

HEADS UP!

A Weekly Update from Lyons Early Childhood School



PRINCIPAL'S MESSAGE

To celebrate the last few weeks of my time at our school, we are accepting donations to the charity of my choice - *The Stillbirth Foundation Australia*. The Stillbirth Foundation Australia is the only Australian charity dedicated to stillbirth research. It is 100 percent community funded. Your donation (large or small) is very much appreciated. Please hand your contribution to Front Office. Alternatively, you may donate at <https://stillbirthfoundation.org.au/donate/>

The PANDSI Cake Off event will be held at the Hyatt Hotel Canberra, Sunday 5 May. Each year the school promotes the PANDSI Cake Off. This is a fundraiser for Canberra's post and ante natal depression support and information group. The organisation provides support, education, information and referral services for families in Canberra experiencing perinatal depression or anxiety.

PANDSI Cake Off is a lot of fun, but the 2019 theme also has a serious side. Many families struggling with perinatal mental health issues experience additional challenges through their cultural background. This can be as simple (or as complex) as language barriers preventing full understanding of the problems or seeking help for them. Social isolation also compounds problems. With family and friends far away, it is easy to feel unsupported and alone. Sometimes cultural beliefs about parenthood can hamper understanding that help is needed, which can mean that even parents and partners don't recognise that something is wrong.

The professional team at PANDSI can help with a range of support methods to help people on their pathway to wellness. An interpreter can be arranged when needed.

Happy weekend everyone!
Principal Mary

REMINDERS

Wednesday 3 April

Festival of Mary

Bring your own picnic 😊

5 - 7pm in the K-2 outdoor area

LECS CROSS COUNTRY

Our Cross Country morning is coming!

Please join us on
TUESDAY 30 APRIL at 9.15am
on the Lyons Oval

for our annual Cross Country Carnival. Everyone is welcome to join us for some laps of the oval and then we will all share some fruit together.

We hope to see you there!



Principal Mary bid for and won a cake at a previous PANDSI CAKE OFF 😊

Let's celebrate our wonderful Principal Mary
on her last day at LECS!

What: Wear bright colours and sparkles

When: Friday 12th April (Week 10)

Why: To celebrate what has been a FUN forty years in
education and to raise money for The Stillbirth Foundation!

Give your donation to LECS Front Office
on or before Friday 12 April.

Let's help Principal Mary finish her teaching career
surrounded by

COLOURS,

sparkles and

smiles 😊



LECS IS FUNDRAISING WITH ENTERTAINMENT!

Your support really helps our school, so we're thrilled to let you know about special bonus Early Bird Entertainment Membership Offers for loyal supporters.

Pre-order the NEW 2019 | 2020 Entertainment Membership and receive bonus offers you can use right away!

[SUPPORT US NOW.](#)



LAST CHANCE!

Pre-order to enjoy these bonus offers

PRE-ORDER NOW

Early Bird Vouchers + \$20* VOUCHER woolworths + \$50* VOUCHER CELLARMASTERS

*\$20 off your total shop when you spend \$220 or more at Woolworths online. **\$50 off your total shop when you spend \$120 or more at Cellarmasters online. **Terms & Conditions apply.

LECS LEARNING SPACE CONTACT LISTS

Don't forget to add your contact details to our lists.

The purpose of this form is to create a contact list for parents and carers.
Full details and FAQs are at the link below:

<https://goo.gl/forms/ETFn3BsPoKo1Cgi33>

SAFER SCHOOLS

ACT Parents & Citizens and the Education Directorate working together for safer schools

Building Strong and Safe Communities for Learning is a partnership project between the ACT Education Directorate and the ACT Council of Parents and Citizens Associations (P&C). It focuses on all of us - parents, students, principals and teachers- working together to reduce violence and bullying in schools. An initial workshop discussed the key issues, what is working well or not working well, and who contributes to these. A second workshop with representatives of the P&C Council and the Education Directorate considered the outcomes of the first workshop to help prepare for further conversations with our school community.

We want to make it easy for anyone who wants to have a say to be given the opportunity to be involved. There are two remaining workshops you may wish to attend:

- **On 9 May 2019, 8:30am – 4:30pm** the workshop will explore the key question “*How might we reduce and respond to violence in schools and co-create strong and safe communities for learning?*”.
- **In June 2019** a 2 – 3 hour showcase will highlight what we have learned. It will enable participants to attend at different times during the day.

If you require any further information, or if you wish to attend the 9 May or June workshops, please **contact Ms Leanne Ballard on Leanne.ballard@act.gov.au or 6205 2912 by 12 April, last day of Term 1.**

HOLIDAY NATURE ART PROGRAM
15th - 18th; 23rd - 24th April 2019

- Fun + engaging tutors
- Drawing, painting + nature journaling
- Animal encounters + outdoor activities
- Explore wildlife + nature at the Botanic Gardens

NatureArt Puggles	Explore NatureArt
5 - 8 years	9 - 12 years
9am - 12pm	1pm - 4:30pm



NatureArt Lab
Learn - Be Inspired - Love Your Art

Price: \$50 per session (includes materials)
Banks Building
Australian National Botanic Gardens
Bookings at natureartlab.com.au



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Information

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