



## 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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### WHAT'S ON?

To assist parents, caregivers and community members to keep up with the activities here at school, we are producing a document called *What's On* each week when there is not a newsletter.

Permission notes will also be posted on the school website for your convenience.

### Week 11 – Last Week of Term 1 Calendar

TERM 1	WEEK 11	Activity/Event
Monday	3 April	Stage 2 Excursions to Tomaree
Tuesday	4 April	School Cross Country
Wednesday	5 April	Kinder & Preschool Farm Animal Incursion 1D -cooking in the kitchen 10-11.30am
Thursday	6 April	
Friday	7 April	Easter Hat Parade K-6 Last Day of Term 1
TERM 2		
Wednesday	26 <sup>th</sup> April 2017	Students first day of Term 2

### The Stephanie Alexander Kitchen and Garden Program

We have had our last lessons for the term in the garden and the kitchen. Classes will resume in week 1. Thank you so, so much for all the wonderful helpers we have had this term. Your support has been really amazing. It has especially lovely to have had Mrs Barwick, one of our retired staff joining us each week in the garden and the kitchen.

Don't forget, classes start in Week 1 next term!  
Ann Kelly & Phil Debenham



### 1D Cooking

1D will be cooking in the Kitchen on Wednesday 5<sup>th</sup> April 2017 between 10.00am – 11.30am.

Parent / Carer volunteers are welcome.

### Early Stage 1

#### Kindergarten & Preschool

Kindergarten & Preschool are having their Farm animal visit on Wednesday 5<sup>th</sup> April 2017 cost is \$5.50.



### Welcome to SWAP IT

Our school has partnered with Good for Kids and Skoolbag to pilot a new program called "SWAP IT". SWAP IT aims to support parents and carers to swap what is packed in the lunchbox from "sometimes" foods to "everyday" foods.

Everyday foods help kids to grow and learn. By swapping a sometimes food for an everyday food, we are setting kids up for the best possible mental and behavioural performance at school and at home. Everyday options can be quick, inexpensive and popular with kids!

SWAP IT will provide a resource bag to each student (including a drink bottle and ice brick), send messages directly to you through our Skoolbag app, and share lunchbox ideas on posters displayed in our school.

For more information on SWAP IT, please contact :

PHONE: 4924 6499

EMAIL: [hnelhd-goodforkids@hnehealth.nsw.gov.au](mailto:hnelhd-goodforkids@hnehealth.nsw.gov.au)

Look out for your SWAP IT bag - coming home soon!

**Good for Kids good for life**

### TRIPLE P



Triple P will start at Telarah Public School in Term 2 from May 2<sup>nd</sup> on Tuesdays between 9:20am – 11:20am.

#### What is Triple P?

Triple P is a Positive Parenting Program 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 would like any further information.

The PPP website link is below.

[www.triplep-parenting.net](http://www.triplep-parenting.net)



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](http://www.goodgrief.org.au)

### Easter Hat Parade

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



Nutrition Snippet

## The simplest way

...to try healthy Easter treats.

Before the kids get too crazy on chocolate, why not mix up the Easter treats with some fun but healthy festive fare?



**Egg-cellent surprises:** fill brightly-coloured plastic eggs with the kids' favourite fruit and veg.

**Breakfast bunny:** add fruit adornments to pancakes to create a "you-beaut" bunny.



Or try carrot pot plants and fruity chicks.



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

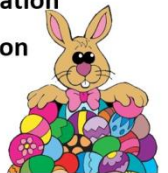
**Eat It To Beat It**

### 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.

### "Let's Stamp out Bullying"

School Performance Tours will be coming to Telarah Public School on Thursday 4<sup>th</sup> May 2017 (Term 2 Week 2) to do a performance for the whole school called "Let's Stamp out Bullying". Permission notes have been sent home.

### 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.



**Stage 2****Excursion to Tomaree National Park**

Excursion was postponed on Monday 3<sup>rd</sup> April 2017 due to weather, once a new date has been arranged we will send information home. Thank you for your patience.

**Crazy Hair and Out of School Uniform Day.**

Well done to Billie B, Savannah Y, Khloe H, Sarah M, Aimee T, Angel S, and Makhayla M for organising a fantastic Out of School Uniform and Crazy Hair Day! The girls raised \$300.00!! Thanks to the wonderful support of the Telarah students and community! The funds raised will go towards the Year 6 School Improvement Projects.

**Bike Safety Day**

Thanks to all the students who attended the Free Bike Safety Day after school last Friday. Whilst Cam repaired and serviced the student's bikes, Damien and Jenny taught bike safety skills. Everyone received a cool free helmet too! It was a great afternoon. Well done! Look out for the next later in the year.

**Student Leaders Assembly**

Student Leaders Assembly was held on Wednesday 29<sup>th</sup> March 2017. Students were presented with badges. Congratulation to all students involved.



We would like to wish all of our families a safe and Happy Easter Holidays.

Week 1 Term 2 students start back at school on Wednesday 26<sup>th</sup> April 2017.