



Education  
Public Schools

# Lake Illawarra South Public School

## Newsletter

Term 3 Week 4: Monday 11 AUGUST 2025

### CALENDAR

#### AUGUST

- 11 Bullying No Way National Week of Action
- 11 Assembly @ 1:45pm
- 11 Yr 1 Phonics Screening commences
- 11 Parent-Teacher interviews
- 12 Science Week webinar
- 13 Yanggaa Garaba dance Rehearsal
- 14 Author Visit K-2
- 14 Regional Spelling Bee Finals
- 14 Indigenous Games – Stage 3
- 18 Assembly @ 1:45pm
- 20 Book Week parade
- 22 Book Week performance

### CONTACT

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### PRINCIPAL'S MESSAGE

Last week was Public Education Week. Thank you to the staff who worked tirelessly to plan and organise such a wonderful day for our students, parents and community members. A big thank you to all those who were able to attend the day to see our school "in action".

Our resident Bee Father, Frankie, made the news last week across NSW. Murat Dizdar, the Department of Education Secretary tweeted about Frankie's achievements early in the week. Frankie was invited to and attended the launch of National Science Week last Tuesday. He met a number of significant people during the launch including Questacon Director Jo White and the NSW Premier, Chris Minns. Frankie was interviewed during the week by the Illawarra Mercury. The article was published online on Friday and printed on Saturday. Congratulations on all that you have and continue to do, Frankie. We are all very proud of you.

Please follow our Facebook page to see the great things happening at Lake Illawarra South Public School.

Karen Simula  
**Principal**

### PARENT-TEACHER INTERVIEWS

Term 3 Parent-Teacher interviews are scheduled for this week. If you have not yet made an appointment, head to [schoolinterviews.com.au](http://schoolinterviews.com.au) and enter the code **fc6xj**.

### DISTRICT ATHLETICS CARNIVAL

Congratulations to our District athletic team. 15 students attended the rescheduled carnival last Wednesday. Your efforts and achievements made us proud. A big thank you to the parents and carers who were able to assist with transporting competitors to and from the event and, also for supporting our students on the day. Special congratulations to Skye who will go on to represent

our school and the Mid South District at the Regional Athletics Carnival in Canberra. Best of luck.

## PUBLIC EDUCATION WEEK

Public Education Week was celebrated last week across New South Wales. Lake Illawarra South welcomed parents, carers and other significant family members last Tuesday. Students and adults alike were engaged in a range of activities that showcased this year's theme of Ignite Your Potential. A special shout out to the staff who harnessed their inner Julia Child to bake for the Cake Raffle. A whopping \$692 was raised for the school. We are very grateful to all those who purchased tickets in the raffle and hope that the winners had a lovely afternoon tea. The money raised has purchased a new Westinghouse dishwasher for Breakfast Club. It should be installed sometime this week. Thank you again for your continued support.

## BOOK WEEK



2025 sees The Children's Book Council of Australia's (CBCA) Book Week celebrate 80 years. For eight decades CBCA has been dedicated to inspiring young minds to journey through the countless worlds that books offer.

This year's theme for Book Week is **Book an Adventure**. Lake Illawarra South will be holding a book character parade on Wednesday 20<sup>th</sup> August. The parade commences at 12:00pm. All parents are welcome. Information regarding a special meal deal has been sent home today with students.

Karen Hendriks, a local author, will be visiting Lake Illawarra South this week on Thursday. Karen will be sharing her latest book, *Vesper Jones and Marshmallow*, along with some of her other books such as, *Our Shellharbour* and *Go Away, Foxy Loxy* with students from K-2.

All students have the opportunity to attend the Book Week performance, *Treasure Hunt*, on Friday 22<sup>nd</sup> August. Payment of \$8.50 for this activity is due this Friday.

## PREMIER'S SPELLING BEE

All of Lake Illawarra South Public School is behind Skye and Marcus as they compete in the Regional Finals of the Premier's Spelling Bee this Thursday.

## SPORTS UPDATE

Congratulations to Jacob who participated in the NSW Rugby Union Championships last week.

## SNOWSPORTS

Best of luck to Leilani and Jonty who are headed to the Interschools Snowsports State Championships next week. Both students are competing in snowboarding events.



## 3-6 EXCURSION

Stage 2 students had a wonderful day of learning at Blackbutt Forest Reserve last Thursday. The day was led by staff from the Illawarra Environmental Education Centre. Lessons focused on life cycles, classification and the survival of living organisms.

## K-2 EXCURSION

Killalea was the beautiful destination for K-2 excursion last Friday. Students explored the area, collected samples and specimens, and had the opportunity to get up close to a number of local

species including turtles, possums, lizards and snakes, thanks to Taronga Zoo Educators.

## BULLYING NO WAY NATIONAL WEEK OF ACTION

The theme for 2025 is **Be Bold. Be Kind. Speak Up.**

It takes courage to spark change.

Bullying is everyone's responsibility. It takes a community to be brave and address bullying behaviours, within and beyond the school gate.

Students can be bold, kind and take a stand to support others being bullied. While parents and teachers are there to support children and young people learn how to behave in a positive way.

In our community and in our school, we want a place where everyone can belong, a place that celebrates everyone, and where bullying is never accepted.

This Bullying No Way Week, we're asking students, schools, families and communities to be bold and say something, be kind and support someone, and be proud to take a stand against bullying.



Be Bold. Be Kind.  
Speak Up.

## PREMIER'S SPORTING CHALLENGE

The Premier's Sporting Challenge encourages students, over a 10-week period, to participate in a broad range of sport and physical activity. A range of activities is planned for students throughout each week. Students' physical activity will be recorded by staff and certificates will be awarded early in Term 4.

## ATTENDANCE

Attending school every day allows your child to get the most out of their learning and improve their career and life options. This includes attending school on rainy days, birthdays and Fridays. Regular school attendance can help expand your

child's learning and create positive relationships with their peers. If you require support in getting your child ready and motivated for school, please reach out to us. Read more about the benefits of regular attendance on the department website.

**NSW public schools have an attendance target of 95%.**

Last fortnight, there were 69 students with 100%. Well done!

This is the attendance data for the last fortnight broken down into year groups:

Kinder: 85%

Year 1: 81%

Year 2: 93%

Year 3: 89%

Year 4: 84%

Year 5: 77%

Year 6: 81%

Well done to Year 4 girls – 96% attendance for the last fortnight and Year 2 boys with an attendance rate of 95%.

## POSITIVE BEHAVIOUR FOR LEARNING

This week's Positive Behaviour for Learning focus is *Safety – Be in the right place at the right time.* Students are reminded to be in the correct areas of the school site at different parts of the day. This ensures students are kept safe through supervision by school staff. The focus for Week 5 is *Respect – Use friendly words and actions.* This skill enables students to be a good friend and treat their peers and others as they would like to be treated. It is an important skill to enable all students to work and play in a positive environment.

## KINDERGARTEN 2026

Enrolments for Kindergarten 2026 are now being accepted. Applications for siblings of currently enrolled students can be submitted for consideration by the non-local enrolment panel. If you are a local enrolment, you are able to enrol online or call to the school office and collect an Enrolment Pack.

To enrol online, go to the school website <https://lakeillaws-p.schools.nsw.gov.au/> ;

Click on Enrolment at the top of the page Click on Apply for enrolment online

Read the information and then go to the bottom of the page and *Enrolling for 2026 calendar year*

Type in your residential address; if your address is in the school's local area you will be able to click on the Apply to Enrol button. This takes you to the Privacy Agreement.

Click *I agree* to the Privacy Agreement and continue

Add your email address and tick *I'm not a robot* and click *continue*; you will be sent a verification code to your email address.

Enter the code and click verify and proceed to the Enrolment Form.

For further information regarding online enrolment go to:

<https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools/online-enrolment-for-parents>

If you are applying to enrol a sibling of a current 'out of area' student, you will need to call the school office to register your child and collect the required enrolment form for completion.

If you do not live within the Lake Illawarra South Public School catchment area, you are welcome to submit a non-local enrolment application for consideration by our non-local enrolment panel.

## SLEEP TIPS



Getting enough sleep is essential for the health and wellbeing of children at every age – from babies through to teenagers. Sleep is just as important as good nutrition, physical activity and learning – in fact sleep helps improve all those other things.

Like other health issues, kids and teenagers can't manage sleep on their own and need support from parents to set up sleep routines. By creating positive, regular sleep habits early on, you are helping your child grow, learn, and develop into healthy adults.

### Impact of screens on learning

During early childhood, sleep improves learning by helping children process memories, focus at school and take in information from the world around them. The transfer of short term to long term memories only happens during sleep – and this is when the learning from the day before sinks in.

### Impact of screens on behaviour

Some poor behaviour and irritable moods can be linked to sleep. Unlike adults, when children are tired, they often appear to have more energy – a sign their body is trying to stay awake. In turn, this can make it hard to settle them before bedtime. The great thing about sleep is that good sleep can improve moods and behaviour, and better moods and behaviour can create even better sleep.

### Tips for helping your child get more sleep

Keep a consistent bedtime – going to sleep and waking up the same time each day helps their internal body clock to work. Start getting your child ready for sleep 30 minutes before bedtime. During these 30 minutes, do not allow screen time and focus on relaxing activities like reading or having a bath. Limit daytime or other activities in bed aside from reading before sleep. This helps the brain link bedtime with sleep. Encourage your child to spend time outdoors during the day and aim to get 60 minutes of exercise.

## BREAKFAST CLUB

Breakfast Club is held in the library each morning from 8:10am. There is no cost involved for students participating in Breakfast Club. Our breakfast program is supported by FoodBank Australia and Bakers' Delight.

## CHAPLAIN NEWS

Our chaplain, Mrs Kahlia Devall, is on site each Wednesday and Friday to support students and their families with their wellbeing. If you would like your child to connect with Miss Kahlia, please contact your child's class teacher.

## CANTEEN

This term, Kelley's Place is opening three days per week. The canteen is open from Wednesday to Friday each week. Orders can be placed online using the school24 app. A copy of the 2025 menu is attached to the end of this newsletter.

## UNIFORMS

School uniforms are available from the front office. Please contact Ms Mayo to place your order.

School uniforms are able to be purchased by cash payment or EFTPOS facilities at the school office. Uniforms are not able to be purchased online.

As the colder weather sets in, we ask that students remember to wear full school uniform, including a school jumper, navy track pants and white, grey or black socks. Socks with visible logos are not acceptable. We also ask you label your child's uniforms and other belongings clearly so that any lost items can be returned promptly. Parent cooperation with this would be most appreciated. Please note that if you are looking for second-hand uniforms, these can be purchased at the front office.

## FACEBOOK

Lake Illawarra South Public School has launched its official Facebook page. You can access the page using the following link.

<https://www.facebook.com/LakeIllawarraSouthPS?mibextid=LQQJ4d>



