



# Lake Grace District High School NEWSLETTER #4

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

Thursday 21st March 2024

## Term 1

### Upcoming Events

#### Year 3 Assembly

Tuesday 26th March

#### Interschool Swimming Carnival @ Lake Grace Memorial Swimming Pool

Wednesday 27th March

#### Last Day of Term/ Easter Hat Parade

Thursday 28th March

#### Student Development Day (No School)

Monday 15th April

#### Term 2 Commences

Tuesday 16th April

#### ANZAC DAY (Public Holiday/No School)

Thursday 25th April

#### Secondary Netball Carnival Katanning

Thursday 2nd May

#### Do it For Dolly Day

Friday 10th May

### SCHOOL HOURS

Monday (early close)

8.45am—2.30pm

Tuesday to Friday

8.45am—3.15pm

# YEAR 4-6 BLAST CRICKET

FRIDAY 8TH MARCH



**CATCH OF THE DAY  
WINNERS:  
MAX STUBBERFIELD  
& CHARLI BELL  
RUNNER-UP  
CATCH OF THE DAY:  
AMELIA PITCHER**



**1ST PLACE: KUKERIN PS TEAM 1  
2ND PLACE: KUKERIN PS TEAM 2  
3RD PLACE: LAKE GRACE DHS TEAM 4**



# NEWSLETTER #4

## Lake Grace District High School

### Message from the Principal: **Kerriane Mills**

Hello Lake Grace District High School Community,

Only 1.5 weeks until holidays! I hope you all have some lovely Easter/holiday plans in store with your families! As we round out this week our Student Leaders have organised students to participate in Rock Your Sock Day, in recognition of World Down Syndrome Day. Student Leaders are visiting each classroom to explain the importance of these days and what it actually means to be born with Down Syndrome. They will be demonstrating the importance of inclusion of all people, which also ties in well with Harmony Week, another important celebration happening this week.

Last week we had the local police group come and speak to our Year Six class. They spoke to them about the importance of cyber safety and the repercussions that can occur if you are acting irresponsibly online. Max Stubberfield was more than happy to demonstrate the worst case scenario, as you can see pictured, (right). The guys in blue must have had such a great time that they visited us again this week-this time, in the canteen! The students love seeing their local Police getting involved at school, they had a line up out the door at recess!

Over the last few weeks our school oval has been shown some TLC, with contractors coming in to aerate, vertical mow and to fertilise it. Linda has been busy watering it and a big thank you again, to Greg and Paula Carruthers for donating the sand on the oval. Thanks again to the board members involved in this process, the students will be very pleased to swap their grazes for grass burns.

Next Tuesday the 26th March, Miss Bruce and the Year 3 class will be performing at the Assembly at 2.20pm and then having an open classroom after, (Year 3 only). We would love to see you all there for our 2nd assembly for the year.

We will be hosting the Interschool Swimming Carnival on Wednesday the 27th, so we are praying to the weather gods to give us some warm swimming weather. Unfortunately with the lush oval and change of seasons, we are gaining a few more football injuries which in turn is causing our carnival competitor list to dwindle.

Lets all push through for the last week, I am looking forward to seeing all the amazing Easter hats at the Easter Hat Parade next Thursday!

Best wishes,

**Kerriane Mills** | Principal





# NEWSLETTER #4

## Lake Grace District High School

### Message from P&C President: **Nikki Lewis**

Dear Lake Grace Community,

Well this term has certainly flown by, a massive thank you to everyone who has helped our P&C in Term 1.

To the Lake Grace local police, thank you for taking the time to help in the canteen on Monday. It is always greatly appreciated and the kids love seeing you in the school canteen.

Please ensure you support our Easter Raffle by either purchasing raffle tickets or selling them to family and friends. Letters were sent home with a book of 10 tickets to each family. Additional raffle tickets can be picked up at the school office.

The P&C has received numerous requests for funding assistance from across the school recently and proceeds of this raffle and other fundraising events will allow our P&C members to discuss what items or projects we can support at upcoming meetings.

Lucky raffle winners will win one of the hampers filled with the generous donations which have been received. Winners to be announced at next week's Assembly on Tuesday 26th March.

As this is the last newsletter before the holiday break I would like to wish all students, staff and their families a fantastic holiday break.

Look forward to seeing you around school in Term 2.

#### **Interschool Swimming Carnival Lunches**

A number of volunteers from P&C will be making lunches for the upcoming Interschool swimming carnival on Wednesday 27 March.

Please submit orders for competing students, parents and spectators via the Flexischools app- 'Interschool Carnival Lunch' by **Friday 22 March**.



Download the *flexischools* app to get started today!

**Our next P&C meeting will be held Monday 29 April 2024**

**@ 6.30pm in the Padley Room. Please send any agenda items, or apologies to [lakegrace.pandc@gmail.com](mailto:lakegrace.pandc@gmail.com)**

Regards

**Nikki Lewis | P&C President**



# NEWSLETTER #4

## Lake Grace District High School

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

Hello Lake Grace District High School Community,

Gastroenteritis is currently present in town. Gastroenteritis, or 'gastro' is a common condition in children of all ages. It occurs when the bowel is infected by a virus or bacteria. Symptoms include diarrhoea, vomiting, stomach cramps and sometimes, fever.

Most cases in children are not serious, but it is very important to make sure that a child with gastro receives enough fluid.

If your child has gastro, keep them away from school for 48 hours after vomiting and diarrhoea have stopped. If symptoms persist see your family doctor.

The easiest way to prevent gastro is to make sure everyone in the family washes their hands regularly, especially before eating and after going to the toilet.

For more information go to:

<http://www.public.health.wa.gov.au/2/597/2/gastroenteritis.pm>

Best wishes,

**Laura Ballard** | School Nurse

## BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents, often you may not even be aware of the messages your child is hearing from you. Parents can have a positive impact on the way a child feels about the way they look and their self-esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

- **Reflect on your own relationship with your body**  
This may not be easy but being aware of your attitude towards your own body will help you to be conscious of the message you send to your kids.
- **Avoid talking about diets**  
Dieting is the biggest risk factor for an eating disorder, try to avoid talking about diets, your "naughty" eating habits, your weight or size.
- **Talk to your child about the way they feel about the way they look**  
Encourage your child to talk with you about their feelings. Create a safe space to talk about things daily, if your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.
- **Help your child stay body confident when using social media**  
Talk to your child about the realities of digital manipulation and that what they see on the media and online is not always real. Encourage them to reflect on how the social media experiences make them feel and if it's not positive then they need to change it up!

Department of Health  
GOVERNMENT OF WESTERN AUSTRALIA

### Year 7 and year 10 immunisations

Protect against serious diseases such as meningococcal and HPV.

Scan the code to learn more

[healthywa.wa.gov.au/schoolimmunisations](http://healthywa.wa.gov.au/schoolimmunisations)

# NEWSLETTER #4

## Lake Grace District High School

View into Room 4: Year 2 with Mrs Livall and Mrs Gooding



**Year 2  
TWO TRUTHS  
AND A LIE!**

**Tyson**  
I was born in Narrogin  
I have a Lamborghini poster  
I have a Ferrari

**Henry**  
I have a Falcon  
I live on a farm  
I like fishing

**Abby**  
I have a hoverboard at home  
I was born in Albany  
I like fishing on the boat

**Mari**  
I have a big fishpond  
I have 3 cats  
I was born in Narrogin

**Eli**  
I have a rocket and a helicopter  
I have a Nintendo and PS4  
I have a rabbit

**Trevor**  
I have a black and white water bottle  
I have a black car  
I have 8 brothers

**Zac**  
I have a step mum  
I have a sand patch  
I was born in Bunbury

**Jordan**  
I have a sandy torp  
I have a pet sheep  
I play hockey

**Charles**  
I am tall  
I am small  
I am skinny

**Sadie**  
I am 8 years old  
I have 30 chickens  
I have a pool

**Eve**  
On the weekend I went fishing  
I have been to the pool  
I have been to Dunsborough

**Hugo**  
Soccer is my favourite sport  
I play footy  
I play tennis

**Isabel**  
I have two sisters  
My birthday is on August the 11th  
I have one brother

**Levi**  
I can do a front flip and land  
I have lots of toys  
I can do a front flip and not land

**Arlo**  
I like fishing  
I like shearing  
I have a Lamborghini

**Carter**  
I have a motorbike  
I live on a farm  
I have 6 brothers and sisters

**Wade**  
I have a rocket  
I have a dog  
I like to go fishing





# NEWSLETTER #4

## Lake Grace District High School

### Tiny Tots 1st Aid Course

On Wednesday the 13th of March, LGDHS hosted a Tiny Tots First Aid Course. This was a successful, free workshop, made possible thanks to St John, Wanslea and The Government of Western Australia. The workshop covered topics including CPR, managing burns and a range of other childhood related illness and injuries. Thank you to all who attended and to our passionate St John presenter Toni!



### Secondary Assistance Scheme

## SECONDARY ASSISTANCE SCHEME

YEARS 7-12  
YOU MAY BE ELIGIBLE FOR UP TO :

# \$350

(TOWARDS SCHOOL EXPENSES)

- DO YOU HOLD A: - CENTRELINK HEALTH CARE CARD
- OR - CENTRELINK PENSIONER CONCESSION CARD
- OR - VETERANS' AFFAIRS PENSIONER CONCESSION CARD

**Applications Close: Thursday 28th March 2024**

**Ask School Reception for More Information**

### About Town

DEC PRESENTS THE 2024

See last page for Dumbleyung Bluebird Festival Colouring in Competition!!

Act Belong Commit

## Dumbleyung Bluebird Festival

SATURDAY 13 APRIL 2024

DUMBLEYUNG TOWN HALL

3PM - 11PM

- SHOWBAGS
- FASHION PARADE
- FREE CAMPING
- FREE RIDES
- MARKET STALLS
- FREE PETTING ZOO
- OUR FAMOUS YABBIE NOODLES



LIVE BAND  
DRINKS 'n' TIPS FROM 7PM



facebook.com/dumbleyungbluebirdfestival

## Lake Grace CRC LEGO CLUB

Expressions of Interest:

- Are you in highschool?
- Do you like building / creating with LEGO?
- Would you be interested to complete a challenge each week with others who like LEGO?

If you answered yes to all these questions, please get in contact with the Lake Grace CRC & let us know. We will look at starting a group in the near future if we have enough interest.

Phone: 9865 1470  
Email: [Central@lakegracecrc.net](mailto:Central@lakegracecrc.net)  
Or pop in & see us at the Lake Grace CRC





# Lake Grace District High School

## Parent Planner | Term 1 2024

Please note: This Planner is subject to change

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	22	23	24	25	26 Australia Day	27/28
1	29 January SDD School Open from 8-4pm	30 SDD School Open from 8-4pm	31 Students Start	1 February Kindy Commence	2	3/4
2	5	6	7 Student Council Speeches /Voting	8 Newsletter	9	10/11
3	12 P & C Meeting & AGM @6.30PM Swimming Lessons	13	14	15	16	17/18
4	19 Swimming Lessons	20 School Board Mtg @ 7pm	21	22 Newsletter Share Assembly	23	24/25
5	26	27	28	29 Swimming Carnival	1st March	2/3
6	4 Labour Day Holiday	5 School Development Day	6 Yr 6 Sunsmar Tennis (Hyden)	7 Newsletter Year 1 Insert	8 Cricket Carnival Yr 4/5/6	9/10
7	11 P & C Meeting 6.30PM NAPLAN	12	13 Tiny Tots First Aid	14	15	16/17
8	18 NAPLAN	19 Harmony Day School Board Mtg. @ 7pm	20	21 Newsletter Year 2 Insert	22	23/24
9	25	26 Year 3 Assembly (Year 3 Open Classrooms)	27 Interschool Swimming Carnival	28 Hat Parade Last Day of Term	29 GOOD FRIDAY Public Holiday	



# Lake Grace District High School

## Parent Planner | Term 2 2024

Please note: This Planner is subject to change

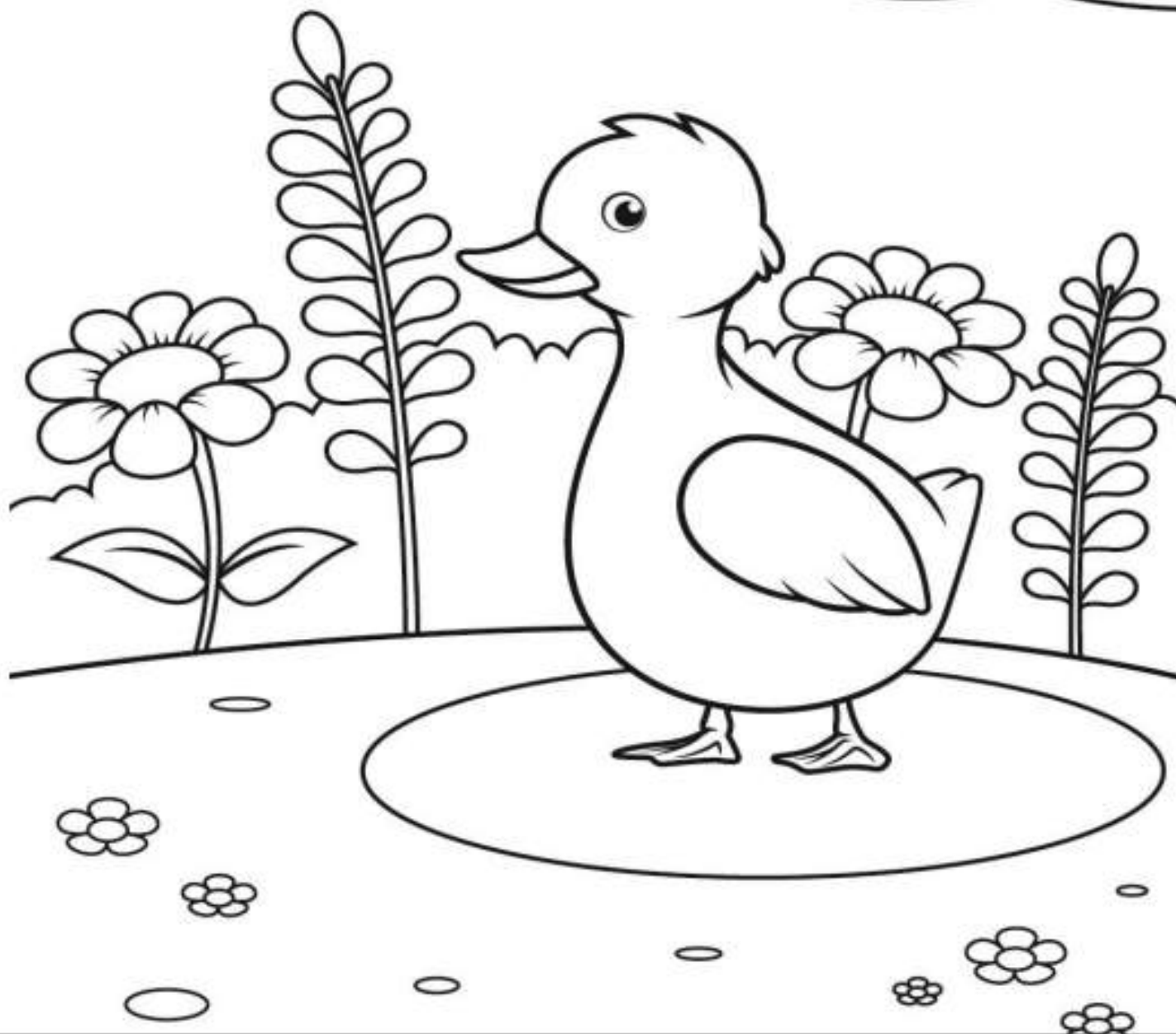
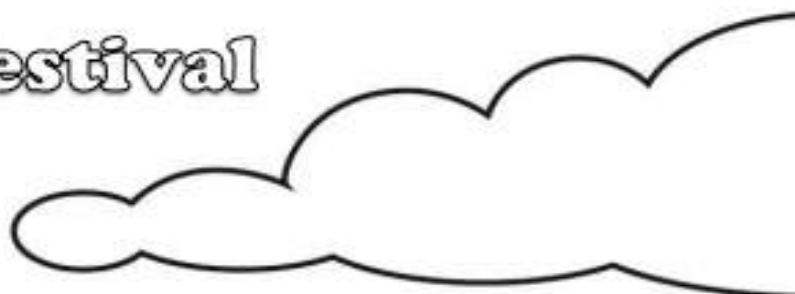
WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	15 April SDD	16	17	18	19	20/21
2	22	23	24 Newsletter Year 3 Insert	25 ANZAC Day	26	27/28
3	29	30	1 May	2 Secondary Netball Carnival Katanning	3	4/5
4	6	7	8	9 Newsletter Year 4 Insert	10	11/12
5	13	14	15	16	17	18/19
6	20	21	22	23 Newsletter Year 5 Insert	24 Year 5/6 Hockey Carnival Narrogin ( date TBC)	25/26
7	27	28	29	30	31 Faction Cross Country	1/2 June
8	3 WA Public Holiday	4	5	6 Newsletter Year 6 Insert MSP SCHOOL PHOTOS	7	8/9
9	10	11	12	13	14 TBC Interschool Cross Country	15/16
10	17 Year 10 Work placement week	18	19	20 Newsletter English/HASS Insert	21	22/23
11	24	25	26	27	28	29/30



Come and join us in a fun filled afternoon in Dumbleyung on Saturday 13<sup>th</sup> April 2024  
from 3pm at the

# Dumbleyung BlueBird

## Festival



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Dust off your imagination, grab your most winning colours and complete this pictures.

Prizes – 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

Age groups :0-3, 4-6, 7-9, 10-12

Return Entries to Dumbleyung CRC by 12.4.2024  
or Show bag stall at Festival by 5pm at  
Dumbleyung Town Hall, Dawson St

Drawn 13.4.2024 at 6pm

Thank you to our supporters



Dumbleyung  
Community Resource Centre  
your local connection



Get on DECT  
Dumbleyung Events Committee