



Lansdowne Public School

Fortnightly Newsletter Term 1 Week 3

Tuesday 11th February 2025

Dear Parents, Carers and Families

Welcome Back

Welcome back to school in 2025. It was very exciting to see our students return to school with big smiles on their faces. We look forward to another eventful year ahead.

Staff for 2025

Mrs Dun — Relieving Principal

Mrs Burgess — K-2 Classroom Teacher

Mr Biddle — 3-6 Classroom Teacher

Miss George— RFF & Library Teacher

Mrs Campbell — APC&I and Learning Support

Mr Emerton — Grounds Assistant

Mrs Muir — School Admin Manager

Miss Tyler— School Learning Support Officer—K-2

Miss Kasey— School Learning Support Officer—3-6

Miss Abbie— School Wellbeing Officer

Mr Matty— ACMF Music Teacher

I would like to welcome Miss George who will be joining us every Wednesday & Thursday.

Meet and Greet Afternoon

I would like to invite parents, carers and family members to join us for a light afternoon tea and sausage sizzle this **Thursday 13th February from 3.15pm**. This is a great opportunity to meet the new staff members and other school families.

Parent Teacher Meetings

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

Wednesday 5th March for K-2

Thursday 6th March (3-6)

You will be notified when the interview times will be set up electronically through the School Bytes Parent Portal to book the time slot suitable to you.

Attendance

Parents of children from Kindergarten to Year 12 must ensure their children attend school every day. On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral.

Parents must provide an explanation for absences to the school within 7 days from the first day of any period of absence. Where an explanation has not been received within the 7-day timeframe, the school will record the absence as unexplained on the student's record.

We understand that students do get sick from time to time, and family emergencies occur resulting in students needing to stay home. It is vital that parents inform us if their child is away from school for any reason. Unexplained absences can result in referral to the Home School Liaison Officer for follow up. As mandatory reporters, school staff must report habitual non-attendance to the Child Wellbeing Unit.

OOSH

Active OOSH are still providing a before and after school care service to Lansdowne Public School. This service is now at Cundletown Public School. Students will be transported by bus from the service at Cundletown to Lansdowne Public School in the mornings and from Lansdowne Public School to Cundletown Public School in the afternoons. If you are needing to access this service, please enrol online at Active OOSH.

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Leadership Speeches

Next **Tuesday 18th February**, all Year 6 students will have the opportunity to present their leadership speeches to staff and students. This will be held in the 3-6 classroom from 9.15am. Parents/carers are welcome to attend.

Assembly

Assemblies will be held in Week 4, 7 and 10 this term. **Wednesday 19th February** will be our first assembly for the year from 2.30pm. Leaders for 2025 will be announced during this assembly. We welcome all parents, carers and family members to come along and join us.

School leadership badges and Year 6 shirts will be presented at the Week 7 assembly.

Sport

Our sport this term is Basketball. Each class will have a basketball lesson every Friday this term with coaches from Taree Basketball. Please ensure your child wears appropriate uniform and shoes for this activity.

Swimming Carnival

The Small Schools Swimming Carnival will be held on **Thursday 20th February** at Wingham Pool. Students who are turning 8 this year and older, who are identified as competent swimmers will receive permission notes via email to participate in the carnival.

Those who qualify for PSSA Zone Swimming Carnival will compete at Manning Aquatic Leisure Centre on **Thursday 27th February**.

Cross Country

Our School Cross Country and Small Schools Cross Country will be held this term. Dates to be confirmed. Students are encouraged to start practising now.

Music

Our music program started today. Matty Zarb will be here every Tuesday again this year to teach music to all students. This music program is part of the Australian Children's Music Foundation (ACMF). We are extremely fortunate to have access to this program.

Bus Pass

If you would like to apply for a bus pass for your child, go to:

www.transportnsw.info/school-travel-apply
and select 'Apply for a school travel pass'.

Newsletter Competition

This year we are running a fun competition. Each newsletter will have a number of questions for families to find the answers within the newsletter. All correct entries will go into a draw to take place at the end of each term for a mystery prize. One entry per family. Entries must be in by the due date.

Cathy Dun
Relieving Principal

Newsletter Competition — Week 3

Student name/s: _____

- ♦ When are the Parent/Teacher Meetings? _____
- ♦ What is one 'High Risk' food? _____
- ♦ What does 'ACMF' stand for? _____
- ♦ When are Book Club Orders due? _____
- ♦ What is the Kids Helpline Phone number? _____

Return the completed question sheet to the school office by **Friday 14th February** to go into the Term 1 Draw.
One entry per family!

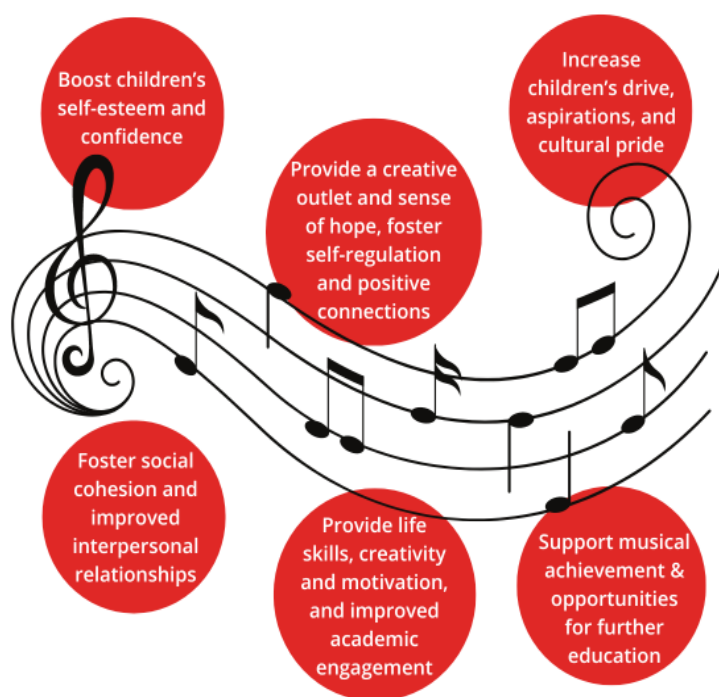
SCHOOL CALENDAR

Term 1 — 2025

Week 3	Monday 10th February	Healthy Lunchbox Week
Week 3	Thursday 13th February	Meet & Greet Afternoon Tea
Week 4	Tuesday 18th February	Year 6 Leadership Speeches
Week 4	Wednesday 19th February	Leaders Announced @ Assembly
Week 4	Wednesday 19th February	Assembly @ 2.30pm
Week 4	Thursday 20th February	Smalls Schools Swimming Carnival
Week 5	Monday 24th February	Book Club Orders Due
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	Friday 21st March	Harmony Day
Week 8	Friday 21st March	National Ride2School Day
Week 9	Monday 25th March	Intensive Swimming Begins
Week 9	Tuesday 26th March	Raffle Tickets Due
Week 9	Friday 28th March	Intensive Swimming Ends
Week 10	Monday 31st March	Debating Workshop — Year 6
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	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



The Impact of our Music Programs



FRUIT FOR FRUIT BREAK

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

Teachers are unable to cut up fruit for your child during class



kidshelpline
Anytime | Any Reason

We're here for your kids, if they need support they can...



Call us for FREE
1800 55 1800



Email us



WebChat with us

Parents! For more information and resources, please check out our Kids Helpline parents section

kidshelpline.com.au/parents

ISSUE 1 BOOK CLUB ORDERS

Due Monday
24th February



AWARDS SYSTEM

All awards received at the assemblies go towards gaining your Bronze, Silver and Gold Awards.

These include:

Merit, Arts and Student of the Week

5 Awards = Bronze

Bronze + 5 Awards = Silver

Silver + 5 Awards = Gold 1

Gold 1 + 5 Awards = Gold 2 & so on.

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

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

Lunchboxes often stay in the school bag for several hours in warm conditions promoting bacterial growth and increasing the risk of food poisoning. Follow these simple steps to keep lunchbox food safe and fresh.

STAY CLEAN

- Wash your hands before and after preparing food.
- Keep food benches and chopping boards clean and dry.
- Ensure lunchbox and utensils are washed before use.



STAY COOL

- Use an insulated lunchbox.
- Pack an ice brick, frozen water bottle or frozen yoghurt pouch to keep the lunchbox cool.
- Refrigerate the lunchbox where possible.
- Keep the lunchbox out of the sun

HIGH RISK FOODS

Be extra mindful of the following foods, which can lead to food poisoning if not kept cold.

- Meat
- Poultry
- Fish
- Egg
- Soft cheese such as ricotta or cottage cheese
- Yogurt
- Custard
- Dips
- Cooked pasta or rice
- Mayonnaise based salads



Uneaten high risk foods left in the lunchbox at the end of the day should be thrown away.

Are you victim of the boomerang lunchbox - what goes in the lunchbox, comes back untouched or barely eaten? There are many reasons why children may not eat their lunchbox foods.

TOO MANY NEW FOODS

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- Remember it can take up to 15 times of exposure before children will accept a new food.



TOO MUCH FOOD

- A lunchbox full of food can be very overwhelming for some young children.
- Be realistic with what your child can eat and let them help choose what goes in their lunchbox.

CAN'T ACCESS THE FOOD

- Some lunchboxes, containers and packages are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



TOO BUSY PLAYING

- For many children, playing is much more important than eating.
- Schools can help by providing designated sit-down eating times without time pressure to eat.

Children's internal sense of hunger, appetite and fullness is stronger than adults. Trust they will eat the right amount to grow well, whether it be at school or home.

Balance the Box

Help kids to GO, GROW and GLOW by including food from each group in the lunchbox.



Go foods

GRAINS

- Wholegrain bread, rolls or wraps
- Focaccias or Turkish bread
- Fruit bread
- English muffins or bagels
- Pasta, noodles or rice
- Quinoa or cous cous
- Wholegrain crispbreads or crackers



Grow foods

DAIRY

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Milk popper
- Calcium fortified soy or other plant-based milks



MEAT & ALTERNATIVES

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon
- Hummus dip
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafels
- Tofu cubes



Glow foods

FRUIT

- Whole fresh fruit
- Fresh fruit salad
- Tub of diced fruit
- Fruit puree
- Dried fruit



VEGETABLES

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob or tinned corn spears
- Green beans or snow peas
- Leftover cooked vegetables
- Lentils, chickpeas or kidney beans



Packing a Lunchbox

A well-packed lunchbox helps children learn, play, and stay focused at school.
Include these four steps for a satisfying lunchbox.



Remember to:

- Keep the lunchbox cold by using an insulated lunchbox with an ice brick or frozen water bottle.
- Involve children in preparing and packing their own lunchbox.

9-15
FEBRUARY
2025

National Lunch box Week

#NationalLunchboxWeek

- Support a judgement-free approach
- Encourage positive lunchtime experiences
- Embrace lunchbox diversity
- Promote practical tips for lunchboxes
- Reassurance for parents and carers.



www.lunchboxweek.org



LUNCHES AROUND THE WORLD

Healthy Lunchbox Week

AUSTRALIA



- Sandwiches
- Rolls
- Wraps



ITALY



- Pizza
- Pasta
- Risotto



CHINA



- Chow Mein
- Dumplings
- Fried Rice



JAPAN



- Bento Box
- Donburi
- Sushi



FRANCE



- Baguette Sandwich
- Gratin
- Quiche



MEXICO



- Burrito
- Nachos
- Tacos



GREECE



- Moussaka
- Pastitsio
- Souvlaki



TURKEY



- Borek
- Kebabs
- Pide



INDIA



- Biryani
- Curry
- Roti and Parathas



VIETNAM



- Banh Mi - Vietnamese Roll
- Broken Rice
- Fresh Rice Paper Rolls



www.healthylunchboxweek.org.au
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