



NEWSLETTER 19 December 2024

Upcoming events

**Thurs 19 - Last Day
for students**

Key Dates 2025

Thurs 6 February

Term 1 begins - Students

Monday 10 March

Public Holiday

Friday 11 April

Last Day Students Term 1

Monday 28 April

First day of Term 2

Friday 6 June

Moderation Day (Student Free)

Monday 9 June

Public Holiday

Friday 4 July

Last day Term 2

Mon 21 July

First day of Term 3

Fri 26 September

Last day of Term 3

Mon 13 October

First day of Term 4

Friday 31 October

Professional Learning Day
(Student Free)

Thurs 18 December

Last day Students Term 4

Fri 19 December

Last Day (Staff)

At the end of every year we have changes of staff and this year is no exception. I would like to personally thank all staff who are leaving and wish them all the best for their next adventure. Thank you for your dedication and support of our students and staff whilst being here. You will all be missed.

The following staff are leaving Ridgley Primary: Holly (PE Teacher), Shantelle (Art Teacher), Brett (1/2 Teacher and Support Team), and Teacher Aides: Kylie, Jan, Madison and Gemma.

We would like to welcome Miss Maddy Raimondo (Grade 6 Teacher) and Miss Liv Moore (Prep/1 Teacher) to our Ridgley Primary School staff team.

I, along with all the staff at Ridgley Primary School, would like to thank you for supporting us in 2024.

We are grateful for your positive conversations and it was a privilege to work alongside all families.

We hope that you have a safe and happy holiday with your family and all that this brings.

*Yours in Partnership
Donna Jaffray*

RIDGLEY PRIMARY SCHOOL

GRADE 6 AWARDS 2024

ACADEMIC ACHIEVEMENT AWARD

RILEY McMAHON

MURRAY O'CONNOR MEMORIAL

SPORTS AWARD

**RILEY McMAHON and MASON
McKELLAR**

STRIVE FOR EXCELLENCE AWARD

MASON McKELLAR

SCHOOL VALUES AWARD

MONTANA HENDRIE

GRADE 6 ENCOURAGEMENT AWARD

TAYLOR PETTIT THOW

CITIZENSHIP AWARD

JACOB CAMERON

BRADDON COMMUNITY LEADERSHIP AWARD

EMERSON BLIGHT

RESPECTFUL STUDENT AWARD

TELEAH ASHWOOD

PARKLANDS HIGH SCHOOL BURSARY

FRANKY ELKIN

AGRICULTURAL AWARD

JOSH WEAVER

GRADE 6 MERIT AWARD

MADDIE O'ROURKE

A big thank you to the sponsors of our Grade 6 Awards:

Senator Anne Urquhart, Gavin Pearce MP, Anita Dow MP, Jeremy Rockliff MP, Roger Jaensch MP & Felix Ellis MP (Braddon Liberal Team), Jo Palmer MLC, Burnie City Council, Leonie Hiscutt MLC, Emu Bay Lions Club, Rotary Club of Burnie, Parklands High School and the Ridgley Primary School Parent Group.

STUDENT LEADERSHIP TEAM 2025

Wyatt Argent	Indigo Chatwin
Huxley Hamerlok	Kody Rogers
Chloe Smith	Ruby-Mae Wooldridge

Student Assistance Scheme (STAS) for 2025 School Year

The Student Assistance Scheme (STAS) provides assistance to low-income families towards the cost of levies for students enrolled in a school from Kindergarten through to year 12.

Eligibility

Parents who have a current concession card as listed below can apply for STAS assistance for dependent students.

- Services Australia – Centrelink Health Care Card
- Services Australia – Pensioner Concession Card or
- Department of Veteran Affairs – Concession Card.

Parents/Guardians who have not applied for STAS previously (and do not have an existing STAS file) can apply online for STAS 2025 at [Student Assistance Scheme \(STAS\)](#) or simply Google STAS to be taken to the link.

FINAL HOUSE POINTS

Valentine 2275
Companion 2069

Congratulations Valentine!!!

LEVIES 2025

Kindergarten \$145.00
PREP - Grade 6 \$190.00

The General Levy provides for the purchase of stationery requirements, reference resources, computer software, art materials, learning materials, physical education equipment, musical equipment and general materials. It also allows for excursions and performances and participation in sports activities.

2025 levy invoices will be issued in late February. Payments can be made once invoices have been issued.

TERM DATES 2025

Term 1

Thursday 6 February – Friday 11 April
Monday 10 March - Public Holiday

Term 2

Monday, 28 April - Friday 4 July
(Friday 6 June Moderation Day)
(Monday 9 June - Public Holiday)

Term 3

Monday 22 July - Friday 27 September

Term 4

Monday 14 October - Thursday 19 December
(Friday 1 November Professional Learning Day - Student Free)
Thurs 18 December - Last day for Students
Fri 19 December - Last Day for Staff

YOUTH COUNCIL REPORT

We, and our new Youth Councillors for 2025, attended our last meeting at the Council Chambers on the 21st November. The new Youth Councillor for our school is Harry Cohen. We did a couple of games to start of the day before we went to our fun day. The new Youth Councillors for 2025 left and the 2024 Councillors hopped on the bus to Camp Clayton. We had some free time once we got there and then we split into two groups, one group went to the big swing, the other to rock climbing. We all had fun and enjoyed it then we returned to the Council Chambers and finished of our last Youth Council meeting with a game.

I wish the 2025 Youth Councillors all the best. I have really enjoyed my role on the Burnie Youth Council with all the fun activities and learning about what we as youths can do for our community. Good luck to next year's Youth Councillors. (Emerson)

Chloe and Emerson

LEADERSHIP REPORT

This year, we as student leaders believe we have had a great year as a school. We have had many great achievements such as raising a lot of money and raising awareness for many different charities like the Kmart Wishing Tree. We also bought a Gaga ball pit for the upper primary playground using money that we, and the previous student leaders, raised.

We haven't got a final total for all our fundraisers this year because we have our zooper dopper day at lunchtime today. In total this year we have raised around \$250.

We wish the 2025 student leaders all the best for next year and hope they enjoy their roles as part of the leadership team.

Thank you, Emerson, Mason, Jacob, Riley, Montana and Teleah

Kinder/Prep	TERM 4 CERTIFICATES
Belong	Lyla Holstein
Respect	Theo Kelly
Achieve	Austin Saward
Growth	Braxton Church
Health & Wellbeing	Cali Daniel
Music	Luca Murfet
Art	Chad Gardam
Principal's Award	Thea McCreddie
Grade 1/2	TERM 4 CERTIFICATES
Belong	Malia House
Respect	Isla Jackson
Achieve	Cormac Wilson
Growth	Darcy Corbett
Health & Wellbeing	Lincoln Grace
Music	Charlotte Bramich
Art	Ella Lowery
Principal's Award	Raven Hamerlok
Grade 2/3	TERM 4 CERTIFICATES
Belong	Jack McCann
Respect	Jobe Corbett
Achieve	Liam Coulson
Growth	Jed White
Health & Wellbeing	LJ Fox
Music	Chaska Hamerlok
Art	Matilda Hendrie
Principal's Award	Regan Lacey
Grade 4/5	TERM 4 CERTIFICATES
Belong	Harrison Cohen
Respect	Aurora Roughley
Achieve	Levi Thomas
Growth	Mathew Lohrey
Health & Wellbeing	Miami Munday-Saward
Music	Mariah Lowery
Art	Levi Thomas
Principal's Award	Kaylen Thorp
Grade 5/6	TERM 4 CERTIFICATES
Belong	Indigo Chatwin
Respect	Jacob Cameron
Achieve	Layla Fysh
Growth	Teleah Ashwood
Health & Wellbeing	Charli Singline
Music	Eva Roughley
Art	Jacob Cameron
Principal's Award	Montana Hendrie

PARENT GROUP NEWS

A big thank you to those who supported our Christmas Raffle. It was a huge success. Congratulations to the winners whose names appear below.

A big thank you also to those who donated prizes – Civilscape, Evolve Sport & Leisure Devonport, Bunnings Burnie, Maggie's, Sargent's, Pam & Norm House, Ben Holstein & Nat Luttrell, Kmart Burnie and Metro Cinema Burnie.

1st Prize - John House

\$300 Coles/Myer Voucher

2nd Prize – Hudson Jaffray

\$200 Evolve Soirt & Leisure Voucher

3rd Prize – Vonnie H

\$100 Bunnings Voucher

4th Prize – Kellie Walker

\$50 Maggie's Voucher

5th Prize – Jason Lawson

\$50 Sargents Ridgley Voucher

6th Prize – Trevor Saward

\$50 Visa Card

7th Prize – Aaron Barry

\$50 Maggie's Voucher

8th Prize – Lisa Shepherd

\$30 Pet Barn Voucher & Pet Play Pen

9th Prize – Malia House

\$30 Kmart Voucher & 2 Adult Metro Cinema Tickets



Some of our beautiful artwork.....

CELEBRATING ATTENDANCE

In 2024, as with all years, we work on strategies to support our children to attend school. There are many reasons for students to not attend school and this year we have focussed on celebrating ATTENDANCE differently.

For term 4, we have been celebrating “**Glad you are here day**” with many students asking when will be the next one and some even trying to work out if I have a pattern and specific day. Examples of rewards for being here include, extra play at lunch, icy poles, icecreams, cupcakes, pencils, pop tops etc. We have always celebrated in our Assembly those who achieve outstanding attendance, but this year, to coincide with the DECYP program for increasing attendance, I decided that we would celebrate with a twist. From this year on, we will celebrate attendance over 90% with a special lunch to our students separate from acknowledgement in the Final End of Year Assembly.

As at 10th December, we had 78 students out of 113 receive acknowledgment of attending school 90% and above throughout the year. Emmerson has attended 100% throughout his year 6 which is outstanding.

Congratulations to all who have received certificates and watch in 2025 to see how we celebrate belonging to our school and community.



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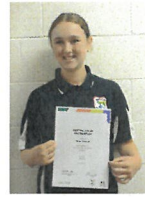
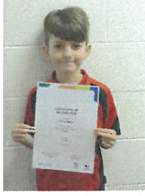
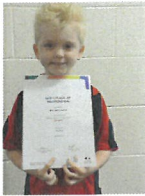
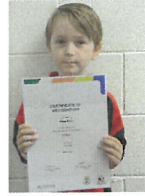




Grade 6 2024 Award Winners



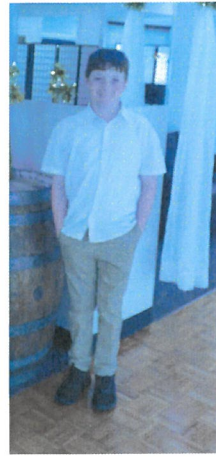
Kinder to Grade 6 Award Winners



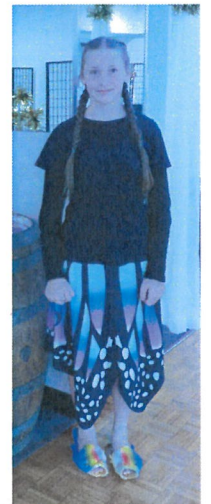


Our
Term 4

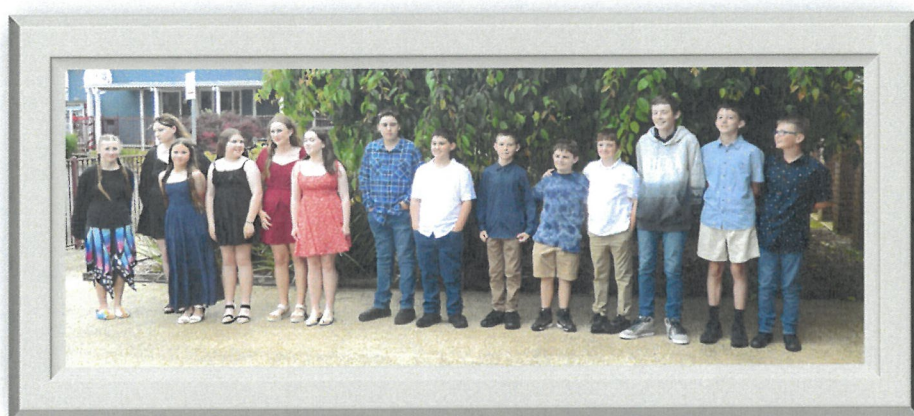




**Grade 6
Celebration
Dinner
2024**



*Goodbye and Good Luck
to our 2024 Grade 6
Leavers*



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

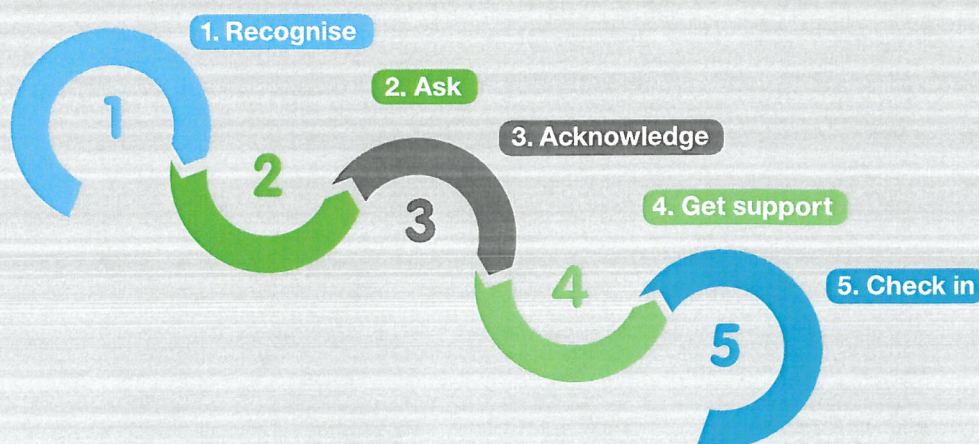
Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.