



NEWSLETTER

Upcoming Dates

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
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

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

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

Welcome to another Newsletter where we again find many great things happening at our school.

Our year 10 students have represented our school at the Royal Adelaide Show and achieved great success. this stage we have won 1st place fleece for our zone and 1st place Wether goat out of 100 entries.

A great experience for our students and great results. Well done and thank you to teacher Amy Eatts for her hard work throughout the year and organisation for this week.

This week (week 7) is also our PAT testing in Literacy and Numeracy for students in years 3 to 10. Year 1 and 2 students are also given practice tests to complete. This data will be used by teachers in conjunction with other data to support them in their learning. A big thank you to Sheralyn Gilbertson for her organisation of the testing.

Finally on Thursday 12th September we have our termly formal assembly where we showcase the great work our students do. The assembly will begin at 11:am and I encourage parents/caregivers to attend.

2025 Intentions

We are currently looking at class structures and staffing for 2025.

To assist us please return the tear-off slip on a letter you have or soon will receive.

Please indicate whether your child/children will be attending LRCS in 2025. It is exceptionally important to return the slip if this is not the case.

Thanks in anticipation.

Greg Cox
Principal

Follow us on
Social Media



FACEBOOK

@Lameroo Regional Community School - Official



INSTAGRAM

@lrcsofficial

YEAR 12 SPOTLIGHT

Name:

Jess

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

Over stressing leads you nowhere.

Where do you see yourself in 5 years?

Working.

What is your favourite subject this year? Why?

Ag. The conversations during class are amazing.

What makes LRCS special?

Mrs Eatts and the goats.



CAREER EXPO ANNOUNCEMENT



Winners:

Bluetooth Speaker - Lou (Lameroo)

Longtrail Farms

- Guess the Potato Competition: Evie (Lameroo)
- Runner ups (beans) - G.C (Lameroo), Christopher (Meningie), Lilly (Menignie) and Frankie (Murrayville)

RST

- Guess the Grains Competition: Sophie Temby

YEAR 8 EXCURSION TO NARACOOORTE CAVES



Henry: I loved caving

Andries: It was fun climbing through the rocks.



Moe: The caving was good. I want to go back and do more intermediate stuff.

Lionel: I liked going caving it was my first time with my friends.



Alex: What I enjoyed on the excursion was the caving activity. I did all the challenges. When we went caving, we came across an opening in the roof of the cave, there was really long green grass on the ground and it was really pretty.



Jayla: I enjoyed looking through the caves and doing challenges even though they were hard. It was a good experience.

Blake: It was so good when we went through the tight spaces.

Brayden: The whole day was fun. I wanted to do the obstacles in the adventure caving more than once.



Emily: I enjoyed the intense caving even though it was very scary and my headlight went out during an obstacle it was very fun and dirty.



Levi: I liked crawling through the caves and learning more about caves.



Ezra: I enjoyed learning and experiencing the caving, going through the keyhole obstacle. I want to do expert caving.

William: I liked the looks of the caves in real life for how dark and rocky it was and noting all the details that the caves had to offer, like bones, rocks, soils and lots more. Every part about the caves were awesome and fun.

Career Expo

In Week 6, we had the privilege of hosting the 2024 Mallee Career Expo, an incredible opportunity for LRCS students, as well as students from Meningie, Murrayville, and Karoonda, to connect and engage with local industries.

This year, we were fortunate to welcome over 23 exhibitors representing a diverse range of fields, including childcare, landscape, police and defence forces, agriculture, health, civil earthworks, TAFE SA, and local government. Additionally, training providers were on hand to offer guidance on traineeship and apprenticeship pathways.

It was inspiring to see our young people actively participate, asking insightful questions and gaining a deeper understanding of their potential future careers. We extend our heartfelt thanks to all the businesses and organizations that took the time to support this event.

We eagerly look forward to continuing this tradition in 2026 and beyond!

Hannah Beelitz
Student Pathways Leader





On Wednesday 28th August LRCS welcomed current Year 6 students and families from both LRCS and Pinnaroo Primary School.

The group was greeted by the Principal, Mr Greg Cox, and the SRC leaders. The families were given an information pack and a 'knowledge quest' sheet to tour the secondary classes and meet our secondary teaching staff, which gave them a taste of what LRCS offers in Year 7 and beyond. Each subject/classroom had a question or puzzle to answer and the teachers had the opportunity to showcase their subject area(s). The tour finished with a sausage sizzle and a cuppa, to give students and their families a chance to mingle and talk further with the LRCS staff.

A big thank you to the SRC students for volunteering their time to tour with the group, Jacob Torcetti for photographing the event, and Cameron, Catherine and GC for supporting PCW with the sausage sizzle and set up.



4/5 Monarto Indaba Bush Camp



In Week 5, the 4/5 students travelled to Monarto Zoo and go to take part in a bush camp.

We got to have our own private tour of the zoo, participate in some challenging activities, and even got to sit by a fire and roast marshmallows!

We had a great time, even though we had to clean up Bison poo!

Big thanks to Mr Marsh, Mrs Edwards and Josh for coming along!

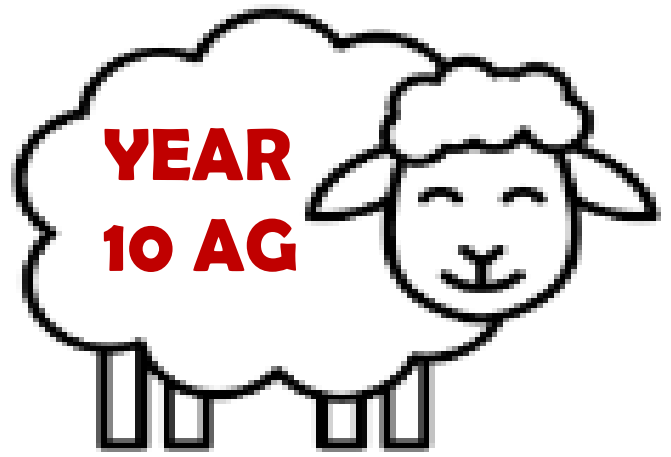






2024 Royal Adelaide Show with the Year 10s was very successful. Some of the highlights we achieved is Champion wether Fleece for our Zone 5 (Murraylands, South East and Riverland), Champion light weight wether in the huge led wether competition, 3rd place in the dairy wether class and 6th place light weight led wether. The students promoted our school beautifully in their uniforms and professional behaviours. I'd like to send a massive thanks to Duane at McPiggery for the Merino wethers. Their wool quality gets us a good look in each year. Thank you to the ongoing support of the Ag program and grain feed from Muriel at CRT Walters year after year. The goats were purchased from Idealview Goat Farm at Meningie and looked great in the show ring gaining some of the best results we have had so far.

Amy Eatts.





WEAR IT PURPLE

On Friday 30th August LRCS participated in 'Wear it Purple Day' to show support of young people by promoting a culture of inclusivity, acceptance and respect.



THOMAS' CORNER



This week in Food Tech Thomas made chicken stir-fry and beetroot chips with the vegetables that he has grown in the school garden. The fresh vegetables Thomas picked from the garden were spring onions, carrots, thyme, radishes, snow peas and beetroot.



Thomas' carrots that he has been harvesting....



REMINDERS & NOTICES



LRCS CANTEEN

Lunch orders available Tuesday 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



CHIPS & COOKIES

- 45G SEA SALT OR HONEY SOY CHIPS -\$2.00
- 28G SEA SALT OR HONEY SOY CHIPS -\$1.30
- WAGON WHEEL -\$2.00
- CHOC CHIP OR DOUBLE CHOC CHIP
COOKIE (MAX 3 AT A TIME) -\$1.00



ICECREAMS

- ZOOPER DOOPERS .60C
- PADDLE POP ICY TWISTS \$1.70
- CALIPPO MINI \$1.50
- DIXIE CUPS - VANILLA
- STRAWBERRY \$1.20
- CHOCOLATE



DRINKS

- NIPPYS 375ML FLAVOURED MILK DRINKS -\$3.50
- NIPPYS 250ML FLAVOURED MILK DRINKS -\$2.70
- JUST JUICE 200ML ASSORTED FLAVOURS -\$2.00
- WATER 600ML BOTTLE -\$2.00



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



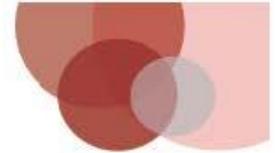
Tristate Graphics has some heavily discounted LRCS
uniform clearance items still available!

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

NUT AWARE POLICY

Approved by: Governing Council

Date approved: 2023 | Review date: Sept 2025



Context

We have students in our school with a life-threatening food allergy – anaphylaxis to nuts. This is a medical condition that causes a severe /even fatal reaction to specific foods. These reactions can be triggered by contact, ingestion or inhalation. There is also a huge concern in regard to contamination of equipment whether this is play equipment, desks or other classroom materials.

Purpose

To raise awareness regarding severe allergies and to provide a safe learning environment for all members of the Lameroo Regional Community School community.

Management

The Nut Aware policy will be managed by:

Parents and caregivers (in particular those parents of children in the same class or learning area of the child with the severe allergy) are requested **NOT** to send food to school that contains nuts. This includes peanut paste, nutella, all nuts and cooking oil containing peanut oil, as well as foods containing nuts.

- Students being encouraged **NOT** to share food.
 - Students are encouraged to wash hands after eating.
 - Strategies such as separate eating areas and reinforcement of washing of hands will be implemented when students bring nut containing products to school.
 - Staff being made aware of students and staff who have anaphylactic responses, including nut allergies.
 - Staff participating in first aid training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
 - School Canteen complying with the Nut Awareness Policy.
- Parents and caregivers being requested **NOT** to send boxes that have previously contained nut products, e.g. cereal boxes, muesli bars with nuts, cake boxes, biscuits.

Promotion

The policy will be promoted by:

- Parents and caregivers being informed via the newsletter at the commencement of each school term.
 - New families to the school community being informed via the Enrolment Information Package.
 - Governing Council being informed and ratifying the policy.
 - Staff being informed and provided with training opportunities.
 - Students being informed via teachers and the newsletter.

This school acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food. Many food packaging labels include the phrase 'may contain traces of nuts'. Foods with packaging labels that contain the phrase 'may contain traces of nuts' are acceptable. Thus Nut "Aware" School.

Information for the Lameroo Regional Community School Community

What is Anaphylactic Shock?

An anaphylactic reaction is a very severe and sometimes life threatening reaction that occurs when some people are exposed to particular products eg peanuts, dairy, eggs, fish and sesame seeds to name a few.

How is Anaphylactic Reaction Treated?

All children who have an anaphylactic reaction have an Emergency Plan that we also use at school to ensure the most effective treatment is provided for any of the children concerned. This will involve administering an adrenaline injection, giving antihistamine and calling an ambulance.

Why we are a nut aware environment

We currently have children who have anaphylactic reactions to nuts. These reactions can be triggered by contact, ingestion or inhalation. There is also a huge concern in regard to contamination of equipment whether this is play equipment, desks or other classroom materials. For example if a child ate a peanut butter or Nutella sandwich and touched the play equipment, a child with a severe allergy, could suffer an anaphylactic reaction from touching the same equipment. The resulting medical emergency could be avoided by minimising exposure to nuts.

Two of the hardest things for parents of a child at risk of anaphylaxis to do are:

- Send their child to school and try to allow them to have as normal childhood as possible.
- Get other people to believe just how real this allergic reaction can be. Often other people believe that parents are over-reacting and are neurotic.

Unfortunately, when we have a child at risk of anaphylaxis we can never afford to be blasé. We are requesting that families try to understand this situation and assist us to minimise the risk of exposure of these children to nuts by not sending foods to school that contain nuts.

For more information log onto www.allergy.org.au

Please read labels carefully to help keep all of our children safe.

What products are identified as presenting a high risk for students with a severe allergy to peanuts?

FOOD: Nutella, peanut paste, nuts and any snacks including nuts

PRODUCTS: Any boxes that have previously contained nut products: eg. cereal boxes, muesli bars with nuts, cakes, biscuits



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 Sept 15

@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)

TODDLER RHYME TIME

Tuesdays at 11.30am in the Lameroo Library

Canteen Update

Lameroo Country Kitchen will no longer be taking lunch orders on Mondays as of Monday 19th August.

Lunch orders will still be available Tuesday through to Friday.

The canteen will still be open for counter sales on Mondays.

If you have any questions please contact the school on 8576 3040 or email dl.0759.info@schools.sa.edu.au

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

School Student Broadband Initiative | Student Home Internet Program

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

Scan to find out more

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



Apprenticeships & Traineeships

Are You Looking to Kick-Start Your Career?

Come Join Us. We are looking for self-motivated and talented individuals looking to build their future, while working on exciting heavy structural steel projects.

Together we Thrive







Who are Bowhill Engineering?



Bowhill Engineering is known as the employer of choice in Murraylands, South Australia. We are specialist fabricators of heavy and complex structural steel projects. Collaboratively, we build structures that matter.

Many of our team have completed our established Apprenticeship & Traineeship program. Our amazing team is excited to develop and work alongside the next generation of talent in a supportive learning environment – *Together We Thrive!*

Our team, we are a bit of a “BCF” kind of crowd; we are country people that love to get outdoors, be active and generally enjoy a good time with family and friends. Boating, camping, fishing, 4WDing, cars, bikes, river recreation... *We love it!*

Apprenticeship/Traineeship

Offering both Flexible Industry Pathways (FIP School-based) & Full-time Programs to earn nationally recognised qualifications.

A positive learning environment with routines, systems, processes and procedures to ensure training is structured, effective and supportive.

Opportunities include:

- Apprenticeship Metal Fabrication 4 years
- Traineeship Surface Treatment Facility Team 4 years
- Traineeship Business Administrative 12 months

Programs include:

- Paid employment and training
- Training plan delivered via a Registered Training Organization
- Award rates applicable as per the relevant award with opportunity to increase based on performance

Earn While You Learn on The Job

Work Experience Programs

Work experience are a great way to get your “foot in the door” for apprenticeship and traineeship opportunities, meet VET study requirements and try a trade.


Applicants must have genuine interest in:

- Making a career in their chosen work experience vocation
- Gaining industry knowledge to assist in career planning

Work Experience available in:

- Metal Fabrication
- Business (Administration)
- Project Management
- Surface Preparation & Coating
- (Industrial Abrasive Blast & Paint)

Limited Opportunities in Each Area



To register your interest, please email hr@bowheng.com.au or check out our website for further detail www.bowheng.com.au/our-vacancies/

The Department for Education is seeking our help to inform the future planning for Out of School Hours Care (OSHC) services. You are invited to participate in a survey which will seek your feedback your potential needs for an OSHC service, to better understand the demand in our community and across the state.

You can access the survey via the link or scan the QR code below. The survey is open until **Friday 20 September 2024**.

<https://survey.education.sa.gov.au/n/1WnS503>



The survey takes less than 5 minutes and is completely anonymous- your answers will never identify you or your child.

Please note that completing this survey does not mean an OSHC service will be established.

For more information, or if you have any questions about the survey, please do not hesitate to contact the department's OSHC Reform Team via email: education.OSHCReform@sa.gov.au.



Murraylands Inclusive Sports Event

For more information contact:
Craig Kempe - 0403 471 614



Wednesday 9th of October
10am - 12pm & 3 - 5pm
@ MB Showgrounds


This is a come and try event for primary school aged children with disability. Sports include: Basketball, Cricket, Football, Soccer & Tennis

SCAN TO REGISTER



- Free Event**
- Free goodie bag for all participants**
- 5 State Sporting Bodies providing activities**
- Food and beverage can be purchased**
 - Grounds for Growth (Novita coffee van)
 - The Play Space Cafe (food and drink)

****Specifically for primary school aged children with disability****



BreastScreen SA is visiting Lamerloo from early October to mid-October 2024!

Women aged over 40, especially 50 to 74, are invited to book a free appointment while the mobile screening unit is here.

A breast screen takes just 15 minutes and can detect breast cancer at an early stage, before it can be felt.

Book online now at breastscreen.sa.gov.au/book or call 13 20 50.



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

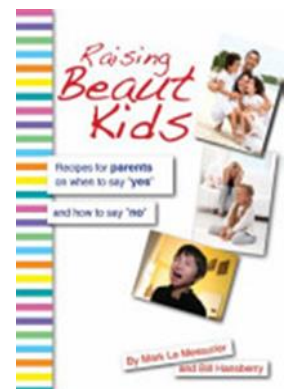
Raising Beaut Kids:

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

by

Mark Le Messurier

(Education consultant, Australia)



Every Issue 6
order gets a
**\$5 PROMO
CODE**
to spend on Issue 7!

LOOP Orders only. Spend \$15 on Issue 7 to redeem. See LOOP for details.

**ISSUE 6
OUT NOW!**

Earn a
**\$5 PROMO
CODE**

SCHOLASTIC Book Club

Parent online
orders **LOGIN**
([scholastic.com.au](https://www.scholastic.com.au))
Order due date 12th
September 2024.