



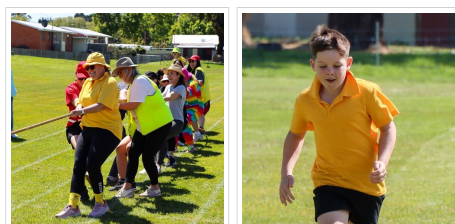
6 November 2025 - Issue 17

PRINCIPAL'S MESSAGE

Dear families,

Welcome to another edition of our newsletter.

Firstly, I want to thank you for your engagement with what was, I think, a wonderful two-day athletics carnival last week. Under sunny skies, students competed in a wide variety of events whilst being cheered on by their peers and family members. I thank all staff for their organisation and work throughout the two days.



I want to wish our departing Grade 12 and 13 students the very best for their future. This week marks the conclusion of almost fifteen years of formal schooling and I know the whole community joins me in wishing them the best for their future. Good luck Ty, Noah, Ella and Shane.



Social media ban/delay

As I flagged in my last newsletter article, I want to talk about the upcoming social media ban/delay for young people under sixteen years of age. I speak from the perspective of someone

who has worked in four different schools in the past ten years and as someone who is often asked to intervene in matters relating to social media when they go wrong,

In my view, social media has proven to be a destructive force over the past few years. Very few young people under the age of sixteen have proven that they can use social media responsibly and safely, both in terms of the content they access or share or in the way they interact with others. Young people who use social media (across various platforms such as TikTok, Youtube, Facebook, Instagram or Snapchat) are regularly exposed to harmful and illegal content.

Here are some facts (with sources available at the hyperlinks):

- Several studies report a correlation between the use of social media and the presence of depressive symptoms.
- Social media has emerged in recent years as a mechanism to perpetrate abuse and harassment, particularly in the context of gender-based violence.
- 62 per cent of those aged 14—17 in Australia have been exposed to harmful content online. Harmful content is defined as self-harm or suicide; promotion of unhealthy food, alcohol, tobacco and gambling; discrimination and hate speech; gory or violent material; exploitative sexual content; and drug use.
- It is common for adults to use social media platforms to contact and groom young people. In a survey of 2600 Australian teens, 1 in 7 reported experiencing online grooming-type behaviour from adults or other children at least 4 years older than them. This included being asked questions about their private parts or to share nude images.

This is, of course, not a comprehensive list of the dangers of social media. Please allow me to be quite direct. The statistics above relate to your child if they already use social media, or will if they do in the future. They are not exempt.

At school, we do not allow extended unmoderated interaction between young people. We provide constant supervision. The reason for this is so that adults can step in to guide students as they learn really important skills related to how they interact with each other and navigate conflict. Unsupervised use of social media undoes this work.

Families, when the ban/delay comes into place next month your young person may ask for your support to bypass the restrictions. You might also become aware that they have found a way to bypass them, themselves. I encourage you to resist this.

For the reasons I have listed above (and after much consideration) I am certain that the most responsible and safe options for families is that they use this law change as an opportunity to ensure our young people are not exposed to the ongoing harm caused by ongoing unsupervised access to social media. This is your best opportunity to be supported to 'put the toothpaste back in the tube', so to speak. Acting alone, families will find this task exceptionally difficult. With most families on board, the task will be much easier.

I would be more than pleased to discuss this with you further over the coming weeks but please understand that my baseline position heading into these discussions is that as adults we need to work together to support and guide our young people – which sometimes includes intervening when they engage in harmful conduct and often includes making decisions which young people are unhappy about.

Your best source of technical information about the ban/delay is on the eSafety Commissioner website, here: [Social media 'ban' or delay FAQ | eSafety Commissioner](#)

In partnership,

David Bryant,

Acting Principal



LAUNCHING INTO LEARNING

This week Launching into Learning (LiL) was held in the school gym for a fun and energetic Gross Motor movement session with Mrs Lowe. Our Little Learners had so much fun using their bodies to explore-running, jumping, bouncing, balancing and more! It was wonderful to have so many families join us to support all the Little Learners to practice using big muscles and build skills.

We have 4 more LiL sessions left in Term 4. All families with children aged 0-5 years are welcome to drop in Wednesday mornings from 9.00am-10.30am in the Kinder building.

Mandy Freeman

LiL Teacher



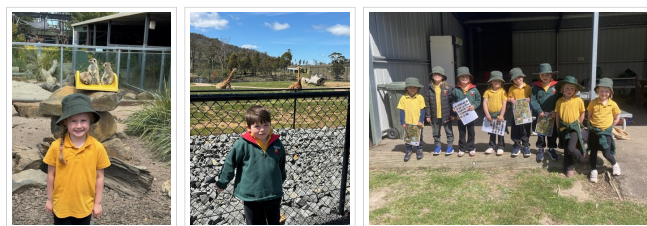
KINDERGARTEN TASMANIA ZOO EXCURSION

Our Kinder students had a wonderful time exploring Tasmania Zoo recently. They followed their maps, asked curious questions about the animals, and excitedly ticked them off their lists as they discovered each one.

It was such a joy watching their eyes light up with wonder and curiosity.

Kelsey Maconachie

Teacher



GRADES 7 TO 10 CAFE AND CATERING

What a fantastic and creative year we have had in the kitchen.

During Terms 1 and 2 we ran a café and during Terms 3 and 4 we catered some big events.

Term 1 began with a barista course and the art of making hot and cold drinks. These skills were mastered and displayed during our lunchtime Café service for Staff in Week 9. For Harmony Day the Catering Crew baked a solid 200 biscuits to be decorated with orange icing by all students to celebrate the day.

Term 2 we stepped it up with favourite dishes like nachos and zucchini and feta parcels and ran the café twice in weeks 7 and 8. Students maintained professional standards during service, and we worked on making food look good as well as being tasty.

In Term 3 we started our catering aspect of the course and students used the opportunities to bake lots of lamingtons, mini quiches, shortbread and scones, which quickly became our go to food when serving groups of people. The Netball luncheon went off without a hitch as the catering crew presented delicious looking and tasting food to their peers and staff. The milkshakes were a hit too!

Term 4 started with our biggest catering function – The School Nurses Morning Tea; 73 nurses from all over the state were presented with an amazing array of slices, quiches, sandwiches, scones and lamingtons.

To top off the talent quest in this subject, students made Macarons this week! Watch out for a tasting opportunity coming your way.

It is with great appreciation I can say that our Café and Catering class this year has been a huge success. Students were dedicated and learned to work with precision and as a team to create some outstanding food and service.

I very much look forward to 2026.

Yvonne Albers

Catering Teacher



11/12/13 SPORT AND RECREATION DOVE LAKE EXCURSION

Our postponed excursion from Term 3 took place on the 24th of October. It was an early start departing Campbell Town at 7.00am. Our first stop was the Sheffield Bakery, breakfast for some and great value snacks for others. Egg and bacon sausage rolls were pretty good. We made it to the Cradle Mountain information centre around 10.00am where we found out that the day was going to be cold with the wind cutting through leggings and light rain. Some clothes shuffling took place ensuring there were beanies, gloves and wet weather trousers to reduce the weather effects.

From the information centre we caught a Parks bus to Dove Lake and our first chance to see Cradle Mountain. Could we see it – not a chance!! Our aim for the day was to circumnavigate Dove Lake, a walk just short of 7km. As we left the shelter we were hit with sleet, snow and wind – were we doing the right thing? Should we turn back now? The students took the challenge and we pushed on, with our first stop at the Glacier Rock on the edge of the lake. Photos taken, and we continued our clockwise walk around the lake.

Once we left the open part of the track and had shelter from vegetation, the day improved. We had protection from the wind and could see the snow up on Marions Lookout. There were even periods of sunshine. Shane set the pace at some stages and seemed to be on a mission to complete the track. Ty and Noah were more interested in all the Insta pics they could take or have taken of themselves. Ella was finding interestingly coloured stones and Lilly was pleased when we stopped for lunch.

The students enjoyed the day; challenging themselves physically and learning more about the significance of

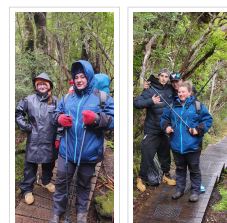
Tasmania's wilderness on an international scale. From lunch, we continued our walk, waltzing through the Ballroom with stops to enjoy the vistas across the lake. Whilst tiredness set in for a couple of students there was no complaining, until Jill suggested another hours walking to Ronnys Creek instead of the day shelter at Dove Lake.

The boat shed was a great photo opportunity and gave us an indication of the number of people who were visiting the area on the day. Lots of different accents could be heard. A couple of wombats could be seen from the bus as we left the lake and headed back. Another stop at Sheffield, I think Jodie was seen with something full of cream, with the most important stop at Van Dieman's Creamery for a hard-earned ice cream. We arrived back at Campbell Town just after 6.00pm for a long but very worthwhile day. Did we get to see Cradle Mountain at all, any glimpse during the day. Sadly no, which means, we might just have to head back in the future.

Big thanks to Jodie for organising and Jill who drove the bus. Another great Sport and Recreation outing.

Jodie Clegg and Jill Bennett

Teachers



BOOK CLUB ISSUE 8

ISSUE 8 OPEN NOW!

\$5

Earn a
PROMO CODE

Included with order confirmation

SCHOLASTIC Book Club

Issue 8 will go home with your child this week. Order forms are due back by 9.00am on the 27th of November. This is a great opportunity to purchase some Christmas gifts.

RFDS DENTAL PROGRAM

A reminder that the RFDS Dental Van will be visiting our school from the 24th November to 18th December. If you would like your child to participate in this **free** dental program for all students and you have not yet done so, please complete the consent form sent home with your child. If you require another copy, please contact the school office.

Building 90
 Launceston Airport
 305 Evandale Road
 Western Junction TAS 7212
 PO Box 1087
 Launceston TAS 7250

T 03 6391 0504
 F 03 6391 8992
 E enquiries@rfdstas.org.au
 > www.flyingdoctor.org.au

Royal Flying Doctor Service
TASMANIA

FREE Preventive Dental Program

Royal Flying Doctor Service Tasmania.

Your Child's school is taking part in the Commonwealth Government funded Dental Care Program for regional and remote areas of Tasmania. The RFDS Dental Van will be at Campbell Town District High School from the 24th of November- 18th December 2025.

Your child is invited to take part in a **free** dental program. Includes: dental check-up, oral hygiene, fluoride varnish, fissure sealants and fillings as required.

> Fissure sealants are protective adhesive coatings applied to deep pits and grooves of teeth to prevent tooth decay.

> Fluoride varnish is a safe and pain free way to assist the protection of your child's teeth from decay.

Participation requires a signed consent form by a parent/guardian. Please return the form to the school by the 24th November if you would like your child to be seen.

Healthy Messages given include:

- Brush teeth twice a day - every morning after breakfast & evening before bed
- Use a soft bristle toothbrush with a small head
- Use a small amount of fluoride tooth paste
- Spit out but not rinse the toothpaste out
- Water is the best drink for teeth and the body
- Eat healthy sugar free snacks including 5 vegies & 2 fruit everyday

Thank you,
 The Mobile Dental Team,
 The Royal Flying Doctor Service Tasmania.

> PATRON: Her Excellency Professor the Honourable Kate Warner AM
 Royal Flying Doctor Service Tasmania ABN 93 783 910 050

CALENDAR OF EVENTS

2025 TERM DATES

Term 4: Monday 13 October to Thursday 18 December

2026 TERM DATES

Term 1: Thursday 5 February to Friday 17 April

Term 2: Monday 4 May to Friday 10 July

Teacher Professional Learning/Student Free Day - Friday 5 June

Term 3: Monday 27 July to Friday 2 October

Term 4: Monday 19 October to Friday 18 December

Teacher Professional Learning/Student Free Day - Friday 30 October

Term 4 2025

3 November	4 November	5 November	6 November	7 November
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<u>Week 4</u> Public Holiday	Northern Midlands swimming team practice - Oatlands Aquatic Centre	7 to 10 Health & Fitness excursion - Motivity Fitness, Longford	Grade 5 and Grade 6 Soccer Gala Day - Perth Primary School Kinder walking excursion - Campbell Town Post Office	11/12/13 students last day Grade 4 and Student Leaders excursion - Penny Royal World, Launceston
10 November <u>Week 5</u> Primary students Fire Safety Program	11 November Grade 10 bursary interviews Community Remembrance Day Service - Campbell Town Football Ground Primary students Fire Safety Program	12 November 7 to 10 Health & Fitness excursion - AGEMA, Prospect Primary students Fire Safety Program	13 November Inter-High athletics carnival Primary students Fire Safety Program	14 November Grade 10 RYDA excursion, Symmons Plains Primary students Fire Safety Program
17 November <u>Week 6</u> RACT Driving Lessons Country Gold Cricket Carnival	18 November Grade 7/8 excursion - Golf driving range, Launceston Country Gold Cricket Carnival	19 November 7 to 10 Health & Fitness excursion - PCYC, Launceston	20 November Secondary Schools Triathlon - Devonport	21 November Primary Schools Triathlon - Devonport Drama class excursion - Lemony Snickets, Earl Arts Centre, Launceston
24 November <u>Week 7</u> RFDS Dental Program	25 November Northern Midlands Swimming Carnival - Launceston Aquatics Centre Kinder to Prep transition afternoon - 4.00pm to 5.00pm	26 November Wether Challenge excursion, selected students - Launceston	27 November Bush to Beach Program - Prep to Grade 2	28 November RFDS Dental Program Northern Midlands Swimming 'A' Carnival

	RFDS Dental Program	7 to 10 Health & Fitness excursion - Campbell Town Golf Club RFDS Dental Program		
1 December <u>Week 8</u> RFDS Dental Program Learn to Swim Program Kinder to Grade 6	2 December Prep to Grade 2 Kim Roe performance excursion - Launceston RFDS Dental Program Learn to Swim Program Kinder to Grade 6	3 December 7 to 10 Health & Fitness excursion - Oatlands Aquatic Centre RFDS Dental Program Learn to Swim Program Kinder to Grade 6	4 December Grade 6 Celebration Dinner RFDS Dental Program Learn to Swim Program Kinder to Grade 6	5 December RFDS Dental Program Learn to Swim Program Kinder to Grade 6
8 December <u>Week 9</u> RACT Driving Lessons RFDS Dental Program Learn to Swim Program Kinder to Grade 6	9 December RFDS Dental Program Learn to Swim Program Kinder to Grade 6	10 December 7 to 10 Health & Fitness walking excursion - Campbell Town Bowls Club and Tennis Club RFDS Dental Program Learn to Swim Program Kinder to Grade 6	11 December Grade 10 Activity Day RFDS Dental Program Learn to Swim Program Kinder to Grade 6	12 December Whole School Presentation Assembly - 1.30pm End of year reports sent home RFDS Dental Program Learn to Swim Program Kinder to Grade 6
15 December <u>Week 10</u>	16 December Grade 10 Celebration Dinner	17 December Grade 10 Celebration Assembly - 11.45am	18 December Students last day	19 December Staff last day

Whole School Christmas Lunch	RFDS Dental Program	RFDS Dental Program	Whole school pool activity day	
RFDS Dental Program			RFDS Dental Program	

Dates subject to change without notice

COMMUNITY NOTICES



Raise Your Voice. Shape Your Community.

Express your interest to be a part of the
Northern Midlands Youth Advisory
Group



ages
12-25




For more information contact:
Libby McGrath - Youth Officer
libby.mcgrath@nmc.tas.gov.au

