

## Spirit Awards – Fairness

### Term 1 Week 7 and 8 Merit Awards - Term 1 Week 8

Ethan and Zack for School Spirit  
Ochre – always trying her hardest  
Tula – reading fluency

### Spirit Spot Winner's Week 8

Lila and Freya for Fairness

## Harmony Day

**Harmony Day will be April 4.** We have some fun activities planned. Jen will engage the K-2 students in a "harmonious" art activity, whilst the Y2-5 students will make carrot people with me. Their carrot people will star in the student's own green screen movie, which will incorporate voice overs. After recess we will swap groups, so every child undertakes both activities.

International food - savoury or sweet. We would like parents to provide a small share plate of food from around the world. It does not have to be fancy! [Here is a simple, inspirational website](https://www.taste.com.au/galleries/harmony-day-recipes/usnwflvz?page=27) that will get your taste buds flowing. The share plate should come with the name of food and the country it is from. Please do not stress if you are unable to provide a small share plate.

<https://www.taste.com.au/galleries/harmony-day-recipes/usnwflvz?page=27>

## 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 on **Wednesday April 9.** Please start collecting "bibs and bobs" for your child's Easter hat. **The P&C Easter Raffle Hampers will be drawn then also.** See info below.

## Anzac Day

We have been invited again to participate in the Anzac Day march at Lansdowne Bowling Club on **Anzac Day Friday April 25 at 11am.** We will be making Anzac art again and a wreath to take on the day. If any parents have wreath making materials, vines, Australian native leaves and flowers growing close to the date, we would love donations.

## 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 and Library borrowing

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

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

**Harmony Day – Friday April 4**

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

**Easter Hat Parade and Raffle Draw – Friday April 11**

**School re-commences in Term 2: Wednesday April 30**



## Zoo Snooz – Taronga Zoo camp years 3-6 class

The year 3-6 class had a wonderful fun adventure to Taronga Zoo last week. Catching the train from Taree to Sydney, the ferry to Taronga Zoo. They stayed the night for the Zoo Snooz experience, including a night and day tour before coming home again on the train. A huge thank you to Adam, our parent volunteer for joining the trip and helping out.





## Breakfast Program

The breakfast program will run 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!

Breakfast Program is launching this week! Fruit, Toast and Cereal will be available Monday, Wednesday, Fridays from 8:15am - 8:45am.



## Reminders

### 2025 Transition to Digital Declarations

Thank you to everyone who has signed their digital declarations! All parents should have received an email with a link now. This year the DET is encouraging schools to transition to Digital Declarations. This will replace the paper ones we previously used. 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.

### 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](https://www.activeoosh.com.au/enrol-now)**

### 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.



## P&C Easter Hamper Raffle

Thank you to Karina, as P&C president who has organised the Easter Hamper Raffle and to everyone who has shared and bought tickets. We are already well over halfway to our target of \$1000, so please keep sharing with family and friends! In person digital tickets can be purchased at the school on Tuesday and Thursday mornings.

1<sup>ST</sup>  
PRIZE

**\$100 Gift Card + Easter Hamper  
(RRP: \$150)**



2<sup>ND</sup>  
PRIZE

**Easter Hamper (RRP: \$50)**



3<sup>RD</sup>  
PRIZE

**Easter Hamper (RRP: \$30)**



## 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 Impetigo?

Impetigo is a bacterial skin infection caused by Streptococcus and/or Staphylococcus bacteria. It is also called 'school sores'. It mostly affects pre-school and primary school-aged children, however people of all ages can get impetigo.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/impetigo.aspx>

### Let's Get Active Snippet

Manning Valley Hockey Association is offering a free come and try option for new participants aged 5,6 & 7 during our 2025 Hookin2Hockey season (age at 1st January 2024). You can find more [here](#), or at the link below. It's every Friday evening, they supply all the gear and the kids get a sausage sandwich after! <https://www.revolutionise.com.au/mvha/events/285402>

### Lunchbox Snippet Recipe Link

**Chewy Muesli Bars (Granola bars)** Thanks Karina for this fantastic lunchbox recipe. *"These are chewy, no-bake muesli bars that will keep for 2 weeks. Cheaper, tastier and much healthier than store-bought, it's also an excellent way to clear out random leftover nuts and dried fruit. Just stick to the recipe ratio of "glue" to add-ins (3 1/2 cups total). My combination is a dead-ringer for Australia's popular Carmen's Classic Fruit & Nut Muesli Bars (which cost \$6.50 for 6!)."*

<https://www.recipetineats.com/muesli-bars-granola-bars/#wprm-recipe-container-82777>



## Recipe Snippet – [recipe link](#)

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

### Classic Sausage Rolls

#### Ingredients

- 3 sheets frozen puff pastry thawed
- 1 onion
- 1 small or ½ large carrot
- 2 cloves garlic
- 100 grams bacon
- 250 grams lean beef mince
- 250 grams pork mince
- 1 egg
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tomato sauce (ketchup)
- salt and pepper to taste
- ¾ cup breadcrumbs
- 1 egg for egg wash
- sesame seeds optional



#### Instructions

1. Preheat your oven to 180°C and line 2 baking trays with oil spray or baking paper.
2. Peel onion and carrot and roughly chop into quarters. Place in the bowl of a large food processor with the chopping blade attachment fitted, with the garlic and process for a minute until finely chopped. You may need to scrape down any larger pieces from the sides with a spatula before processing again.
3. Add bacon and pulse until it is chopped up as part of the mixture as well. Add in pork and beef mince and again process for about a minute until mixture is combined. Add in egg, sauces and salt and pepper before pulsing again to combine. Finally add in the breadcrumbs and process the last time for about 20 seconds until mixture just comes together.
4. Crack an egg into a small bowl and whisk up to make your egg wash.
5. Get your thawed puff pastry sheets and cut in half so you have 6 rectangles. Using a pastry brush, add a strip of egg wash to the long edge of the rectangle at the top. Divide the sausage filling into 6 and shape into a log in the middle of each rectangle. Roll the pastry up and around the meat so that the ends seal where the egg wash is. Cut each roll into 4 even pieces and place on a baking tray a few centimetres apart. Brush the tops with egg wash and sprinkle with sesame seeds. Place trays in the oven and bake for 20-30 minutes until the pastry is golden brown. Serve with tomato sauce or ketchup.

#### Notes

You can thaw your puff pastry by leaving it in the fridge, or you can leave it on the kitchen bench for 10 minutes while you make the filling. If it is getting too warm though, place it back in the fridge until you are ready to use it. If you don't have a food processor simply finely chop the carrot, onion, garlic, and bacon and add all ingredients into a large bowl and mix everything together until combined using a wooden spoon or your hands. I love the flavour that comes from mixing the pork and beef mince together – that to me is what gives it that classic flavour, but you can definitely use all pork or all beef.





## Spirit Star Student Interview

**Lila:**

What pets do you have? [Dog - Maizey](#)

What is your favorite food? [Sausages](#)

What do you like best at school? [Finding flowers](#)

What do you like doing when you're not at school? [Playing with toys](#)

Please tell us one more thing about yourself? [I like getting dressed up in my costumes](#)



## Spirit Star Student Interview

**Hazel:**

What pets do you have? [Dog – Happy, cat – Helga, Horses – Sally and Legs, Ducks](#)

What is your favorite food? [Tacos](#)

What do you like best at school? [Recess and lunch](#)

What do you like doing when you're not at school? [Art, drawing and screentime](#)

Please tell us one more thing about yourself? [I play soccer](#)



# 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

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### 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
<b>1</b> day per fortnight 	<b>4</b> weeks	Over <b>1</b> year missed
<b>1</b> day per week 	<b>8</b> weeks	Over <b>2.5</b> years missed


NSW Department of Education

## Why attendance matters


When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au

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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
<b>5</b> mins per day 	<b>3</b> days
<b>30</b> mins per day 	<b>18</b> days

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

education.nsw.gov.au



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".



Health Care Card

Signature of cardholder

This card is NOT transferable  
Issued by the Australian Government agency, Services Australia  
on behalf of the Department of Social Services

### 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


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



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1 Open the Return and Earn app and look us up under 'Charities'
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2 Select 'SET AS PAYOUT' to set us up as your preferred payout method
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3 Scan your barcode at the machine
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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	27 Australia Day public holiday	28	29	30	31 School Devel Day
FEB	2	3 School Devel Day	4 School Devel Day	5 School Devel Day	6 First day Term 1	7
FEB	3	10	11 Music 9-10am	12	13 Athletics 2-3pm	14 Yoga and Library 2-3pm
FEB	4	17	18 Music 9-10am	19	20 Athletics 2-3pm	21 Yoga and Library 2-3pm
FEB	5	24	25 Music 9-10am	26	27 Athletics 2-3pm	28 Yoga and Library 2-3pm
MARCH	6	3	4 Music 9-10am	5	6 Athletics 2-3pm	7 Yoga and Library 2-3pm
MARCH	7	10	11 Music 9-10am	12 NAPLAN testing window 12-24 Mar	13 Athletics 2-3pm	14 Yoga and Library 2-3pm
MARCH	8	17	18 Harmony Week 18-24 MAR Music 9-10am	19 Zoo Snooz Camp departure	20 Athletics 2-3pm	21 Yoga and Library 2-3pm
MARCH	9	24 NAPLAN testing window closes 12-24 MAR	25 Music 9-10am	26	27 Athletics 2-3pm	28 Yoga and Library 2-3pm
MARCH/ APRIL	10	31	1 Music 9-10am	2 Cross Country @ Hannamvale PS 8:30am - 2pm, Yrs 3-6	3 Athletics 2-3pm	4 Yoga and Library 2-3pm Harmony Day
APRIL	11	7	8 Music 9-10am CPR Training @ LPS Tues April 8, 1pm – 2pm Yrs 3-6	9 Easter Hat Making	10 Athletics 2-3pm	11 Last Day Term 1 Easter Hat Parade Out of uniform

