023	Teneeka Morgan	Sarah Clarke	Gemma Gooding
4/09/2023	Symone Mckenzie	Jo Morgan	Amy Elefsen
11/09/2023	Jumps Day	Jumps Day	Jumps Day
18/09/2023	Elizabeth Castaldini	Sarah Clarke	Kelly-Anne Gooch

Breakfast Club is open to all students each Tuesday and Thursday at 8.30am in the Home Ec. Room.



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Lake Grace District High School

Message from the Chaplain: Anita de Bruin

Hello Lake Grace Community,

Last Friday we looked at the importance of RUOK day, the student councillors engaged in some teamwork activities and had a discussion around why it is important to check in with our friends.

Why is it important to check in with one another???

In today's world where we are put under so much pressure, we sometimes don't take the time to look after ourselves, by looking after ourselves we can focus on our well-being and happiness, especially during difficult and stressful times, sometimes we don't see what is happening to us until a friend or someone close to us asks how you are doing.

The **RUOK??** Slogan encourages people to stay connected and have conversations that can help others through difficult times in their lives, it reminds us that we are not alone and that there is support out there, by staying in contact we notice signs that the people we care about are struggling and if we notice a change in their attitude or everyday living we know it is time to trust those signs and ask **RUOK??** We all go through stuff and sometimes we try and manage it on our own but having someone you can talk to can make a world of difference, the effects the **RUOK DAY** slogan has made is that there is a significant increase in knowledge around Mental Health and support, and it is OK to not be Ok, but to make sure you talk to someone if you are not OK, by checking in with each other we decrease the stigma associated around Mental Health, because we want everyone to know they can ask for help... if you feel you can't talk to someone close to you please make sure to call any of these numbers...



Kind Regards

Anita de Bruin | Chaplain



24/7 Support Lines

- | | |
|--|--|
| lifeline
13 11 14 | beyondblue
1300 22 4636 |
| mensline
1300 78 99 78 | kids helpline
1800 55 1800 |
| suicide call back service
1300 659 467 | qlife
3pm-midnight
1800 184 527 |

Breakfast Club is open to all students each Tuesday and Thursday at 8.30am in the Home Ec. Room.

Newdegate Filed Day Art Competition

NEWDEGATE FIELD DAY STUDENT ART COMPETITION 6th & 7th SEPTEMBER 2023



The Newdegate Field Day Art Competition is once again inviting the students from your school to enter their original artwork. There is a limit of **three** entries per student.

Entries are open to students from Kindy– Year 12, including students who may board away from home.

- Year section prizes range from \$5 up to \$100.

A prize of \$200 is on offer for students in years 7 -12, as well as Year section prizes up to \$100.

All artworks should be mounted on card.

Framed work will be accepted, but is NOT compulsory, from students in year 7 -12. (Please ensure it has a **SECURE** string or wire on the back for hanging)

There will also be a 4 years and under section and we encourage children to submit an artwork.

**Artwork should be completed and handed in to the
LGDHS Office before Tuesday 29th August**

Craftwork cannot be accepted.

No late entries

Please contact Gemma Lidster (0487663162) or
Davina Hams (0488720062) for more information.



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Bushfire Emergency Plan



BUSHFIRE EMERGENCY PLAN – PARENTS GUIDE



STUDENTS HAVE GONE TO SCHOOL		FIRE RATING PROCEDURES		
FIRE IN THE AREA	IMMEDIATE EMBER ATTACK	SEVERE	EXTREME	CATASTROPHIC
		OR HEAVY SMOKE AFFECTED		
Bushfire signal initiated	Lockdown signal initiated	SCHOOL STILL OPERATES Unless conditions make it impossible		SCHOOL TEMPORARILY CEASES OPERATION OR RELOCATES
Notice on school Facebook page and Schoolstream app	Notice on school Facebook page and Schoolstream app	Parents notified the day before if possible via school Facebook page and Schoolstream app		Parents will be advised the day before if possible via school Facebook page, Schoolstream app. Check local radio and DFES website.
<i>'Students safe in the art room-don't come to school'</i>	<i>'Students locked down and safe-stay where YOU are safe, don't come to school' in the art room-don't come to school'</i>	Students with an Asthma Plan should stay at home.		Students will stay at home
School relocates to the art room to wait for the all clear from DFES	Students, staff and visitors relocate to the art room to wait for the all clear from DFES	No outdoor activities		DO NOT SEND YOUR CHILD TO SCHOOL
Do not come to school to get your child		Students should bring extra water in drink bottles to school		All excursions will be cancelled or postponed
Check school facebook page, School-stream app about collection of students—time, place and method	Check school facebook page, School-stream app about collection of students—time, place and method	Excursions to bushland or isolated locations will be cancelled		Students away on excursions will not return to school but will be billeted at a local school until the rating is lifted
STAY CALM - KEEP YOURSELF SAFE		Monitor notifications on school Facebook page and Schoolstream app, local radio and DFES websites for updates		Parents will be advised when students may return to school by school Facebook page, Schoolstream app and local radio

➡ **Activate your family's Bushfire Survival Plan**



GOVERNMENT OF
WESTERN AUSTRALIA



FOR A SAFER STATE



Lake Grace District High School

Parent Planner | Term 3 2023

Please note: This Planner is subject to change

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	17 July	18	19	20	21	22/23
2	24	25	26 Careers Camp	27 Newsletter	28	29/30
3	31 P&C Meeting @7pm	1 August	2	3	4 Bendigo Bank Netball Yr5/6	5/6 Denmark Ag Open day
4	7	8	9	10 Newsletter Yr 5/6 Assembly	11	12/13
5	14 Shearing Demo	15	16	17 MPS School Photos	18 RUOK Day	19/20
6	21 Psych P&C Meeting @7pm Bookweek	22 Bookweek Parade/ Dress up Day	23	24 Newsletter	25	26/27
7	28 Yr 10 Work Experience - Perth	29 Board Meeting 7pm in Padley	30	31	1 September	2/3
8	4	5	6 SDD Newdegate Field Day	7 Newsletter Constable Care Incursion Carnival Lunch Orders via Flexi School App Close Yr 7/8 Cadet Camp	8	9/10
9	11 Athletics Faction Carnival Jumps NO CANTEEN	12	13 Athletics Faction Carnival ROMA AND KAY CANTEEN	14 K/PP Assembly	15 Narrogin Ag Open Day Crazy Hair Day	16/17
10	18 Country Week	19	20	21 Newsletter	22 Last Day of Term 3	23/24