



Lansdowne Public School

Fortnightly Newsletter Term 2 Week 6

Tuesday 3rd June 2025

Dear Parents, Carers and Families

Student Reports

From Term 2 2025, we are introducing updated school reports. The new format has been developed by the NSW Department of Education in response to feedback from parents and educators to make reports easier to read and understand. Your child's report will still show their progress across all subject areas. Teacher comments will appear in English, Mathematics and the general comment section, in line with department policy. The general comment also covers other key learning areas. A new achievement scale and descriptors are included to provide a clearer picture of your child's progress.

Parent-teacher interviews remain an important way to discuss your child's progress and achievement in more detail.

Reports will be sent home in Week 10 and we welcome your feedback or questions about the new report format.

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. We will try to hold events throughout the school days in order place students in relevant events for the Lansdowne District Athletics Carnival. Due to grounds closures around the area, we are waiting to confirm the date for this event.

Circle of Security

The Circle of Security parenting program will recommence this Friday at 9.00am. Information has been emailed to all families. This is a fantastic program and we hope to see lots of parents, carers and grandparents attend.

Public Speaking Competition

Students have been busy preparing speeches for our Public Speaking Competition. Each student will have the opportunity to present their speech in class next week. The highest scoring students from each stage

will progress to our school competition to be held on **Tuesday 17 June** at 9.15am. Parents and carers are welcome to attend.

Lunches

Last week we provided lunch and snacks to all students to support families after the recent floods and weather event. We can continue this support to families in need. Please let us know if your child/ren requires lunch on any day. Our regular breakfast program will continue to operate daily.

Uniforms

With the weather getting cooler, please make sure your child wears or brings their school jumper, jacket and track pants. Please make sure they have their names written on all items in case they are misplaced.

Hats still need to be worn during winter months. Spare hats are no longer available for students to borrow, so please make sure they have their hat packed every day. Hats can be purchased through the school office for \$10.

Kindergarten 2026

We will be commencing our Kindergarten transition program, Lansdowne Little Learners, for students starting Kindergarten in 2026 next term. If you know of any child starting school next year or have any questions about enrolling your child for next year please contact the school on 6556 7147 or drop into the office.

Ciara

Ciara represented our school, Manning Valley and Hunter Region at the State PSSA Hockey Carnival in Newcastle from 19th May—22nd May 2025. Ciara played 7 games all up and even scored a goal. Well done Ciara, we hear you showed great sportsmanship!



Cathy Dun
Relieving Principal

WEEK 3 AWARDS

CLASS K/1/2		
MERIT AWARD	Alice	Consistent listener
MERIT AWARD	Caiden	Welcome to Lansdowne PS
MERIT AWARD	Mason C	Welcome to Lansdowne PS
ART AWARD	Oliver	ANZAC Soldier

CLASS 3-6		
MERIT AWARD	Kirra	Always trying her best
MERIT AWARD	Zailyn	Welcome to Lansdowne PS
MERIT AWARD	Rubi	Welcome to Lansdowne PS
MERIT AWARD	Hamish	Always applying himself to complete learning tasks
ART AWARD	Sophia	ANZAC Soldier



KINDERGARTEN 2026

DO YOU KNOW SOMEONE STARTING KINDERGARTEN IN 2026?

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.



Mother's Day Stall

Wednesday 7th May 2025



WOW Day @ Chatham High

Thursday 8th May 2025

Cassie and Saharah who will attend Chatham High next year had a great day exploring Chatham High School and participating in a number of classes.



PSSA Zone Cross Country

Friday 9th May 2025

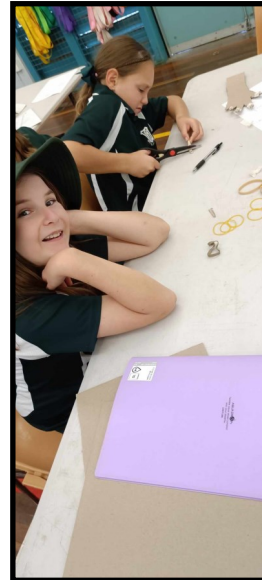
Well done to our cross country runners who took on the muddy conditions to represent our school. Thank you to their amazing parents who transported and supported them.



RYSTEM Science Day

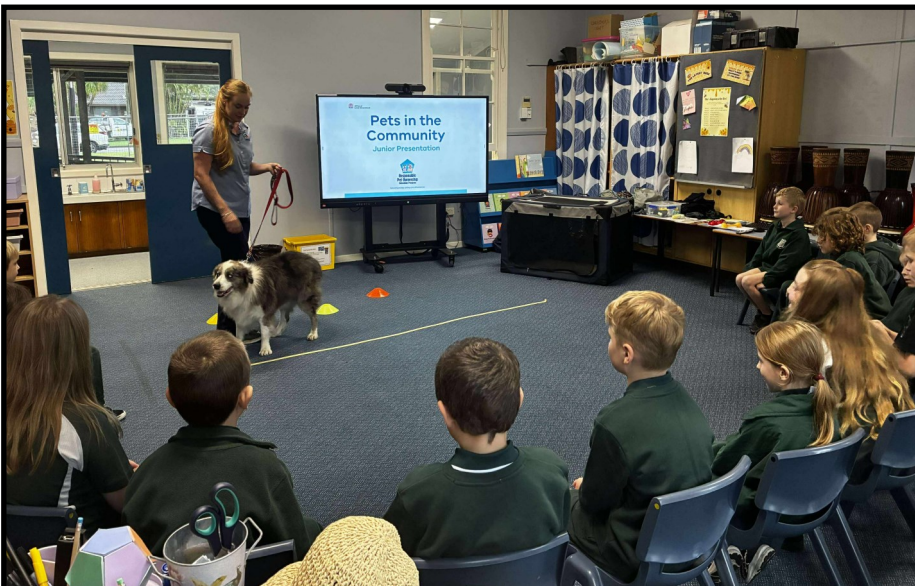
Tuesday 13th May 2025

Year 5/6 attended the annual RYSTEM Science & Engineering Challenge at Chatham High School.



Responsible Pet Ownership Visit

Monday 19th May 2025



Cooking with Miss Abbie

OzHarvest — Banana Pikelets



ACMF - Music with Mr Matty



Busy Bees - Paper Planes



Gymnastics

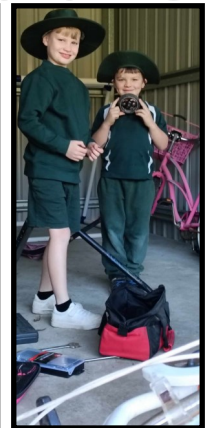
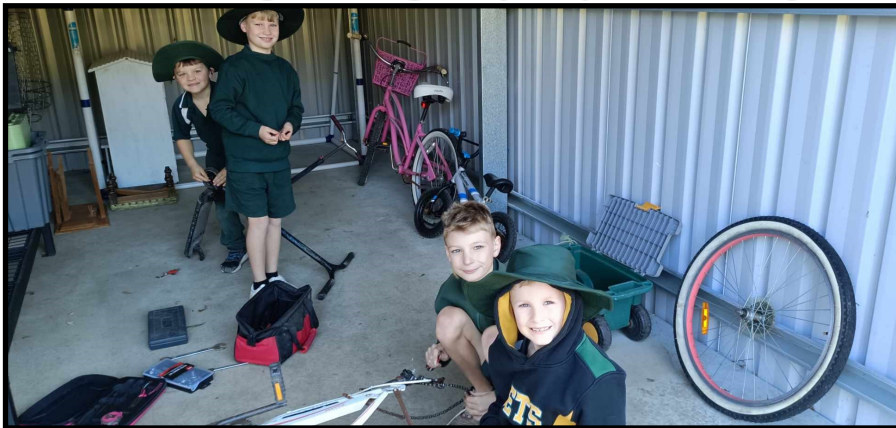



Free Canteen Lunch

Students being treated to a free canteen lunch and milo on Tuesday 27th May 2025



Tinker Club with Mr Biddle





Mental Health Services and Support

Mental Health Line
1800 011 511



<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/e/headspace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>	<p>24/7 Mental Health Line Offers professional help and advice and referrals to local mental health services</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (9pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)</p>	

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.




With delivery partners:




Funded by:



13 92 76

13Yarn is a 24/7
Aboriginal & Torres Strait Islander
crisis support line



Newsletter Competition — Term 2 Week 6

Student name/s: _____

- ♦ When is the King's Birthday Public Holiday? _____
- ♦ What sport did Ciara play in Newcastle? _____
- ♦ When is Issue 4 Book Club Orders Due? _____
- ♦ Who attended WOW Day at Chatham High? _____
- ♦ What instrument is Mr Matty teaching? _____
- ♦ How many Fridays is Circle of Security Parenting Program on? _____

Return the completed question sheet to the school office by **Friday 6th June** to go into the Term 2 Draw. **One entry per family!**

SCHOOL CALENDAR

Term 2 — 2025

Week 6	Wednesday 4th June	Assembly @ 2.30pm
Week 6	Friday 6th June	Circle of Security Parenting Program
Week 7	Monday 9th June	King's Birthday—Public Holiday
Week 7	Friday 13th June	Circle of Security Parenting Program
Week 8	Tuesday 17th June	School Public Speaking
Week 8	Friday 20th June	Book Club Orders Due
Week 8	Friday 20th June	Circle of Security Parenting Program
Week 9	Wednesday 25th June	LDPSSA Athletics Carnival—TBC
Week 9	Wednesday 25th June	Small Schools Public Speaking
Week 9	Wednesday 25th June	Assembly @ 2.30pm — TBC
Week 9	Friday 27th June	Circle of Security Parenting Program
Week 10	Friday 4th July	LAST DAY OF TERM 2

Term 2 Student Attendance Draw

\$5 Canteen Vouchers up for grabs!

Each week, students who attend school every day will receive an entry into the draw.

10 full weeks = 10 entries!

8 full weeks = 8 entries and so on.

At the end of the term, six tickets will be drawn for a \$5 canteen voucher.

Term 2 Family Draw

\$30 Meat Vouchers up for grabs!

During Term 2, parents/carers who provide an explanation for their child's absences will receive an entry into the draw.

1 entry for every explained absence!

At the end of the term, one lucky family will be drawn for the \$30 meat voucher.



ISSUE 4 BOOK CLUB ORDERS

Due Friday 20th June

Uniform Price List 2025

Green Polo Shirts	\$30.00
Green Sports Jacket	\$40.00
Hat	\$10.00

All items are sold at the school office

Monday	Canteen
Tuesday	Music Signing Choir
Wednesday	Pottery Tinker Club
Thursday	Busy Bees
Friday	Gymnastics Cooking



**Communities
for Children**

Child Care Services Taree & Districts Inc.

Presents

Circle of Security Parenting

A relationship-based program to support parents build positive and secure attachments with their children. The program aims to build the bond and sense of security for both the parent/carer and child in their relationship by:

- demonstrating how to understand their children's needs.
- how parents own experiences impacts on how they parent.

The program will be presented over 4 sessions.

Morning tea will be provided.

Where: Lansdowne Public School, 16 Macquarie Street, Lansdowne

When: Friday 6th June

Friday 13th June

Friday 20th June

Friday 27th June

For information and to register call

Lansdowne Public School - 65567147

Secure your spot now! Not too late to join!

If you have booked your place in the program, encourage friends and other parents to join you, the more the better!

a message for parents and carers

Mid North Coast NSW

As parents and carers, it is important to remember that disruption to school, activities, and routine can affect your child and young person's mood and wellbeing, as well as their ability to function at full capacity.

This also applies to us as parents or carers. Perhaps things that normally wouldn't bother you are now making you upset, angry, anxious, sad or frustrated.

These are common experiences at times like this and it's important that we remember other people might be feeling the same way.

It is not unusual for you, your child or your young person to feel flat or a little less motivated. It is helpful to remember to **Notice** or pay attention to any changes in how we and/or our children and young people are.

You might **Notice** signs of reduced tolerance, fatigue, low mood, decreased motivation, changes to sleep, concentration or appetite.

It is important to check-in with yourself and your child and young person and to remember that changes to how you feel is usually a typical response to an unusual situation. Remember that what works for each of us is different.

Inquire and open a conversation with your child - ask about anything you've noticed or just how they are feeling.

Listen to their experience, try to make sure they feel heard and understood. Ask them how they are looking after themselves.

You might **Provide** support or gentle encouragement to reconnect with things that help them stay balanced and grounded. That might include reconnecting with people, exercising, resting, or taking time for things that are important.

Most importantly, remember that how you notice and look after yourself can be one of the most important ways you support your young person.

Notice, Inquire and Provide

How to cope with the stress of natural disasters

It's common to need support after being in or witnessing flooding. There are specific things that are likely to be helpful for parents to know in the days and weeks following a natural disaster.

Tips for the initial days and weeks following a natural disaster:

During this time, it is important to encourage children and young people to do the things that make them feel physically and emotionally safe.

- Connecting with friends.
- Engaging in activities that can distract or are enjoyable.
- Taking breaks from talking or thinking about the disaster constantly.
- It's more important than usual to focus on eating and sleeping well.
- Staying active.
- Re-establish routines where possible.
- If needed, allow yourself dedicated time to have conversations about your worries with trusted people.

Tips for the shorter and longer term following a natural disaster:

- Acknowledge that it has been a tough time.
- It's OK to remind yourself that the events were out of your control.
- Be patient with yourself. It can take time to make sense of what happened.
- It's OK to need someone to remind you that you're safe.
- Small routines, activities or goals are important. Building momentum with small wins is more manageable than only focusing on the large tasks. This could be daily activities, like attending school, work, sports or catching up with friends. It could be planning your day and trying to stick to that.

Things your child and young person might experience after a natural disaster

People can respond in very different ways, which can also change over time. Some people might feel OK immediately after the disaster but become overwhelmed later.

After a natural disaster children, young people, and adults can sometimes experience:

- Procrastinating or neglecting responsibilities
- Risky behaviours – self harm
- Physical signs that sometimes occur with extended periods of anxiety such as aches and pains, stomach and bowel discomfort, dizziness and increased heart rate
- More frequent infections or sickness
- General moodiness, depressed feelings and irritability
- Difficulty relaxing
- Feeling overwhelmed with life
- Feeling lonely
- Difficulty concentrating and making decisions
- Feeling confused or 'foggy' with thinking
- Negative outlook on life
- Anxiety, worrying or racing thoughts
- Eating more or less
- Sleeping too much or too little
- Isolating themselves

Being aware of your child and young person's stress responses

Depending on your young person's experience, they may find that reminders of the event can trigger a spike in discomfort and anxiety.

Be aware of the triggers that remind them of how they felt during or after the disaster. This could include sounds, smells or images.

Seek support if you are worried about your child and young person

Parents and carers know their children and young people the best, so listen to your gut. Most people who experience traumatic events will recover and return to the routines and functioning they had.

Very strong emotions normally start to settle by about six weeks after the disaster. If you or your child and young person are having trouble with your emotions or usual daily activities, then consider seeking professional support.



If you are looking for mental health advice or support for anyone in your family contact NSW Health Mental Health Line on 1800 011 511. You can also find your nearest headspace centre, or for online and telephone support, visit headspace.org.au

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.



headspace
National Youth Mental Health Foundation