



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*

Ph: 4932 8477 Fax: 4932 4475 Email: telarah-p.school@det.nsw.edu.au Online: www.telarah-p.schools.nsw.edu.au

2017 Calendar

TERM 1	WEEK 10	Activity/Event
Monday	27 Mar	
Tuesday	28 Mar	
Wednesday	29 Mar	SRC Badge Presentation & PBL Assembly at 9.15am
Thursday	30 Mar	Kitchen & Garden Program 3 / 4R
Friday	31 Mar	Kitchen & Garden Program 4 K Netball Trials Soccer Trials Out of uniform & Crazy Hair Day

PRINCIPAL'S MESSAGE

Student Leaders

Tomorrow our student leaders will be presented with their badges and commit to supporting their peers by pledging to do their very best in their respective roles throughout the year. Unfortunately I have been asked to sit on a merit selection panel tomorrow and am unable to be there but would like to pass on congratulations to all students receiving badges and committing to take their roles very seriously in 2017. The badges will be presented by the teachers who are leading each of the initiatives with a number of students receiving them. Congratulations to all students!

PBL Badges & Student Leaders in 2018

Future Year 6 Student Leaders

In response to feedback received about the Student Leaders election process in 2016, we have improved our procedures to align with our PBL values. This has been ratified by the P&C.

Students who demonstrate the PBL Expectations throughout the year are awarded a PBL badge. Only those students who have earned their PBL badge before the Student Leadership nomination in Term 4 will have

the opportunity to run for a student leadership position as a Captain, Vice Captain or Prefect.

Teachers will make clear plans with students who have not earned a PBL Badge to support them to work towards their badge. This plan will detail the areas of improvement required to earn a PBL badge, and support students to achieve it.

Students who arrive later in the year will have a pro-rata system. They will be required to earn a set number of Wow Awards, related to their time at our school, prior to the nominations.

Mobile Phones

This is a reminder about our school plan to support students who bring mobile phones to school. Mobile phones are an unnecessary piece of technology for primary students to bring to school. Parents who need to pass on a message to their children during the day call the school office who pass on messages using our in-school phone system. This is preferred as it means we can ensure that the message gets through. The mobile network doesn't always work!

If your child does bring a mobile to school:

- It is at your own / their own risk.
- It should be switched off and dropped into the office for safe keeping.
- Phones should be clearly labelled, or in a clearly labelled bag.
- Phones can be collected from the office at the end of the day.

Tony Gadd
Principal

STAGE 3**Reminder Yr 5 Camp**

A friendly reminder that the \$100.00 deposit is due by the 31st March 2017 for the Year 5 camp.

Payments can be made directly at the front office by Cash, EFTPOS. You can also make payments via online system POP.

Reminder Yr 6 Canberra Excursion

A friendly reminder that the \$100.00 deposit is due by the 7th April 2017 for Year 6 Canberra excursion.

Payments can be made directly at the front office by Cash, EFTPOS. You can also make payments via online system POP.

We encourage regular weekly or fortnightly payments to help spread cost

The Stephanie Alexander Kitchen and Garden Program

Classes attending this week are as follows:

3 / 4R Thursday 30th March 2017

4K Friday 31st March 2017

All parents welcome starting at 9.30am till 11.30am. Please contact the school if you are interested in volunteering.

**TRIPLE P**

Triple P will start at Telarah Public School in Term 2 on a Tuesday between 9:20am – 11:20am.

What is Triple P?

Triple P is a parenting programme that helps make raising kids (or teenagers) easier. It gives you ideas to deal with the big and small problems of family life.

Triple P Positive Parenting helps you:

- Raise happy, confident kids
- Manage kid's behaviour so everyone enjoys life more
- Set family rules and routines that everyone follows
- Get along well with your kids and argue less
- Balance work and family without stress

This program will be run by Emma Martyn our school counsellor. Please contact Miss Vincent to book a place or if you like any further information. Please see website link below.

www.triplep-parenting.net

SPORT NEWS**Hunter Rugby League Trials**

Congratulations to all the boys who participated in the Hunter Rugby League Trials at Salamander Bay on Friday 24th March 2017. They did a fantastic job and played their hearts out under some very wet and slippery conditions. Well done Jack and Tyler who were selected in the Hunter Team and best of luck at the next level of competition.

School Assembly

On Wednesday 29th March at 9:15am in the hall, Telarah Public School will hold a special assembly to present our Student Representative Council, Sporting House Leaders and Environmental Warriors with their badges. We will also present PBL awards, so the normal afternoon PBL assembly will not be required. We warmly invite all the parents and carers of students receiving a badge to attend the assembly and help pin on the badge. We look forward to seeing you there!

Telarah Public School P&C Association**Easter Egg Guessing Competition**

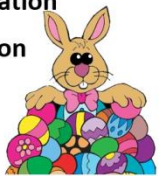
When: Weeks 10 & 11 (27 March – 7 April)

Where: Outside of the Canteen

There will be a big jar of eggs displayed in the Canteen – but how many eggs are there?

Guesses 50c each. The closest guess wins all of the eggs!

Winner will be announced during the Easter Hat Parade on Friday 7 April.

**Easter Hat Parade**

Easter Hat Parade will be held on Friday 7th April 2017 between 10-11am. We welcome all Parents & Caregivers to attend.

**“Let's Stamp out Bullying”**

School Performance Tours will be coming to Telarah Public School on Thursday 4th May 2017 (Term 2 Week 2) to do a performance for the whole school called “Let's Stamp out Bullying” Permission notes will be getting sent home soon.



Telarah Public School P&C is looking at setting up a canteen subcommittee to support our canteen to continue to provide

and improve this vital service to our students and school community. If you're interested in being involved or want more information, please leave your details with Elisha in the canteen, at the front office, or email telarahpublicschool@pandcaffiliate.org.au.

The canteen is also always looking for new volunteers. It's a great opportunity to get to know other parents and grandparents and learn more about the school - kids love seeing a familiar face behind the counter!

Friday 31st March - Out of School Uniform and Crazy Hair Day

Friday 31st March we are having an Out of School Uniform and Crazy Hair Day. Please bring along a gold coin donation. Funds raised will go towards the Year 6 School Improvement Projects. Also, there will be a jelly bean guessing competition!



O Block Changes

The display for the changes that are currently happening in O Block are now on display in the Hallway of the Administration Building. We invite all members of the school community to come and have a look at the new and exciting changes that are taking place to our school.

NO LIGHTS NO LYCRA

Tuesday Night 28th March from 7.00 to 8.00pm.
Anyone can come. Gold coin donation only.



HUNTER WETLANDS CENTRE
1 Wetlands Place, Shortland, NSW 2307
PO Box 66, Shortland NSW 2307
Phone: 02 4951 6466 Fax: 02 4950 1875
Email: hwca@wetlands.org.au Web: www.wetlands.org.au

School Holiday Activities

APRIL SCHOOL HOLIDAY PROGRAM

AT THE HUNTER WETLANDS CENTRE

Bush Skills For 8 to 12 years 9.30am - 12.30pm
Thursday 13th and Wednesday 19th April
Cost: \$20 per child - Bookings Essential ph 4951 6466
Make (and eat) a damper, build a bush shelter, enjoy a guided walk and learn basic survival skills. Get up close and personal with some of our resident reptiles.

Wetlands Explorer Club For 5 to 8 years 10am - 12.30pm
Thursday 13th and Wednesday 19th April
Cost: \$20 per child - Bookings Essential ph 4951 6466
Learn about lizards, go exploring for lizards, create a Lizard Lounge and meet some of our resident reptiles.

For all the above activities - Bookings Essential Ph: 4951 6466

Face Painting (all ages) Drop in between 10.00am - 12 noon
Tuesday 11th April & Tuesday 18th April Cost: \$5 per (plus \$2 entry)
Drop in and have your face painted. Reptile Encounter at 12 noon.

Sand Art Fun (4yrs +) Drop in between 10.00am - 12 noon
Wednesday 12th April Cost: \$5 per (plus entry)
Drop in and use coloured sand to create an amazing picture you can take home. Reptile Encounter at 12 noon.

Plaster Fun (3yrs +) Drop in between 10.00am - 12 noon
Thursday 20th April Cost: \$5 (plus entry)
Drop in and paint a plaster model. Reptile Encounter at 12 noon.

Wetlands Passport & Wetlands Explorer
Available any time during the school holidays. Cost: Free
Have fun exploring the wetlands. Get clues to answer some questions. Go in the draw for a weekly prize.

Easter Fun Day All ages 9.30am - 1.00pm
Saturday 15th April Cost: Adults \$5, kids 3 to 12 \$2 (under 3 free)
Meet the Easter Bunny at 10.30am or 11.30am. Face painting, jumping castle, Easter craft, dip-netting, Reptile encounter and lots more.

Bring the family to the Hunter Wetlands Centre
A fun, environmentally friendly learning experience!
Open 9am to 4pm (Closed Easter Fri. 16th, Sun. 16th & Mon. 18th)
Entry \$2 per primary-school age child (special school holiday rate). Under 3 free. \$5 general entry.

Activities

- Watch the Magpie Geese Feeding at 10.30am.
- Try Dip-netting from the jetty.
- Playtime at Discovery Playground.
- Check out the creatures in the tanks in the Visitor Centre.
- Reptile Encounter daily at 12noon - Children can learn about reptile behaviour and care. They can handle some of the reptiles from the tanks in the Visitor Centre.
- Cafe - meals, snacks, ice creams, drinks.
- Shop - affordable gifts for children & adults.

Centre Events School Holidays 2017 School Holiday Program Apr. 2017



Change and loss are issues that affect all of us at some stage in our lives.

At Telarah Public School we recognise that when changes occur in families, through the death of a loved one, parental separation or divorce, moving house or school, as well as many other life changes and losses, young people may benefit from learning how to manage these changes effectively. We therefore offer a very successful education program called *Seasons for Growth*.

This program is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

The *Seasons for Growth* Program runs for eight weeks and each weekly session is 40-50 minutes. Each session explores an age appropriate concept, for example "Change is a part of life" and "Caring for my feelings". The story of the seasons is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story. The program concludes with a 'Celebration' session. Later in the year each group meets for two further sessions to build on their earlier learning.

Seasons for Growth is facilitated in small groups of 4-7 children of similar ages, working with a trained adult Companion, Mrs Sally Carratt (Learning and Support Teacher), who has received special training in this program. If your son or daughter has experienced changes through death, separation, divorce or other life changes and losses and you think he/she would benefit from participating in *Seasons for Growth*, we encourage you to talk to him/her about this. If he/she decides to participate or if you would like further information, please ring Mrs Carratt or the School Office on 49328477. More information at www.goodgrief.org.au



HUNTER DENTAL GROUP
CESSNOCK, GREENHILLS & DUNGOG DENTAL
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Child Dental Benefits Schedule
An Australian Government Dental Scheme

YES WE BULK BILL!!
Families that receive Family Tax Benefit Part A or other eligible government payments can receive \$1000 basic dental treatment for children aged 2-17 years.

For eligibility phone Medicare 132 011
For appointments call us today!

Good for Kids good for life

KEEP CRUNCHING ON THE WEEKENDS

Most NSW primary schools have incorporated *Crunch & Sip®* as a regular part of their school day.

Crunch & Sip® helps children to meet their recommendations for vegetable and fruit intake as well as an opportunity to introduce new vegetables and fruits to children.

The benefits of *Crunch & Sip®* can happen at home as well as at schools. Keep kids eating healthy snacks of fruit and vegetables no matter the day, this could include on the weekends, during sporting events etc.



PHONE 4924 6499



Nutrition Snippet

The simplest way

...to get behind Fruit & Veg Month.

Get loud for fruit and veg!

Planning is now under way for **Fruit & Veg Month** (28 August to 22 September), a free health promotion program for NSW primary schools that puts a positive focus on fruit and vegetables.



With a theme of *Get Loud for Fruit & Veg!*, the Healthy Kids Association initiative provides free classroom and school resources that promote kids eating more fruit and vegetables.

For information and registration: healthy-kids.com.au.

Get ready at home with *Eat It To Beat It* tips to boost the amount of fruit and veg the family eats: eatittobeatit.com.au.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



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*Just Off Hwy Opposite
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KARATE

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BERESFIELD AND THORNTON

"The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the character of its participants"

www.hunintervalleykarate.com.au

SCHOOL HOLIDAY NETBALL DEVELOPMENT CLINIC

~ Registrations **NOW OPEN** ~

Are you a passionate Junior netballer who would like to build confidence, develop teamwork and further enhance your skills?

Pivot Netball Academy can assist you.

OUR PROGRAMS INCLUDE:

**2 DAY SKILL CLINICS
FOR 7-12 YEAR OLDS**

**SPECIALIST CLINICS
FOR 11-15 YEAR OLDS**

**AFTER SCHOOL
DEVELOPMENT PROGRAM**

~ **REGISTRATIONS NOW OPEN** ~
For children turning the ages above this year

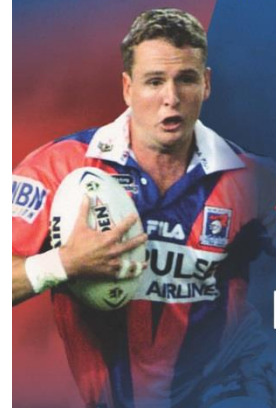


For further info contact email: jula@pivotnetball.com.au
www.pivotnetball.com.au

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HUNTER ACADEMY OF SPORT • HUNTER SPORTS HIGH

JUNIOR MEMBER CLINIC SATURDAY APRIL 8 AT McDONALD JONES STADIUM

JOIN AS A HUGHESY'S HEROES MEMBER TODAY AND SECURE YOUR PLACE!



**CLINIC IS FREE
FOR 2017 KNIGHTS
JUNIOR MEMBERS**

**ONLY \$55 FOR
NON-2017 MEMBERS
AGES 4-15 YEARS**

THIS INCLUDES ENTRY INTO THE CLINIC RUN BY THE 2017 KNIGHTS NRL SQUAD, A BACKPACK, DRINK BOTTLE, MEMBER CAP AND MUCH MORE. REGISTRATION AND AUTOGRAPH STATION FROM 12.30PM. CLINIC STARTS AT 1.30PM.

REGISTER TODAY AT KNIGHTSHUB.COM.AU/CLINIC

