



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 2	WEEK 4	Activity/Event
Monday	15 May	
Tuesday	16 May	Zone Cross Country at Tocal ATSI Meeting & BBQ 3.30pm
Wednesday	17 May	St Peter's Choir performance
Thursday	18 May	Soccer Gala Boys & Girls Star Struck Aboriginal Stephanie Alexander Kitchen 3N
Friday	19 May	Regional Touch Footy Hockey (Boys & Girls) Stephanie Alexander Kitchen 3/4R Ice Cream Day

PRINCIPAL'S MESSAGE

We have a lot of things happening over the next few weeks so please make sure notes aren't hiding in the bottom of bags, there are always extra copies available in the office, and look out for updates on our current app, Skoolbag.

Updating Newsletter and App

Following feedback about the reliability of our current systems for communicating through the app and the newsletter online we are exploring other options. Schoolzine provides a multi-functional, interactive digital newsletter and app. Please visit the Schoolzine site to see its functionality: <http://www.schoolzine.com.au/>
We will keep you informed as we move to update our communication processes.

ATSI Committee Community Meeting

The Aboriginal and Torres Strait Islander (ATSI) Committee is holding the first Community Meeting of the year on Tuesday 16th May at 3:30pm. We are holding a welcome BBQ before the meeting starts and all families and community members are welcome to attend. There will be a community meeting each term and we look forward to continuing working together.

Choir Performance at Children's Music Festival

The Telarah Public School choir is performing at the Children's Music Festival on Wednesday 17th May at St Peters. Students arrive at 5:30pm ready for the concert at 6:30pm – 7:30pm. Well done to our choir students for their commitment and thank you to Mrs Carratt, Mr D and Mrs Greedy.

Australia's Biggest Morning Tea

To support the Cancer Council we are holding a Biggest Morning Tea. Staff are making donations and there will be an Ice Cream Day on Friday 19th May for students to buy an ice cream in a cone for \$1 at lunchtime. All funds raised will go to the Cancer Council.

National Simultaneous Storytime

This year, as well as reading the National Simultaneous Storytime text together, we are again writing a whole school story which we will create and share as part of National Simultaneous Storytime. Each class adds to the story and then emails it to the next class for it to be continued. This will be read to the whole school during an assembly and every class will receive a copy which they can then illustrate. It will be a great read!

Aimee Vincent
Relieving Principal

STAGE 3

Reminder Yr 5 Camp

A friendly reminder that the \$100.00 deposit & notes are due 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 & notes are due for the 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



TRIPLE P

Triple P has started at Telarah Public School on a Tuesday between 9:20am – 11:20am. Places are still available if you are interested. Please contact the school if you are interested.

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

AFL Paul Kelly Cup

Congratulations to the all the boys and girls who participated in the Maitland Zone section of the AFL Paul Kelly Cup. The girls played extremely well and improved as the day went on and won one of their two games.

The boys also went very well and won all three of their games and have now progressed onto the Regional finals to be held in Newcastle later this term. Both teams displayed wonderful sportsmanship and excellent behaviour throughout the day. Well done boys and girls.

Tamatoa Isaac

Congratulations to Tamatoa for making the Hunter Basketball team for the 2nd consecutive year. Tama competed in the regional trials last Friday against the best basketballers from the Hunter area. Tama will now compete at the state championships to be held in Goulburn later in term 3. Well done Tama.

Maitland Zone Touch Football Representatives

We would like to wish Jack Ward, Tamatoa Isaac, Braithen Christiansen, Akasha Humbles and Khloe Harvie the best of luck at the Regional Touch football trials to be held at Wallsend this Friday.

Early Stage 1

Kinder

The preschool and kindergarten students enjoyed having the postponed farm animals visit last Friday. They were able to interact with guinea pigs, rabbits, ducks, chickens, a goat, a sheep, Murphy the donkey and a Pixie the pony.



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.

The Stephanie Alexander Kitchen and Garden Program

Classes attending this week are as follows:

3N Thursday 18th May 2017

3/4R Friday 19th May 2017

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



CANTEEN NEWS

We have had a busy start to the term in the school canteen with great anticipation for the introduction of yummy winter menu items.

- Soup is available for lunch ordering \$2.00 per cup; add garlic bread for \$1.00.
- Chicken and gravy rolls are available for lunch ordering every FRIDAY during Term 2 and 3 for \$3.00.
- Summer fruit is currently dwindling out of season but we have snack bag carrot sticks for 10 cents and popcorn 20 cents as a healthy alternative to the watermelon, fruit cups and grapes.

VOLUNTEERS

Thank you to all the dedicated volunteers who are doing a great job supporting the canteen every week. Signs have been placed at office and canteen window seeking more volunteers, particularly Wednesday, Thursday and Fridays. Up for grabs this term for our volunteer raffle is a meat tray. For each day during the term that you volunteer, you are rewarded with one ticket to win this prize. Please contact the school on 4932 8477 and asked to be transferred to the canteen or alternatively come in and visit us in the canteen.

LATE LUNCH ORDERING

Please be advised all lunch orders must be placed and paid for by 10 am. Anyone requiring an order after this time will be provided with limited options. There is always fruit and sandwiches available for anyone running late.

PAYING FOR LUNCH ORDERS

Unfortunately, we cannot give credit in the canteen. All orders must be paid for at time of ordering, but if there is an issue please seeing Elisha in canteen or your child's teacher.

SCHOOL CANTEEN COMMITTEE 2017

The P and C Committee are also advocating the creation of a canteen committee. There will be a meeting in upcoming weeks, to be advised by the P and C. This committee will be useful for any parent or caregiver to provide ideas and input into the menu and the general day to day function of the canteen service to the school. Hope to see you there and I look forward to hearing some fantastic ideas and answering any questions.

Regards
Elisha Mason
Telarah School P&C Canteen

HUNTER VALLEY KARATE

0407 917 381 or 0437 570 167

TELARAH, EAST MAITLAND,
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.huntervalleykarate.com.au



Australian Government



NATIONAL TRUST



AUSTRALIAN
HERITAGE FESTIVAL

THE RAIL MOTOR SOCIETY OPEN DAY

COME AND SHARE SOME OF OUR HISTORY
AND TAKE A STEP BACK IN TIME

\$3

Devonshire Tea



Devonshire Tea

\$3

SHUTTLE RIDES PATERSON TO WALLAROBBA AT 9.55am - 11.15am - 1pm
take a guided tour through the depot & museum (please arrive 10min prior)

SATURDAY - 20TH MAY 2017 - \$2 PER PERSON

Leaving from The Rail Motor Society Depot - Webbers Creek Road, Paterson 2421

BOOKINGS ESSENTIAL ON 0413672408 OR 49 32 6967 - Trish Short

"The Australian Heritage Festival is supported through funding from the Australian Government's National Trusts Partnership Program"

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27 JOHN STREET, RUTHERFORD
Just Off Hwy Opposite
Telarah Railway Station.



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

Intention to apply: Year 5 entry to an opportunity class in 2018

Dear Parent/Carer

Opportunity classes cater for highly achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These classes help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. The Opportunity Class Placement Test will be held on **Wednesday 26 July 2017**.

If you would like to have your child considered for Year 5 opportunity class entry in 2018, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from **26 April 2017** in a printed application information booklet and at <https://education.nsw.gov.au/selective-high-schools-and-opportunity-classes/year5>. The application website opens on **26 April 2017** and closes on **Friday 12 May 2017**. No late applications will be accepted.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after **26 April 2017**.

You must submit only ONE application for each student.

Yours sincerely

Principal

Cut along the dotted line and return the completed slip below to this school by next Friday.

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.

Intention to apply: Year 5 entry to an opportunity class in 2018

Student's name: _____ Class: _____

I am interested in applying for opportunity class placement in 2018

Yes ☐ No ☐

I have internet access and will be applying online

☐

OR


I do not have internet access and will use a public library to complete the application

☐

Signature of parent/carer: _____ Date: _____

Note: THIS IS NOT AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS. This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.



ROARING 20's Charity Ball

1st July 2017
@ 6pm

Monte Pio
Maitland

Snopp
Tables Of Ten
Bookings & Enquiries
Call Larissa
49336895

Please Join Us


This year we have selected to raise money for Neuroscience Research Australia (NeuRA) is an independent, not-for-profit research institute based in Sydney, Australia. They are leaders in brain and nervous system research, who aim to prevent, treat and cure brain and nervous system diseases, disorders and injuries through medical research. Every year, one in five Australians is struck down with a major brain or mind disorder. Neuroscience explores:

- Degenerative brain diseases such as Parkinson's, Alzheimer's and other dementias
- Mental illnesses such as bipolar disorder and schizophrenia
- Developmental disorders such as autism and Asperger's syndrome
- Neurological disorders including obstructive sleep apnoea, nerve damage and chronic pain
- Rehabilitation after stroke and spinal cord injury

www.neura.edu.au

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Have your say on SWAP IT

Your school has been running the SWAP IT program during term 1 and 2. Here is your chance to have your say!

A short survey will be sent through the Skoolbag app on Thursday 18th May and will be open for two weeks. By providing feedback you will be helping us identify areas of the program that need to be improved. This will allow us to provide the best support possible for parents packing healthy lunch boxes.

Thank you for being involved in our program!!



Good for kids
good for life

Good for Kids good for life

KEEPING ACTIVE IN WINTER!

As the temperature starts to drop, it's important that your kids are still physically active through the colder months.

Here are some tips for keeping kids active when it's cold or wet outside:

Freestyle dancing – turn the radio or MP3 player on and encourage your children to make up a dance to the music	
Balloon Volleyball – tossing a balloon up in the air across a makeshift net made of pillows	
Story time doesn't have to be sitting still and quiet. Choose a common word in the story and an activity that you do every time that word is read e.g. The word chosen is "car" and every time car is read out the kids zoom around the house making car sounds on their hands and knees.	
If it's wet outside take advantage of the muddy puddles by putting on your rain coat and gum boots and splashing, stomping and jumping in muddy puddles	

NSW
GOVERNMENT

Health
Hunter New England
Local Health District

Phone 4924 6499