



TELARAH

PUBLIC SCHOOL



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6 April 2018

School Calendar

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
1 May	Students return to school for Term 2 9:10 AM - 3:10 PM

PRINCIPAL'S REPORT

Thank you to our students, staff and families for a great start to the year and a wonderful Term 1.

Have a safe and happy holidays. Try to take some time to read and be active everyday!

Students return for Term 2 on Tuesday 1st May.

MAITLAND MERCURY KINDER & SCHOOL CAPTAIN PHOTO'S

<http://www.maitlandmercury.com.au/story/5308114/meet-you-r-schools-new-starters-and-captains-photos/?cs=5516>

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 1 Friday 13 April.

Triple P – Positive Parenting Program®

By Professor Matt Sanders

Kids as consumers

By Professor Matt Sanders

It could be anything from breakfast cereal at the supermarket to an expensive new video game. Chances are though, your child has a very clear idea of what he or she wants you to buy.

It's hardly surprising when you consider children watching two hours of television a day will be bombarded with around 10,000 advertising messages every year.

So, with children being groomed to consume from a very young age, some parents may feel powerless when the pestering starts. But there are ways to help children express their wants – which is natural and not necessarily negative – yet prepare them for the disappointment of not always getting everything they want.

First, you should help your child understand why you will or won't buy something. Rather than telling your son he can't have something, "because I say so", you could explain why the product isn't suitable. Is it offensive or too expensive? Perhaps the child can have the item when they reach a certain age. Explain once and don't let your child interrogate you.

You can also help your children become better informed consumers by teaching them the value of money. Give them a set amount of pocket money to spend as they like. Even six year olds soon learn they can't buy anything once the piggy bank is empty.

And finally, remember you're a role model. Think about what you say and do in front of your kids. If you constantly discuss other people's worth or success in terms of how much they earn, how much they have or what they've bought, your child is going to accept those values as important.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to www.triplep-parenting.net or contact Emma Martyn, School Counsellor. Look out for the Triple P Level 5 flyer that is in this newsletter.

STEPHANIE ALEXANDER KITCHEN AND GARDEN PROGRAM

A huge thank you to all parents and friends who have supported the students this term in our kitchen/garden classes. We are now putting 160 children through the program each fortnight. Year 5 are back on the kitchen as a result of the very positive feedback from families collected in a phone survey last year.

We hope to see you all next term and welcome any parents who would like to come and be part of this wonderful program that engages learners minds, senses and stomachs!

QUICKSMART

Kiara Perdon - Top Scorer
Isabelle Soper- Top Scorer

quicksmart

LIBRARY NEWS

All students from Kinder to year 6 are encouraged to participate in the Premier's Reading Challenge (PRC), which runs from March to August.

Students in Kinder – year 2 need to read 30 books and students year 3 – 6 need to read 20 books at or above their challenge level. Primary students will be learning how to enter their own reading log during library time, whereas all infant's students will read the majority of their books during library lessons or in class.

It would be great if you could speak with your child about the PRC and see if they intend on participating.

Stage 3 students have been doing a lot of computer based activities during library lessons. Below are some of the book reviews written by some year 6 students and entered onto our library catalogue OLIVER.

Reader rating: 5 out of 5 (1 reviews)

Harry Potter and the goblet of fire / J.K. Rowling (2010)

Author: Rowling, J.K.

★★★★★

Best Book of the Series!

10:53 AM on 28 March, 2018

By: Rieley Cameron

This was a great book! I loved the suspense that filled inside you whenever you turned the page. The Quiddich games were long and exciting. The challenges were drawn out and just over all perfect. The passion that went into this writing can be felt each time your eyes browse over the words. It was truly inspirational! Greatest book in the series! Keep working J.K.Rowling!

Reader rating: 5 out of 5 (2 reviews)

Dork diaries : pop star / Rachel Renee Russell (2011)

Author: Russell, Rachel Renee

★★★★★

Love it!

10:42 AM on 28 March, 2018

By: Lily Capper

This book was so entertaining that I couldn't stop reading it.

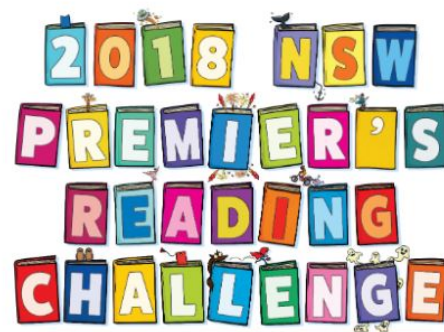
★★★★★

Book that is cool.

10:46 AM on 28 March, 2018

By: Yasmin Taylor

This book is so cool I love that that the girl Nikki Maxwell is going in a competition and can't wait to start.



Seasons of 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 at:

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

P&C NEWS

* Dates for your calendars!

Tuesday 10 April – P&C Meeting, 5:30pm in staffroom. All welcome! Meetings are friendly and relaxed – a great opportunity to learn more about what happens at school. If you can't make it but would like something discussed, please email us at telarahpandc@gmail.com or contact Kelly on 0438 403 341.

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.

Canteen Manager Position

Following our Annual General Meeting in March, Telarah Public School P&C Association is now able to advertise the position of Canteen Manager. The position is four days a week, six hours a day and salary is in accordance with the Fast Food Industry Award 2010 (MA000003) Level 3.

To be considered, you must meet the following essential criteria:

- Experience in a food preparation, with understanding and/or qualifications of food safety and handling.
- Excellent interpersonal and communication skills with demonstrated ability to supervise volunteers and experience working with parent groups.
- Demonstrated time management skills and ability to control day-to-day operations, including ordering, banking and handling invoices.
- Knowledge of the NSW Healthy School Canteen Strategy and Nutrition in Schools Policy and understanding of work health and safety.
- Current paid Working with Children Check or ability to obtain one upon employment.

If you would like to apply, please send your CV and a cover letter (2 pages maximum) addressing how you meet all of the above criteria to telarahpandc@gmail.com by Monday 16 April 2018.

Canteen News

April Specials

BBQ Chicken Pizza	\$4
BBQ sauce, chicken, onion, mushroom and cheese	
Mini Taco Boats	2 for \$4
Mexican beef (mild), cheese, lettuce, tomato and cucumber.	
Caesar Salad Box	\$5
Lettuce, bacon, egg, croutons, parmesan cheese and Caesar dressing. Add chicken for \$1.	



Come dressed in your favourite sporting outfit to celebrate the Commonwealth Games!

IT'S DISCO TIME

\$4 includes entry, a drink and a snack. Sensible shoes please - no footy boots or thongs

TELARAH PUBLIC SCHOOL
HALL 5:30 - 7:00PM
WEDNESDAY 11 APRIL



Go4Fun  **Health Population Health**

FREE & fun program for fitter, healthier, happier kids!
Term 2 program Medowie Sports Centre

Are you worried about your child's health?
Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE healthy lifestyle program for kids above a healthy weight range to improve health, fitness, self-esteem and confidence.

What is the Go4Fun program?
Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

To find out more contact 1800 780 900 or visit www.go4fun.com.au

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Concerned about your child's health?

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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.



Nutrition Snippet

The simplest way

...to get the kids eating more fruit and veg!

Want to learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer?



Register for a FREE Fruit & Veg Sense workshop to get simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

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



Register your team today

Indoor Junior Cricket

Coming to Fridays from May 2018

Call the Centre on 49326799
or
Email
maitland_indoor_sports@hotmail.com

Team Registrations &
Individual Registration
welcome

RUTHERFORD MECHANICAL REPAIRS

ALL MECHANICAL REPAIRS

- Fuel Injection • LPG Servicing
- Pink & Blue Slips
- Manufactures Handbook Services
- MVR License Number 23961

Call **DAVID** on **49325 982**
27 JOHN STREET, RUTHERFORD
Just Off Hwy Opposite
Telarah Railway Station.

