



LOCK AREA SCHOOL

West Terrace LOCK 5633

email: dl.0230.info@schools.sa.edu.au

08 8689 1019

Principal: Miss Beth Sampson

Respect

Caring

Fairness

Responsibility

TERM 2 WEEK 4

24th May
2023

DIARY DATES

25-5-23
Tcharkuldu Rock Run

30-5-23
Excursion to
Cummins
Year 5/6/7/8

6-6-23
\$1 Day Fundraiser

9/6/23
School Closure

I hope everyone has had a successful seeding, with some drenching rain not too far away. It's been nice driving around the EP seeing the green come up.

Volunteers

It has been fantastic to see the interest grow amongst our community to come and volunteer at the school. If this is of interest to you, please reach out so we can help you complete the mandated requirements to become an active volunteer. Those who are already engaging with the students have been listening to reading, helping with cooking classes, and supporting students with their art projects.

SAPSASA

Congratulations to Indy on her selection into the CEP Girls Footy team. She is competing in Adelaide this week at the SAPSASA Carnival. Indy has also been selected into the CEP Netball team too, and will compete in Adelaide later in the term. Ruby was selected as a reserve for the team. Congratulations girls.

Tcharkulda Rock Run

Nominated students will head off to Minnipa to compete in the Tcharkulda Rock Run tomorrow. Students will travel on the school bus. We wish our cross country runners all the best.

Mother's Day Morning Tea

A belated Mother's Day morning tea was held in the K/R/1 class yesterday. Children spent time with their mother, or special person, pampering them and having morning tea with them. It was great seeing the children painting beautiful nails and giving hand massages. We hope all the mothers that came along had a fantastic time. Well done to Esther and Jenny on organising a successful event.

National Simultaneous Story Time

Students participated in NSS today, reading the "The Sleepy Sloth" and completing a craft activity. It was great to see the cross-age interactions for the morning. Well done to Jane and Kristin on organising a great Library activity.

The Resilience Project

Throughout 2023, we will be working closely with The Resilience Project to support the wellbeing of our school community. The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude, Empathy & Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.



Government of South Australia
Department for Education

Disclaimer:
The opinions in this newsletter do not necessarily reflect those of the Department for Education or Lock Area School.



Golf Australia SA 12 & Under School Golf Event

Qualifying Day – Delivery Guide

Student Eligibility

For Boys & Girls aged 10 to 12 years at 31 Dec 2023
Students may either be in Primary or Secondary School

When running sporting days during school time we need to consider the parents contribution with respect to drop offs, pickups and help on the day.

Timetable for day of Qualifier

9.00am – 9.30 Students report into registration area, \$10 participation fee collected at registration, host venue keeps fees collected.

Skill Development Sessions

9.30am - 9.55am	Putting Skills.
10.00am - 10.25am	Chipping and Pitching Skills.
10.30am - 10.55am	Long Game Skills, full swing with irons and drivers.
11.00am - 11.30am	Lunch
11.30am - 11.40am	Organise groups for playing.
11.45am - 2.15pm	Play 9 holes on Modified Course with average hole length 150M.
2.30pm -	Presentation and wrap of the day, hand entry forms to final qualifiers.
2.45pm - 3.00pm	Parent pick up from this time.

This delivery guide is offered so Golf and the 12 & Under Event has the same look and feel across South Australia.

Thanks for your support.

Allan Telford

Golf Development Officer SA
Mobile: 0400 715764

Enter online

North Adelaide Golf Course, Strangways Terrace, North Adelaide South Australia 5006 Australia
www.golf.org.au
Reg No. A0048256Z | ARBN 118 151 894 | ABN 54 118 151 894

Students can attend either attend Port Lincoln Golf course on July 3 or Streaky Bay golf course on July 6.

www.golf.org.au/events#/customer/1090/schedule/2023/10699



Lock School Community Library

Check out BorrowBox for great titles available NOW - no waiting!!

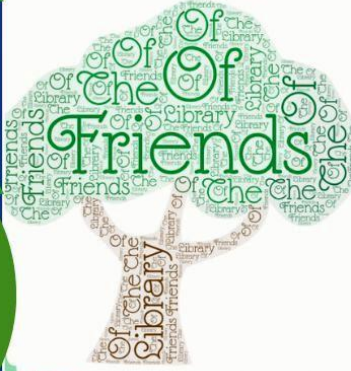
RHYTHM & RHYME TIME

10AM THURSDAY
JUNE 8TH

In the Library
All welcome!

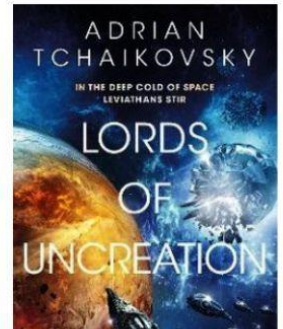
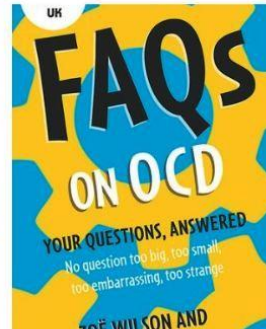
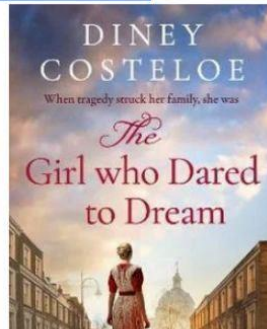
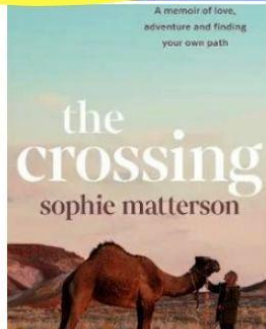
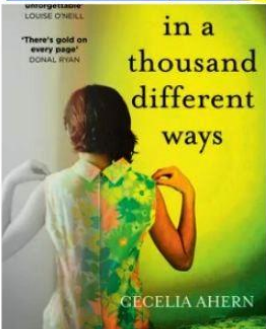


At our JUNE 29TH R&R session, Mel Quinn: Author, teacher and speech pathologist, will be visiting us!!



Meeting@
2pm
Thursday 8th June

Friends of the Library



being digital

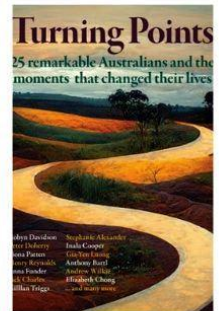
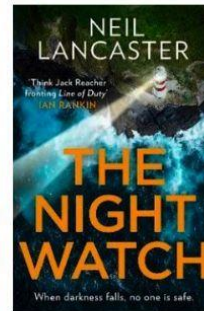
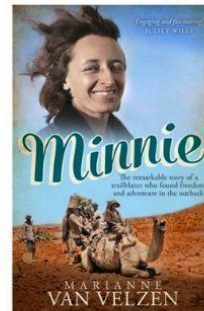
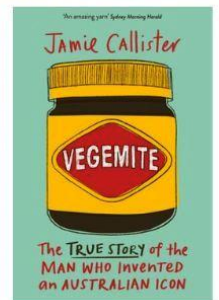
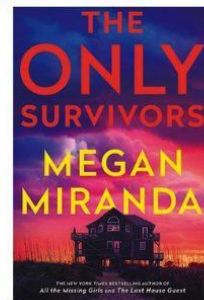


SCAMS AWARENESS

National eSmart week 2023
May 22 - May 28



SEE YOU ON
Thursday 25th May
2pm



being digital ... how can we help?



m: 0418 440 074



BMX Trick Bike Show



Lock Netball Club

Come & Try MINI JOEY'S

WHEN? WEDNESDAY
TIME? 4PM- 4:30PM
COST? \$30 PER CHILD
STARTING? 31ST MAY
WHO? CHILDREN TURNING 5 OR 6
IN 2023

**PLEASE SEE ATTACHED LETTER
FOR MORE INFORMATION**

PRESENTED BY LOCK SOCIAL CLUB

SATURDAY 5TH AUGUST, 2023

FAMILY NIGHT

COMEDY, MAGIC & VENTRILOQUIST

SPECIAL GUESTS

SCOTT STUNZ & LINDI JANE

FEATURING
ADELAIDES OWN
COMEDIAN / MAGICIAN
& VENTRILOQUIST

FREE EVENT, ALL ARE WELCOME TO COME & ENJOY

LOCK MEDICAL CENTRE ADVANCE NOTICE

Due to unavoidable maintenance the Lock Health Centre will be closed on -

Thursday 1st June & Friday 2nd June.

In case of emergency please phone 000

During this time if you need medical attention please phone your nearest Doctor's Surgery or Hospital.

Please note: There will be no deliveries from Cummins Pharmacy on these dates.



Healthier lunchbox swaps

Healthy Lunchbox Week

TRY OUT THESE SIX HEALTHIER LUNCHBOX SWAPS

	SWAP OUT White bread, rolls, wraps, crackers and crispbreads	→	SWAP IN Wholegrain or high-fibre options	
	SWAP OUT Butter on bread, rolls or wraps	→	SWAP IN Avocado, hommus or plant-based dips and spreads	
	SWAP OUT Cordial, juice poppers or sugary drinks	→	SWAP IN Water or plain milk or milk alternative	
	SWAP OUT Potato chips	→	SWAP IN Veggie sticks with hommus	
	SWAP OUT Sweet and savoury biscuits	→	SWAP IN Plain popcorn or basic pikelets	
	SWAP OUT Iced cakes, muffins and buns	→	SWAP IN Homemade fruit loaf or muesli slice	



©Copyright The Australian Nutrition Foundation Inc. 2021
www.healthylunchboxweek.org.au



What's for lunch?



Packing a healthy lunchbox

Children need to eat a variety of foods everyday to be healthy.

Parents can give children a healthy school lunch that tastes great and is good for them too. Many parents say one of the major problems with school lunches is when the children bring them home!

Try to give kids some choice about what they take for lunch, and if possible, get them involved with preparing the 'healthier' foods. Choosing food for a healthy lunch is easy!



What is a healthy school lunch?

A healthy lunchbox has four components:

1. **A main item**, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. **A fruit or vegetable snack**, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad
3. **A second snack based on a core food**, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. **And a drink**. A bottle of tap water is best, and plain UHT milk is also acceptable.

Healthy lunchbox tips

- Use foods from the five core food groups:
 - vegetables and legumes/beans
 - fruit
 - grain (cereal) foods, mostly wholegrain and/or high fibre
 - lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
 - milk, yoghurt, cheese and/or their alternatives, mostly reduced fat

This will ensure that your child is receiving adequate nutrition from various food groups during the day.

- Sandwiches, wraps and rolls are common main lunch items for kids. Choose wholemeal or multigrain varieties and include lots of vegetables.
- Use a variety of fillings to keep children interested.
- Encourage children to drink water throughout the day.
- Limit foods with added sugar, added salt and those high in saturated fat.

LOCK OP SHOP ROSTER June to September 2023

JUNE

TUESDAY 6TH	KERRI YOUNG	FRIDAY 2ND	KATHY BEARD
TUESDAY 13TH	NADINE PEARCE	FRIDAY 9TH	KAYE HOLMAN
TUESDAY 20TH	TERESA BURROWS	FRIDAY 16TH	TONI SHERIDAN
TUESDAY 27TH	LYN CUMMINS	FRIDAY 23RD	SALLY ZACHER
		FRIDAY 30TH	JACINTA YOUNG

JULY

TUESDAY 4TH	JUDY WILSON	FRIDAY 7TH	JANE PEARCE
TUESDAY 11TH	MERILYN KELLY	FRIDAY 14TH	JENNY POLKINGHORNE
TUESDAY 18TH	MERYL WEETRA	FRIDAY 21ST	LYNNE HENTSCHKE
TUESDAY 25TH	HEATHER BEARD	FRIDAY 28TH	KATHY BEARD

AUGUST

TUESDAY 1ST	LISA KAMMY	FRIDAY 4TH	KAYE HOLMAN
TUESDAY 8TH	BARBARA PEARCE	FRIDAY 11TH	GABBY ZERK
TUESDAY 15TH	TARA JACOB	FRIDAY 18TH	ANNE SIVIOUR
TUESDAY 22ND	LYN CUMMINS	FRIDAY 25TH	JACINTA YOUNG
TUESDAY 29TH	TONI SHERIDAN		

SEPTEMBER

TUESDAY 5TH	NAT CUNNINGHAM	FRIDAY 1ST	GABBY ZERK
TUESDAY 12TH	JUDY WILSON	FRIDAY 8TH	JANE PEARCE
TUESDAY 19TH	NADINE PEARCE	FRIDAY 15TH	JENNY POLKINGHORNE
TUESDAY 26TH	SALLY ZACHER	FRIDAY 22ND	AMANDA HODGE
		FRIDAY 29TH	ANNE SIVIOUR

IF YOU ARE UNABLE TO WORK ON YOUR ROSTERED DAY, PLEASE ARRANGE TO SWAP WITH SOMEONE ELSE & THEN ALTER THE COPY OF THE ROSTER ON THE DESK AT THE OP SHOP. THE KEY & CASH BOX TO BE COLLECTED & RETURNED TO THE LIBRARY.

PLEASE BYO MILK OR GET SOME FROM THE SUPERMARKET

GABBY ZERK 0437 797 073

JUDY WILSON 0427 891 303