

# Raymond Terrace Public School Newsletter



**Term 1 2025  
March Issue**

**Principal: Mrs Salena Langholz**  
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**Telephone:  
4987 2083**

**Like us on Facebook**

## From the Principal

Dear Raymond Terrace community

We have exciting developments underway at Raymond Terrace Public School! We are currently in the development stage for a covered entrance way and are seeking quotes for painting. The refurbishment of the toilets is a top priority, and we are submitting grants for a new covered area and a water chill station. Many of these items were brought to our attention by our student voice team.

Representatives from each class along with the school leadership team are meeting twice a term to share ideas on how to improve our school even further. It was so wonderful to hear the thoughts of our kids. Especially around how we better target bullying.

In our efforts to streamline our school plan, we are merging Student Development 1 (SD1) and Student Development 2 (SD2) to create a more focused approach. This will be discussed at our upcoming P&C meeting. Our vision remains strong: to inspire learning, build community, and empower every student to thrive in an environment with high expectations.

In SD1, we are concentrating on literacy and numeracy through collaborative meetings and the construction of a data wall. For SD2, we are enhancing collective responsibility with learning walks, allowing teachers to learn from one another. In SD3, we are committed to transforming lives through improved attendance and community engagement.

**What's the Buzz?** Don't miss our upcoming Cross Country event! and Colour Run. We appreciate your voluntary contributions and remind families to respond to the Third-Party software permissions - only those who have filled out the permission will receive access to the DOJO messaging system. Join us for Yarn Up in Week 8 from 3:15-4:30pm to discuss Personal Learning Pathways (PLPs).

We will soon send out an interview schedule, offering

parents the choice of face-to-face or phone interviews for convenience. Keep an eye out on School Bytes. Finally, our HPGE focus across the Port Stephens Network of schools will feature a robotic day in the coming weeks, with more opportunities on the horizon. Our leaders will also be attending the ANZAC performance in Newcastle.

So many amazing things happening across our school and across our network.

Together, let's continue to inspire and empower our students! Together we are stronger.

**Salena Langholz - Principal**

## Calendar

### March, 2025

- 05 - Whole school photo day
- 07 - Yr6 Fundraiser jersey day
- 11 - Stage 1 HSIE walking tour
- 12 - Irrawang HS information evening for Stg 3
- 13 - YB Athletics day at Maitland
- 14 - 007 Training
- 17 to 28 - NAPLAN
- 19 - AECG & JAECG Dungog HS
- 20 - U12s NRLW Challenge
- 21 - Harmony day
- 25 - Yr6 HPGE day at Irrawang HS
- 28 - Cross Country carnival
- 28 - P & C colour run
- 31 - YB visit to Martin's Creek school visit
- 31 to 8/4 - Parent and Teacher interviews



### 2025 School Term dates for students

**Term 1 - 6 February - 11 April**

**Term 2 - 30 April - 4 July**

**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

### STAGE 2 - GREAT AUSSIE BUSH CAMP EXCURSION

A two day/overnight excursion to The Great Aussie Bush Camp has been booked for Week 3 - Term 3, **Monday 04 August and Tuesday 05 August**.

There is a non-refundable deposit of \$50 which is due by Friday 11 April.



### CROSS COUNTRY

The Primary Cross-Country Carnival will be held on 28 March at school. All students who are in Years 3-6 will compete in age-based races. Year 2 students who turn 8 years old in 2025 will be allowed to compete also. Families will be invited to support and cheer on their children. After the cross country parents will be invited to stay and have lunch with students



Thanks to everyone who supported our Book Fair last week – it's such a great way to start our year, getting excited about books! Our second Scholastic Book Fair will be in Term 3, as part of our Book Week celebrations.

It's amazing to see so many students borrowing regularly from our school library. All students K-5 require a library bag to borrow – this can be any reusable bag, with their name written on. Plain (beige) canvas bags can be purchased from the library for \$2.

Overdue notices go home fortnightly, please use them as a reminder to look for library books. If you have any concerns about books that have been recorded as overdue, please contact me via the school office.

Issue 1 of Book Club earned us an amazing \$54 in rewards, with Issue 2 going home next week. All orders for Issue 2 need to be placed via LOOP or through the school office, by 1pm Friday 21st March. Once closed, orders take about a week to arrive at school.

Amy Wales - Teacher Librarian

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.



Writing



Reading



Conventions of language  
(spelling, grammar and punctuation)



Numeracy

### 2025 RTPS Swimming Carnival

On Tuesday 18 February, our school held the annual swimming carnival at Lakeside Leisure Centre. All of the students who participated had a great time and represented their houses with pride. It was the first event for our new house captains and vice captains who led by example, demonstrating teamwork skills and participating in every opportunity they had. The students who were not able to participate in races joined in on the structured novelties and games which enabled every student to spend some time in the pool. Overall it was a great day. Two of our students, Sienna and Arlen, qualified for the Port Stephens Zone Carnival held at Lakeside on 26 February. Both of these students represented our school with pride. Sienna won her 50m freestyle heat and just missed out on an overall place. Arlen also had a great swim in the 50m freestyle event and narrowly missed out on placing.



## School Messages

### STAGE 3 CANBERRA EXCURSION

A three day/two night excursion to Canberra has been booked for Week 6 Term 3, **Wednesday 27 August to Friday 29 August**. The total cost of the camp is \$480 (total cost may change due to number of students participation) with a **non-refundable deposit of \$100 due by Friday 11 April**. **More information to follow.**



### YEAR 6 SHIRT

The Year 6 shirt information for 2025 has been sent home. Orders and payments are to be made on School Bytes or by cash through the front office by **Friday 21 March**.

### YEAR 6-7 TRANSITION TO HIGH SCHOOL

Year 6 families please find attached information about high school enrolment. NSW Department of Education expressions of interests (EOIs) are to be completed online. If you have any questions in the meantime, Mr Price is our high school transition coordinator and is happy to help or call Loz in the front office if you have any more enquiries in regards to the EOI's.

If you are interested in finding out which school your child is zoned to, you can visit <https://schoolfinder.education.nsw.gov.au/> to find this information.

To complete the online EOI, please visit our school's website and click the 'Enrolment' tab at the top or use this URL: <https://year7.enrol.education.nsw.gov.au/?schoolCode=2943>



### Year 6 FUNDRAISER - Jersey Day

On Friday 7 March all students in K-6 are invited to wear their favourite sporting team colours or jersey to school instead of their school uniform. To be out of uniform, it will cost a gold coin donation. The money raised will go towards the Year 6 Farewell.

There will be numerous sporting activities around the school for all students to participate in. Some activities will cost students a silver coin donation as there are prizes to be won! 20c and 50c coin will be accepted.

Please note that shoes must be fully enclosed. Clothing must be appropriate for the weather conditions and school activities (including sport).



### HARMONY DAY

Harmony Week (17 to 23 March 2025) is the celebration that recognises our diversity and brings together Australians from all different backgrounds. Raymond Terrace PS students will be involved in different class activities throughout the week.

On Friday, 21 March students can come to school dressed in orange clothes or a traditional clothing from another country.

The canteen will be having a special menu for Harmony Day. All ordering is to be done through the events tab on Spriggy app, and must be placed before 10:00am on the 18/03/25.





## School Messages

### STEWART HOUSE

Each year 1,700 public school children in need attend Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. For over 40 years, the Stewart House Donation Drive has been the major annual fundraiser event throughout NSW public schools.

Families are encouraged to enter the draw. With just 3 steps, a \$2.00 donation could win you a prize valued at \$4,000.00.

**STEP 1:** Take home the envelope, fill in your name, address, telephone number and school.

**STEP 2:** Insert a donation of at least \$2 into the envelope and seal it.

**STEP 3 :** Return the envelope to school by **FRIDAY, 9 MAY.**

**STEP 4:** Or Scan to pay online



## 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 and P&C News from Mrs Jodie Lidbury

RTPS colour run hosted by our P&C will take place following the cross country. The colour run will start straight after lunch at 1:40pm and finish at around 2:40pm. The canteen will not be open for purchases, but the P&C will be holding a BBQ instead.



Don't forget to follow the link to register ([www.myprofilepage.com.au](http://www.myprofilepage.com.au)) your fundraising and permission must be given in School Bytes for your child to participate for this fun event. If parents would like to volunteer, please contact Mrs Lidbury via the school office or fill in the volunteer form that was sent home with your child. All students will be included and supplied with glasses for the event. Students will be drenched in vibrant colour powder as they run, walk, through the fun-filled course. The non-toxic, biodegradable, colour blast powders will create a rainbow of happiness. Students are encouraged to have a change of clothes (white or light coloured is best) for the colour run and a change of clothes to change into if catching buses. Don't miss out it will be a fun afternoon.

### P&C AGM Meeting

Our annual AGM meeting will be held on Tuesday 11 March 2025 via Zoom at 6:30pm. Link will be posted closer to the date. Everyone is welcome to attend, and all positions will be made vacant. If you would like to vote you will need to become a member, please pay \$1.00 directly to the school office as soon as possible.



*Thank You*  
for your support



Terrace Meats

Market Place  
Breakfast Club

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

## HARMONY

### LUNCH SPECIAL

## DAY

### **Harmony day lunch special Friday 21st March**

Choose from one of our international cuisines

#### **Mexican taco boats \$5.50**

2 mini tortilla boats with taco mince,  
lettuce, tomato & cheese

#### **Vietnamese rice paper rolls (Gluten Free) \$6.00**

2 rice paper rolls with rice noodles,  
lettuce, cucumber, carrot and chicken.

With Vietnamese dipping sauce

#### **American hotdogs \$4.00**

1 hotdog sausage on a hotdog roll  
topped with cheese and your choice to  
add tomato, bbq and mustard sauces

**All drinks and frozen treats  
available to purchase.**

**No normal menu available.  
Order through the events  
tab on spriggy.**

## HARMONY

### RECESS SPECIAL

## DAY

### **Fruit break as normal**

Apple slinky red - \$1.50

Apple slinky green - \$1.50

Orange half - 70c

Watermelon slice - \$2.00

Vegetable sticks - \$1.20

Fruit salad cup - \$2.00

Watermelon mint salad - \$2.50

### **Orange coloured pikelet \$1.50**

Our usual buttermilk Pikelets with  
orange food colouring added.

### **Orange jelly cups \$2.00**

Small paper cup with peach pieces in  
orange jelly

### **Honey Joy \$2.00**

Cornflake clusters coated in a honey sugar  
syrup in cupcake paper

**All drink options available to  
purchase.**

**No normal menu available.  
Order through the events tab  
on spriggy.**



# Healthy habits for thriving kids

**3 to 17  
years**

Healthy eating gives your child energy to play, grow and learn

Movement and sleep help with health, mood and focus



## Start each day with a healthy breakfast

This helps your child to focus. Healthy options include porridge, low-sugar wholegrain cereal, eggs, wholegrain toast, rice, veggies, fruit and yoghurt.



## Offer a variety of foods from the 5 food groups

To support good health, include plenty of vegetables, fruit, cereals and grain foods, dairy or plant-based alternatives with added calcium, and meat, chicken, fish, seafood, eggs, beans/legumes, nuts and seeds.



## Offer healthy snacks

Healthy snacks can give kids energy between meals. Try fruit, veggies, nuts, yoghurt or wholegrain bread/crackers and cheese.



## Drink plenty of water each day

Water is the best drink for growing minds and bodies. It also helps keep teeth and gums healthy.



## Eat together when you can

Sharing and cooking meals together encourages kids to try different healthy foods. It's also a great way to spend time as a family.



## Brush teeth in the morning and before bed

Healthy teeth and gums help us smile, speak, eat and socialise.



## Be active each day

**3-5 years:** at least 3 hours being active. Including 1 hour energetic play.

**6-17 years:** at least 1 hour doing activities that make the heart beat faster and build strength. Plus several hours of light physical activity such as walking to school.



## Balance screen time and sitting with other activities

Break up screen time and sitting with activities that help support development.

### Limit screen time to:

**3-5 years:** no more than 1 hour a day.

**6-17 years:** no more than 2 hours a day (not counting school activities).



## Follow a bedtime routine to help kids get enough sleep

### Aim for:

**3-5 years:** 10 to 13 hours (including naps) each day.

**6-13 years:** 9 to 11 hours a night.

**14-17 years:** 8 to 10 hours a night.

For more healthy habits, scan the QR codes



Healthy,  
low cost  
recipes



Free  
programs  
for the  
whole family



Raising Children  
Network – advice  
for all ages



## School and Community Charter

NSW Public Schools work to create positive environments for students, staff and the entire school community that support student learning.

The School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

If you would like to know more about the charter follow the link below. You can also access the link on our school website.

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/school-community-charter>

## Attendance - Every Minute- Every Day - Matters

Students learn new things at school every day. Regular attendance at school is essential for students to achieve quality life outcomes.

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. We monitor attendance closely as per the NSW DoE policy. You can find a link to the policy on our school website or by following this link

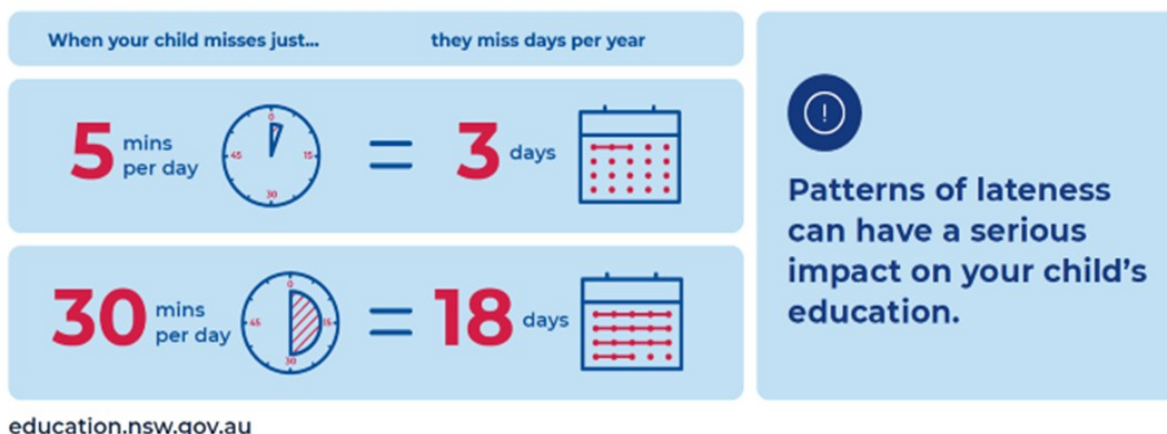
<https://education.nsw.gov.au/policy-library/policies/pd-2005-0259>

Teachers at Raymond Terrace Public School are instructed to phone home if an absence is unexplained after two days and they must record the act of phoning or contacting the parent/carer. We know that children do get sick and when they are sick they need to rest and recover at home. If your child is sick, can you please contact the school to let us know or reply to the SMS that will be sent on the day. Parents are required to explain the absences of their children from school within seven days.

As a community we are working together to improve regular attendance at school to ensure that every child achieves their educational best.

## Minutes lost = days lost per year

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



## Complaints Handling

Complaints, compliments and suggestions We are committed to working with parents, carers, students and families to ensure all students are happy and thrive at school. If you have a question, issue, complaint, feedback or compliment about our school, we'd like to know. Start by talking to the class teacher. The teacher knows your child best and can offer support. If the class teacher is unable to help, approach the stage supervisor who will offer any assistance they can give. If you would like further discussion you can then contact our school principal. For more information regarding complaints, compliments and suggestions visit <https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students>



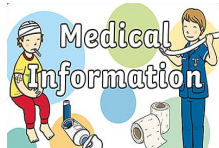
*Thank You  
for your support*



Breakfast Club



Student Health  
Care Plans



*thank you!*



Terrace Meats



CENTRO PLAZA -  
Fruit Break



Market Place  
Breakfast Club



*Thank You!*

**Calendar**



## Add a splash of rainbow

Wow your kids by making everyday lunchboxes fun, colourful and appealing. Lots of colour means lots of different vitamins and minerals.

Swap out cupcakes or lollies and swap in:

- Grapes or berries – sweet, shiny and juicy!
- Rainbow vegetable sticks – try carrot, green beans and capsicum
- Our rainbow recipes - Lunchbox rainbow noodles, rainbow vegetable kebabs or fried rice salad for a colourful vegetable hit!



**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.





## 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

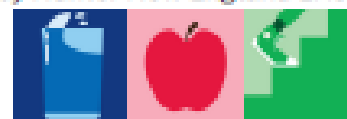


Source: Playing for life ([www.sportaus.gov.au](http://www.sportaus.gov.au))



Developed by Hunter New England LHD

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



## 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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