



TELARAH

PUBLIC SCHOOL



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7 March 2018

School Calendar

7 Mar	Read with me 9:20 AM - 10:00 AM
13 Mar	AGM - P & C Meeting 5:30 PM - 6:30 PM

PRINCIPAL'S MESSAGE

Principal's Report

We are looking to engage our families and school community with our school in as many ways as possible. A Community Engagement information note for Term 1 was sent home with all students to let you know activities and events we have on and as always classroom volunteers are very welcome. Please see your class teacher or the office if you would like further information.

Nit Blitz – Parent Information Session and Morning Tea: Monday 12 March 9:40am

Mrs Taylor has organised a great partnership with Telarah Pharmacy to provide nit treatment at a discounted price of 20% off for Telarah Public School families. A representative from the pharmacy will be attending our school assembly on March 12 and then hosting an information session for families in the kitchen from 9:40am. Please come along for some morning tea and to get a range of information and ask any questions.

P&C AGM

The AGM for the P&C is on Tuesday 13 March at 5:30pm in the staffroom. All positions will be declared vacant and to vote you must have been a financial member from the previous meeting.

All families are welcome to attend, hope to see you there!

Parking

As always the safety of our students and families is paramount. Please follow all parking signage and keep neighbouring

driveways clear. It is very congested around the school at drop off and pick up times and we are continuing to consult with the council and police about it. The most current information on parking around schools, including fines, was sent home with every student and there are additional copies available in the office and on the Telarah Public School SchoolZine app/website.

Aimee Vincent
Relieving Principal

ADMINISTRATON NEWS

Just a reminder in regards to the Yr 6 Canberra Camp and Yr 5 Great Aussie Bush Camp that deposits are required to be paid before the end of term.

Joffa's Toonschool incursion for Year 1 - 6 students Thursday 22 & Friday 23 March **\$6.00 payment due 20 March.**

Forensic Workshop Incursion for Year 3 – 6 students Thursday 5 April **\$7.00 payment due 3 April.**



We would like to say a big thank you to K and M Mechanical Repairs at Shortland for donating \$100/month to our Breakfast Club.

It is because of your kind generosity that programs like this can continue to run in our school

We truly appreciate it

Bronwyn Middleton
School Administration Manager

We would also like to say a thank you to Telarah Pharmacy for the assistance they have offered us for the discounted head lice treatment.

20% OFF HEAD LICE TREATMENT & receive a FREE comb*

For Telarah public school students ONLY.

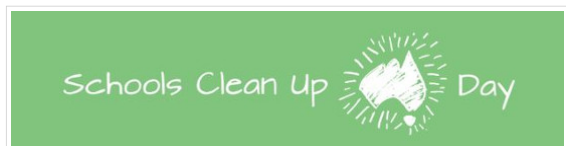
Redeemable at Telarah Pharmacy.

*ONE comb per student.

OPEN 6 days Mon-Fri 9-6pm & Sat 9-1pm



Schools Clean Up Day



On Friday afternoon, the 2nd of March TPS students participated in Schools Clean Up Day 2018. Each Stage was given a designated area within the school grounds to clean up. This forms part of Stage 2's Geography unit, in which students have been working on Project Based Learning experiences around sustainability. Thank you to all participants for helping keep our school tidy and placing rubbish in the bin.

STEPHANIE ALEXANDER KITCHEN AND GARDEN PROGRAM

Term 1	Thursday	Friday
Even Weeks	4T	3/4K
Odd Weeks	3M	4/5M

9.30am	Garden
10.00am – 11.30am	Kitchen

We are looking for helpers. Please let Mr D or Mrs Kelly know if you are available.

Triple P – Positive Parenting Program®

Dealing with Disappointment

By Professor Matt Sanders

Despite what certain sport shoe commercials might have you believe, life isn't always about winning.

It is equally important for the development of healthy self-esteem that children learn how to deal with disappointment.

As a reaction to not getting what they want, such as being chosen for a team, children may sometimes put themselves down, saying things like: "I'm dumb", "you hate me" or "I'm just stupid". If this happens, try to avoid being too sympathetic. Instead encourage your child to

try again after the set-back and to enjoy the activity or game even if they aren't the winner.

Rather than simply reassuring your child that everything will be okay, you can help your child develop their own sense of worth by letting them know that you understand their feelings of disappointment and that you are there to help them work out a reasonable way of dealing with that disappointment.

Remember too, when you're helping your child with an activity or with homework concentrate on effort not results. Praising your child for trying and making an improvement will motivate them to continue trying at a difficult task.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to the link below or for information about Triple P at Telarah Public School please contact Emma Martyn, School Counsellor, 49328477.

<http://www.triplep-parenting.net/>

P&C NEWS

* **March 7 is P&C Day!** Our P&C members are all dedicated volunteers who work to facilitate ways for parents and the community to become engaged in and enrich our children's education. If you'd like to become involved, offer suggestions and feedback or know more about what we're working on, everyone is welcome to come to our meetings and meet-ups, have a chat in the playground, email us on telarahpandc@gmail.com or contact Kelly on 0438 403 341.

* Our next meeting is Tuesday 13 March at 5:30pm in staffroom. This meeting will include our AGM (election of office bearers) followed by our regular monthly meeting. If you can't make the meeting and there's something you would like discussed, please get in touch.

CANTEEN NEWS

* Thank you to our new volunteer Mums! It would be great to see some Dads and Grandads as well – if you can't do a whole day we always need people to help between 8:30 - 9:30 and 11:15 – 12:15. The kids love seeing new faces :)! Drop in and see Sabrina or leave your details with office if you can help.

NEW **Mexican Beef Wrap** Mexican beef (mild) tortilla wrap with avocado, sour cream, cheese, lettuce and tomato. \$6
Beef Nachos \$4.50

Freshly Made in the Canteen

*March Specials

Mediterranean Salad Box \$6

Greek Lamb Wrap \$6

Fried Rice with two Spring Rolls (vegetarian) \$4

COMMUNITY NEWS

FANTASTIC SCHOOL PERFORMANCE Year 1 to Year 6: "Joffa Toon School"

Thursday and Friday 22 & 23 March 2018 Week 8

Dear Parents / Carers,

JOFFA'S TOONSCHOOL is Australia's number one school incursion for Primary and Secondary school students.

Joffa (real name Jeff) has a unique approach to working with students and teachers in a positive and fun manner. He has an ability to engage EVERY student and develop a quick rapport with them, resulting in a high level of success and great, positive outcomes.

Students will participate in groups in a fun and engaging hands-on workshop, where they will be taught how to draw cartoons with confidence. Each student works in a booklet and is able to take this home after the workshop. Workshops are designed to give students and staff the skills to express themselves in new and exciting ways, using the art of cartooning.

We would like all students from Year 1 to Year 6 to attend. This activity supports the TPS school core PBL values of resilience, empathy, respect, self-confidence and self-regulation.

There will be several aged-based workshops over the two days.

Cost: \$6.00 per student

Please return the completed permission note and the money in an envelope, with your child's details written on the front, by Tuesday 20th March 2018 (Week 8) or you can pay via POP on school website if preferred.

Sally Carratt & Amanda Craig
Visiting Performance Co-Ordinators

Aimee Vincent
Principal (Rel)





SUPPORT OUR SCHOOL AND GET COLLECTING





We would love your help collecting Coles Sports for Schools for our school. Tell your friends and family to get involved as well, because the more vouchers we collect, the more sports gear our school will receive.



Come and Try Day

Sunday 4th March 2018

Bring your child down for a run with their friends and team mates!

We will run an Introductory Skills Session followed by a game.

2pm—U5, U6 and U7
2:30pm—U8 and U9
3pm—U10 and U11
3:30pm—Under 12 and Above



We will be using this day to allocate players to teams and nominate Coaches and Managers.

All Children welcome to come and have a kick, insurance is limited to registered players, registration can be completed on the day!

Please indicate your attendance by email, facebook, teamapp or sms!

GO to <https://www.playfootball.com.au/player/player-registration> to register for the 2018 Season

For latest Club information: <http://lochinvarfc.com.au/>

<https://www.facebook.com/LochinvarRoversFC/>

<https://lochinvarrovers.teamapp.com/dashboard>



2018 Come and Try Day – 4th March 2018

Bring your daughter for a kick with friends!

2pm Under 5, 6 and 7

2:30pm Under 8 and 9

3pm Under 10 and Under 11

3:30pm Under 12 and Above

<https://www.playfootball.com.au/player/player-registration>





Nutrition Snippet

The simplest way

...to help parents *Eat It To Beat It*.

Want to learn more about getting your family to eat well to reduce cancer risk, and empower other parents to do the same?

Join Cancer Council NSW's *Eat It To Beat* program as a volunteer Program Facilitator.



We will train and support you to deliver free Healthy Lunch Box sessions and Fruit & Veg Sense workshops that:

- Help families to reduce their cancer risk.
- Make a difference in your community.
- Increase your confidence and improve your presentation skills.

For more information email eatittobeatit@nswcc.org.au or phone (02) 4923 0710.

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



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- Pink & Blue Slips
- Manufactures Handbook Services
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*Just Off Hwy Opposite
Telarah Railway Station.*

