

# Raymond Terrace Public School Newsletter



**Term 1 2024  
April Issue**

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

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## From the Principal

Dear Parent/Caregiver

How can we be at the end of term 1 already? What a great term we have had Raymond Terrace learning community. It was lovely to have the Easter weekend and a few days to catch our breath before a very busy end to the term. I would like to congratulate all our students on a great start to the year. We have seen so much progress already this year as we embrace the new curriculum and innovate within classrooms. It has been particularly lovely to watch our Kindergarten children settle into their learning journey. Our teachers have worked hard to create engaging and stimulating learning experiences for our students, and it has been a pleasure to witness their enthusiasm and dedication.

We have had a range of exciting activities and events take place during the term, including our swimming carnival, cross country carnival and successful incursions and excursions.

If you get a chance check out our new library furniture. It has arrived and the library is transforming.

Our annual Easter hat parade was a fun day with lots of colour and joy on show.

I would like to give a huge shout out to our amazing P&C for co-ordinating our Easter raffle. It is wonderful to have such an enthusiastic group of people helping to make our school and community great. Thank you to the community for the 35 plus raffle prizes.

Thank you to Rachael O'Brien, Sean O'Brien, Kylie Pacheco and the rest of our outgoing P & C Executive for the amazing job that has been done building our P & C. Your efforts over the last couple of years is much appreciated. We welcome a new P & C Executive. Sara Milmo will take over as President, Deon Kroll and Kylee Flanagan are our Vice Presidents, Julie Flanagan will be our new Secretary and Zoe Williams will come in as Treasurer. I am looking forward to working closely with our new P & C Executive to build our community connections and do the very best for our children.

Please keep an eye out on our school during the holiday and if you have any concerns, please contact school security on 1300 88 00 21

Our school will be participating in the ANZAC March on the 25th April. There are further details within this newsletter. We had a great turn out last year. It would be wonderful to see that level of community involvement continue again this year.

As we approach the holiday, I encourage everyone to take this time to recharge and refresh after a busy term. I would like to wish everyone a happy and safe break. Please remember to take care when travelling and enjoy this time with your loved ones. Thank you for your ongoing support and involvement in our school community.

**Opportunity Class Placement**

Applications for Year 5 opportunity class placement in 2025 open 4 April and close 20 May 2024. To apply or for further information follow the following link.

<https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/choosing-a-school/opportunity-classes>.

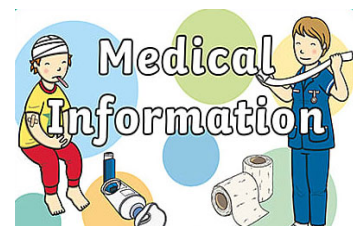
If you have any further questions please contact the school

**Salena Langholz - Principal**

## STUDENT MEDICAL/HEALTH PLAN DETAILS

Any student medical details that have changed in the last 12 months, you will need to contact the school with your updated paperwork/details, for the office staff to change the student health plan. It is important that we have on file updated information in the event of emergency.

Student Health  
Care Plans



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

## School Messages

### REMINDER

#### STAGE 3 BATHURST EXCURSION

#### A \$100.00 NON-REFUNDABLE DEPOSIT

**Needs to be paid by 3rd May—Term 2 Week 1**

To secure your child's seat on the bus, payment must be paid by the due date.

The stage 3 excursion to Bathurst/Hill End has been booked for Week 10 Term 3, **Tuesday 24 to Thursday 26 September**. The total cost of the camp is \$430.

#### Suggested Instalment Plan:

Term 2 – Week 1 - 3 May

\$100.00

Term 2 – Week 6 - 7 June

\$70.00

Term 2 – Week 10 - 5 July

\$70.00

Term 3 – Week 3 - 9 August

\$70.00

Term 3 – Week 6 - 31 August

\$70.00

Term 3 – Finalised all payments by 7th September

\$50.00



### YEAR 6-7 TRANSITION TO HIGH SCHOOL

All Year 6 families should have by now filled out your NSW Department of Education expressions of interests (EOIs). If you have not done so, please enter as soon as possible as they were due at the end of March. The information required is below. If you have any questions in the meantime, Mr Price is our high school transition coordinator and is happy to help or call the front office if you have any more enquiries in regards to the EOIs.

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>

### ENROLMENTS FOR KINDERGARTEN - 2025!

#### *Do you have a child starting Kindergarten in 2025?*

Now is the time to enrol!

Our transition to school program, Terrace Turtles will be beginning July 30th 2024. 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 2024.

#### How do I enrol?

Option 1. Apply online. If you live in our intake area and would like to apply to enrol at our school and you are an Australian or New Zealand citizen or permanent resident, you are eligible to complete the online application form.

[Online Enrolment Application \(nsw.gov.au\)](https://www.nsw.gov.au/online-enrolment)

You will then need to finalise the application at the school.

Option 2. If you are not eligible or prefer not to enrol online you can get a paper copy from the school office.



### ANZAC DAY

On the 25<sup>th</sup> of April we commemorate ANZAC Day. As part of Raymond Terrace ANZAC Day commemorations, the Raymond Terrace Sub Branch of the RSL has invited schools to participate in the towns commemorations by marching in the parade and observing the formal service at the town's War Memorial.

If you would like your child to participate in the March, they should meet Mrs Langholz in Sturgeon Street (adjacent to the Post Office) from 10:20am on the day ready for the March to commence at 10:35am.

Students will then march with Mrs Langholz to the War Memorial, observe the service in dedicated seating and be collected by parents at the conclusion.

**Students should wear full school uniform.**



**Stage 1 WALKING EXCURSION**

Stage 1 and Yawutung Burray had wonderful weather on their walking excursion as they explored some of our special places of meaning, ANZAC memorial, the river front and St John's Church on Tuesday 26th March, 2024. All students had a wonderful time.



**April, 2024**

- 5 - Out of school uniform day
- 9 - Kinder **RAINBOW**
- 9 - Knights 9s - U12s Rugby League
- 12 - Anzac Ceremony
- 12 - Last Day for Term 1



**May, 2024**

- 3 - Stars Wars Day - Year 6 Fundraiser
- 3 - Knights 9s - U10's Rugby League
- 9 - Athletics Carnival  
All students 8 or Older in 2024

**SCHOOL HOLIDAY—15-26 APRIL**

- 29 - Staff Development Day
- 30 - First day Term 2 for all students

**2024 School Term Dates for students**

Term 2 30 April - 5 July  
 Term 3 22 July - 27 September  
 Term 4 14 October - 20 December

**CROSS COUNTRY**

The Primary Cross-Country Carnival was held on 28 March at school. All students who were in Years 3-6 competed in age-based races. Students that came in the top 6 of each age group will progress to the Port Stephens Zone Cross Country, this will be held early in Term 2.



**UPDATE OF DETAILS**

In the event that you have changed address, phone numbers etc, could you please ensure that the school is notified as soon as possible. It is important that we have on file the most current details.





# 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  
PER YEAR**

**THIS IS 520 DAYS  
OF SCHOOL MISSED  
FROM KINDY TO Y12  
THE EQUIVALENT  
OF**

**2.5  
SCHOOL  
YEARS**

**1 DAY PER  
WEEK  
IS 40 DAYS  
PER YEAR**

**THIS IS 520 DAYS  
OF SCHOOL MISSED  
FROM KINDY TO Y12  
THE EQUIVALENT  
OF**

**2.5  
SCHOOL  
YEARS**

**2 DAYS  
PER WEEK  
IS 80 DAYS  
PER YEAR**

**THIS IS 1040 DAYS  
OF SCHOOL MISSED  
FROM KINDY TO Y12  
THE EQUIVALENT  
OF**

**5  
SCHOOL  
YEARS**

**3 DAYS PER  
WEEK  
IS 120 DAYS  
PER YEAR**

**THIS IS 1040 DAYS  
OF SCHOOL MISSED  
FROM KINDY TO Y12  
THE EQUIVALENT  
OF**

**8  
SCHOOL  
YEARS**

*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

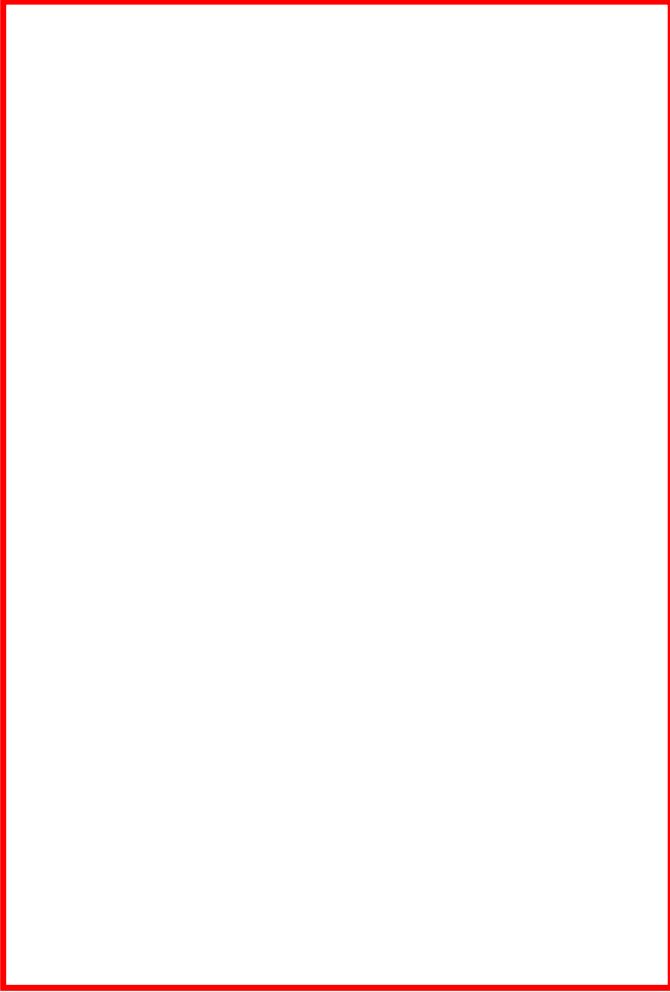


Patterns of lateness  
can have a serious  
impact on your child's  
education.

education.nsw.gov.au

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

# Community News from Mrs Jodie Lidbury





## 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))



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

Developed by Hunter New England LHD



*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!



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