



# Lansdowne Public School

Fortnightly Newsletter Term 3 Week 4

Tuesday 9th August 2022

## Dear Parents, Carers and Families

### Before & After School Care

Lansdowne Public School submitted an application to be the host school for Before & After School Care.

To help our application we require the support and interest of our families and community.

All families have been emailed a survey to complete as soon as possible. If you are unable to complete this survey online please complete the paper copy attached to the newsletter and return to school as soon as possible.

### Education Week - Book Character Parade - Book Fair

We will be holding our Education Week, Book Week, Book Character Parade and Book Fair, tomorrow, **Wednesday 10th August**.

Students have completed their wish lists today to bring home.

Parents are welcome to attend our Book Character Parade which will begin at 1.00pm under the COLA and stay to have a look at the Book Fair afterwards.

If you have costumes at home that no longer fit and you are happy to lend or donate to the school, please send them in to the school office.

### Year 3 –6 Camp

This year the 3 – 6 camp will be held at Yarrahappini Youth Camp at Grassy Head from **Wednesday 9th November – Thursday 10th November 2022**.

Thank you to all the families who have returned the permission note and paid the deposit. You can continue to make payments online or through the school office up until Friday 28th October.

### COVID / RSV / Influenza

As you are aware we have a number of positive covid and influenza cases in our school community at present.

Please continue to monitor your child for symptoms. If they show any symptoms please keep them home and test. Keep in mind, if the test comes back negative, it may be a false negative and it may be worth getting a PCR test done to rule out RSV and influenza.

For more information go to :

<https://education.nsw.gov.au/covid-19/advice-for-families>

### PSSA ZONE Athletics

Congratulations to our students, Blaise, Kataya, Mace, Cassie, Ciara and Will, who represented our school and the Lansdowne District Small Schools at the Zone Athletics last Friday. Also a huge thankyou to their parents who transported and supervised them on the day.

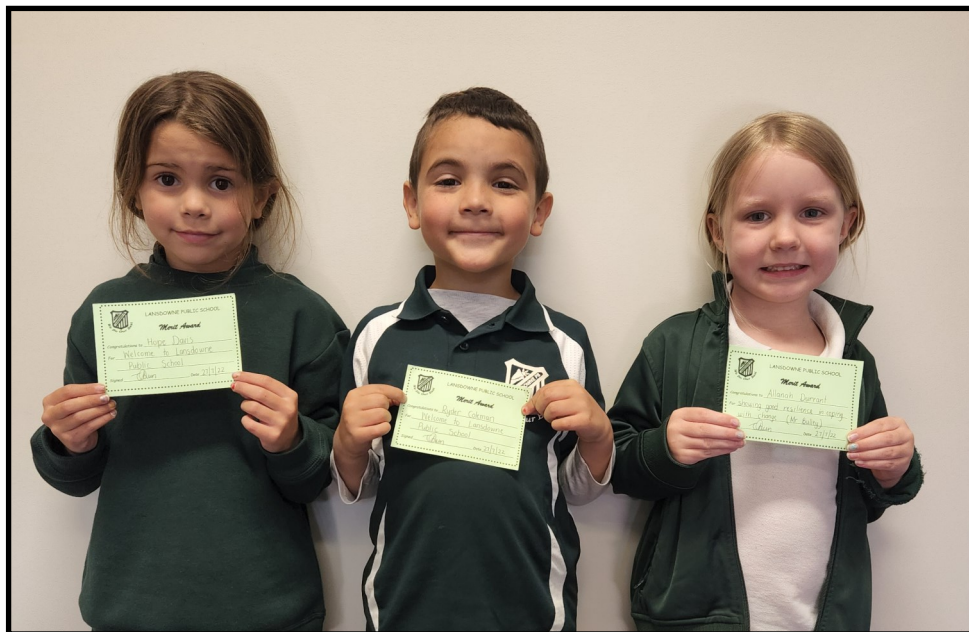


**Wendy Stanborough**

**Principal**

# WEEK 2 AWARDS

<b>CLASS K/1/2</b>		
<b>CLASS AWARD</b>	<b>Ryder</b>	Welcome to Lansdowne Public School
<b>CLASS AWARD</b>	<b>Hope</b>	Welcome to Lansdowne Public School
<b>CLASS AWARD</b>	<b>Allanah</b>	Showing good resilience in coping with change
<b>CLASS 5-6</b>		
<b>CLASS AWARD</b>	<b>Dakota</b>	Trying hard in all areas of learning
<b>ARTIST AWARD</b>	<b>Holly</b>	Creative use of colours in her wool art
<b>SPECIAL AWARD</b>	<b>Clayton</b>	Achieving his 3rd Gold Award
<b>AUSSIE OF THE MONTH</b>		<b>Lily</b>
<b>STUDENT OF THE WEEK</b>		<b>Bella</b>



# Book Week — Education Week — Book Fair

## Book Character Parade



**WHEN:** Wednesday 10th August—**Tomorrow**

**WHERE:** Lansdowne Public School

## KINDERGARTEN 2023

### DO YOU KNOW SOMEONE STARTING KINDERGARTEN IN 2023?

If you know of any children in our community that will be beginning school next year please ask them to contact the school on 6556 7147.

### Lansdowne Little Learners Kindergarten Transition Term 3

Date	Time	Location
August 18	9.00 – 11.00	K/1/2 classroom
September 1	9.00 – 11.00	K/1/2 classroom
September 15	9.00 – 11.00	K/1/2 classroom

## TENDER CLOSING THIS FRIDAY

Lansdowne Public School have the following items up for tender:

### # Fisher & Paykel Fridge

451 litre— Model: E450R

### # SHARP Fridge/Freezer

229 litre— Model: SJ-24G-WH

Items can be viewed through appointment. All written offers will be considered.

Please return your written offer to the school office by 3pm Friday 12th August.



# SCHOOL CALENDAR

## Term 3 —2022

<u>Week 4</u>	Wednesday 10th August	Book Character Parade / Book Fair / Education Week / Assembly
<u>Week 5</u>	Monday 15th August	Science Week
<u>Week 5</u>	Thursday 18th August	Kindergarten Transition
<u>Week 6</u>	Wednesday 24th August	Assembly @ 2.30pm
<u>Week 7</u>	Thursday 1st September	Kindergarten Transition
<u>Week 8</u>	Wednesday 7th September	Assembly @ 2.30pm
<u>Week 9</u>	Thursday 15th September	Kindergarten Transition
<u>Week 10</u>	Wednesday 21st September	Assembly @ 2.30pm

## Term 4 —2022

<u>Week 1</u>	Monday 10th October	First Day of Term 4 for students
<u>Week 5</u>	Wednesday 9th November	Year 3-6 Camp
<u>Week 5</u>	Thursday 10th November	Year 3-6 Camp
<u>Week 7</u>	Monday 21st November	Intensive Swimming Begins
<u>Week 8</u>	Monday 28th November	Intensive Swimming Continues
<u>Week 8</u>	Friday 2nd December	Intensive Swimming Ends
<u>Week 8</u>	Friday 2nd December	School Swimming Carnival
<u>Week 9</u>	Wednesday 7th December	Presentation Day
<u>Week 11</u>	Monday 19th December	Last Day of Term 4

## Uniforms / Hats

Please ensure your child is in full school uniform every day. This includes jumper and hat. It is essential that all students have a school hat every day. School hats can be purchased from the office for \$10 each.

Green polo shirts are \$28 each, white polo shirts \$10 each.

**Green cotton drill skorts, shorts, pants and slacks all on sale for \$10 each, limited time only!**

# Term 3 Canteen \$5 Meals

Week	Monday
5	<u>15th August</u> Spaghetti Bolognese w/ Garlic Bread
6	<u>22nd August</u> Hamburger w/ meat patty, lettuce, tomato, cheese & sauce
7	<u>29th August</u> Cheesy Pasta Bake w/ Cheese Bread
8	<u>5th September</u> Beef Nachos <u>OR</u> Burritos w/ lettuce, tomato & cheese
9	<u>12th September</u> Chicken Burger w/ chicken patty, lettuce, cheese & mayo
10	<u>19th September</u> Pizza — ham, pineapple & cheese w/ Garlic Bread

## Weekly Menu Items

Party Pies	\$1.00	Milkshake (Caramel/Strawberry/Chocolate)	\$2.00
Medium Pies	\$2.00	Hot or Cold Milo	\$2.00
Large Pies	\$3.00	Popper (Apple or Orange)	\$1.50
Sausage Rolls	\$2.50	Water	\$1.50
Dino Nuggets	0.50c each	Icy Pole	0.50c
Sandwiches (Vegemite/Jam/Cheese)	\$1.50	Grain Waves, Popcorn, Muesli Bar	0.50c

### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight  
 = 4 weeks  
 = Over 1 year missed

1 day per week  
 = 8 weeks  
 = Over 2.5 years missed

education.nsw.gov.au

### FRUIT FOR FRUIT BREAK





Each day please pack fruit or vegetables for your child that is cut up and packed in a small container.

## Start your day with breakfast

### Breakfast refuels your body, ready for the day!



Kids who eat breakfast have more energy to be physically active. They can concentrate, problem solve and focus better at school.

-  Involve kids in planning, shopping and making breakfast. It teaches kids how to plan, prepare and cook meals
-  Prepare the night before e.g. get out kitchen utensils, plates, cups, cut up fruit
-  Sleep in? Try healthy grab and go options; fruit, trail mix, fruit smoothies, bag of wholegrain cereal, reduced fat yoghurt, baked beans
-  Encourage your kids to start the day with breakfast. Make time to sit and enjoy eating breakfast together

Source: Breakfast: encouraging children to eat and enjoy it <https://raisingchildren.net.au/toddlers/nutrition-fitness/breakfast-lunches/breakfast>



Developed by Hunter New England LHD  
HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>








## Drink water for healthy teeth

### Make water your family's drink



Tap water is free, good for your skin, digestion and helps protect your teeth!

-  Teach your kids to enjoy water. Drink water throughout the day
-  Take refillable water bottles on outings and car trips
-  Serve water with meals and snacks. Change it up by adding sliced fruit, mint, cucumber or serve in a decorative jug
-  Choose water when playing sport
-  Pack a water bottle with lunchboxes. Freeze water bottles in summer. They make a great ice-brick and double as chilled water

Source: Choose Water as a Drink! NSW Health: <https://www.health.nsw.gov.au/health/schools/Documents/for-parents/ChooseWaterasadrink.pdf>



Developed by Hunter New England LHD  
HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>



# Could you become a foster carer?

Call our Taree office on (02) 6552 0277 for a confidential conversation or visit our website.

