



Newsletter

New Lambton Heights Infants School The Family School
176 Lookout Road, New Lambton Heights, NSW 2305
Phone 4957 2744 Email newlambhti-p.school@det.nsw.edu.au
www.newlambhti-p.schools.nsw.edu.au

respect • responsibility • personal best



Weekly Wellbeing

GOT- IT and Second Step

What are we all working on this week?

From Mr Bryant and Miss Castle:

This week in Kindergarten's Second Step we looked at the different body parts we use to focus our attention (eyes, ears and brain). Students discussed strategies they can use in the classroom to focus their attention when the teacher is talking. We also played a game of Follow, Follow with our Puppy & Snail puppets where students demonstrated their attention focusing skills.

From Miss Eveleigh

Year 1 are learning to listen to and follow directions. We learnt how to repeat directions to yourself before doing them and how to follow directions with eyes, ears and brain.

From Mrs Dowman

Year Two are learning about using self talk to stay focused and avoid distractions. We learnt that self talk means using a quiet voice in your head and that it helps you focus, stay on task and handle distractions. Some examples were "Stay focused", "Ignore him/her", "Concentrate", "Body still, Listen", "Be respectful"

Meet snail and puppy. They are our Second Step friends. Aren't they cute?

Irresistible Puppy needs all the help he can get to settle down, but his buddy, Snail—who can retract fully into his shell when things get overwhelming—is all too happy to lend a

helping antenna, with help from us. Snail reminds us to slooow down, stop and think.



Don't forget 150 minutes a week!



On the weekend, why don't you do a Scavenger Hunt with your family



Newsletter



New Lambton Heights Infants School The Family School
176 Lookout Road, New Lambton Heights, NSW 2305
Phone 4957 2744 Email newlambhti-p.school@det.nsw.edu.au
www.newlambhti-p.schools.nsw.edu.au

respect • responsibility • personal best

Good for Kids good for life

SCAVENGER HUNT

Be active as a family and do the Bicycle NSW Scavenger Hunt. Try it by bike, scooter or skateboard!



1. Long grass



7. Flower



2. Park bench



8. BBQ



3. Water



9. Bin



4. Play equipment



10. Bird



5. Bridge



11. Scooter



6. Dog



12. Person running

For more cycling tips and ideas search bicycle NSW, or visit bit.ly/BNSWCOVID



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>