



TELARAH

PUBLIC SCHOOL



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21 March 2018

School Calendar

| | |
|--------|---|
| 21 Mar | Harmony Day (Please wear an orange shirt & bring a gold coin for a donation) All day |
| 26 Mar | Telarah Pharmacy Parent Information Session & Afternoon tea in the Kitchen 2:40 PM - 3:10 PM |
| 29 Mar | Easter Hat Parade 10:00 AM - 11:30 AM |
| 10 Apr | P & C meeting 5:30 PM - 6:30 PM |
| 11 Apr | P & C Disco - Sports themed (Commonwealth games) School Hall 5:30 PM - 7:00 PM |

Principal's Report

Principal Permanent Appointment

I am very pleased to announce that through the merit selection process I have been appointed as the permanent Principal of Telarah Public School from Term 2. I look forward to continuing with the wonderful work happening at our school and the positive partnerships between home and school. Mr Gadd has been permanently appointed as the Director for Maitland area from Term 2 so we will continue to see him from time to time in this role.

Aimee Vincent
Relieving Principal

Parent Information Session and Afternoon Tea: Monday 26 March 2:40pm

Telarah Pharmacy is hosting another parent information session; this time with a focus on sun safety as well as head lice. They will have sunblock samples for all parents who attend and are happy to answer any questions you may have. Come and join us in the kitchen for some afternoon tea and plenty of information.

Morning duty

Morning duty begins at 8:40am with teachers at both north and south quad areas. Once students have dropped off their bags they need to be where a teacher is on duty. Morning play is quiet games only so we have a calm and settled start to the day. Breakfast club is also open every morning in the kitchen until 9am and all students are welcome to attend. On the rare occasion that students are at school before the bell at 8:40am they need to be seated safely in the canteen area only. I have been really impressed with how sensibly our students are starting the day at school and this is having a positive impact on the morning learning session, well done!

Active Kids Voucher

If you would like to register for the Active Kids Voucher we are happy to help with the use of our computers this term from 3:10 – 3:30pm on Thursday and Friday afternoons in the library.

The NSW Government is helping kids get active with the new Active Kids program.

From 31 January 2018, parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school. The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities. The voucher can be used at any time during the calendar year it was issued.

To use the voucher, give the details to your registered activity provider.

What you will need to apply online:

- a MyServiceNSW account
- your child's Medicare card details, and
- your child's height and weight (optional).

The program runs year-round, so kids can get active at any time.

Easter Hat Parade

Our Easter Hat Parade is on Thursday 29 March from 10:30am in the hall. Families are welcome to stay after the parade for morning tea with their children and the canteen will be selling Hot Cross Buns! There will also be prizes from the library for the most creative hats, the P&C will be announcing the winners of their two guessing competitions and Telarah Pharmacy will be presenting an infants and a primary prize for their colouring in competition which will be sent home this week.

It will be a lovely morning, hope to see you there!

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.**

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

Dear Parents/Caregivers

Last Friday 16th March was the National Day of Action Against Bullying and Violence. Telarah PS will be supporting this initiative by teaching a whole-school Positive Behaviour for Learning (PBL) Lesson on Monday 12th March and class activities through the week will supplement this teaching.

The children will be learning what bullying is and the difference between bullying and conflict.

- Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.
- Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between people, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection

- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

Families can assist by:

- Talking through their child's issues from school and letting the school know so we can work it through together. Talking it through helps keeps things in perspective.
- Encouraging children to use peaceful resolutions rather than opting for violence.
- Limiting and supervising screen time. Children are impressionable and often try strategies at school that they have seen in inappropriate movies or games.
- Using resources such as those on the National Day of Action Against Bullying and Violence website to develop an understanding and support the use of positive strategies.

<https://bullyingnoway.gov.au/NationalDay>

At Telarah Public School, we use Positive Behaviour for Learning processes to support all students to be Safe, be Positive and be Learners. We are always here to help so please come and talk to us about any issues or questions you might have.

Sara Johnston

Triple P – Positive Parenting Program®

Homework Habits

By Professor Matt Sanders

Homework is an accepted part of every child's schooling. However, it doesn't have to become a family battle. The key is for parents and children to be prepared.

Your child should have a set, regular time for homework that fits in around your schedule and your child's other commitments such as sport or music lessons.

Homework should come at a time after your child has had a chance to relax after arriving home and before they are allowed to play or watch television.

Relaxing immediately after school is as important for children as it is for adults who want to wind down after coming home from work. Give your child an afternoon snack and use that time to find out what their homework tasks are, whether they need any special materials for projects, and when it needs to be ready.

While children don't have to have absolute quiet when working, they should have a homework area that has clear table space, is well lit, and is free from obvious distractions (like the television).

If your child wants your opinion on how good their homework is don't feel that you have to make sure the

work is perfect before they hand it in. They may feel discouraged if you point out all the spelling and punctuation mistakes. Instead, say something positive about the work and, if you must make corrections, just choose one or two mistakes.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to www.triplep-parenting.net or contact our School Counsellor, Emma Martyn. In Term 2 Telarah PS will be partnering with Family Insight to deliver Triple P Level 5. Further details to come.

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.

MAITLAND ZONE & HUNTER TRIALS

Well done to all of the Telarah students who tried out for positions in the Maitland Zone and Hunter Teams during the last 2 weeks for rugby league, basketball and swimming.

All students put in an enormous effort in their respective sports to secure a spot and did Telarah very proud.

Congratulations to Tylah, Kobe, Liam, Braithan and Tama who will represent Telarah in the Maitland Zone Rugby League team and play for a spot in the Hunter team at the Hunter trials at Raymond Terrace.

Well done to Tama who made the Hunter basketball team to play in Tamworth and Izaac who made the Hunter swim team and will trial for the State team at Sydney Olympic Park.

Best of luck boys!!
Phil Tilden

LIBRARY NEWS

Book Club

Book Club catalogues have been handed out to students and orders need to be placed via LOOP before Friday 23rd March.

Orders need to be completed online via Scholastic website. Simply go to the link below, register your child under their class using their first name and last initial – this is so I know who they are for when they arrive at school. Once you have selected

your child's name enter the item number from the catalogue and follow the prompts to pay.

<https://mybookclubs.scholastic.com.au/>

No paper order needs to be returned to school. When the orders are finalised they will be sent to school for distribution. If you don't want your child to take the order home, please contact me, so I can hold it.

If you need help or require any further information, please don't hesitate to ask me.

Miss Craig
Teacher Librarian.

Telarah Public School will be celebrating Harmony Day on Wednesday 21st March (Week 8)

Harmony Day theme:

"EVERYONE BELONGS"

The day promotes cultural, racial and religious tolerance, by promoting respect, fairness and a sense of belonging for everyone.

To celebrate Harmony Day, everyone is asked to **wear ORANGE** and to **donate a gold coin**. Proceeds will go towards the Aboriginal Literacy Foundation.

Our PBL focus for the week will be on tolerance and respect and we will learn about other countries and their cultures.

Telarah Public School is lucky to have families from many different cultural backgrounds. If your family is from another culture, perhaps you or your child could bring in something to share with their class? Please discuss with your child's teacher if you would like to participate in this way.

For further information about Harmony Day, you may wish to access the website in the link below.

<http://www.harmony.gov.au/>

Season For Growth



Change and loss are issues that affect all of us at some stage in our lives.

At Telarah Public School we recognise that when change 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 via the link below:

<https://www.goodgrief.org.au/>

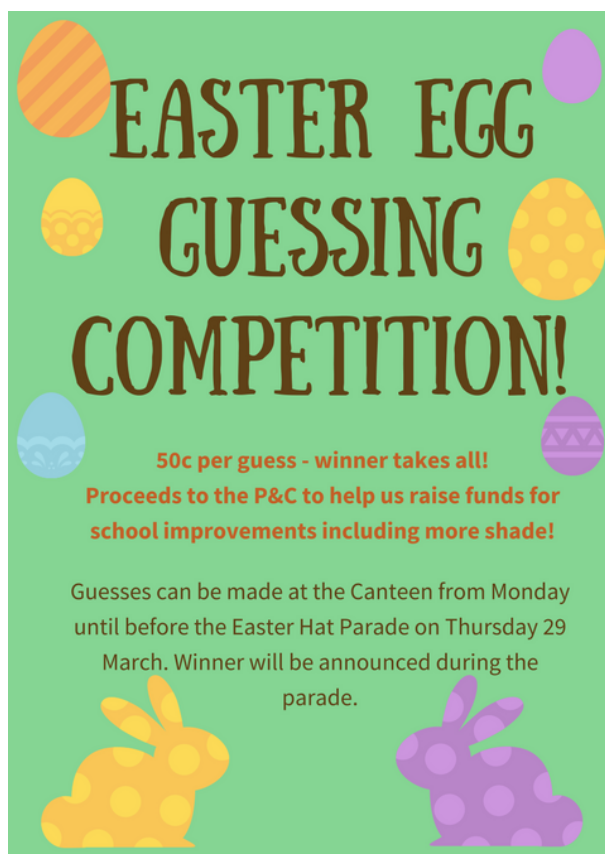
EASTER COLOURING IN COMPETITION

All students have received an Easter Colouring Competition. It is to be returned to Telarah Pharmacy by Monday 26/3.

Two winners will be chosen: one infants and one primary and they will be presented with their prize at the Easter Hat Parade on Thursday 29 March from 10am in the hall.

Thank you to Telarah Pharmacy for your ongoing support.

P&C NEWS



* Dates for your calendars!

Wednesday 28 and Thursday 29 March – Hot Cross Buns from the Canteen! Available to students Wednesday and Thursday – also perfect for families to buy to snack on before the Easter hat parade on Thursday.

Wednesday 11 April – Sports – themed disco to coincide with the Commonwealth Games. Dress up in your favourite sporting ensemble. \$4 covers entry, snack and a drink. 5:30 – 7pm in the school hall.

Thursday 10 May – Mother's Day Stall. Gifts will be \$5 and \$2.

* Our AGM was held Tuesday 13 March and our office bearers were elected as follows:

President: Kelly Ackers

Vice President: Simon Lloyd

Treasurer: Lyndall Cook

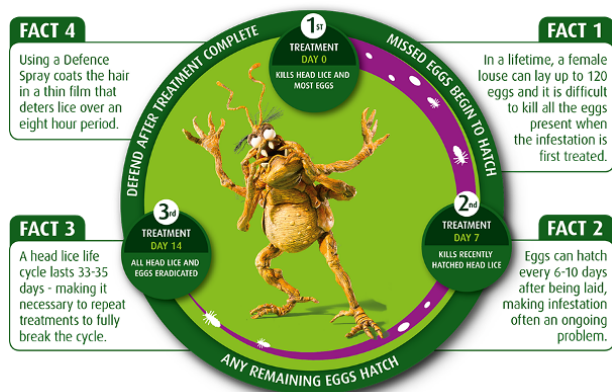
Secretary: Melissa Buckley

At our general meeting following the AGM we discussed traffic issues around the school (keep an eye out in the newsletter and on Facebook for information on how we can work together to ensure our kids' safety), fundraising ideas and goals and heard from Miss Vincent about a range of developments in the school as well as scheduled improvements to areas in the school, including the toilets.

Our next meeting is **Tuesday 10 April at 5:30pm** in the staffroom – all welcome! If you can't make the meeting and there's something you would like discussed, please get in touch. (telarahpandc@gmail.com or 0438 403 341)

* A reminder to take advantage of the generous discount offer and advice available about Head Lice from Telarah Pharmacy.

There will be another information session on **Monday 26 March** around school pick-up time – it's a great opportunity to find out how to help your family get rid of pesky 'nits' and keep them away!



CANTEEN NEWS

* Thanks again 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

HUNTER DRAMA

MAITLAND - we're coming to you!

Our goal, through taking Hunter Drama On Tour is to increase your accessibility to the magical world of musical theatre education, with our brand new production of Disney's Aladdin JR.

It is with a huge amount of excitement that we announce auditions for an entirely Maitland based cast of talented young actors, singers and dancers all under the age of 18. If you'd like the chance to star in this brand new musical, to be staged at Maitland Town Hall in July 2018 we'd love to meet you!

(Directors and teachers are also encouraged to apply for our Hunter Drama Creative Team Mentorship professional development program; email - admin@hunterdrama.com.au)

<https://form.jotform.co/80352262804855>

Please let me know if I can be of any further assistance.

Kind regards,

James Tolhurst
Associate Director
Hunter Drama

coles SPORTS for SCHOOLS 2018

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.

Cancer Council NSW SunSmart Snippet

The simplest way

...to choose a sun-safe hat!

Hats are one of the easiest ways to protect you from UV radiation.

Like all sun protection, hats are needed when the UV is 3 or above. Download the free SunSmart App to find out when the UV level will be over 3. Most parts of NSW experience high UV throughout the year, especially from October to March.

A sun-safe hat protects the whole face, head, back of the head and ears.

Styles of Sun-safe hats:

- ✓ Broad-brimmed
- ✓ Bucket
- ✓ Legionnaire-style

Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and are not recommended.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartsnsw.com.au

SUNSMART

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