



Term 1 Week 7

NEWSLETTER

Participate, Learn, Succeed

Principal's Report

The past few weeks at Stroud Road PS have been busy to say the least, just the way we like them!

Our teachers have been working tirelessly to create engaging and enriching learning experiences for our students. It's wonderful to see our students thrive academically and socially as they explore new concepts and ideas.

In addition to our classroom achievements, I am excited to report on the successful launch of our long-awaited vegetable gardens. This initiative not only promotes sustainability but also provides our students with hands-on learning opportunities about nutrition, responsibility, and the environment.

Another recent highlight has been our swim school program. Students have improved their swimming skills and built confidence in the water. I would like to commend all participants and our staff for their enthusiasm and dedication throughout the program.

We are also very proud of Bentley, who represented our school at the zone swimming competition. His hard work and determination are commendable, and we look forward to further celebrating his achievements later in the year. Looking ahead, we are excited for next week when our students will visit Stratford Public School to celebrate Harmony Day. Harmony Day is a special occasion that promotes inclusiveness, respect, and a sense of belonging for everyone. We are looking forward to engaging in various activities that highlight the importance of unity and respect for all cultures.

As the week comes to a close, I would like to extend my best wishes to all families for a lovely weekend. Thank you for your continued support and involvement in our school community.

Mr Irwin

What's on this month?

Week 8

Parent Teacher Interviews
NAPLAN Assessments
Monday 17/3

- Harmony Day @ Stratford PS

Thursday 20/3

- Library and Sport
- Friday 21/3**
- Canteen

Week 9

Thursday 27/3

- Library and Sport
- Friday 28/3**
- Canteen

Week 10

Wednesday 2/4

- Cross Country Carnival @ SRPS

Thursday 3/4

- Library and Sport
- Friday 4/4**
- Canteen

Week 11

Friday 11/4

- Final Day of Term 1

Supporting Students at Home

Play with the sounds of letters

- **Have fun with the sound of letters.** Make up silly sentences using words that start with the same sound such as “Many mice munching meatballs.”
- Make words with letters cut out of magazines, or written on sticky notes and **break the word into sounds**, for example, b-a-t. Then say the word again.
- When you are reading to your child, ask them to point to and **say the sounds** they know.
- **Play sound games** with your child’s name. Ask questions such as “What sound does your name start with?” “Is it the same sound at the beginning of dad?”

Student of the Month

Hazel Olive

Hazel approaches all class tasks with enthusiasm. She has made a wonderful start to Kindergarten.



Stroud Road Attendance

Attendance Term 1 - 93%
Attendance Target - 95%

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

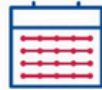
they miss weeks per year

and years over their school life

1 day per fortnight



= **4** weeks

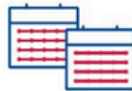


= Over **1** year missed

1 day per week



= **8** weeks



= Over **2.5** years missed

Quote of the Week

There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

RIDDLE ME THIS

What has 13 hearts, but no lungs, feet or bellybuttons?

We're working with The Resilience Project

We're proud to be implementing TRP's evidence-based whole school wellbeing program. Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**.

Gratitude



Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy



Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness



The practice of mindfulness is about an awareness of life as we are living it.

It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:




COMMUNITY BUILDERS PROGRAM
UPPER HUNTER | NSW

STROUD POST OFFICE

FREE EVENT

STROUD and surrounds

COMMUNITY OPPORTUNITY WORKSHOP

WHO SHOULD COME? EVERYONE!
Community groups, farmers, businesses, workers, residents, sporting teams, newcomers, teens, parents, and children - **THIS IS YOUR CHANCE TO BE HEARD!**

SHAPE THE FUTURE OF OUR TOWN!
Join us for a collaborative forum where local voices matter. Share your ideas and help build a stronger, more connected community.

-Thursday 20th March
-Stroud & District Country Club
164 The Bucketts Way, Stroud
-5:30pm - food served
-6-9pm Workshop



Catering by **THREE BIRDIES**



Need more info? Call Rachel 0422064211 OR reach out to any member of our Task Team: Rachel & Matt Barry, Kylie & Rod Gorton, Deb Dunkerton, Emma Mellows, Mark Seeto, Patrick Jackson

Registration is essential

RSVP HERE

GLOUCESTER HIGH SCHOOL

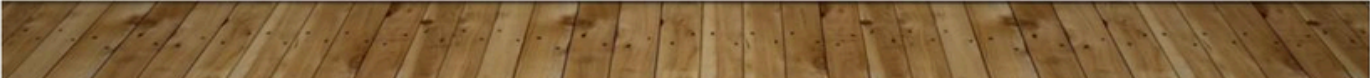
YR 6 TRANSITION INFORMATION EVENING THURSDAY 3RD APRIL 2025

AIMS: FOR PARENTS, CARERS AND THEIR CHILDREN TO BECOME FAMILIAR WITH GLOUCESTER HS AND HAVE A GOOD IDEA OF THE SCHOOL'S VALUES AND HIGH EXPECTATIONS. TO PROMOTE OUR LEARNING CULTURE AND INCLUSIVITY AND HAVE PARENTS/CARERS PROVIDE FEEDBACK.

Starts@5pm

- Meeting Gloucester HS quad, welcome and introduction from key staff – 10min
- Students and parents taken on a tour of GHS – 20min
- School hall, feedback activity for parents, students focus on HS learning – 30min
- The journey begins into 2026. – 10 min
- Question and answers for parents and students – 20min

Finish@6.30pm





Get moving, stay active!

Keeping kids active every day is one of the best ways to support their health, happiness, and learning. Regular physical activity helps children build strong bones and muscles, improve coordination, and even boost their focus in the classroom.

Primary school-aged children should aim for at least 60 minutes of active play each day. This could be running, jumping, dancing, or even a bike ride to school!

Easy ways to get kids moving:

- 👤 Make it fun – Play a game of tag, kick a ball, or dance to their favourite song.
- 👤 Use active transport – Walk, scoot, or ride to school instead of driving when possible.
- 👤 Limit screen time – Swap some screen time for outdoor play or a fun family activity.
- 👤 Be a role model – Join in and be active together!



Hunter New England
Local Health District

📧 HNELHD-GoodForKids@health.nsw.gov.au
🌐 <https://goodforkids.nsw.gov.au>

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.