



Lansdowne Public School

Fortnightly Newsletter Term 2 Week 4

Tuesday 21st May 2024

Dear Parents, Carers and Families

GRIP Leadership Conference

Year 6 will head to Forster this **Thursday 23rd May** for the GRIP Leadership Conference with Ms Silcock and Mrs Stanborough.

This is a great opportunity for our leaders to mix with leaders from other schools and participate in interactive activities, discussions, leadership games and more.

Uniforms

The days are certainly getting colder, and students are needing their winter uniforms. Thank you to all families who have returned the note to receive a free winter tracksuit. These uniforms will be going home today. It is not too late if you have not returned the note. It is very important that you fill in the feedback section of the note so that we can maintain our access to these generous agencies that support our students.

Please ensure that all uniforms are labelled with your child's name.

School hats remain a compulsory item throughout winter. Hats are available for purchase from the school office.

School Photos

School photos have gone home with students today. Please check their bags if you have not seen them. Included with the photos previously ordered you will have the option to order other photos including the whole school photo. These can be ordered online.

Athletics Carnival

Due to continued poor weather conditions our school grounds remain extremely wet and muddy. This has led to the cancellation of our school athletics carnival. Time does not permit us to reschedule our carnival before the Small Schools Athletics Carnival so students will be placed in relevant events based on previous results.

The Small Schools Athletics Carnival will be held on **Thursday 30th May** at Taree Recreation Grounds. Notes will be sent through School Bytes this week. Parents are welcome to attend this event.

Lunches

Staff have been noticing the amazing healthy lunches that students have been bringing to school. It is very impressive to see so much thought and effort going into these lunches and consideration also being given to reducing plastic waste.

We encourage students to talk with their parents if there is something in their lunchbox that they do not like to eat rather than give items away to their friends or put it in the bin. Please check in with your children to find out if they are eating everything you send, it could save you money! We find that packaged snacks such as chips, muesli bars and biscuits are the items least enjoyed by our students and often wasted or given away. They love their healthy food!

We do not encourage children sharing foods due to concerns for individual students' food intolerances and dietary requirements.

Life Education

The Life Education van will be visiting our school on **Monday 3rd June**. There is no cost for students to attend their class lesson but a permission note must be signed via School Bytes.

School Camp

Thank you to those families who have already completed the 3-6 Camp Expression of Interest for 2024. If you have not yet completed the EOI please see page 5.

If we have enough students wanting to attend we can start looking at places available and book.

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Science Challenge

Congratulations to our Year 5/6 students who teamed up with Year 5/6 from Coopernook Public School to win the RYSTEM Science and Engineering Challenge last week. They worked very well as a team to design and create ways of solving each challenge. They won \$500 to share with Coopernook for the schools to spend on science resources.

All students were very excited and proud of their excellent achievement. Well done team!

Wendy Stanborough
Principal



KINDERGARTEN 2025

DO YOU KNOW SOMEONE STARTING KINDERGARTEN IN 2025?

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.

Our *Little Learners* Kindergarten Transition Program will begin in Term 3. Enrolment forms can be completed now online through the school website.



Special Guest Speaker — *Mr Tony Hansen*

In Ms Silcock's class the students have been learning about conservation and the human impact on Australia's islands. They have focused their attention on Macquarie Island which is between Australia and Antarctica.



The special guest that came to speak with the class was **Mr Tony Hansen, a retired captain of the Aurora Australis, (which was at the time Australia's only icebreaker ship).**

Students from Years 1-6, listened to stories of how the ship transported researchers and scientists, scientific equipment and breaking ice to get to the scientific stations. Mr Hansen spent time on Macquarie Island and told the students all about

the animals and the landscape. The class was intrigued with the photos and stories.

Mr Hansen started captaining boats and ships from 10 years of age when he would take his father's large fishing boat out to sea. He still lives in the area and enjoys deep sea fishing and prawning.



WEEK 3 AWARDS

CLASS Kindergarten		
MERIT AWARD	Deja	Showing a good understanding of patterns and how to create different types
ART AWARD	Rose	'My Mum' portrait
CLASS 1-4		
MERIT AWARD	Oliver	Effort in informative writing tasks
ART AWARD	Sophia	'Worms'
CLASS 4-6		
MERIT AWARD	Charlee	Maths and speaking up
ART AWARD	Nadia	'Fox'
STUDENT OF THE WEEK		Sonny Excellent engagement in Literacy tasks



ISSUE 4 BOOK CLUB ORDERS



Due
Thursday 20th
June

It's OK to talk about it

kidshelpline
Anytime | Any Reason

Call Email WebChat

kidshelpline.com.au

1800 55 1800
FREE CALL 24/7

Kids Helpline is a service of yourtown for 5-25 year olds | Emergency 000

Mother's Day Stall



SCHOOL CAMP 2024 EXPRESSION OF INTEREST FOR YEAR 3-6

We are looking at going on school camp late Term 3/early Term 4 this year for one night if we have enough students interested in attending to make it viable.

In 2022, students from years 3-6 attended Yarrahapinni Adventist Youth Centre at Grassy Head for two days and one night, and participated in a range of fun activities for \$130ea. We are hoping to find something similar that is low cost.

If your child/ren are in Years 3-6 please complete below and return to the school office by **Friday 24th May 2024**.

My child/ren _____
 would like to attend school camp in 2024. **YES** **NO**

Attendance Awards Term 1



100%

Cassie	Apollo
Ciara	Ryah
Katie	Oliver
Willow	Ari
Hollyanne	Hamish

95% - 99%

Charlee	Rose
Nadia	Sonny
Dwayne	Harley



90% - 94%

Sophia	James
Lilliana	Deja
Nora	Mason



Year 6 'A Day on the Farm'

Monday 13th May 2024



Active OOSH Coopernook - Located @ Coopernook Public School

Before School Care 6.30am—8.30am

After School Care 2.30pm—6.00pm

Vacation Care 7.00am—6.00pm

Bus service to and from Lansdowne Public School included.

Contact 6554 8905 for more information, or google activeoosh.com.au

BIGGEST MORNING TEA

Upper Lansdowne Social Craft Group is hosting a Biggest Morning Tea.

When: Thursday 23rd May

Where: Upper Lansdowne Memorial Hall

Time: 10am—1pm

Admission: \$5

Come along and enjoy delicious homemade morning tea and help the Cancer Council. There will be a TRASH 'n' TREASURE table and a raffle with assorted prizes.



Communities for Children

Communities for Children is an Australian Government funded initiative through the Department of Social Services. We partner with local organisations to design and build a prevention support network that contributes to the health and wellbeing of families with children aged 0-12 years in the Mid Coast.

MISSION AUSTRALIA | together we stand

OUR PARTNERS

UNITING

UNIVERSITY OF SYDNEY

KARITANE

MSS

CHILD CARE SERVICES
TAREE & DISTRICTS INC

UNIVERSITY OF NEWCASTLE

TRESILLIAN

LOVED AND SAFE

Women Can
Kids Can

Parenting
after DV

Small Talk

My Kids and Me

HEALTHY

Circle of Security

First Steps
Count Hub
Navigator

Mother Nature
and Me



LEARNING

Empowering
Parents
Empowering
Communities

Tuning
into Kids

Tuning
into Teens

Communication
Support for Kids

Reading
Builds
Awesome
Brains

PARTICIPATING

Little Explorers
Playgroup

Mid Coast
4 Kids



For more information
about Communities
for Children call
Mission Australia
0475 961 803

This initiative is funded by the Australian Government

Good for kids
good for life



Screen Free Week

Spending time on screens can be an obstacle for kids who need more active and creative outlets for development.

Get involved in the global event during the first week of May and step away from screens for recreation.

Anyone can take part! Choose what screens you could turn off for your family and set a goal to achieve i.e. turn it off for 1 hour, a day or the whole week.

During this time, you could try some other activities like:

- 👤 Getting outside and being active
- 👤 Riding your bike
- 👤 Dancing
- 👤 Playing outdoor games
- 👤 Going for a walk



Source: Screen Free Week (www.screenfree.org)



Developed by Hunter New England LHD

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



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Good for kids
good for life



Why is being active important?

Did you know that less than 1 in 4 primary school aged children meet the recommended 60 minutes of physical activity every day?

It's important for physical activity to be a regular part of family life. Limiting sedentary behaviour is central to a child's health, development and wellbeing.

Regular physical activity is essential for:

- Brain development
- Bone strength
- Muscle control
- Balance & coordination
- Maintaining healthy weight
- Positive sleep patterns
- Mental health
- Concentration
- Self esteem



Source: Australian Institute of Health and Welfare (www.aihw.gov.au)



Developed by Hunter New England LHD

@HNELHD-GoodForKids@health.nsw.gov.au
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Term 2 Canteen \$5 Meals

Week	Monday	Week	Monday
4	<u>20th May</u> Hamburger meat patty, lettuce, tomato, cheese & sauce	5	<u>27th May</u> Meat Balls w/ Mashed Potato & Corn Cob
6	<u>3rd June</u> Spaghetti Bolognaise w/ Garlic Bread	7	<u>10th June</u> CLOSED PUBLIC HOLIDAY
8	<u>17th June</u> Pizza — ham, pineapple & cheese w/ Garlic Bread	9	<u>24th June</u> Fish & Chips Or Dino Nuggets & Chips
10	<u>1st July</u> Lasagne w/ Garlic Bread		

Weekly Menu Items

Mini Pies	\$1.00	Milkshake	\$2.00
Medium Pies	\$2.00	<i>Chocolate/ Caramel/ Strawberry</i>	
Large Pies	\$3.00	Hot or Cold Milo	\$2.00
Sausage Rolls	\$2.50	Popper — Apple or Orange	\$1.50
Dino Nuggets	0.50c each	Water	\$1.50
Triangle Puffs	0.50c each	Grain Waves, Popcorn, Biscuits	0.50c
Sandwiches (Vegemite/Jam/Cheese)	\$1.00	Icy Pole	0.50c

SCHOOL CALENDAR

Term 2 —2024

Week 4	Thursday 23rd May	GRIP Leadership for Year 6 @ Forster
Week 5	Thursday 30th May	Small Schools Athletics Carnival
Week 6	Monday 3rd June	Healthy Harold Visit
Week 6	Monday 3rd June	National Reconciliation Week
Week 6	Wednesday 5th June	Assembly @ 2.30pm
Week 7	Monday 10th June	King's Birthday — Public Holiday
Week 8	Thursday 20th June	NAIDOC Celebrations & Activities - TBC
Week 9	Wednesday 26th June	Assembly @ 2.30pm
Week 9	Friday 28th June	Soccer Gala Day @ Wingham
Week 10	Friday 5th July	Last Day of Term 2