



School Sports Day-  
Friday 10th August

School Photos

Monday  
13th August

Children's  
University  
Graduation  
6th September

Literacy and  
Numeracy Week  
3rd- 17th  
September

The BEAT  
12th- 14th  
September



## Principals News

### Dear Parents, Carers and Families

It is amazing to think that we are now in week 3 of Term 3. Ludmilla Primary has been a hive of activity this week with the childrens' learning extending beyond traditional reading, writing and arithmetic. We are also very busy preparing for our **Sports Carnival** on Friday and hope to see many of our families join in the fun of this great community event. Added to this the LEEP team (Ludmilla Early Education Precinct) has been out and about making the most of the wonderful dry season.



Children's University

Future focus learning has meant that Ludmilla Primary has been investing in making sure our students' education includes opening up their minds to their future and the world around them. This is why we have partnered with the Children's University based at Charles Darwin University. All students from Year 3 to Year 6 are issued with a Children's University passport. Each student collects stamps in their passport by engaging in challenges, sport, volunteer work and extra-curricular activities. This also includes excursions and the university bringing workshops, performance opportunities and challenges to the school. This week as part of National Science Week, Children's University organised for *'Bush Tales'* to visit the school. Bush Tales is a mobile wildlife education display which offers interactive presentations featuring some of Australia's most unique fauna. The show offers a unique opportunity for our student to learn about Australia's unique fauna, with the students being able to pat bearded dragons and cuddle up to a snake. Further events planned for the students include a dress-up role play with the Parliamentary Education team and the opportunity to take part in breakdancing lessons. On the **6 September** our school will take part in the first Children's University Graduation at Charles Darwin University, with many of our students that have achieved 30 stamps in their passport taking part in this graduation.

### Pitch Black

This week Ms Henschke's class received a visit from two Royal Australian Airforce members of **Exercise Pitch Black**. The children learnt the exercise hosts up to 4000 personnel and up to 140 aircraft from around the globe including participants from Australia, Canada, France (New Caledonia), Germany, Indonesia, Netherlands, New Zealand, Singapore, Thailand, India, Malaysia and the United States. They learnt that all that noise we had been hearing was an important part of making sure Australia was safe and well defended. The children were very interested to learn more about the airplanes and other technology used in Exercise Pitch Black. Some of our students thought that through our STEAM and robotics program they were well placed to consider a future career in the Australian Defence Force.

Hoping to see you all tomorrow at Sports Day. Don't forget it is okay for the students to wear their house colours tomorrow.

Kind regards  
Carol Putica



## Primary Interschool Track and Field Carnival

Last Wednesday Ludmilla took part in the Primary Interschool Track and Field Carnival. Our athletes competed through the day in a range of events. Drivon Roberts competed in six events. He was third in the High jump and won the 10 year old Discus. Jonathan Schiller also competed in six events. He was second in the 800 meters. Isis Willis competed in six events and was very strong in the 100 metre sprint. Shakayla Savage competed in three events and came third in the discus and third in the shotput. Jordan Cooper competed in seven events, came third in the long jump and second in the 800 metres. Kurt Jaragba competed in seven events and took the baton at the last change in the boys 12 year relay team. Ludmilla came fourth in the 12 year old the relay. Our six athletes were on the podium a combined seven times. Great effort and good sportsmanship all round.

Regards,

Anthony Brereton  
Senior Teacher Ludmilla School



## Helping Children Learn To Cope

It takes time and effort for children to learn new coping skills.

Things to take into account:

- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.

| Child's difficulty                                 | Some suggestions on how to support                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Feels scared and worried</b>                    | Acknowledge feelings: e.g., "You're having trouble going to sleep because you're worried something might happen."                                                                                                                                                                                                  |
| <b>Feels unsafe</b>                                | Reassure: e.g., "That storm was only on TV. It's not going to happen here."                                                                                                                                                                                                                                        |
| <b>Feels overwhelmed by scary thoughts</b>         | Label: e.g., "That's just a scary thought. You don't have to keep it."                                                                                                                                                                                                                                             |
| <b>Lacks skills for coping</b>                     | Demonstrate coping skill: e.g., "Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away." This example uses a simple idea and makes a game of blowing away all the scary thoughts.<br>Using skills and images, the child relates to, as well as making it fun, helps best. |
| <b>Doesn't feel confident about managing fears</b> | Encourage helpful thinking: e.g., "Tell those scary thoughts 'I know I am safe and I won't let you scare me!'"                                                                                                                                                                                                     |
| <b>May not believe in own ability</b>              | Praise and encouragement: e.g., "You did it. You're getting braver and braver!" or "You're trying really hard to be brave. Good on you!"                                                                                                                                                                           |



## ASSEMBLY AWARDS

|                |                                                                                                                                                                                                                          |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preschool      | <p><b>Nizaniya Thompson:</b> You did a super job at finding "The Things I Love" pictures for your writing notebook.</p> <p><b>Zedrina Barma:</b> You did some great rolling, cutting and shaping with the Playdough.</p> |
| T/1 Caroline   | <p><b>Abel Riordan:</b> Welcome to Ludmilla School you have made an amazing start in your new class. Well done!</p> <p><b>Yaron Lacey:</b> Amazing math's work Yaron! Your counting by 2's is coming along so well.</p>  |
| 1/2/3 Henschke | <p><b>Anthony Moles-Cardona:</b> Fantastic to see you having a go at your own writing.</p> <p><b>Marcus White:</b> Lovely to see that you are improving with your own spelling.</p>                                      |
| 3/4/5 Ms. B    | <p><b>Honey Arama:</b> For asking great questions to improve your understanding of place value. Great thinking!</p> <p><b>Cherry Turner:</b> You have been working hard to keep our room looking great. Thankyou.</p>    |
| 4/5/6 Lee      | <p><b>Talon Date:</b> For a great result on his Math's pre-test.</p> <p><b>Felix Bender:</b> For showing great leadership skills while working in a small group.</p>                                                     |



### The "Ludmilla Way" School Values Awards

You have demonstrated that :



|                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>I am a team player</p> <p>I listen to learn</p> <p>I show respect</p> <p>I don't give up</p> <p>I am kind and caring</p> <p>I show self control</p> | <p><b>Cliffton Gaykamangu:</b> You show respect, show self-control and are kind and caring.</p> <p><b>Elley-May Gaykamangu:</b> You listen to learn and are kind and caring.</p> <p><b>Samantha Schiller:</b> You don't give up during any learning tasks.</p> <p><b>Daniel Moubain:</b> You are kind and caring.</p> <p><b>Mason Playmore:</b> You have settled into Ludmilla Primary School and are showing respect to others.</p> |
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Ludmilla Primary School photos Monday 13<sup>th</sup> August



# Families as First Teachers Bush Tucker Lunch!

This week our Families as First Teachers group had an amazing shared lunch at Minmarama Park. The families worked together to collect some fire wood, sand and set up a beautiful shady place for the children to play.



We were very excited to share in some fresh magpie goose from Croker Island, kangaroo tails and yummy damper with jam! This was a great cultural experience for our Ludmilla Families. Thank you to expert cooks Cynthia, Valerie and Leanne for sharing your recipes and traditional cooking methods with the FaFT Families.

