



## ***Our mission is to provide children with...***

- a love of learning
  - a pride in achievement
  - a respect for themselves and others
- ...in a safe and happy environment*

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## **2012 Calendar**

11 December	P&C Meeting
12 December	Presentation Day, Sausage Sizzle and Red Food Day, Semester 2 Reports sent home with students
14 December	Swimming Carnival Yr 3 to 6
19 December	Last Day of School for Students
20 December	Staff Development Day
21 December	Staff Development Day
25 December	MERRY CHRISTMAS!
29 January	Staff Development Day
30 January	Yr 1-6 Students Return Term 1
31 January	Kinder Best Start Interviews
1 February	Kinder Best Start Interviews
2 February	Kinder Best Start Interviews
3 February	Kinder Best Start Interviews
4 February	Kinder Students First Full Day

### **Presentation Day – 12 December 2012**

Our Presentation Day will be held on Wednesday 12 December at 10.00am. All parents and family members are welcome to attend.

### **Kindergarten Graduation Presentation Day**

On Friday 14 December our school will be holding our Kindergarten Graduation Presentation Day at 10.00am in our school hall. Each student in Kinder will receive a certificate and a book. We would like to invite all parents and friends to celebrate this special occasion.

### **Swimming Carnival**

Our Swimming Carnival for Year 3 – 6 students will be held on Friday 14 December at Maitland Pool. The cost is \$6 per student which includes bus and entry into the pool. Can all students please return their permission notes and money to their class teacher as soon as possible. Please see the office if you require a permission note.

### **Holidays**

Students last day of school this year is Wednesday 19 December. We would like to wish all families a safe and Merry Christmas and we look forward to seeing you in the New Year. Students from Year 1-6 return to school on Wednesday 30 January 2013. Kindergarten students first day of school is Monday 4 February. All Kindergarten families will receive a letter regarding their Best Start interview times and what time their child commences school later this week.

### **Classes – 2013**

Normally at this time of the year we will indicate to our school community the class structure that we will have in 2013 and the teachers that will be associated with each class. Unfortunately this year it would be premature to state this information as it is subject to change because we have many families moving out of the area and many more moving in. Final numbers are difficult to predict and any structure is likely to change. If we get a firm picture in place before next Wednesday we will send a separate note home.

To assist us to plan for a smooth transition into 2013 it would be appreciated if anyone who is planning on moving schools could notify the school in writing (a note went home on Monday). Based on our current student numbers we have enough students to create 18 classes from Kindergarten to Year 6. We are only a handful of students away from being able to create 19 classes. Please note students who are leaving to attend High School do not need to notify the school.

Alternatively if you know of someone whose children are going to enrol at Telarah Public School next year, please encourage them to contact the school if they have not previously done so.

### **Choir & K-IK Visit to Rutherford Community Centre**

We were all very excited and HOT on Friday 30 November when we visited the elderly and disabled clients at Rutherford Day Care. The choir and K-IK looked fabulous in the special white Telarah Public School music shirts.

The choir sounded wonderful, several members also read Christmas poems and K-1K played beautifully on their recorders. We loved having the support of many parents and friends who also came to watch us.

Afterwards we enjoyed iceblocks and drinks provided by Maitland Neighbourhood Centre. It was a lovely way to share our talents and the spirit of Christmas with our local community.



### Gardening News

Jennie Roddenby, who is one of our interested parents, and I visited the school vegetable garden at Tenambit school last week. Two very keen parents have volunteered to work on the gardens at Tenambit and Jennie and I were most inspired by what they have achieved. We will keep the gardens watered over the holidays. I also met with the Slow Food group leader recently and in the new year we will start a program of tastings where parents will be invited to come up to school to be involved in a cooking demonstration using some of the garden produce, making simple meals using healthy, fresh food. If you are interested in helping with the maintenance of the gardens please contact me at school.

Mrs Kelly



### Christmas Raffle

Thank you to everyone for supporting our Christmas Raffle this year as well as supporting our P&C throughout the year. We would like to take this opportunity to wish everyone a Merry Christmas and a safe and happy New Year. Congratulations to the following prize winners:

- |                       |   |
|-----------------------|---|
| 1 <sup>st</sup> Prize | Chanele Devine - \$250 Gift Voucher Coles                   |
| 2 <sup>nd</sup> Prize | N Parkes – Gift Voucher Hunter Valley Gardens Voucher \$100 |
| 3 <sup>rd</sup> Prize | Dave Joss – Gift Voucher Hunter Valley Zoo                  |
| 4 <sup>th</sup> Prize | Rohan Baker-Wade \$60 Gift Voucher to UnderCover Wear       |

### Monday Night is Nit Night!

Remember Monday night is nit night where we ask parents to check your child's hair for head lice. If you find any lice please treat your child's hair immediately before they return to school

### Canteen Price List

A new canteen price list was given out with the last newsletter. Can parents please delete the salad box with ham and salad box with chicken. We are not able to provide salads in a box. A new canteen price list will be sent home early next year.

### Lost Property

There is a large amount of lost property in the school at the moment. If your child has lost an item of clothing please take some time to have a look in the lost property boxes located around the school.

### Sausage Sizzle and Red Food Day

On Wednesday 12 December (after Presentation Assembly) our P&C will be holding a Sausage Sizzle and Red Food Day. Sausage Sandwiches will be sold for \$2 each. Parents and friends are welcome to stay and enjoy a sausage sandwich with your child. The canteen will also be selling lollies, chips and drinks.

# MAITLAND ALIVE

Run by Maitland Evangelical Church  
Mon 14th- Fri 18th of January, 2013  
9:30-12 Each day for K-Yr12  
East Maitland Primary School

## Kids

Craft, Games, Dramas,  
Learning about Jesus

## Adult's Cafe

Personal stories, lavish free  
morning tea, bookstall, craft

For more info call the office 4934 7203  
Pre-registration opens december 23rd at [www.maitlandchurch.org](http://www.maitlandchurch.org)

**All Free!**

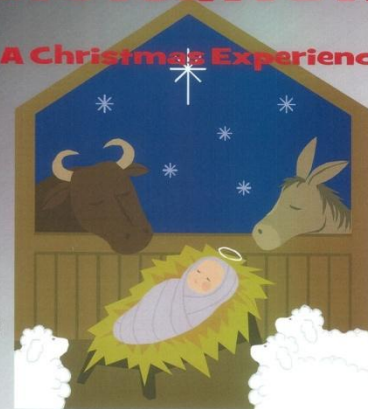
# "The Nativity"

## A Christmas Experience

For kids  
kinder to  
year 6

Fun with games,  
competitions,  
crafts, puppets,  
stories, drama

Join us at Maitland  
Church of Christ  
1 Garnett Rd  
East Maitland



Costs per day  
\$4 per child or  
\$10 per family  
Includes  
morning tea

For more info contact  
Judy on 49323046 or  
0407 586 698  
[thegeerings@gmail.com](mailto:thegeerings@gmail.com)  
9.30 to 12.15  
Thursday & Friday  
20th + 21st  
December

**It's never too early for  
resolutions. Join Now,  
Rest of Year FREE!**

**No lock in contracts  
Personal coaching included**

**Curves**

**Greenhills  
4936 6162**

**FREE Trial  
Week Pass**

**[www.curvesgreenhills.com.au](http://www.curvesgreenhills.com.au)**



## Nutrition Snippet Easy Afternoon Snack Swaps

Choose these simple, tasty afternoon snack options for your child to give them an afternoon energy boost. When you make their afternoon snack tomorrow, have a think about healthier alternatives.

Snacks	Healthier
Full-fat ice cream	Low-fat frozen yoghurt with fresh fruit pieces
Tin/tub of fruit in syrup	Tin/tub of fruit in natural juice
Flavoured milk	Low-fat fruit smoothie- try berries, banana or melon
Chocolate Muffin	Carrot and parsnip muffin (See <a href="http://www.gofor2and5.com.au">www.gofor2and5.com.au</a> for recipe)



For more information about the *Eat It To Beat It* program please  
Ph 4923 0710 or visit [www.cancercouncil.org.au/eatittobeatit](http://www.cancercouncil.org.au/eatittobeatit)



## Nutrition Snippet Fruit and Veg Quiz

Research shows that most people would benefit from increasing their fruit and vegetable intake.

**Q. What is the recommended daily serves\* of fruit and vegetables for adults?**

- a) 3 Fruit and 7 Vegetables
- b) 2 Fruit and 5 Vegetables
- c) 5 Fruit and 2 vegetables



\* 1 serve of fruit: 150g or 1 medium piece, 2 small pieces or 1 cup chopped or canned fruit  
1 serve of vegetable: 75g or ½ cup cooked vegetables or 1 cup of salad

**Answer: 2 fruit and 5 vegetables**

For more information about the *Eat It To Beat It* Program please visit  
[www.cancercouncil.org.au/eatittobeatit](http://www.cancercouncil.org.au/eatittobeatit) or phone 49230710.

