



NEWSLETTER

Upcoming Dates

14/08 - 16/08	SAPSASA Soccer
19/08 - 20/08	Yr 4-5 Camp
19/08 - 23/08	Dental Van Visit
22/08	Primary Choir
23/08	Primary/Yr 7 Drama Performance
28/08	Career Expo Secondary Open Night
29/08	Mates on a Mission Secondary Session
2/09	PAT-R & PAT-M (reading & maths) testing commences (Years 3-10)
3/09 - 5/09	Show Week – Year 10
6/09	SCHOOL CLOSURE
9/09	STUDENT FREE DAY
10/09	Yr 10 Immunisations
12/09	Instrumental Music Visit Whole School Assembly
16/09	Governing Council Meeting 7pm USE/SAPSASA Athletics
16/09 - 17/09	Parent / Teacher Interviews
16/09 - 20/09	Year 10 Work Experience Week
18/09 - 20/09	Year 6 Camp
19/09 - 20/09	2/3 & 3/4 Camp
Date TBC	5/6 SAPSASA Basketball
25/09	Yr 11 RAA Street Smart
26/09	Book Week Parade
27/09	PAT-R & PAT-M testing closes (Years 3-10)
27/09	EARLY DISMISSAL 2:15PM

Ngarkat Country, 1 Bews Terrace, LAMEROO, SA 5302

p. (08) 8576 3040 | e. dl.0759.info@schools.sa.edu.au | w. www.lameroorcs.sa.edu.au

From the Principal



Career Expo and Secondary Open Night

On Wednesday Week 6 (August 28) we will host our second Southern Mallee Career Expo and Secondary Open Night. After the huge success of last year's expo this will again provide students and families with information about the career opportunities available in the Southern Mallee. We have a number of businesses and services attending who are all looking forward to showcasing their offerings.

The Career Expo runs from 12:30pm-5:30pm and being held in our gym.

The Secondary Open Night will provide new and/or potential 2025 Year 7/8 families with a first look at what LRCS has to offer in the Secondary space. This is an opportunity for families to tour the secondary school and complete the "LRCS Knowledge Trail Quest" and get a taste of how the high school works. Please meet in the front office area at 5:30 pm for a 'meet and greet' with the principal and senior leaders and stay for a sausage sizzle at 6:30pm.

Again, we have a very busy term with the 4/5 camp in week 5, the 'school dental van' here also in week 5. The 'Career Expo' is in week 6 and Year 10 students will be attending the Royal Show in week 7.

Lots of things happening!

Greg Cox
Principal

ABSENCES

If your child will be absent from school for any reason, please let their basegroup or classroom teacher know and/or the front office

 **LRCS IS NUT AWARE**
DO NOT pack nuts in your lunchbox!



Government of South Australia
Department for Education

Follow us on
Social Media



FACEBOOK

@Lameroo Regional Community School - Official



INSTAGRAM

@lrcsofficial

MEET OUR TEACHER

By the 4/5 Class



*We like **Miss Wilson** because she helps us if we don't understand. She is really funny and kind, and she makes lots of funny faces.*

She is funnier than our mum and dad. If you get her mad, you do not want to be in the class.

We like to have Miss Wilson as a teacher because she understands how we are feeling and makes all of our activity's fun.



We interviewed Miss Wilson and here's what she had to say....

What is your favourite breed of dog?

My favourite breed of dog is a Labrador, but my dog I have at the moment is a Jack Russell cross Schnauzer.

What is one of your hidden talents?

Unless there was a need, most people would not know that I am really good at general knowledge quizzes, especially music questions. I used to go to weekly quiz nights at university and our team would always be in the top 3.

What is the best and worst thing about teaching?

The best thing about teaching is making learning fun in different ways. The worst thing is saying goodbye to my students at the end of a teaching term or year.

When you were little, what did you want to be in the future?

When I was really little, I wanted to be an actor or singer. In high school I wanted to be a journalist, and then decided in Year 12 to become a teacher.

What is your dream holiday spot?

My dream holiday would be going to the United States, staying in a log cabin in a forest, eating maple syrup and walnut ice-cream, and watching a Broadway show in New York.

YEAR 12 SPOTLIGHT

Name:

Ellie



Where do you see yourself in 5 years?

Either have an Ag Science degree or Working on a farm full time and shearing on the side line.

If you could pass on any wisdom to your younger peers, what would you share?

No matter what the work is, take it step by step and just do your best.

What makes LRCS special?

How much everyone cares, not just the teachers and staff but a big part of the students as well.

What activities are you involved in at LRCS and how have they prepared you for the future?

SRC, House Leader, part of the formal committee

Name:

Shaney



What is your favourite subject this year? Why?

Wood Tech. because I can build anything I want.

Do you have any exciting plans for next year that you are looking forward to?

I'm excited to start working and do some travelling.

What makes LRCS Special?

The school values, the teachers and the students make LRCS special.

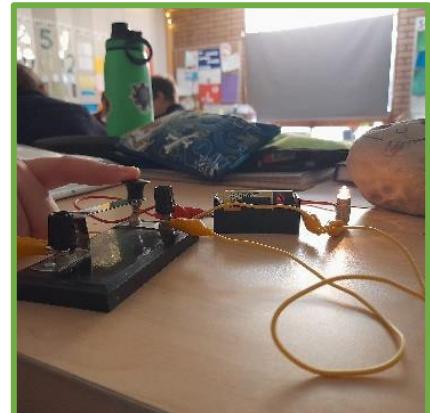
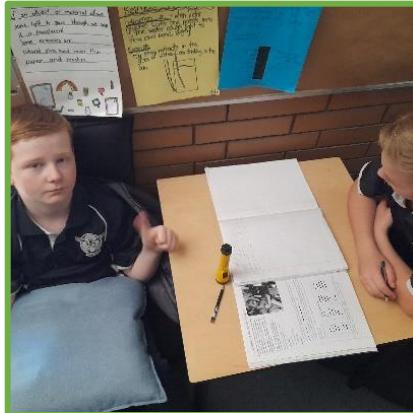
In which year did you start at LRCS?

Year 9 - 2021

Happenings in the 5/6 classroom

Morse Code in science

"I enjoyed writing and communicating through Morse Code"



"I liked doing Morse Code because it felt like I was back in the day and it made me laugh because I couldn't figure out what it was"

Naming the flags in HASS

"We had to sort the flags by the names. We had to find the correct name to match the flags and we only got 1 wrong!"



"It was really fun figuring out what the flag was!"



Shared Kindy Play

"Kindy Play is fun because I enjoy seeing my buddy. Also, I love playing in the Kindy yard"

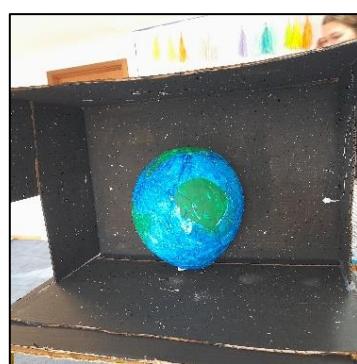


"Kindy play is so much fun. I like seeing my buddy. I like going to the Kindy every Tuesday and reading in the Library with them on Wednesday"

"At Kindy, I like seeing the little kids and watching them scare us. Kindy play is so much fun!"



Completed 'Big Red Bath' story table



Year 8 Science with Mrs van Vuuren



In Science we have been learning about different types of energy like elastic potential energy and kinetic energy. The learners created their own race car using recycled and other materials. Learners explored the idea of storing energy in an elastic band and how we can use that energy to move their engineered race car forward. When an elastic band is stretched or twisted, the band becomes deformed and stores potential energy. When the elastic band is released, it turns the potential energy into kinetic energy. After making our race cars we had a car race and William's car won by going the furthest than all the others.



School Sports

5/6 Tag Rugby



On the 1st of August 2024, the Year 5/6 students from Lameroo, Pinnaroo, Meningie, Coomandook and Tintinara headed to Coonalpyn for Tag Rugby. We played lots of games against all of the schools and we had so much fun! We won the 'Fair Play' trophy, and Tintinara won the 'Overall Values' trophy. We scored many tries, and we all tried our best. Overall, we had a fun time!



Industry Immersion Day

On Friday 26th July 2024 our students in Year 9 and Year 10 participated in the Coorong and Mallee Immersion Day which was held in Murray Bridge at local businesses, TAFE and the MBHS trade centre.

Students selected two activities of their choice on the day to take part in. This was great for them to explore potential career paths for their future. It also allowed them to gain an insight into various industries.



RESPECT | EQUALITY | TRUST | HONESTY | RESPONSIBILITY



The Year 4-6 & 10-12 students were visited by SAPOL on Tuesday in Week 3 and sat in on a learning session regarding Road Safety. These sessions were really valuable and informative.



The main topic for the 4-6 students was bike safety. Some of the information included:

- How to prepare for a bike ride
- Road rules
- Biking hand signals

The two instructors were both named Dave, one was a traffic policeman, and the other was a general policeman. They were both from the UK and are currently stationed at the Murray Bridge Police Station.



Year 10-12 students were presented a session around Obtaining Their Driver's License.



The Picasso Cow



LRCS are Celebrating our special award from Dairy Australia for our Picasso cow, which we also won \$500 for. **Congratulations** to everyone involved! Come and visit the cow in the library!



THOMAS' CORNER



Snow Peas in the garden

This week I have measured my snow peas.

They have measured at 71cm high.

Lots of sunshine and water has made them grow very high.



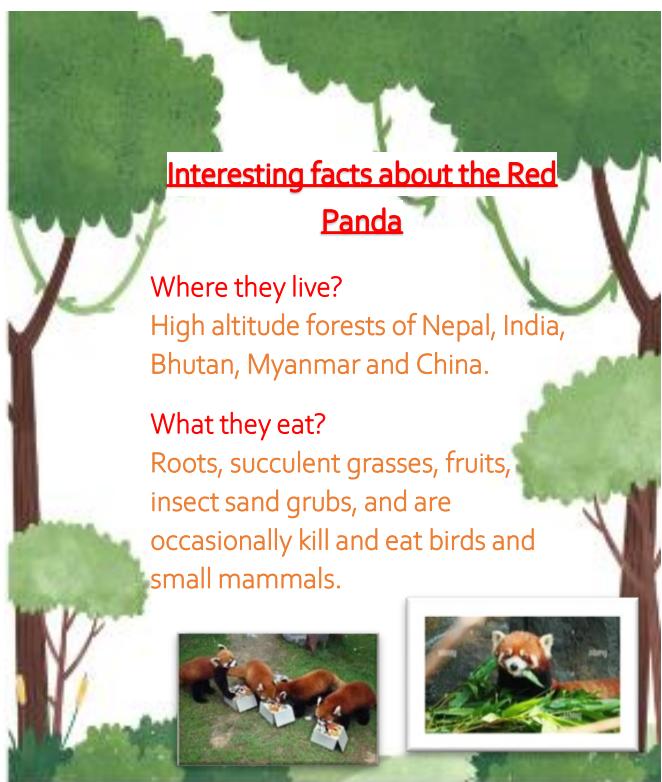
Interesting facts about the Red Panda

Where they live?

High altitude forests of Nepal, India, Bhutan, Myanmar and China.

What they eat?

Roots, succulent grasses, fruits, insect sand grubs, and are occasionally kill and eat birds and small mammals.





MALLEE CAREER EXPO

Creating opportunities
for local career pathways



WEDNESDAY
28TH AUGUST



1 BEWS TCE
LAMEROO SA



12:30PM - 5:30PM



FOR MORE INFORMATION

Hannah Beelitz

hannah.lucas425@schools.sa.edu.au



REMINDERS & NOTICES



LRCS CANTEEN

Lunch orders available Monday to Friday.
Order via the Qkr! App! →



Counter sales available Monday through Friday (1.05-1.25PM). Cash only. Prices below.

Microwaves available for reheating lunches Monday and Friday (1.05-1.25pm) ONLY. Families must put instructions on the container for lunches to be reheated.

LRCS CANTEEN COUNTER SALES PRICE LIST

OPEN MONDAY TO FRIDAY
1.05PM - 1.25PM

DRINKS

NIPPYS 375ml flavoured milk	\$3.50
BIG M 250ml Choc flavoured milk	\$2.50
OAK 200ml Strawberry flavoured milk	\$2.00
JUST JUICE 200ml assort flavours	\$2.00
WATER 600ml bottle	\$2.00

SNACKS & COOKIES

45 g Sea Salt or Honey Soy Chips	\$2.00
28g Sea Salt or Honey Soy Chips	\$1.30
Small packet assorted flavours Chips	\$1.00
COBS Popcorn 30g	\$1.50
Wagon Wheel	\$2.00
ALL COOKIES	.80c

ICECREAMS

ZOOPER DOOPERS	.60c
PADDLE POP ICY TWIST	\$1.70
CALIPPO MINI	\$1.50
DIXIE CUPS ALL FLAVOURS	\$1.20
PADDLE POP CYCLONE	\$2.70



PLEASE COMMUNICATE
DIRECTLY WITH YOUR BUS
DRIVER WHEN YOUR
CHILD IS NOT GOING TO
BE ON THE BUS.

BUS TRAVEL REQUEST SLIP

at least ONE DAY notice is required to process requests

Name: _____

Usual Bus (if any): _____

Bus Requested: _____

Date Required: ____ / ____ / ____ AM / PM

Drop off point: _____

Pick up point: _____

Parent Signature: _____

OFFICE USE ONLY

RECORDED | Signed: _____



School Uniforms
Heavily Discounted
Items



Tristate Graphics has some heavily discounted LRCS uniform clearance items still available!

tristategraphics.com.au/lameroo-regional-community-school



COMMUNITY NOTICES

Upcoming Lameroo Youth Groups

Junior Youth Crazy Olympics.

Fri August 23 7-9pm
@Lutheran Church/Hall.

Inter Youth & Senior Youth

Movie Marathon
Fri Sept 27 from 7.30pm

Upcoming Faith@5

Sun Aug 18

@Lameroo Lutheran Church/Hall.

5:30pm Provided meal

6:00pm Lay Reading Service

For further details for any of the above, please contact **Cathy Miegel**
(0428576313)



PFNC AUCTION

4 tickets
to the 1st
AFL FINALS
ROUND

Tickets can be used at any
1st final round game in the
AFL comp.

AUCTION WILL TAKE PLACE
@ 50th PFNC REUNION
Pinnaroo F.N. Club
Saturday 24th August '24



Does your child have OCD?

Has your child been diagnosed with Obsessive-Compulsive Disorder, OR experienced unwanted, intrusive thoughts, and perform certain behaviours over and over again to prevent those thoughts from coming true?

Researchers at Macquarie University are investigating the needs of families of children aged 4-18 with OCD from minority backgrounds.

Participants will complete an anonymous online survey that will take roughly 30 minutes and may be invited to an online interview that will take roughly 60 minutes.

All information will be kept confidential.

MACQUARIE University SYDNEY-AUSTRALIA

2024/25
CRICKET CRICKET
Training

Pinnaroo Colt 8+y.o

10th OCTOBER 2024
3:45PM
@ the cricket oval
New players, beginners, girls encouraged to come along and try





STRINGYBARK QUARTET

A string quartet, but not as you know it.

From Adele to Queen, Nordic folk to Icelandic Hymns and everything in between

SATURDAY 24 AUGUST 7PM
LAMEROO MEMORIAL HALL

BOOK AT COUNTRYARTS.ORG.AU OR CALL 7078 6173

ADULT \$30, GROUP 6+ \$27, UNDER 17 \$10 | Booking fees apply

Supported by Country Arts SA Shows on the Road and Lameroo Forward Inc

Bar open from 6pm, cash & card accepted. BYO supper.

With thanks to the Adelaide Symphony Orchestra and Renée Sanderson for loan to the Mary Puccio Violin played by Emma Perkins

Government of South Australia, Country Arts SA, Lameroo Forward



MALLEE MOW DOWN
PARILLA SPORTS CLUB

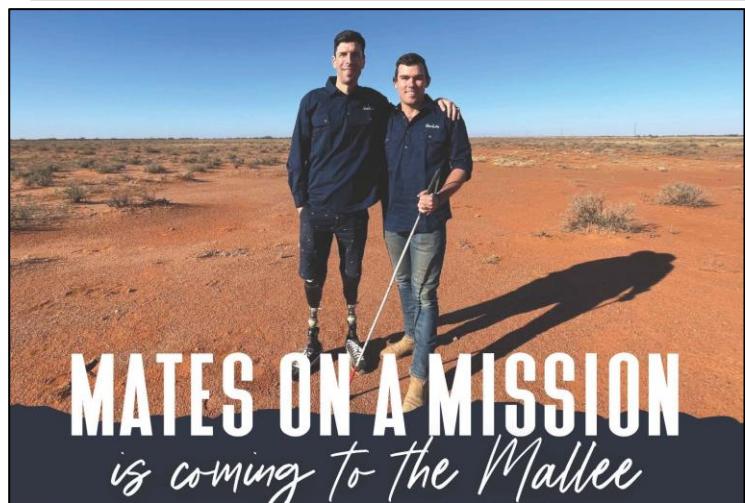
SAT - 24 AUG 2024
RACING STARTS 11AM

Gold Coin Entry
Food & Drinks for sale
Bar Facilities
No BYO
No Pets Allowed

FIRST STATE RACE IN THE MALLEE

SALMRA  

LAWN MOWER RACING
CONTACT - 043 953 6169



MATES ON A MISSION
is coming to the Mallee

Hold on to your legs and don't close your eyes! Ski for Life is bringing Mike Rolls and Ben Pettingill, affectionately known as Legless & Blind, to your neck of the woods and you won't want to miss them.

Ski for Life is a South Australian charity committed to promoting mental health, wellbeing and suicide prevention in rural and regional Australian communities. The Mates On A Mission program is an exciting initiative designed to make a positive impact on such communities.

Mike and Ben are a couple of great mates that are down to earth, love having a laugh but also know how to talk about the things that we often avoid. Both of the fellas know first hand what it's like to face tough times and battle with their mental health. Mike contracted Meningococcal at 18 resulting in the loss of his legs and Ben lost 98% of his eyesight overnight at 16. Throw these two incredible stories together, add a few laughs plus the importance of looking after yourself and your mates and you've got a session that everyone can take something away from.

LAMEROO SPORTS CLUB
Thursday 22nd August from 6:00pm
Butler Terrace, Lameroo SA 5302

 **Dinner**
Kids from 6.00pm,
Adults from 7.00pm



SOUTHERN MALLEE SUNS 

Mallee Health Event

Border Bubs & Families Pinnaroo & Districts

ACTIVE FARMERS 

women's health educational sessions

MON 26TH AUGUST 2024

Pinnaroo Lutheran Hall, Hensley Street Pinnaroo

Postpartum session @ 10:30am
Menopause session @ 1:00pm

Pregnancy/postpartum:

- Pelvic Floor Health & Dysfunction
- Mastitis & blocked ducts
- Return to exercise
- Nutrition & post-natal recovery
- Nutrition & breastfeeding tips


Felicity Morell
Dietitian and Nutritionist


Elizabeth Eske
Continenence and Pelvic Health Physiotherapist

Menopause:

- Pelvic Floor Health & Dysfunction
- Bladder & bowel care
- Prolapse support
- Managing unwanted weight gain
- Key nutrients to promote health during peri/menopause

Details:

- \$10pp (per session)
- Morning/ Afternoon tee included with each session

FOR MORE INFORMATION PLEASE CONTACT BEC 0423318612
BOOK AT HUMANITIX



Lameroo Community Library Opening Hours

Monday: 11am – 6pm

Tuesday: 9am – 5pm

Wednesday: 11:30am – 5pm

Thursday & Friday: 9am – 5pm

CLOSED PUBLIC HOLIDAYS



Guiding Kids Through The Tough Moments:

Techniques to build a space where children can thrive

Parenting Tough Kids:

Simple proven strategies to help kids succeed

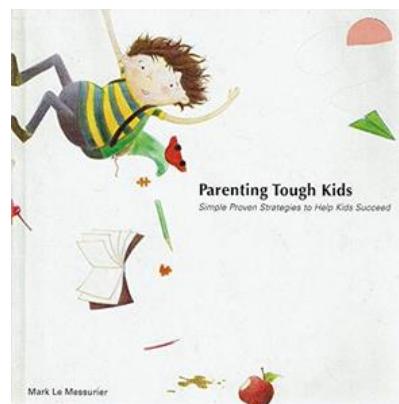
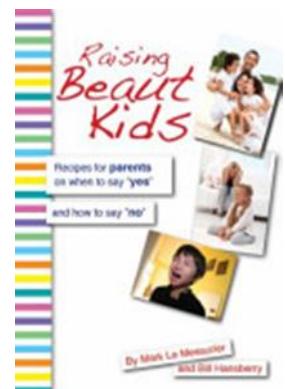
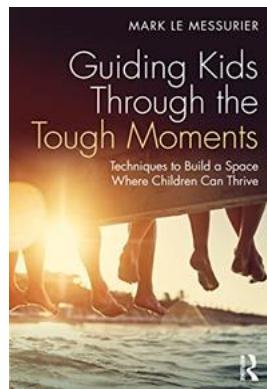
Raising Beaut Kids:

Recipes for parents on when to say 'yes' and how to say 'no'

by

Mark Le Messurier

(Education consultant, Australia)



School Student Broadband Initiative | Student Home Internet Program

Government of South Australia
Department for Education

Free home internet access for students

There are currently 2 options available

- wireless internet access from the Department for Education through the Student Home Internet Program
- NBN internet access until December 2025 from the Australian Government through the School Student Broadband Initiative

You might be eligible if you

- have a school aged child
- don't have reliable home internet access or have no active NBN connection

education.sa.gov.au/student-home-internet-program

Scan to find out more