

# Spring Terrace Newsletter

Spring Terrace Public School

A Community of Confident Learners

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**Term 1** **Weeks 3 / 4** **2023**

## What's on at STPS

<b>Date:</b>	<b>Activity</b>
15 February	Parent Information night
17 February	OSSA Swimming Carnival
20 February	Scholastic Book Club order due today Family / Carer Information Update due today
24 February	School Photos
3 March	PSSA Swimming Carnival
5 March	Orange Running Festival
8 March	OSSA White Athletics Carnival
15 – 27 March	NAPLAN Years 3 & 5
23 March	Year 6 into Year 7 High School expression of Interest forms due
31 March	OSSA Cross Country
6 April	Last day of Term 1

## Attachments

- Family / Carer information update
- Year 6 into Year 7 High School Expression of Interest forms
- Orange Running Festival Drink Station P&C helper request

## Messages from the Principal

### **Parent and Teacher Information Session**

Tomorrow night is our opportunity to get together as a school community to engage in conversations and information sharing to support our young learners in their educational journey. If you haven't yet sent in your RSVP, please do so urgently to ensure we have catering for the numbers attending.

### **Student Absences From school**

Parents and carers are reminded that if their child is absent from school, an explanation must be provided. Please email or phone the school, speak to your child's teacher or send a written note on your child's return.

### **Special Religious Instruction (SRE) attendance**

Students attend SRE classes on a Tuesday each week unless their parent/carer have advised the school in writing of their non-attendance. Today we welcomed Mrs Ruth Carter and Mrs Julie Simkins to our school. Mrs Carter teachers K – 3 and Mrs Simkins teachers Years 4 – 6. Being the first SRE lesson for the year, we had some confusion with students knowing whether they attend SRE or not.

On checking student records, we are seeking clarification from families for their decision on SRE attendance. A section has been included in the parent/carer information update form (attached) to update our records for 2023.

### **Big Steps – Tiny Feet**

The Central Western Daily (CWD) is running their annual feature of Kindergarten and Year 6 Leaders 2023 in the coming weeks. The photographer attended school on Monday to photograph our students for this feature. Any child registered 'Not to be photographed' will not appear in the paper. The actual publication date is to be advised by the CWD.

### **OSSA Swimming Carnival**

We wish Millie, Tessa and Penny all the best for swimming when they attend the OSSA Swimming Carnival on Friday 17 February.

### **Family / Carer Information update**

An annual review of parent / carer and emergency contact information is requested early each year to ensure the school has up to date information in the event of needing to contact families. Attached is the update form for completion and return, even if your details remain the same as last year. Please attend to this task as a matter of urgency to ensure your details are recorded correctly.

### **Year 6 into Year 7 Expressions of Interest**

For our Year 6 students and their families, the process of enrolling into high school starts early in the year prior. Expression of Interest forms will be sent home to be completed and returned to school no later than 23 March. These forms show the 'In-zone' high school based on residential address and must be returned to school even if a private school is the preferred option for Year 7.

Ms Julie Day  
A/Principal

## **Weekly Awards**

### **Student of the Week**

Felix, Henry, Gracie, and Rose

### **Merit Award**

Lilah, Lilliana, Ryan and Sienna

### **Birthdays**

Saxon and Gideon



## **News from the classrooms**

Students are settling in well to their classrooms, especially Year 2/3 with new carpet, internal paint and the external wall cladding completed. New tables and chairs arrived last week providing students and teachers appropriately sized desks and chairs.

More details regarding classroom programs will be included in the next edition of the newsletter.

## **STPS News**

### **Parking and roadworks**

Please be mindful of parking limitations outside the school during morning drop off and especially afternoon pick up. The grass area is not for parking and could incur a traffic infringement notice.

Please note for those families who live east of the school there are major roadworks happening towards Aerodrome Road intersection and will take approximately 3 months to complete, weather permitting and no major interruptions. Council have advised there will be intermittent delays and to allow additional travel time through this area.

We are still working with Orange City Council to have the bus bay moved east to provide additional parking spaces in the car park. Staff are double parking at the western end to leave spaces free for

parents to park closer to the gate. A 'Kiss and Drop/Ride Zone' is also being considered as part of these changes.

The Service NSW definition of a 'Kiss and Ride Zone' is designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle. Days and hours of operation may apply to some zones.

### **Healthy Lunch Box Week**

Australian kids across all ages are NOT eating enough of the recommended five food groups (grains and cereals, fruits, vegetables and legumes, lean meats or alternatives, and dairy products or alternatives) while eating too much of the discretionary foods (foods generally high in fat, sugar and salt like chips and cookies). A whopping 38% of the energy intake of children aged 4 - 8 years old comes from discretionary food.

School lunchboxes give kids around one third of their daily food intake. Packing healthy foods is so important for giving kids the right fuel to power on throughout the school day.

Morning Tea and Fruit Break are the perfect time to get in a serve of fruit, veg and dairy!

Mix and match:

- 1 sliced apple, banana, orange, pear
- 1 cup chopped carrot, celery, cucumber
- 1 tub of yoghurt or cheese sticks

Give the kids the burst of energy and nutrients they need to get through the rest of the day.

Some great ideas include:

- Wholegrain sandwich with chicken, lettuce, cheese, and tomato
- Pita bread with salad vegetables and a boiled egg
- Pasta with tuna, tomato, cheese
- Brown rice or quinoa with chopped chicken breast and salad in lettuce cup



A bottle of water is the best option for any of us to drink throughout the day! Fruit juice boxes can be high in sugar, which can be detrimental to dental and overall health in the long term.

Make a bottle of water more interesting by adding fresh fruits for flavour or freezing it the night before to keep it cool throughout the day.

Most kids are hungry after school. Or maybe your kids have an after-school activity before their next chance to eat? After-school snacks can take the edge off hunger and boost nutrition.

Remember, when it comes to after-school snacks, make chips, sweets, and other treats the exception rather than the rule. To give kids the best head start opt for plenty of fresh fruits and vegetables, whole grains, and protein foods. For more recipe ideas visit our website! <https://nutritionsw.org.au/healthy-living/recipes/>

### **Scholastic Book Club order**

The Scholastic Book Club News (newspaper version as opposed to glossy catalogue) went home last Tuesday 7 February, with online orders only to be finalised by Monday 20 February. The school does



not take cash payment for Book Club and orders must be completed via the link on the back page. Scholastic.com.au/LOOP. You can google for Scholastic or use the link provided.

<https://mybookclubs.scholastic.com.au/parent/login.aspx>

### **No Hat – No Play**

A reminder to families that students need to have a hat at school each day. Summer is upon us and it is important to reinforce our SunSafe Policy in Schools.



## **P&C News**

Welcome back to our existing and new families, I look forward to seeing many faces at our first P & C Meeting later in the term. Welcome to Ms Day our new Principal, we look forward to having you around our wonderful school.

Thank you to Christine for running the uniform store over those couple of days in the holidays!

Our first fundraiser for the year is on Sunday 5 March for the Orange Running Festival where we will be hosting two water stations. The event begins at 6.00am and will finish around lunch to mid-afternoon. Children are welcome to help out at this event but must remain off the running track. Please return your form (attached) asap.

There was enough interest to warrant running the Bulb Fundraiser again this year, I have lodged our interest and expect the catalogues to arrive shortly. I will get these distributed as soon as possible. Have a great Week!

Bec Robinson  
P&C Vice President

## **Community News and Information**



### **Information Days**

**Saturday 4th and 11th Feb**

**10.00am-12.00pm**

**Waratah Sports Club**

**REGISTER ONLINE**

Go to the club website

[www.orangewaratahjuniorfc.org.au](http://www.orangewaratahjuniorfc.org.au)

click on the BLUE REGISTRATION BUTTON

5s-12s Early Bird Fee \$145.00 13s-16s Early Bird Fee \$150.00

**REDEEM YOUR ACTIVE KIDS VOUCHER \$100.00**

**5s-7s New Players Receive Free Shorts/Socks**

**New Players Receive Free Socks**

Under 5s and Under 6s can nominate as a team

**Games held on Saturdays - Season Starts 29th April**

**2023**  
**ORANGE RUNNING FESTIVAL**  
**PRIMARY & HIGH SCHOOL 5KM CHALLENGE**  
Sunday March 5th, Gosling Creek Reserve

**ADVANCE ACCOUNTING GROUP** **MONEY LINK**  
Financial Planning

**Are you up for the challenge?**

**\$500 prize for the winning school!!**

Open to schools in the Orange region. The Primary & High School Challenge events are always hotly contested!

**Who will win bragging rights in 2023?**

Get your team together and enter now. Register by 22 February!  
For details and to sign up: [www.orangerunningfestival.com.au](http://www.orangerunningfestival.com.au)

EARLY BIRD OFFER



## Orange Ex-Services' Soccer Club

Juniors Age 5-16 Male & Female  
All Age Men & Women

Orange Public School - Infants  
Anson Street

SAT 04TH FEB 2023  
1.30 to 3.30pm

SAT 11TH FEB 2023  
1.30 to 3.30pm

You can also register online at  
[www.playfootball.com.au/register](http://www.playfootball.com.au/register)

If have any other questions please  
see our website for FAQ or email  
[enquiries.oescsoccerclub@gmail.com](mailto:enquiries.oescsoccerclub@gmail.com)

[www.orangeexservicesoccer.com](http://www.orangeexservicesoccer.com)

# ORANGE TIGERS

AFL



JUNIORS  
SUNDAY

AUSKICK 5-12

MIXED U/12

MIXED U/14

GIRLS 13-17

BOYS U/17

### RECRUITING NOW

COME TRY DAY  
SUNDAY 5TH OF MARCH  
TIGER PARK, WARATAH  
SPORTS CLUB  
11AM

SENIORS  
SATURDAY

WOMEN'S

MEN'S TIER 2

MEN'S TIER 1

FOLLOW US ON FACEBOOK AND INSTA FOR  
REGISTRATION INFO  
TRAINING DATES AND ALL THINGS TIGERS!

## Sunsmart Snippet

### 6 tips for staying SunSmart this summer:

1. Learn to understand the UV index;
2. Slip on sun protective clothing;
3. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen
4. Slap on a SunSmart hat
5. Seek shade
6. Slide on wrap-around sunglasses



[sunsmartsnw.com.au](http://sunsmartsnw.com.au)



Play netball with

## CYMS Netball Club

REGISTRATIONS NOW OPEN

Senior and Junior players welcome

If you have a team or are an individual looking for a team please send an email

email - [registrar@cymnetball.com.au](mailto:registrar@cymnetball.com.au) or find us on