



Lansdowne Public School

Fortnightly Newsletter Term 1 Week 5

Tuesday 25th February 2025

Dear Parents, Carers and Families

Parent Teacher Meetings

Our 3-way parent, teacher and student meetings will be held next week. This is an opportunity to discuss individual student needs and set personal learning goals. They will be held on:

Wednesday 5th March (K-2)

Thursday 6th March (3-6)

Interview times have been set up electronically through the School Bytes Parent Portal to book the time slot suitable to you. Please log on and select your appointment time asap. If you are unable to attend on the day allocated, please contact the school to arrange another time.

Leadership Speeches

Year 6 did an amazing job presenting their speeches last week to the school. Voting took place afterwards.

Our leaders for 2025 are Ciara as Prime Minister, Willow as Deputy Prime Minister, and Hamish, Cassie, Charlee, Haylee, and Saharah as Ministers.

School Leadership Badges and Year 6 shirts will be presented at the Week 7 assembly on **Wednesday 12th March** at 2.30pm.

Swimming Carnival

Well done to the students who represented our school last week at the Small Schools Swimming Carnival held at Kendall pool. Everyone had a great day and did their best.

Willow and Matilda qualified to represent the Lansdowne District at the Manning Zone PSSA on **Thursday 27th February**.

Cross Country

We will be holding our Cross Country on **Thursday 20th March**, starting at 9.15am. All students from K-6 will have the opportunity to participate. Family members are welcome to come along for the morning and cheer them on. Students may wear

their house colours (*yellow or red*).

Students who turn eight or older this year who qualify will then have the opportunity to compete at the Small Schools Cross Country.

This event will be held **Wednesday 2nd April** at Hannam Vale Public School.

NAPLAN

Naplan assessments for Years 3 and 5 will take place from **Wednesday 12th March**. NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

Online NAPLAN tests are designed to provide precise results and are engaging for students. The tests are tailored (or adaptive) which means that each test presents questions that may be more or less difficult depending on a student's responses. This helps students remain engaged with the assessment.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

All Year 3 students will continue to complete the writing assessment on paper.

Intensive Swimming Program

Permission notes have been emailed out to all families. Please check School Bytes to complete as soon as possible.

Cathy Dun
Relieving Principal

WEEK 4 AWARDS

CLASS K/1/2		
MERIT AWARD	James	Trying hard to make good choices during spelling activities and completing his work
MERIT AWARD	Deja	Consistently following our classroom rules, routines and being a kind friend to all
ART AWARD	Nora	'Summer Sunset'
CLASS 3-6		
MERIT AWARD	Hope	Welcome to Lansdowne PS
MERIT AWARD	Xavier	Amazing effort and achievement in Maths
ART AWARD	Haylee	'Primary Colours Hand'



CONGRATULATIONS



to Ciara who has been selected to represent the Manning District in Hockey. Ciara will now go to the Regional Hockey Team Trials in Newcastle in March.

Another congratulations to Willow & Matilda who qualified to compete at the PSSA Zone Swimming Carnival this Thursday.



Meet & Greet 2025

What a great social afternoon we all had on Thursday 13th February.

Thank you to the families who were able to attend.



COMING SOON!

EASTER GUESSING COMPETITION

20c a guess!

Lansdowne Public School

Easter Raffle Fundraiser

COMING SOON!

Tickets will be available from week 7 for \$1.00 each

Easter hampers large, medium & small to be won!

One entry into the student draw for every booklet returned

Raffle drawn Thursday 10th April at Easter Hat Parade

Hamper donations welcome and appreciated

SCHOOL CALENDAR

Term 1 —2025

Week 5	Thursday 27th February	PSSA Zone Swimming Carnival
Week 5	Friday 28th February	Clean Up Australia Day @ LPS
Week 6	Monday 3rd March	Fruit & Veg Month Begins
Week 6	Wednesday 5th March	K-2 Parent Teacher Meetings
Week 6	Thursday 6th March	3-6 Parent Teacher Meetings
Week 7	Tuesday 11th March	Easter Raffle Tickets Available
Week 7	Wednesday 12th March	Assembly @ 2.30pm
Week 7	Wednesday 12th March	NAPLAN Begins — Year 3 & 5
Week 8	Monday 17th March	NAPLAN Continues — Year 3 & 5
Week 8	Thursday 20th March	Cross Country
Week 8	Friday 21st March	Harmony Day
Week 8	Friday 21st March	National Ride2School Day
Week 9	Monday 24th March	Intensive Swimming Begins
Week 9	Friday 28th March	Intensive Swimming Ends
Week 10	Monday 31st March	Debating Workshop — Year 6
Week 10	Wednesday 2nd April	Small Schools Cross Country
Week 10	Wednesday 2nd April	Assembly @ 2.30pm
Week 10	Thursday 3rd April	School Photos
Week 11	Tuesday 8th April	Easter Raffle Tickets Due
Week 11	Tuesday 8th April	CPR—Year 3-6
Week 11	Thursday 10th April	Easter Hat Parade & Activities Fun Day
Week 11	Thursday 10th April	Easter Raffle Drawn
Week 11	Friday 11th April	LAST DAY OF TERM 1

Newsletter Competition — Week 5

Student name/s: _____

- ◆ When is the Small Schools Cross Country? _____
- ◆ Who qualified for the Zone PSSA Swimming? _____
- ◆ Who received an Art Award in Week 4? _____
- ◆ When does NAPLAN Begin? _____
- ◆ What can you swap potato chips for? _____

Return the completed question sheet to the school office by **Friday 28th February** to go into the Term 1 Draw.
One entry per family!

Cooking with Abby

Each week students cook something different with Miss Abby through the OzHarvest FEAST Program. Over the last two weeks they have made **Fruit Skewers** and **Yoghurt, Muesli and Fruit Cups**. This week they are making **Muesli Bliss Balls**.



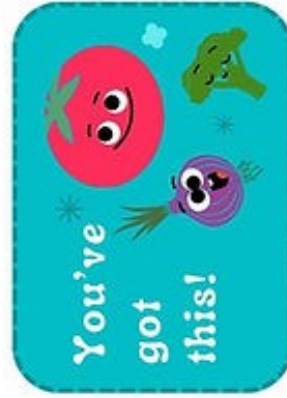
Lansdowne District Small School Swimming Carnival

Thursday 20th February 2025



Lunchbox Notes

Brighten your child's day by adding these to their lunchbox for a nice surprise!



Lunchbox Swaps

If you're looking for some *inspo* to get out of old lunchbox habits - try these easy swaps.



SWAP OUT

White bread, rolls, wraps, crackers and crispbreads



SWAP IN

Wholemeal or wholegrain options



SWAP OUT

Highly processed luncheon meats



SWAP IN

Tuna, egg, hummus or sliced roast meat



SWAP OUT

Cordial or sweetened juice poppers



SWAP IN

Water or plain milk



SWAP OUT

Potato chips



SWAP IN

Pretzels or popcorn



SWAP OUT

Sweet and savoury biscuits



SWAP IN

Pikelets or wholegrain muesli bar



SWAP OUT

Iced cakes and cupcakes



SWAP IN

Fruit bun or fruit-based muffin

Summer lunchboxes

Summer is just around the corner! Ensuring lunchboxes stay cold helps keep your child safe and the food fresh.

Always include an ice brick in the lunchbox, and try these ideas:

- Freeze plain milk poppers or reduced fat yoghurt pouch- this will keep the lunchbox cold and make a healthy treat once defrosted
- Add frozen berries to reduced fat yoghurt
- Freeze sandwiches- fillings such as cheese, vegemite or roast meat are great for freezing. A frozen sandwich will defrost by lunchtime and help keep the lunchbox cool.
- Freeze snacks such as banana pikelets or zucchini slice
- Cut fruits into pieces and freeze for a delicious cold snack



Hydrate with H2O

Did you know your body is made up of 50-70% water?

Water is essential in a healthy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- Packing a frozen water bottle in their lunchbox during summer
- Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Hydration tips for children (www.healthdirect.gov.au)

School Photos — Thursday 3rd April 2025

Premium Pack **\$53**

Group Photograph
 See Overleaf →

2x 10" x 8" + 1x 5" x 7" Black and White Portrait + 4x 5" x 3.5" + 4x 1.7" x 1.2" Portrait Download (Print quality)

Classic Pack **\$47**

Group Photograph
 See Overleaf →

1x 10" x 8" + 1x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" Portrait Download (Print quality)

Value Pack **\$44**

Group Photograph
 See Overleaf →

3x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" Portrait Download (Not print quality)

Essential Pack **\$42**

Group Photograph
 See Overleaf →

4x 5" x 7" + 4x 1.7" x 1.2" Portrait Download (Not print quality)

Basic Pack **\$40**

Group Photograph
 See Overleaf →

1x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" Portrait Download (Not print quality)

Gift Pack* **\$15**
 All 12 Items

Group Photograph
 See Overleaf →

3x 2" x 1.4" Photo Bookmarks 5" x 2" + 1x Door Hanger 10" x 4" + 1x Photo Calendar 5" x 7" + 4x Gift Tags 3.4" x 2.5"

Group Only **\$30**
 See Overleaf →

Group Photograph
 as determined by your school

Deluxe Pack **\$40**

1x 10" x 8" + 2x 5" x 7" + 2x 5" x 3.5" + Portrait Download (Print quality)

Value Pack **\$35**

2x 5" x 7" + 4x 5" x 3.5" + Portrait Download (Not print quality)

Standard Pack **\$29**

1x 5" x 7" + 2x 5" x 3.5" + Portrait Download (Not print quality)

Gift Pack* **All 7 Items**

1x Photo Calendar 10" x 8" + 4x 2.5" x 1.8" + 2x Photo Gift Tags 2.5" x 5"

*Only available when purchasing one of the packs listed above.

100% Money Back Guarantee (conditions apply)

msp photography

CAPTURING SCHOOL MOMENTS

Order forms will be sent home soon!
 Prices are from 2023, please use as a guide only