



## 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](mailto:telarah-p.school@det.nsw.edu.au) Online: [www.telarah-p.schools.nsw.edu.au](http://www.telarah-p.schools.nsw.edu.au)

### 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 5 –Term 2 Calendar

TERM 2	WEEK 5	Activity/Event
Monday	22 May	
Tuesday	23 May	4T overnight excursion Star Struck – Newcastle Entertainment
Wednesday	24 May	4K overnight excursion
Thursday	25 May	3N Stephanie Alexander Kitchen Star Struck – Newcastle Entertainment
Friday	26 May	4T Stephanie Alexander Kitchen Boys Rugby League

### Parking

Please follow the signage for parking and keep all gate areas and driveways clear.

### The Stephanie Alexander Kitchen and Garden Program

The Stephanie Alexander Kitchen and Garden program is starting back for Term 2 this week. The Classes attending this week are as follows:

3N Thursday 25<sup>th</sup> May 2017

4T Friday 26<sup>th</sup> May 2017

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



### 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.



### Welcome to SWAP IT

Our school has partnered with *Good for Kids* and *Skoobag* 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 *Skoobag* 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 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](http://www.triplep-parenting.net)

## CHOIR AND STARSTRUCK TRIP TO MARY POPPINS- ADVANCED NOTICE

On Friday 23rd June 2017 (Week 9), there will be a Choir/Starstruck excursion to see the musical *Mary Poppins* at the Civic Theatre Newcastle. The show is being performed by students from St Phillips College and should be **supercalifragilisticexpialidocious** ! A great experience for our students!

Notes will go home this week. Tickets are strictly limited to 46, so the first 46 students to bring in their permission notes and money to Mrs Carratt will be able to go. Cost will be \$18 per ticket plus \$7 bus fare = \$25 total.

Mrs Carratt

### Star Struck – Thursday 25<sup>th</sup> May 2017

Reminder Star Struck is on again this Thursday 25<sup>th</sup> May 2017. If you are planning on helping with transport please ensure the parent / carer driver details are updated in the School front office.

### School Athletics Carnival

Notes have been sent home for the Athletics carnival which will be held on Thursday 1<sup>st</sup> June 2017. It is for students in years 3-6 and Year 2 students who are turning 8. Please return note and \$5 to the front office.



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)