

# Raymond Terrace Public School Newsletter



**Term 3 2025  
August Issue**

**Principal: Mrs Salena Langholz**  
**Email: raymondter-p.school@det.nsw.edu.au**

**Telephone:  
4987 2083**

**Like us on Facebook**

## From the Principal

Dear Raymond Terrace Community,

This week we are celebrating *Public Education Week* with the theme '**Ignite Your Potential**'. This means helping every student find their strengths and do their best. At Raymond Terrace Public School, we work hard every day to support our students to grow and learn. We do this through strong literacy and numeracy programs, activities for high-potential learners, and by making sure every student feels safe, supported and heard. We look forward to seeing families at our open classrooms and the Book Parade this week to demonstrate the amazing things happening in classrooms.

Excursions are a great part of learning, and we love giving students the chance to experience new things outside the classroom. To help us plan for safety, transport and staff supervision, we must have all permission notes by the **closing date**. These dates are very important. If notes or payments are late, your child will not be able to attend. We've included some **School Bytes** information with this newsletter to help you keep track of dates and reminders.

Last week, our students heard from the Police Youth Liaison Officer about **cybersafety**. With many students using smartphones and smartwatches, it's important to talk about how to stay safe online. Our school has updated its guidelines for using these devices to help keep everyone focused and safe at school. We ask families to keep talking at home about safe and respectful online behaviour. Working together, we can help students learn to make good choices online.

We are lucky to be part of a caring school community. Please remember to drive and park safely around the school. Avoid parking across driveways, follow the road rules and use the crossings. This keeps our students safe and shows respect for our neighbours.

At Raymond Terrace Public School, we are proud to inspire learning, build strong community connections, and help every student do their best. Thank you for your ongoing support and for working with us to give

our students the best chance to succeed. We are looking forward to a fantastic term of learning with a range of opportunities for all our students to ignite their potential.

Warm regards,  
Salena Langholz - Proud Principal

## Calendar

### August, 2025

- 04 to 08 - RTPS Scholastic Book Fair
- 08 - Book Character parade
- 06 - STEM Yr 6 Girls - HRHS
- 11 - Girls Touch Football
- 12 - Yr 5/6 HPGE Enrichment day at I.H.S.
- 12 - P&C meeting
- 12 - Terrace Turtles
- 13 - RTPS Athletic carnival
- 15 - Shadow Judging Announcement
- 18 - KM & KLA Book Week excursion
- 19 - Regional Spelling Bee final
- 19 - 1M & 1B Book Week excursion
- 19 - Terrace Turtles
- 20 - Pyjama Day—Stewart House Foundation
- 21 - K-1R & K-6C Book Week excursion
- 22 - Zone Athletics
- 22 - YB—Tenpin Bowling competition
- 26 - Terrace Turtles
- 27-29 - Stage 3 Canberra excursion
- 28 - Maitland Park exc. - Non Canberra attendees



- **2025 School Term dates for students**  
**Term 3 - 22 July - 26 September**  
**Term 4 - 14 October - 19 December**

**\*\* Respect \*\* Do As You Are Asked \*\* Friendly Talk \*\* Hands Off \*\* In The Right Place \*\***

## School Messages



Book Week has begun!

The Scholastic Book Fair will be open until Friday 8 August, with students visiting during their lessons to make wish lists or purchases. Family and friends will be able to access the fair after school Monday to Thursday. On Friday 8 August our Book Character Parade will be held from 12.20pm under the COLA, with open classrooms beforehand from 11.50am. Family and friends are then invited to stay for a picnic lunch, before classroom routines resume at 1.35pm. Please see the email sent home for more information.



Raymond Terrace Public School is thrilled to be an Australia Reads LitUp participant for 2026! We've been selected to bring an author or illustrator into our community as a part of this new live literature initiative, aimed at encouraging a lifelong love of books and reading. Thanks to Creative Australia and the Copyright Agency Cultural Fund for supporting the program. #litupaualia



This term library days are as follows:

Monday: K-6H, KM, 3N, 5H

Tuesday: K-6C, KLA, K/1R, 1/2B

Wednesday: 6D, 6HD

Thursday: K-6D, 2S, 3/4F, 4/5K, 4M

Friday: 1M

Students with a library bag may borrow up to 4 books at a time, which can be kept for up to 2 weeks. Borrowers that borrow 10 times go into a draw to win \$20 to spend through Scholastic Book Club.

Amy Wales  
Librarian



Storybook Character Parade



## School Concert



### Earth Rocks!

Our school concert is fast approaching and we are so excited! Organisation is well underway, and rehearsals have begun. Please keep an eye out for important information in the coming weeks in regard to costuming, tickets and drop off/pick ups.

**Save the dates:**

**Tuesday 23rd September - Evening Performance**

**Wednesday 24th September- Matinee and Evening Performances**

Tickets will go on sale in Week 4 (next week). A paper order form will be sent home to families with a reminder to look for it sent on School Bytes.

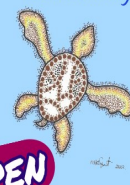


RAYMOND TERRACE PUBLIC SCHOOL

Worimi Country

2026

**ENROLMENTS FOR  
KINDERGARTEN**



**NOW OPEN**

**Do you have a child or know a child starting  
Kinder in 2026?**

**Now is the time to enrol!**



**Our Terrace Turtles  
transition to school program  
starts July 29th 2025**



It is important that we start the enrolment process now to allow time for us to get to know you and your child and provide any supports or planning for a successful start to schooling in 2026

**You can enrol online or call the office on 49872083**



**You Can Do It: Resilience Confidence Organisation Persistence Getting Along Quality Work**

## School Messages

### STAGE 3 - CANBERRA EXCURSION

Wednesday 27 to Friday 29 August 2025

ONLY 3 WEEKS TO GO!!

**FINAL PAYMENT MUST BE PAID BY THIS FRIDAY - 8 AUGUST.**

It's essential for all students to return their paperwork to their class teacher in preparation for the excursion. This helps ensure that everything is organised and that all necessary information is collected ahead of time. If any students have not yet submitted their paperwork, please do as soon as possible.



### SIGNING CHOIR

It's wonderful to highlight the dedication of our Signing Choir students. Their commitment to learning and performing such complex skills is truly commendable. Participating in our school concert not only showcases their hard work but also fosters a sense of community and inclusion. The fact that they are mastering high school level signs demonstrates their talent and determination. Celebrating their achievements can inspire others and promote awareness of the importance of sign language in our schools. It sounds like an exciting time for everyone involved!

We would also like to thank Brooke Tippet for making our lovely new shirts. Brooke and Myself are very proud.

Alex Wastell - Signing Teacher

### YEAR 3-6 STUDENTS CELEBRATE CULTURE AND CREATIVITY AT NAIDOC MARCH AND HUNTER DANCE FESTIVAL

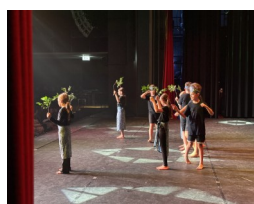
In a proud and inspiring week, our Year 3–6 Aboriginal students had the opportunity to participate in two special events that celebrated culture, community, and creativity.

Our students joined schools from across the region to take part in the NAIDOC march, honouring the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. Our students walked through Raymond Terrace up to Boomerang Park, showing their support for this year's NAIDOC theme, *"The Next Generation: Strength, Vision & Legacy."*

Later in the week, Bila Wangannan, Year 3-6 Aboriginal dance group, took to the stage at the Hunter Dance Festival, showcasing their skills and confidence. Representing our school and Worimi Country with pride, the dancers delivered a fantastic opening performance, receiving great feedback from the audience.

Congratulations to all involved!

Kate Brady—Teacher



**\*\* Respect \*\* Do As You Are Asked \*\* Friendly Talk \*\* Hands Off \*\* In The Right Place \*\***

## School Messages

### Raymond Terrace Athletics Centre

Online Registrations for the 2025 / 2026 season are now open

Go to [raymondterraceathletics.com.au](http://raymondterraceathletics.com.au), then "Registrations"

Registrations also at the Centre in Kangaroo St on  
Saturday 30 August from 10am to 1pm.

**Uniforms also available**

Registrations fully paid by 31 August will receive a  
\$10 discount

We accept Active Kids vouchers as part of  
registration fees

Come and Try Days 6 and 13 September from 9am

*Competition begins*

*Saturday 20 September*

Enquiries: Deidre 0418 962 185



RAYMOND TERRACE PUBLIC SCHOOL  
RESPECT · FRIENDLY TALK · DO AS YOU ARE ASKED ·  
IN THE RIGHT PLACE · HANDS OFF ·

## EVERY DAY COUNTS

*attendance is the basis of all learning*

1 DAY PER  
FORTNIGHT  
IS 20 DAYS  
PER YEAR

THIS IS 260 DAYS  
OF SCHOOL MISSED  
FROM KINDY TO Y12  
THE EQUIVALENT  
OF

1.25  
SCHOOL  
YEARS

1 HOUR  
PER DAY  
IS 40 DAYS  
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THIS IS 520 DAYS  
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2 DAYS  
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*Please give your child every chance to succeed*

## Travelling Australia or Overseas?

If you  
are..



**DISTANCE  
EDUCATION**



Travelling for 10 weeks or  
more - up to 1 school year  
(200 Days), then stay  
enrolled with your current  
school, whilst accessing  
learning and attending  
through Distance Education.

*Learning Together!*

The New South Wales  
Department of education  
has a Public School Service  
to be there on the journey  
with you and your children.



**NORTH EAST PUBLIC SCHOOL OF DISTANCE EDUCATION**

We provide learning designs for students on  
the move. The programs are personalised to  
suit your child's learning needs, your  
supervision & management of the learning  
and your travelling context & environment.



North East Public School of Distance Education | School Street | PORT MACQUARIE NSW 2444  
P: (02) 6584 1118 | E: [northeast-d.school@det.nsw.edu.au](mailto:northeast-d.school@det.nsw.edu.au)



*Bakers Delight*  
YOUR LOCAL BAKER



You Can Do It: **Resilience** **Confidence** **Organisation** **Persistence** **Getting Along** **Quality Work**



## U-Nites Program

PCYC Raymond Terrace

The U-Nites Program engages young people in fun, safe, creative, structured, supervised and supported activities specifically designed to meet the needs of the young people within the local community. Our range of activities include gymnastics, boxing, multisports, craft, art, stretching and relaxation.

### THURSDAYS IN SCHOOL TERMS

Commencing 7 August 2025, 3pm-6pm

Scheduled activities for young people aged between 7–12 years of age:

(Participants may attend either one or both scheduled sessions.)

Session 1: 3.15pm–4.15pm

Session 2: 4.20pm–5.20pm

(Session activities may include gymnastics, boxing, multisports, art, craft, stretching and relaxation)

5.20pm–6.00pm Dinner & refreshments

### FRIDAYS IN SCHOOL TERMS

Commencing 8 August 2025, 4pm-7pm

Scheduled activities for young people aged between 13–17 years of age:

(Participants may attend either one or both scheduled sessions.)

Session 1: 4.00pm–4.50pm

Session 2: 5.00pm–5.50pm

(Session activities may include gymnastics, boxing, multisports, art, craft, stretching and relaxation)

5.50pm–6.30pm Dinner & refreshments plus free time in the breakout room.

The PCYC bus is available for limited use and will be utilised for picking up and dropping off the older age group participants.

All participants must sign in at reception upon arrival and register for the specific activities. Young people under 18 are not able to leave the building during the program without a parent/guardian. If they leave, they will be unable to return. Parents or guardians attending with participants must sign the visitor's register upon arrival.

The PCYC Code of Conduct must be followed by all participants and suspensions or bans will be applied if the Code of Conduct is not adhered to depending on the severity of the incident.

All participants must have an active, free membership to attend.

U-Nites will not run during the school holidays or on public holidays.

U-Nites may be cancelled if resources are unavailable. Notice of cancellations will be advertised.



Contact Us!  
02 4983 1703  
[portstephens2@pcycnsw.org.au](mailto:portstephens2@pcycnsw.org.au)



**\*\* Respect \*\* Do As You Are Asked \*\* Friendly Talk \*\* Hands Off \*\* In The Right Place \*\***





## RAYMOND TERRACE PUBLIC SCHOOL

RESPECT \* FRIENDLY TALK \* DO AS YOU ARE ASKED \*  
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*Please give your child every chance to succeed*

## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins  
per day



=

3 days



30 mins  
per day



=

18 days



Patterns of lateness  
can have a serious  
impact on your child's  
education.

education.nsw.gov.au

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Community Playgroup

Come and join us every Thursday in School Terms

Starting 13th February 2025

0-5 years

Free for all families in Port Stephens area

Where: Raymond Terrace Public School Hall

Time: 9:00am-10:30am

Morning Tea supplied

For more information please Contact

Gina Thou-Walla 49874666

Jodie RTPS 49872083




Community News from Mrs Jodie Lidbury

# Good for kids

good for life








## Screen Free Week

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

It's a great opportunity to spend time doing things that don't involve technology, like being active, learning new hobbies, and enjoying family time.

During Screen-Free Week, we encourage students and families to:

-  Play outdoor games or sports
-  Explore nature and enjoy the outdoors
-  Learn a new dance
-  Spend quality time with family, like having a board game night or going for a walk
-  Try a new hobby, like drawing, cooking, or crafting



Hunter New England  
Local Health District

@ [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>

*Good for Kids acknowledges 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.*



**Office hours: 8:30am to 3:15pm**

**All students who arrive late must report to the front office.**

### **Change of routine**

Please notify the school via a note or phone call by 2:15pm if your child needs a change of routine e.g. catch a bus or being picked up

### **Change of Details**

Parents make sure all family details are up to date: emails, address, phone numbers, etc - please ensure that the school is notified as soon as possible if there are any changes. It is important that we have correct information in the event of emergency.

*Thank You*  
for your support





## What makes a balanced lunchbox?

A balanced lunchbox is made up of everyday foods from the five food groups: grain foods, fruit, vegetables, dairy/alternatives and meat/alternatives. Eating a range of everyday foods will give kids energy to learn, grow and play!

Follow this guide for packing an easy everyday lunchbox:

**Crunch&Sip®:** 1 serve of vegetables or fruit

**Recess:** 1 serve of vegetables or fruit & 1-2 everyday snacks

**Lunch:** A meal made with everyday ingredients such as sandwich, wrap, roll or leftovers

**Drink:** Water and/or reduced fat plain milk

Don't forget to pack an **ice brick** or **frozen water bottle** to keep food cool and safe!



Developed by Hunter New England LHD



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>



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## Fundamental Movement Skills Activity: Balancing Act

Fundamental Movement Skills (FMS) are the building blocks of movement. Just like kids need to learn to read and write, they need to learn how to master FMS for a lifetime of enjoying being physically active.

**Try the activity 'Balancing Act' to develop balance!**

Students try balancing different objects to see which shapes are easiest to balance.

### What you need:

Various balancing objects, such as feathers, shoes, caps, broom handles, balancing poles (made from rolled up newspaper and sticky tape), etc.

### What to do:

- Students balance various objects to see which shapes are easiest to balance
- Students use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin

### Change it up:

- Students try walking or lying down and getting back up again while trying to balance the object
- Students 'jump' the balancing object from one body part to another i.e., one hand to another
- Compete with others and see who can hold a balance the longest



Source: Playing for life ([www.sportaus.gov.au](http://www.sportaus.gov.au))

Developed by Hunter New England LHD



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
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## Sandwich alternatives

Sandwiches are a lunchbox staple, however sometimes a bit of inspiration helps to keep them interesting and varied.

Here's some quick and easy ideas:

- 1 **Use leftovers in the lunchbox:** Save time and money by using leftovers from dinner to serve as lunch the next day. Rice or couscous with vegetables, fried rice and pasta all taste great served cold!
- 1 **Wrap it up:** A multigrain tortilla wrap is a great alternative that is just as easy to make. Skinless chicken or ham with salad are great everyday options.
- 1 **Salad tubs:** Fill a lunch container with different salad ingredients like lettuce, carrot, tomato and corn. Add tuna, falafel, roast veggies, skinless chicken or ham for something different.

Remember to always pack an ice-brick to keep lunchbox food safe!



Developed by Hunter New England LHD



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