



118 Bridge Street, PO Box 33
Campbell Town TAS 7210

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Email: campbell.town.district.high@decyp.tas.gov.au

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13 March 2025 - Issue 3

organising the event and particularly to our HPE teacher Ms Ash Lowe. Here are some of my favourite photos from the day:

PRINCIPAL'S MESSAGE

Just like that we are past the mid-point of the term!

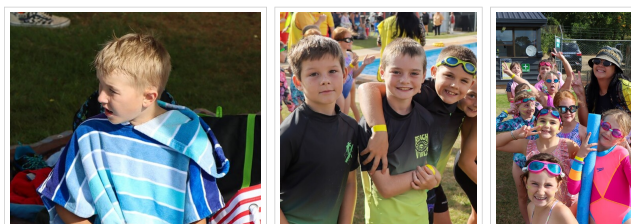
After having recently moved into the district I am thankful for the cooler evenings and mornings whilst still having enjoyable, sunny days. I am very grateful for my move to Campbell Town District High School and am thrilled with our start to the year. If you could walk the hallways of the school as I do, you would see young people interacting respectfully and positively with each other and adults and students being engaged in rich learning.

Both students and staff have demonstrated courage in the way they have adapted to new, more explicit teaching practices and we will see dividends from this approach in student confidence, growth and achievement across the year. Schools are often a hive of activity and our school, with over 200 people on-site every day, is no exception. Our core focus, however, is on deep learning. For that reason, I ask that you do all you can to have your young person arrive to school on-time (by 8.50am) and that they are here every day, unless they have a valid reason.

As well as ensuring your young person is at school each day, ensuring they are well-rested is also another important precondition to their success. I read with interest the article in this newsletter shared by our school health nurse and encourage you to consider putting in place boundaries regarding evening/night use of mobile phones. In my experience, this is an argument worth having!

Swimming Carnival

Thank you so much for your attendance at the Swimming Carnival. I know that students were very excited to have their family members present and I hope you enjoyed the day or a short time in the sun. My sincere thanks to our staff for



Assembly

I am so thankful to our families for their attendance at our first whole-school assembly. Students were recognised for their demonstration of our school values. Significantly, we were able to formally introduce and induct our 2025 student leaders. I greatly admire students who are willing to put themselves forward to lead and serve their peers and look forward to working with them throughout the year. Student leaders signed a leadership pledge, which is proudly displayed in our front office. The pledge reads:

I pledge to uphold the traditions, values and reputation of Campbell Town District High School.

I will strive to foster a positive and respectful school culture, lead by example and work with others to create an environment where all members of the community are valued, respected and included.

I will be a voice and advocate for other students and I will always conduct myself in a way that is consistent with my school's expectations.

Furthermore, our secondary leaders are asked to pledge to *provide mentoring, support and guidance to the school's primary student leaders.*

Mrs Blake's class courageously performed an Acknowledgement of Country and the choir performed the National Anthem. Thank you

School Association

We have set the date for our first School Association meeting of the year, which will also serve as the Annual General Meeting. I encourage and invite families to get involved in the School Association, as our peak representative body. Association members are involved in guiding the school's direction and having input on key school policies and procedures.

The meeting will be held on Monday 31 March commencing at 9.00am.

Current Chairperson Ms Lauren Klomp would welcome contact from any interested family or community representatives to find out more about the Association.

Nomination forms for our 2025 committee are included in this newsletter or a copy can be collected from the school office.

This is a bumper newsletter edition and I encourage you to read with wonder the variety of opportunities on offer to our young people. I am relieved to read that I wasn't dreaming when I thought that one day one of our younger students told me they had buried some undies in the veggie patch!

Please reach out if there is anything I can support you or your family with.

In partnership,

David Bryant,

Acting Principal



SWIMMING CARNIVAL

Swimming Carnival 2025 – A Day to Remember!

What an incredible day we had at this year's Swimming Carnival! With perfect weather, enthusiastic competitors, and a fantastic crowd of spectators, the energy around the pool was nothing short of amazing.

It was wonderful to see so many students giving their best, participating in races suited to their ability, and showing great sportsmanship throughout the day. Whether it was competitive races, across-the-pool events, or the always-entertaining relays, every student contributed to the fun and excitement. A special mention to Ruby, who wowed the crowd and took home the title of Biggest Splash Champion for 2025!

One of the highlights of the day was the staff vs students relay, where the teachers once again proved they've still got it, taking out the victory for another year! Better luck next time students!

House Results

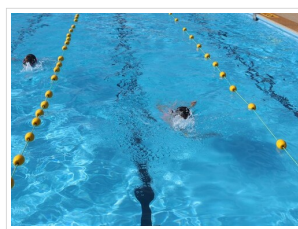
This year's champion house was Elizabeth, who claimed victory in a very convincing fashion! Their incredible participation

numbers made all the difference, proving that every single race and every single effort counts towards house success. A massive congratulations to all Elizabeth House swimmers for their determination and team spirit!

? Record Breakers! ?

A huge congratulations to our Grade 5/6 girls relay team—Stella, Mia, Miriam, and Hazel—who broke the school record by one second! An incredible achievement, and we can't wait to see what they can do next year!

A huge thank you to our staff, parents, and secondary student helpers for making the day run smoothly, and to our wonderful students for their enthusiasm and sportsmanship. We look forward to seeing our selected students represent our school at our representative carnivals later in the year.

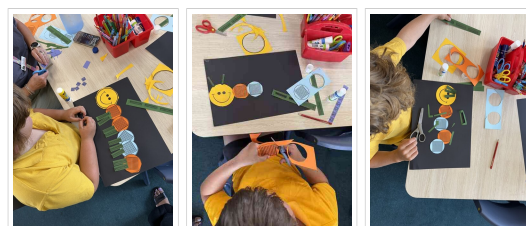


GRADE 2

Students in Grade 2 Kuna have been diving into the world of place value to strengthen our understanding of hundreds, tens and ones. We created our very own *Place Value Caterpillars*. Each caterpillar segment represented a different digit, helping students visualize and build numbers in a hands-on way. It was wonderful to see their excitement as they worked together, discussing and constructing their colourful creations.

Gayathirry Kunasegaran

Teacher



FOOD AND FIBRE

Grades 1, 3A, 4, and 6 have been busy harvesting, weeding and replanting the garden.

Our huge yield of potatoes by the Grade 1s was turned into air fried chips and zucchini and potato fritters.

Grade 3 entered the Let It Grow competition and are currently in the running to grow the biggest radish to enter at Agfest in May.

Grade 1 buried a pair of cotton underpants as part of the Soil Your Undies competition for Agfest, where we hope to dig up the dirtiest and most bug eaten pair of undies. This will also tell us how healthy our soil is and what bugs, microorganisms and bacteria live in our garden.

Grade 6 and Grade 4 have been harvesting and cooking with zucchinis and tomatoes and maintaining our garden by weeding and wood chipping the garden paths. There have been several visits to the school orchard, where Apples, Pears, Peaches and Green Gages are growing and taste fantastic.

Yvonne Albers

Food and Fibre Teacher



OUTDOOR EDUCATION

Our Outdoor Education program is off to an exciting start! Over the past few weeks, we have been busy at school learning essential skills such as first aid, snake bite treatment, basic rope techniques, and what to pack for different types of outdoor adventures. We have also been honing our bike skills in preparation for our upcoming mountain biking excursion to Kate Reed Park in Prospect. To ensure we are fit and ready for the challenges ahead, we have been participating in a fitness program designed to prepare us for the rest of the term's adventures.

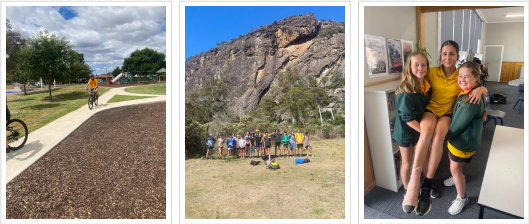
Our first major excursion took us to Bare Rock in Fingal, where we tackled the challenging climb to the summit. The steep and rocky terrain tested our endurance and determination, but the breathtaking views from the top made every step worth it!

This hike was not just about reaching the summit - it was about challenging ourselves, building courage, strengthening our connection to nature, supporting one another, and growing as individuals. Outdoor Education is all about stepping outside of our comfort zones, and this walk definitely helped us do just that.

We cannot wait for our next adventure - bring on the mountain biking!

Ashlee Lowe and Andrew Martin

Teachers



FIRST AID COURSE

On Thursday 6th March eleven students from Grades 10 to 13 had the opportunity to learn Basic First Aid and CPR. The day involved learning about how to manage emergency situations and provide a first aid response to a casualty. It covered

common first aid injuries and illnesses such as choking, allergic responses, asthma, heart attacks and external bleeding. Students learnt about the recovery positions and how to use the defibrillator on an unconscious, non-breathing casualty.

Once they had learnt the theory, they got to put the skills into practice on each other and CPR mannequins.

A very big thank you goes to Julie Howard and Josie Chester who organised the grant application for the funding of this event. Thank you to MAIB for funding and seeing the positives this training has for our students. Thank you to Josie for purchasing morning tea and lunch of donuts, sausage rolls, pies and sandwiches with bottles of water. They were very well received.

Thank you, Roxy, the St Johns trainer who spent the day with the students, teaching them basic first aid and CPR.

Jill Bennett

AST



BOOK CLUB

Book Club

Issue 2 (our first issue for the year) will go home with your child this week. Orders can be placed online through the loop order system or cash to the school office. Our school receives a percentage of the total orders placed to purchase products for our classes.

Orders are to be placed by 3.00pm Wednesday 26th March 2025.

ISSUE 2 OPEN NOW!

\$5 Earn a PROMO CODE
Included with order confirmation

SCHOLASTIC Book Club

Keep the REGULAR READING ROLLING with a \$5 promo code. See page 10 for details.

ORDERS DUE BACK BY: 26th March

NEW Wings of Fire: Shattered Wings and the Last Flight
Colorful Wings of Fire dragons glide and fly. AGES 10+ \$20.00

NEW Welcome to Miracosta
Miracosta is a private island that travels four hours. AGES 8+ \$16.99 \$12.00

NEW The Haunted House
There's a new girl in Sweet Valley, and summer's here! \$19.99 \$13.00

NEW Sweet Valley Fairies
\$14.99

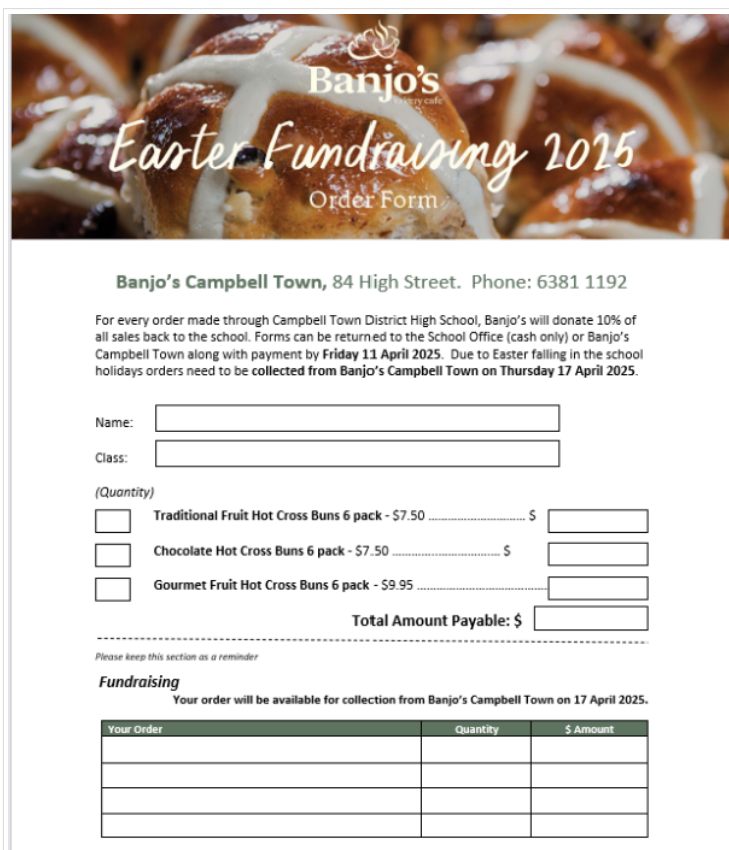
NEW Baby-Sitters Club
\$14.99

NEW Dragon Girls
\$14.99

SCHOLASTIC Book Club

EASTER FUNDRAISER

Order forms for our Easter fundraiser will be sent home with students this week.



Banjo's
Easter Fundraising 2025
Order Form

Banjo's Campbell Town, 84 High Street. Phone: 6381 1192

For every order made through Campbell Town District High School, Banjo's will donate 10% of all sales back to the school. Forms can be returned to the School Office (cash only) or Banjo's Campbell Town along with payment by **Friday 11 April 2025**. Due to Easter falling in the school holidays orders need to be collected from Banjo's Campbell Town on **Thursday 17 April 2025**.

Name:

Class:

(Quantity)

☐ Traditional Fruit Hot Cross Buns 6 pack - \$7.50 \$

☐ Chocolate Hot Cross Buns 6 pack - \$7.50 \$

☐ Gourmet Fruit Hot Cross Buns 6 pack - \$9.95 \$

Total Amount Payable: \$

Please keep this section as a reminder

Fundraising
Your order will be available for collection from Banjo's Campbell Town on 17 April 2025.

Your Order	Quantity	\$ Amount

and later naps can make it harder for children to get to sleep at night.

- **Make sure your child feels safe at night**-If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too.
- **Check noise and light in your child's bedroom**- Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppress melatonin levels and delays sleepiness.
- **Avoid the clock**- If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.
- **Eat the right amount at the right time**- Feeling hungry or too full before bed can make your child more alert or uncomfortable. In the morning, a **healthy breakfast** helps to kick-start your child's body clock at the right time.
- **Get plenty of natural light in the day**-Encourage your child to get as much natural light as possible during the day, especially in the morning.
- **Avoid caffeine**-Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening.

How much sleep do children and adolescents need? As with adults, every child is different in terms of **how much sleep they need**. The amount of sleep your child needs also changes as they age.

- Children aged 6-13 years should ideally be sleeping for 9-11 hours, although anywhere from 7-12 hours may be appropriate for some children.
- Teenagers aged 14-17 years should ideally be sleeping for 8-10 hours, although anywhere from 7-11 hours may be appropriate for some teenagers.

For more information look at www.sleephealthfoundation.org.au & [How to sleep better: 10 tips for children | Raising Children Network](#)

If you are concerned about your child's sleep habits and would like some support, feel free to contact your me through the school office on 63811166 or email louise.hawkins@decyp.tas.gov.au.



SCHOOL HEALTH NURSE



Why is sleep so important? - Sleep is vital for children's and adolescents' wellbeing. Sleep supports healthy development of the body and mind. Evidence shows that children and adolescents who do not get enough sleep have more trouble learning. In Australia, the number of children and adolescents who are sleep-deprived is rapidly growing due to our lifestyle behaviours. Good sleep habits are often referred to as good sleep hygiene. Here are 10 tips to help for a better night's sleep.

- **Set up a bedtime routine**- A regular **bedtime routine** starting around the same time each night encourages good sleep patterns.
- **Relax before bedtime**- Encourage your child to **relax before bedtime**. Older children might like to wind down by reading a book, listening to gentle music or **practising breathing for relaxation**.
- **Keep regular sleep and wake times**- Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day.
- **Keep older children's naps early and short**- Most children stop napping at 3-5 years of age. Longer

SCHOOL HEALTH NURSES - DAISY AWARDS

School health nurses play an important role in our school community, delivering health education and promotion, and supporting student wellbeing.

The Department for Education, Children and Young People (DECYP) has recently introduced the internationally recognised [DAISY Award program](#) in schools through the School Health Nurse program.

Those with a health background may already be familiar with this program. Run by the [DAISY Foundation](#), it is a way to acknowledge and celebrate the care and compassion that nurses deliver to the people they care for each and every day.

The program is run in 38 countries, but this is the first time anywhere in the world it will be delivered in a school setting.

Nominations are now open for the DECYP DAISY Award. If you or a family member have had a positive experience with a school health nurse and would like to see their work recognised, why not consider nominating them!

You can nominate them [using this form](#), by sending an email to daisy@decyp.tas.gov.au, or getting in touch with school staff for help or more information.

Whether you're a student, parent or carer, or a DECYP staff member, anyone can nominate a school health nurse you think is worthy of recognition.

Nominations will close on 13 June, with winners announced at an awards ceremony on 4 July. For more information, you can also [visit DECYP's website](#)

COMMUNITY NOTICES

LONGFORD JUNIOR FOOTBALL CLUB

**CURRENTLY HAVE SPACES
AVAILABLE IN OUR**

UNDER 12 BOYS TEAMS

TRAINING WEDNESDAY

5.30 - 6.45PM

LONGFORD FOOTBALL GROUND

FOR MORE INFO CONTACT JONNY 0487 867 577



Share your world

Become a Foster Carer

Tassie Kids Need Foster Carers

Foster carers are ordinary, everyday people, just like you. Make an extraordinary difference in the lives of vulnerable children and become a foster carer today!

To find out more scan the QR code
or call our team on 0472 869 969



LIFE WITHOUT BARRIERS

lwb.org.au

SCHOOL ASSOCIATION

School Association - 2025 Nomination Form

Did you know? All parents/carers of children enrolled at CTDHS and all staff, as well as some members of our community are members of the CTDHS School Association which works closely with the Principal and Student Leaders on the management of the school. A committee of representatives meets one morning per term to discuss policies, strategies, performance, and all sorts of other relevant issues.

Every year we need our members to nominate some representatives for this committee. Terms of Office are 2 years after which committee members can choose to retire or be re-nominated. Please join us in helping this school provide the best education for our children.

Nominations are now open for parent and community members on the form below. They must be made by two individuals coming from different families and endorsed by the nominee.

Nominations forms must be received at the School Office by 4.00pm Friday 21 March 2025.

Campbell Town District High School School Association Nomination Form 2025

We, _____ (Name) _____ (Signature)

and _____ (Name) _____ (Signature)

nominate _____ (Name) _____ (Signature)

as Parent representative / Community representative (please circle)

to the CTDHS School Association Committee.

Please return this form to the School Office by 4.00pm on Friday 21 March 2025.

Forms can be delivered in person, by post or via email to lucy.powell@decyp.tas.gov.au



Be the difference, Be a volunteer



With a little time,
you can make a
**significant
difference** to
someone's life.

Build meaningful relationships with older individuals, fostering social connections and helping to reduce feelings of loneliness.



FIND OUT MORE

Scan the QR code or visit
genu.org.au/about/volunteer

PHONE: (03) 5282 0038

EMAIL: volunteers@genu.org.au

Aged Care Volunteer Visitors Scheme is funded by the Australian Government

Tuesday

18th

March

@ 12:30

video n chat

Join us for a 30 minute cuppa n chat
Learn how together we can achieve great things.

WE, Days for Girls Volunteers from across Tasmania and our Australian CEO Mary Connelly-Gale need your help to support Tasmanians facing Period Poverty.

Where

The Campbell Town Guide Hall is located at 20-30 King St, Campbell Town, Tasmania.

Who

YOU are welcome to come and join us

Let's shatter the stigma of menstruation.

We are inviting you to come and find out how our kits are being used across Australia in partnership to end period poverty.



We are in your area on Tuesday @12:30

..contact Annette 0419543287

Are you looking for a way to make a difference in the world and have a sense of community? Join our amazing volunteers! Whether you have a few hours a week or a day a month, your contribution can make a significant difference. We have a variety of opportunities to match your interests and skills. Come find out how we can work together to #MakeADifference #DaysforGirlsAustralia

DAYSFORGIRLS.ORG

DAYSFORGIRLS.ORG/DFG-PADS/

CALENDAR OF EVENTS

2025 TERM DATES

Term 1: Thursday 6 February to 11 April

Term 2: Monday 28 April to Friday 4 July

(Friday 6 June Kinder to Grade 12 Student Free Day)

Term 3: Monday 21 July to Friday 26 September

(Friday 31 October Kinder to Grade 12 Student Free Day)

Term 4: Monday 13 October to Thursday 18 December

SUNS

SOUTH LAUNCESTON HOCKEY CLUB

JUNIOR COME & TRY DAYS

Open to ages 6 to 18 - everyone is welcome!

St Leonards Hockey Centre
Saturday 22nd & 29th March
10:30AM start

Finish with a BBQ!

STICKS & SHIN PADS AVAILABLE

COME ALONG, GIVE HOCKEY A GO, AND JOIN THE FUN!

FOR MORE INFO SCAN THE QR CODE FOR OUR FACEBOOK PAGE
OR EMAIL SLHCSECRETARY@GMAIL.COM



Calendar Term 1 2025

Week 6 10th March	11th March PCYC Skills for Success Program – Year 8 students – Campbell Town Bowls Club and Tennis Club	12th March NAPLAN	13th March 11/12 Sport and Rec excursion – Campbell Town Golf Club	14th March Secondary Student Leaders GRIP Conference – Launceston
Week 7 17th March	18th March PCYC Skills for Success Program – Year 8 students – Campbell Town Bowls Club and Recreation Ground	19th March Scott Roth visiting school, grades TBC 11/12 Ag excursion – Waverley Woolfen Woods, Launceston	20th March 11/12 Sport and Rec excursion – Campbell Town Tennis Club	21st March Primary Assembly 2.10pm
NAPLAN	NAPLAN	NAPLAN	NAPLAN	NAPLAN
Week 8 24th March	25th March PCYC Skills for Success Program – Year 8 students – Campbell Town Bowls Club	26th March 11/12 Ag excursion – Tas Quality Meats, Cressy	27th March	28th March NM Athletics Carnival – St Leonards
NAPLAN				
Week 9 31st March	1st April Year 4, 5 and 6 Camp – The Lea Hobart PCYC Skills for Success Program – Year 8 students – Campbell Town Bowls Club	2nd April 11/12 Ag excursion – Wool Solutions, Western Junction Year 6, 7, 8, 9 and 10 Camp – The Lea Hobart Inter-High Swimming Carnival	3rd April 11/12 Sport and Rec excursion – Midlands Bowls Club Year 7, 8, 9 and 10 Camp – The Lea Hobart	4th April Year 7, 8, 9 and 10 Camp – The Lea Hobart
School Association AGM 9.00am Year 4, 5 and 6 Camp – The Lea Hobart				
Week 10 7th April	8th April PCYC Skills for Success Program – Year 8 students – Campbell Town Bowls Club and Skate Park	9th April 11/12 Ag excursion – Wistering Downs, Reibie	10th April	11th April Last Day of Term 1

Dates subject to change without notice