



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 7 –Term 2 Calendar

TERM 2 WEEK 7 Activity/Event

Wednesday 07 June	Telarah P&C Winter Pyjama Party 5-7pm
Thursday 08 June	Maitland Zone Trials Netball 3N Stephanie Alexander
Friday 09 June	AFL Regional Finals 4T Stephanie Alexander

TERM 2 WEEK 8 Activity/Event

Monday 12 June	Quicksmart Presentation
Tuesday 13 June	Wet Weather U10's Knights Knockout Telarah P & C Meeting 7pm

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 8th June 2017

4T Friday 9th June 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.

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

Parking

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

CHOIR AND STARSTRUCK TRIP TO MARY POPPINS

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 have been sent home. Tickets are **strictly limited to 46 spots**, and we only have **20 spots remaining**!

Reminder cost will be \$18 per ticket plus \$7 bus fare = \$25 total.

Mrs Carratt

Stage 3**Year 6 Shirts**

Please bring note and \$10.00 deposit for Year 6 shirts to the office by Friday the 9th June 2017 this will be the last day we are accepting deposit and notes as order will be placed on Friday.

Reminder Yr 5 Camp**Final Payments required by Friday 23rd June 2017**

Full payments for camp required prior to attendance unless otherwise organised with school. Payments can be made via office - cash/eftpos or via school website - POP (Parenting online payment)

Stage 1

Stage 1 excursion to Oakvale Farm & Fauna World on Thursday 15th June 2017.

Please return notes and payment to the office by Tuesday 13th June 2017.

ES1 – Kindergarten

Beach excursion has been postponed due to forecast of cold and wet weather.

Canteen News June 2017

Our new monthly specials for June are:

Salad box: Chicken, bacon, lettuce, flat leaf parsley and avocado salad with cherry tomato, honey mustard dressing \$6.00

Wrap: Sweet chilli chicken tenders with lettuce, cheese and sweet chilli mayo \$6.00

Sandwich/Roll: Lamb and gravy roll \$5.00

As we move toward the new Healthy Canteen in school requirements, you will see some items phased out and some new items emerge for the children and staff to try. Jelly cups will soon be replaced by Jelly Wobble Low joule sticks for 20 cents. Frozen pineapple rings are now available for 60 cents.

Don't forget with the cold weather upon us, soups are available daily for \$2.00 per cup.

**Book Club Orders**

Book club orders are due this week. Please return to Mrs Craig in the Library by Friday.



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

Telarah Public School P&C Association presents the:

WINTER PYJAMA PARTY

Dress up in your favourite pjs and enjoy a disco!

Wednesday 7 June 5-7pm

Telarah Public School Hall

\$4 includes entry, a snack
+ drink and a glow stick

NB. No additional food or drink will be available.

