

# Spring Terrace Newsletter

Spring Terrace Public School

A Community of Confident Learners

573 Forest Road, Spring Terrace NSW 2798

T: 02 63654287 Email: [springterr-p.school@det.nsw.edu.au](mailto:springterr-p.school@det.nsw.edu.au)



**Term 1**

**Weeks 5 / 6**

**2023**

## What's on at STPS

<b>Date:</b>	<b>Activity</b>
1 March	Jack May Cup at Spring Hill Public School - <b>TOMORROW</b>
3 March	PSSA Swimming Carnival
5 March	Orange Running Festival
8 March	OSSA White Athletics Carnival at Waratah Sports Field
15 – 27 March	NAPLAN Years 3 & 5
21 March	Harmony Day celebration at school
23 March	Year 6 into Year 7 High School expression of Interest forms due.
27 - 31 March	Big Vegie Crunch Week
31 March	OSSA Cross Country at Cudal Showground
6 April	Last day of Term 1

## Attachments

- Orange Small Schools Dance Ensemble
- P&C Fund Bulb Fundraiser catalogue
- NAPLAN information to parents and carers of students in Years 3 and 5.

## Messages from the Principal

### **TOMORROW is Jack May Cup**

Students are to arrive at Spring Hill Public School from 8.30am. The school bus will pick up as normal from Orange and deliver students directly to Spring Hill School. The bus will pick up from Spring Hill in the afternoon. Parents who are transporting students are to drop them at Spring Hill and pick up from Spring Hill School. There will not be anyone at our school tomorrow.



### **Parent Information Evening**

Thank you to the families who attended the information session last Wednesday evening. It was lovely to meet all of you and I look forward to working with you all throughout the year.

### **OSSA Swimming Results**

Congratulations to Tessa, Millie and Penny for your participation at the OSSA Swimming last Friday. Miss Menzies represented our staff and commented on the positive attitude of our swimmers.

Well done to Penny for coming first in her freestyle heat, Millie for a third place in Breastroke and to Tessa for second place in Breastroke and a third place in butterfly. Tessa and Millie will now compete at District Carnival in Orange on Friday 3 March. The girls competed in the relay and placed third but with only three swimmers they don't go forward to the next level. Well done girls for giving it your best effort.



## **NAPLAN**

The NAPLAN testing period has been changed this year and students in Years 3 and 5 will be sitting these assessments in Weeks 8, 9 and 10 this term. Information for parents/carers of students in Years 3 and 5 is attached to this newsletter.

## **Attendance**

Punctuality and attendance are important for student learning. Letters will be sent home later this week for unexplained absences for the first half of this term. It is important that all students arrive at school having had breakfast and are ready for learning within the classroom. As mentioned in the previous newsletter, if you know your child will be absent, please advise the office, class teacher or Principal so their absence can be recorded in our enrolment and attendance system. If your child is absent without prior knowledge due to illness or family circumstances please advise the office, class teacher or Principal on their return. Absences can be submitted by phone call, note, email or verbally.



NSW Department of Education

# Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Build friendships
- Develop life skills

### 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

education.nsw.gov.au



## **Orange Small Schools Dance Ensemble**

2023 is the alternate year for the SPARKE Performance, planning is already well underway. An expression of interest is out for the Dance Ensemble. If your child has nominated for Dance please see attached information sheet and permission note.

## **School Photos**

Our annual school photos were captured last Friday, 24 February. It was wonderful to see everyone dressed smartly in their uniforms. Photo packs ordered by families will be delivered to school and distributed to students to take home.



## **Bus Seating**

Apple City Tours have advised that students travelling on the bus will have a designated seat. This is a requirement of Transport NSW for all students travelling on buses. Students have been advised of this and are following the new seating arrangements.

Ms Julie Day  
A/Principal



## Weekly Awards

### Student of the Week

Winston, Jack, Harvey  
Saxon, Zara, Edith

### Merit Award

Alex, Kiana, Lincoln  
Scarlett, Harry, Kenzie



## News from the classrooms

This week K/1 have been learning our letters and sounds using our new UFLI program. This allows us to identify consonants and vowels and we are beginning to blend them together to read new words, incorporating colour coded letters. We are so excited with how quickly the students are picking up the sounds and recognising the individual letters.

We have also been working on the Sentence a Day program and building our phonemic awareness (hearing sounds in words) by using our new Heggerty's program. I am so proud of how each student is participating in both the Heggerty's and UFLI lessons each day and this will help us to become confident readers and writers!. You will see in your homework that there is some practise for you to do at home with your child and this directly supports the learning that is happening in the classroom. Keep up the great work K/1!



## STPS News

### Waste Free Wednesdays

We are re-establishing Waste free Wednesdays to minimise the amount of soft plastics going into landfill. We are encouraging all students to bring foods that are packed into their lunchbox using reusable containers, beeswax wraps or similar products.



This can also be used as an opportunity to introduce different foods into your child's lunchbox and encourage them to help choose something different for each week.



### **OSSA Athletics**

The Athletics Carnival is next week and students have been practicing their skills. Information on the carnival arrangements was sent home last week. Qualifying distances / heights are required for some events and those students who are able to make these had the opportunity to trial at school and Jack May Cup. If you haven't returned the permission note please do so as a matter of urgency. Permission notes and lunch orders were due back yesterday. If you have not handed in your notes, especially lunch orders the close off is no later than 9.00am Thursday morning.

### **OSSA Cross Country**

The school was advised last week of the location of the combined Small Schools Cross Country Carnival to be held on Friday 31 March (Week 10) at the Cudal Showground. Due to flood damage the Recreation Grounds are unsuitable. More information will be made available in the coming weeks.

### **Harmony Day**

Harmony Day is celebrated on Tuesday, 21 March. An expression of interest went home last week to families to share in our celebration day at school. Please contact Mrs Cate Fryda if you would like more information or would like to discuss involvement in the afternoon celebrations.



### **Fruito**



Please be mindful of the fruit you send to school with children, especially the younger ones that cannot manage large pieces of fruit. Cutting apples or oranges into segments and placing in an airtight container is much easier for children to manage and they are more likely to eat it all.

## **P&C News**

### **Orange Running Festival**

Thank you to our volunteers for this coming weekend's water stations. It's great to see some new faces throwing their hands up to help out for such a fun event. Also, to any Spring Terrace students competing in the running festival, good luck and we will be cheering you on!

### **OSSA Athletics Carnival**

Narda has been doing a fabulous job organising this canteen and I feel very grateful that she was able to step in and co-ordinate this event. If you can help out for a couple of hours please let us know. Alternatively if you can donate poppers or waters let us know as it all helps and comes back to our school.

### **Bulb Fundraiser**

You will find the catalogue for the bulbs attached to this week's newsletter. The catalogue has a special ordering website on the back for all your bulby purchases. These were terrific value last year and quite the profitable fundraiser. So share around and spread some flowering goodness.



### **P&C Meeting**

As posted yesterday on Facebook, our first P&C meeting of the year with Ms Day will be held on Thursday,

9 March after school in the COLA. We look forward to seeing you in attendance and planning the wonderful things ahead for 2023.

### **Jack May Cup**

Good luck to all our Spring Terrace students competing at Spring Hill tomorrow. Try your best and enjoy the day, it might just be our year!!

Bec Robinson  
P&C Vice President

## Community News and Information

Register here or QR code below:

<https://www.surveymonkey.com/jr/RX2XEPQ>

### Happy Healthy Kids & Teens Webinar

Wednesday 1st March 2023 7:00pm - 8:15pm

Western NSW Health Promotion Team invites parents and carers to join a free webinar about healthy eating, active living and screen use for kids - including the 3 secrets every parent should know to raise happy healthy kids & teens!

[Click here to hear from Dr Justin Coulson](#)



### Fiona Markwick - Cancer Council NSW

Fiona has been working in the health and fitness industry in rural and regional NSW for over 20 years.

She will be sharing information on:

- Healthy eating and active living for kids
- Healthy lunchboxes

### Dr Justin Coulson - Happy Families

Justin is co-host and parenting expert on Channel Nine's Parental Guidance, founder of [happyfamilies.com.au](http://happyfamilies.com.au), and one of Australia's most trusted parenting experts. Justin has a PhD in Psychology and is the parent of 6 daughters!

Justin will be sharing 3 secrets all parents should know to raise happy healthy kids.



### CONTACT US

WNSWLHD-HealthPromotion@health.nsw.gov.au



## Millthorpe Junior Soccer

SATURDAY 18TH MARCH

10.30AM TO 11.30AM

**Boot Sale!**

SECOND HAND BOOTS \$5  
OR SWAP A PAIR FOR FREE



MERCHANDISE AVAILABLE FOR PURCHASE



**Trial Soccer!**

WANT TO SEE IF SOCCER IS THE  
SPORT FOR YOUR LITTLE ONE.  
COME & HAVE A KICK 11.00AM

Players turning 5 and up  
Registrations - [rego.mjsc.org.au](http://rego.mjsc.org.au)  
Enquiries - [info@mjsc.org.au](mailto:info@mjsc.org.au)



## 1-2-3 Magic & Emotion Coaching

RESOLVE DIFFICULT BEHAVIOUR IN CHILDREN 2-12 YEARS OLD

A PARENT EDUCATION COURSE

AT [Orange Family Support Service](#)

ON 10th March 2023

AT 9.30am - 2.30pm (Light Refreshments Provided)

### PARENTS WILL LEARN

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing strategies - the 3 choices model
- Using emotion coaching to encourage good behaviour
- Strategies for encouraging good behaviour

### PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

### WHO IS RUNNING THE COURSE?

The course facilitators are [Kristen Brookling & Maree Vaughan](#)

### REGISTER TODAY

Call Orange Family Support Service on (02) 6361 4883

OR

Email: [admin@ofss.org.au](mailto:admin@ofss.org.au)



Parentshop has helped over 160,000 people. Our practitioners are qualified professionals who are experienced in working with children, youth and families.

An end to arguing and yelling - It changed our lives - Simple, sane, effective

This course is being facilitated by a Parentshop licensed practitioner | [www.parentshop.com.au](http://www.parentshop.com.au)



Education