

## Spirit Awards – Honesty & Kindness

Term 1 Week 5 and 6 – Zach, Mahalia, Acacia

## Merit Awards - Term 1 Week 6

Lila for doing well in phonics  
Willow for focus and application of learning  
Hazel for using imagery in her imaginative writing

[lansdowneu-p.school@det.nsw.edu.au](mailto:lansdowneu-p.school@det.nsw.edu.au)

## Spirit Spot Winner's week 6

Ethan and Hugo

## Parent Meetings

This week, please arrange a time to discuss your child/children's learning and return to school.

## Friday Library - fun reading

Each Friday afternoon our students will participate in library lessons with Shelley and Belinda, our wonderful school volunteer and cleaner. Students are encouraged to view different books and select a book to borrow.

During the week, parents are encouraged to share and enjoy your child's library book. On Friday, the book will be returned to school and students will select another book to borrow.

## Active OOSH Bus Service

The Active OOSH bus service is set to continue in 2025 with Matt driving the OOSH bus to and from Cundletown PS OOSH.

Please call Rikki at Head office with any questions about enrolment and bookings on:

**02 6554 8905**

**Enrolment and Bookings:** <https://www.activeoosh.com.au/enrol-now>

## Easter Hat Parade

This year our Easter Hat parade will be held on **Friday 11 April 2025** at **1.45pm**.

Parents + grandparents will be invited to help their child/children make their Easter hat.

Please start collecting "bibs and bobs" for your child's Easter hat.

## Key Dates Term 1

### Weeks 1-10

**Tuesdays** - Music with Matty Zarb ACMF 9-10am

**Thursdays** - Athletics with Daniel Seaman from Gecko Sports

**Fridays** - Yoga with Michael

**Fridays** - Library borrowing

**Online learning with Mrs Denning** - Mondays, Wednesdays, Thursdays

**Cross Country @ Hannamvale PS – Wednesday April 2, 8:30am – 2pm**

**CPR Training @ Lansdowne PS – Tuesday April 8, 1pm – 2pm**

### **Stephanie Alexander Kitchen Garden Grant**

We will be submitting a Stephanie Alexander Kitchen Garden Grant this week. Fingers crossed! We should know the outcome by the beginning of Term 2. The grant is to plant fruit trees and bush foods in our back paddock area for future generations, buy some new cooking equipment, stock up the pantry with staples and re plant the veggie beds.

Freya's Dad, David works at Gilberts Nursery and they have very kindly offered to donate 10 trees, plus being a wholesale nursery we will be able to buy trees at an affordable cost, supporting a local business. Thank you, David and Gilberts Nursery!

Thanks Ochre's Mum, Zoe helped me come up with a great list of fruit trees that are suitable to our local climate and both fast and long-term fruiting so that we can harvest sooner, while also looking after the trees for future generations.

### **Breakfast program**

As mentioned in the last newsletter we were recently successful in obtaining a grant to run a breakfast program, 3 mornings a week at our school, Monday, Wednesday, Friday. This is funded by Foodbank NSW and allows us to order certain items once a month for free! Thank you Foodbank NSW!

We will make our first order this week and hopefully start the program in week 8. We all know mornings can be rushed sometimes getting ready for school, hopefully this will ease the stress a little bit for our families, not to mention the students will get to share breakfast together!

### **2025 Transition to Digital Declarations**

This year the DET is encouraging schools to transition to Digital Declarations. This will replace the paper ones we previously used. It is a very simple process for parents and will come put as a link in an email soon. We will notify parents when to look out for this. Working with Children Checks are not required for parents, however if a parent or family member is planning on being a volunteer at events, onsite or at camps we will request a WWCC volunteer status.

## Spirit Wellbeing @ Upper Lansdowne PS

Each newsletter will feature a:

- medical snippet
- let's get active snippet
- lunchbox snippet
- recipe snippet
- student Spirit Star

### Medical Snippet

#### What is norovirus infection?

Norovirus infection causes gastroenteritis (disease of the stomach and intestines). Norovirus infections are highly contagious and are a leading cause of gastroenteritis in Australia and worldwide. Outbreaks occur in residential care facilities, hospitals, schools and childcare centres. Outbreaks can occur at any time of the year but are much more common during winter.

<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/norovirus.pdf>

### Let's Get Active Snippet

A few of our students are having fun doing gymnastics at the Taree PCYC. You can find more [here](#), or at the link below.

<https://www.pcyctnsw.org.au/taree/activities/gymnastics>

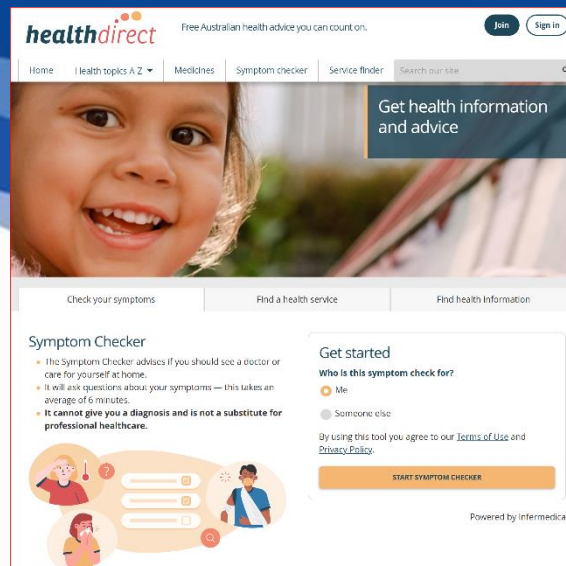
### Lunchbox Snippet



- [recipe link](#)

**Pumpkin and Honey Bread** This delicious loaf goes very well at morning or afternoon tea buttered or not and has been made and enjoyed by many students in the Stephanie Alexander Kitchen Garden program. The texture is somewhere between a spice cake and gingerbread but with definite pumpkin character.

<https://www.stephaniealexander.com.au/what-to-cook/recipes/pumpkin-and-honey-bread/>





## Recipe Snippet – [recipe link](#)

Click link <https://www.stephaniealexander.com.au/what-to-cook/recipes/gnocchi-with-asparagus-and-marjoram-cream-sauce/>

### Gnocchi with asparagus and marjoram cream sauce



Serves

4

Dietary information

Vegetarian

Main ingredients

Asparagus, potato, marjoram, cream

Sourced from

The *Cook's Companion App* and book

 [Print Recipe](#)

Marjoram is from the genus *Origanum*, meaning 'joy of the mountains', which is apt since in France, Italy and Greece, hillsides are covered in these fragrant plants.

#### Ingredients

20 g unsalted butter  
12 white asparagus spears, trimmed, or  
green asparagus spears  
2 cups cream  
2 shallots, finely diced  
2 tablespoons marjoram leaves, freshly  
chopped  
½ quantity Potato Gnocchi (*recipe in  
the *Cook's Companion App* and book*)  
freshly ground black pepper  
2 tablespoons parsley, freshly chopped

#### Method

Preheat oven to 120°C. Butter a shallow gratin dish and put it into oven. Drop asparagus into a large pot of lightly salted boiling water for 4–5 minutes, then drain well, reserving water. Cut asparagus into 4 cm lengths and transfer to buttered dish to keep warm. Bring cream to a boil in a wide saucepan with shallots and most of the marjoram (reserve 2 teaspoons for garnish). Simmer until cream starts to reduce, then remove saucepan from heat and keep warm. Bring asparagus water back to a boil, then drop in some gnocchi, allowing room to swell. As gnocchi rise to surface (this takes a few minutes), lift them out with a perforated skimmer and drain for a moment over pot, then drop into marjoram cream. Repeat with remaining gnocchi. When all are cooked, season with salt and pepper and mix cream and gnocchi with asparagus. Scatter with parsley and reserved marjoram and serve at once.



## Spirit Star Student Interview

**Maple:**

What pets do you have? **None**

What is your favorite food? **Coco Bombs**

What do you like best at school? **Colouring In**

What do you like doing when you're not at school? **Playing with my Barbies**

Please tell us one more thing about yourself? **I do gymnastics and dance**



## Spirit Star Student Interview

**Tula:**

What pets do you have? **Jindi the dog, Pablo and Plum the cats, Winnie and Balloo the horses. Strawberry the sheep**

What is your favorite food? **Mango**

What do you like best at school? **Reading**

What do you like doing when you're not at school? **Playing**

Please tell us one more thing about yourself? **I do horse riding**

## School Attendance Matters

Every day matters for your child's learning and the evidence shows regular school attendance will help your child to have the best opportunity to learn and improve their wellbeing. Missing a day here or there may not seem like much, but absences add up.




If a child is absent for ten days in a term, this means the child has missed 20% of the term's learning. Multiply this by 2 or 3 terms, the child will have missed a significant part of the year's learning.

School attendance policy - [link](#)

NSW Department of Education





# Why attendance matters

When your child misses school they miss important opportunities to:

-  Learn
-  Make friends
-  Build skills through fun

## 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

NSW Department of Education

# Why attendance matters





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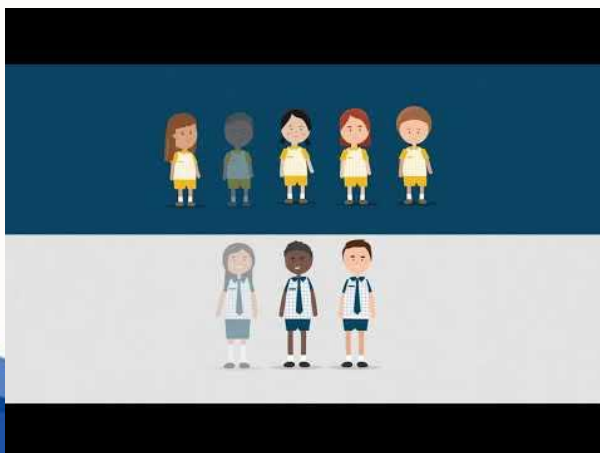
## Minutes lost = days lost per year

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 

education.nsw.gov.au

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



To play the clip, click the video pic.

This message in this clip is relevant despite being created by the Brisbane Catholic Education department.



## Saver Plus 2025

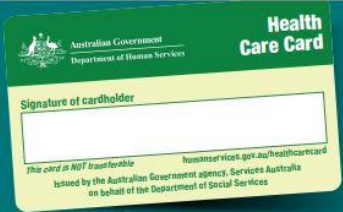
The Saver Plus program is available again for 2025.

With Saver Plus, families can receive \$500 in matched funds to assist with expenses like devices, laptops, school uniforms, school camps and school supplies. Here is how it works. Save up to \$50 a month for 10 months, and your savings will be matched up to \$500.

<https://www.thesmithfamily.com.au/programs/financial/saver-plus>

## Our P&C Return and Earn Fundraising Program!

We would love your support by keeping your bottles, cans and containers to cash in at a nearby Return and Earn machine. You can then select "Donate to Charity" on the App and search "Upper Lansdowne Public School".



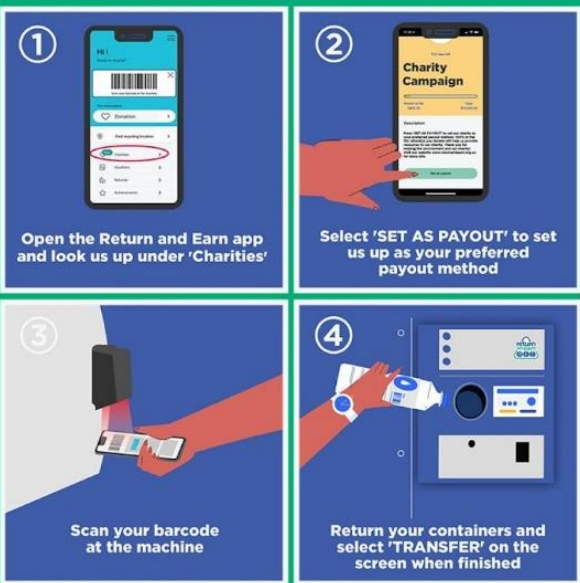

Do you have a health care card?  
You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

**saverplus**  
1300 610 355    [saverplus.org.au](http://saverplus.org.au)



1. Open the Return and Earn app and look us up under 'Charities'
2. Select 'SET AS PAYOUT' to set us up as your preferred payout method
3. Scan your barcode at the machine
4. Return your containers and select 'TRANSFER' on the screen when finished

**Support us, donate your 10 cent refund with the Return and Earn app from any machine in NSW**

## Term 1 2025

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN	1	<b>27</b> Australia Day public holiday	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> School Devel Day
FEB	2	<b>3</b> School Devel Day	<b>4</b> School Devel Day	<b>5</b> School Devel Day	<b>6</b> First day Term 1	<b>7</b>
FEB	3	<b>10</b>	<b>11</b> Music 9-10am	<b>12</b>	<b>13</b> Athletics 2-3pm	<b>14</b> Yoga and Library 2-3pm
FEB	4	<b>17</b>	<b>18</b> Music 9-10am	<b>19</b>	<b>20</b> Athletics 2-3pm	<b>21</b> Yoga and Library 2-3pm
FEB	5	<b>24</b>	<b>25</b> Music 9-10am	<b>26</b>	<b>27</b> Athletics 2-3pm	<b>28</b> Yoga and Library 2-3pm
MARCH	6	<b>3</b>	<b>4</b> Music 9-10am	<b>5</b>	<b>6</b> Athletics 2-3pm	<b>7</b> Yoga and Library 2-3pm
MARCH	7	<b>10</b>	<b>11</b> Music 9-10am	<b>12</b> NAPLAN testing window 12-24 Mar	<b>13</b> Athletics 2-3pm	<b>14</b> Yoga and Library 2-3pm
MARCH	8	<b>17</b>	<b>18</b> Harmony Week 18-24 MAR Music 9-10am	<b>19</b> Zoo Snooz Camp departure	<b>20</b> Athletics 2-3pm	<b>21</b> Yoga and Library 2-3pm
MARCH	9	<b>24</b> NAPLAN testing window closes 12-24 MAR	<b>25</b> Music 9-10am	<b>26</b>	<b>27</b> Athletics 2-3pm	<b>28</b> Yoga and Library 2-3pm
MARCH/ APRIL	10	<b>31</b>	<b>1</b> Music 9-10am	<b>2</b> Cross Country @ Hannamvale PS 8:30am - 2pm, Yrs 3-6	<b>3</b> Athletics 2-3pm	<b>4</b> Yoga and Library 2-3pm
APRIL	11	<b>7</b>	<b>8</b> Music 9-10am CPR Training @ LPS Tues April 8, 1pm – 2pm Yrs 3-6	<b>9</b> Easter Hat Making	<b>10</b> Athletics 2-3pm	<b>11</b> <b>Last Day Term 1</b> <b>Easter Hat Parade</b> Out of uniform

