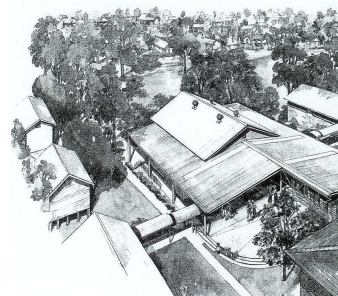




TELARAH PUBLIC SCHOOL NEWSLETTER



Phone: 4932 8477 **Fax:** 4932 4475
Email: telarah-p.school@det.nsw.edu.au
Principal: Mr Jim Wiblen

Term 1, Week 6

1 March 2010

DATES TO REMEMBER

2 March	P&C AGM
3 March	Parent "Read With Me" program
4 Mar	Beneath Southern Seas Performance
15 Mar	Young Leaders Day
16 Mar	Coffees Gala Day
22/23 Mar	Literacy & Numeracy Tests
24/25 Mar	Stage 2 Excursion to Newcastle
29/30 Mar	Music Camp
31 Mar	P&C Raffle Drawn
1 Apr	Last Day of Term
19 Apr	Staff Development Day
20 Apr	Students Return for Term 2

HOME READING, THE PREMIERS READING SCHEME, BOOK CLUB AND READ WITH ME

*"The more you read
The more you know,
The more you know
The smarter you grow,
The smarter you grow
The stronger your voice,
When speaking your mind
Or making a choice"*

*So, take time to read. Take time
to read at school and at home.*

The school has in place four tasks in addition to normal classroom and library reading lessons that encourage our students to read at school and at home.

Task 1 - Home Reading Scheme And How It Works

The scheme provides for

students to read a book at home for 10 minutes each night. Students can read to themselves or they can read to others. They are encouraged to share and discuss their reading.

Task 2 - The Premier's Reading Challenge And How It Works

This is a challenge for students from K-6 in primary schools.

The Challenge is to read 30 books (K-2) and 20 books (3-6) before the Challenge ends in July.

A reading record must be kept of the books read by each student. The record must be signed by parents / caregivers and noted by the class teacher. A proforma for this purpose is given to each child.

The completed records are handed to class teachers who certify that the child has met the Challenge.

Certification is then sent to the Department of Education to process an award signed by the Premier and presented at school later in the year.

Students who meet the Premier's Reading Challenge over four consecutive years receive a Premier's GOLD Award.

Task 3 - Book Club

This is operated by Mrs Bateup (3-6) and Mrs Jarrett (K-2).

It is a welcomed opportunity for students to peruse Scholastic

Book club brochures and select books to order and buy on a monthly basis. There are eight issues of book club throughout the year. Normally orders are due approximately 2 weeks after students receive the brochures.

Students gain and the library gains additional resources free from Scholastic.

Orders need to be in a sealed envelope clearly marked with the students name, class and with the correct money - cheques payable to Scholastic.

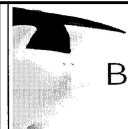
Task 4 - Read With Me

This year we are inviting parents to come to school once each term to read with their children in the classroom.

Our first 'Read With Me' for the year is on Wednesday 3 March at 9.20am until 9.40am. Please come and hear your child read and perhaps share a book with them.

MEDICAL NOTE

Could parents please check the details on their child's blue note and return it to the class teacher as soon as possible. Thank you for your assistance in this matter.



The Mutual
BANK@school
www.maitlandmutual.com.au

Every Thursday

Please be reminded that bank@school continues each Thursday at the school. Students can make their deposits by placing their passbooks in the secured school banking box at the school office. At the allocated time a Mutual representative will arrive to process transactions. Any students not currently enrolled in bank@school should see the office for an application.

Please note passbooks will not be returned until the following day, that is each Friday.

BENEATH SOUTHERN SEAS

A reminder that our visiting performer, George Evatt, will be visiting us at Telarah Public School this Thursday 4 March to present the exciting show "Beneath Southern Seas". Please ensure permission notes and money arrive at school by Thursday morning at the latest.

Students will have the opportunity to come to the hall and see an interactive DVD presentation of our underwater world, and learn many new fascinating facts about Australia's amazing marine life. This is a presentation that will be both exciting and educational and will enhance our students HSIE program in an interesting and informative way!

LIBRARY BORROWING

Just a reminder that all classes come to the library once a week for borrowing and library lessons. I have noticed lately that lots of students are not remembering to bring in their library bag for their lesson, and so lose the opportunity to borrow a book or two to take home and share with family members. We are fortunate in that we have many beautiful resources available to students to borrow each week, and all they need to remember is to bring in their library bag on their library day. Please ask children at home when their library day is and put a reminder somewhere so that borrowing becomes a regular activity. We want everyone to have the opportunity to enjoy what our library has to offer and choose something interesting to take home and share!

SAFE SCHOOL TRAVEL

- 1 School aged children should always travel in the back seat of your vehicle. Each child must be firmly buckled into an appropriate seatbelt or child restraint. NEVER share a seatbelt.
- 2 Children should always get

in and out of the car through the rear kerb side or 'safety door'.

- 3 Always drop your children on the school side of the road
- 4 Meet your children on the school side of the road, preferably at the school gate. This is particularly important in wet weather
- 5 NEVER call to your children from across the road. Teach them to wait until you come to them. Talk with them about what they should do if you are not there in time.
- 6 Children up to at least eight years old should hold an adult's hand in the car park, on the footpath and when crossing the road. Children between eight and at least ten years old should be closely supervised by an adult in the traffic environment and should hold an adult's hand when crossing the road.
- 7 Talk your child through the 'STOP! LOOK! LISTEN! THINK!' routine every time you cross the road together.

STOP One step back from the kerb
LOOK For traffic to your right, left and right again
LISTEN For the sounds of approaching traffic
THINK Whether it is safe to cross. Always look and listen for traffic as you cross the road.

- 8 Always slow to 40km/h when travelling in an operating school zone
- 9 Always obey parking signs around your child's school.

These signs help save lives.

- 10 NEVER leave a child of any age in a vehicle with out adult supervision. A small child may rapidly suffer dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to tragedy.

YEAR 5 CAMP

Year 5 camp notes will go out today. Could all students please return their permission and medical consent forms to Mrs Dorrian as soon as possible. All money is to be paid at the office.

STUDENT ABSENCES

Could all parents please ensure that they send a note stating why their child was absent to their child's teacher. You can also phone the office and give a verbal absence for your child.

CARTRIDGE RECYCLING

Our school now has a box in the office to recycle all printer, fax and photocopier cartridges. Anyone who has old cartridges at home or work is welcome to place them in the box at the front office.

NIT NIGHT

Please remember that Monday is nit night where we ask all parents to check their child's hair for head lice and treat if necessary. Where possible, we are asking that girls with long hair come to school with their hair tied back. This may also help to prevent the spread of head lice.

MAITLAND CITY COUNCIL RANGERS

Maitland City Council has advised that rangers will be patrolling the streets that surround Telarah Public School. Parents are requested to obey street signs and parking restrictions. This is especially important with the construction work & the location of road crossings.

HARMONY DAY

On Friday 19th March, we will be celebrating Harmony Day. This year the theme is Everyone Belongs: Express Yourself. There will be many opportunities for students to get involved in Harmony Day, including a photography competition, a writing competition, and an opportunity to dress to represent a cultural group. A whole school assembly will be held first thing in the morning on Friday 19th March, and families and community members are most welcome to attend. If your child has appropriate national dress and would like to participate in a fashion parade to celebrate Harmony Day, please fill out and return the RSVP slip at the bottom of the newsletter so that a staff member can call you to confirm arrangements. Please note that the day will **NOT** be an out of uniform day for all students. If you would like to discuss the Harmony Day celebrations, please contact Ms Hazell or Mrs Keith.

P&C NEWS

AGM MEETING

Our AGM will be held on Tuesday 2 March at 9.30am in our school library. We are looking for lots of new members to join our P&C with fresh ideas and lots of enthusiasm for fundraising. It's a great way to be involved in your child's school as well as make new friends. All parents are invited to attend.

Get the most from your asthma medication

A [spacer](#) is a clear plastic container shaped like a football or a tube with a mouthpiece or mask at one end and a hole for an asthma inhaler at the other. Spacers help to get asthma medication into your lungs. The medication is 'fired' from the puffer into the spacer device and is then inhaled through the mouthpiece or a face mask.

Note: Spacers can only be used with 'puffer' style inhalers.

Why should I use a spacer?

Spacers are beneficial to use with your puffer because:

- More medication gets into your lungs than if you use a puffer on its own.
- They reduce the local side effects of inhaled steroids in preventer medications, because less of the medication sticks in your mouth and throat.
- You don't need to coordinate pressing your puffer and breathing in at the same time
- [Reliever](#) medication via a spacer is at least as effective as via a nebuliser in an asthma attack, and you can take the reliever medication faster and in a lower dose than with a nebuliser. This is because the spacer delivers the medication more effectively. This lower dose reduces risk of side effects such as fast heart rate and tremor caused by the reliever.



EASTER RAFFLE TICKETS

All students should have received their Easter raffle tickets last week. More tickets are available at the office. Good luck everyone!



RUTHERFORD FOOTBALL CLUB

New players
desperately wanted to play
soccer for
Rutherford.

If you are
interested please phone
0423 361 736 for more
information.

Bedwetting

Does your child wet the bed?

Do you say 'no' to school camps and
sleepovers because of this problem?

You are not alone.

10% of 7 year olds wet the bed.

Paediatrician, Dr Mark Gibbeson,
has been treating bedwetting in
children for over twenty years.

You can now make an appointment at
the new bedwetting clinic,
Hudson St, Hamilton.

Telephone 0408 927 299.

ASSEMBLY AWARD WINNERS - TERM 1 WEEK 5

KD	Lakeisha, Brooklyn	1K	Blaik, Nunia
KS	Zac, Shelby	1O	Kohen, Bella
KT	Olivia, Nicholas	1-2J	Baxtor, Charleigh
1B	-	2H	Clay, Zac
1F	Samuel, Isabel	2N	Braithen, Emily

CLASS AWARD - 1F

HARMONY DAY RSVP SLIP

Name _____ Class _____

National Dress _____

MAITLAND BLUE LIGHT
MONTHLY DISCO

Friday 5th MARCH

7pm till 9:30pm

Lots GIVE AWAYS

COST \$5.00



13 YEARS & UNDER ONLY

(Children over this age will not be admitted!)

Children must be picked up from inside the door of disco by an adult!!

Parents most welcome to stay

**DRUG & ALCOHOL FREE ENVIRONMENT
RUN UNDER NSW BLUE LIGHT RULES & SUPERVISION**

**Contact Maitland Bluelight
David 0408680709 & Peter 0408224422**

COMMUNITY NOTICES

RUTHERFORD MECHANICAL REPAIRS



ALL MECHANICAL REPAIRS

- Fuel Injection • LPG Conversions
- Pink & Blue Slips
- Manufacturer's Handbook Services
- For any Knocks, Noises or Bangs...

Call David on **4932 5982**

27 John St, Rutherford

Just off Hwy opposite
Telarah Railway Station



STOCKLAND GREENHILLS
Ph: 4933 1288

CHARLESTOWN SQUARE
Ph: 4921 1848

Support your school by shopping at
The Athlete's Foot Greenhills

Mention **TELARAH PUBLIC SCHOOL**
and

*\$5.00 from any family members' shoe purchase
will be donated back to your school*

Best fitting school, work and sport shoes.

Greenhills X-Ray and Ultrasound

- Previously Newcastle X-Ray and Ultrasound, we have changed our name to reflect a local service for the local people!

- Same great staff and same great service

- Most examinations continue to be bulk-billed

Phone on 4999 6499 for an appointment – all referrals accepted

GREENHILLS X-RAY

GHU Greenhills
Ultrasound

**Hip Hop Cheerleading Tap Little
Groovers**



NO REGISTRATION FEE AGES 3 AND UP

Ashtonfield East Maitland Rutherford

Taking new enrolments now

PH: 49665585

**W's All About
HAIR & BEAUTY**

360 High Street Maitland
49335332

**All these services are
\$50.....**

- 1 Hr full body massage \$50
- Reiki Reading \$50
- 12 blonde foils \$ 50
- Eyebrow wax & Brazilian \$50
- Full set of acrylic nails \$ 50
- Shampoo, cut & dry \$ 50
- Treatment & GHD Straight-
ened \$50
- Book Now
- 49335332

Curves RUTHERFORD



We want to meet you and
your fitness goals.

Our fast and effective 30-minute circuit works every major muscle group and burns up
to 500 calories. Curves is the only fitness centre that offers a personal trainer to help you
achieve your goals. Come into Curves and discover a great way to get fit and stay healthy.

GRAND REOPENING

50% OFF SERVICE FEE

Curves Rutherford women's gym is having a Grand
Reopening Day on the 15 and 16 March. During these
two days, new members get a 66% discount off their
joining fee. This can be shared with a friend using our
two for one offer. This would save up to \$165.
There is no lock in contract and we provide an envi-
ronment where ladies of all ages and fitness levels
can achieve their goals with encouragement and men-
toring in a social and fun environment in air condi-
tioned comfort.

Curves Rutherford also offers a genuine FREE weight
management course for men and women once a
month and Mums with Bubs hour three times a week.
This is a great opportunity to start making a change.

[World's Leader in Women's Fitness]

02 49319553
Curves Rutherford, Hunter Super Centre, 11/343 New England Highway
Rutherford

Al's Body Piercing & Beauty

inside IGA Centre, Rutherford

PH: 4923501

*Weight Loss Body Wraps- Guaranteed to lose 15cm

*Body Jewellery *Playboy *Tooth Gems

*Eyelash Extensions *Fashion Contacts

*Spray Tans *Dermals *Layby Welcome

*Jewellery Liquidations *Waxing/Tinting

*Kids Ears Done- NO bang NO fuss

*Hip Hop Grillz

Justin Norris



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- Fully indoor with pools heated to 32 deg.
- No floatation aids used.
- Phone: 49661411
- Web: www.justinorrisswimacademy.com

Bright Buttons



Children's
Development Centre

Long Day Care Centre

4 Fernleigh Avenue
ABERGLASSLYN

Ph 4932 9588

e. brightbuttons@bigpond.com

Open 6:30am to 6:00pm – Monday to Friday
Meals, Nappies & Linen Provided

ONE OF THE LOWEST DAILY RATES IN TOWN!

HUNTER VALLEY

KARATE

**Five reasons
to join : -**

1. You'll get fit and lose weight
2. Grow in confidence and self discipline while learning self defence
3. It's great for the whole family to do together
4. You'll make friends while having great fun
5. It can cost as little as \$40 pm with no contracts!

Suitable from 5 y.o. – First class free !
Simply turn up to any class or for further information

Call 0407 917 381

or visit
www.huntervalleykarate.com

	Monday	Tuesday	Wednesday	Thursday	Friday
Maitland Park (Church Hall)	6 – 7:30pm	6 – 7:30pm			
Charlestown Public School			6 – 7:30pm	6 – 7:30pm	
Telarah Public School					4 – 5pm
Maitland Greenhills High School		4 – 5pm			