



# TELARAH

## PUBLIC SCHOOL



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Telarah NSW 2320  
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9 May 2018

## School Calendar

10 May	Mothers Day Stall All day
15 May	Naplan 15 May 2018 - 17 May 2018
18 May	Stage 1 Excursion Civic Theatre Newcastle All day

## PRINCIPAL'S REPORT

### Welcome back to Term 2!

We are looking forward to a wonderful term of teaching and learning ahead. A focus for our school is creating innovative learning spaces to support students to engage in their learning. We are also implementing STEM (Science, Technology, Engineering, Maths) activities across the school and Project Based Learning to apply literacy, numeracy and critical thinking skills across the curriculum. We will keep you updated and there are plenty of opportunities planned for families to be involved.

Parent Information note packs go home this week and include: What's On for each stage, Community Engagement, Parent Volunteer, Parking and SchoolZine App.

Hope to see you soon!

### Staffing Update

Congratulations to Mrs Jackie Smith who has been permanently appointed as Assistant Principal and will be leading our support classes team. Mrs Smith has been relieving in this role for a number of years and brings a lot of knowledge, experience and enthusiasm. We are very pleased to have such an outstanding educator as a permanent part of our school leadership team!

Miss Amy Carter will be taking on the role of class teacher for 4/5C (previously 4/5M) from Monday 7 May. We thank Mr Dan Moore for his time with us and wish him well in his new endeavours and welcome Miss Carter into this role. Miss Carter was working across Stage 2 and 3 already and Miss Sharni Bassett, also part of the Stage 2 and 3 teaching teams will continue in working across 3M, 4T and 4/5R. As part of these effective team teaching teams we have operating we also have Mrs Rebecca Twining joining Mrs Haylie Edwards on KE and Mr Luke Woods working with Ms Kim Hooson on 2H.

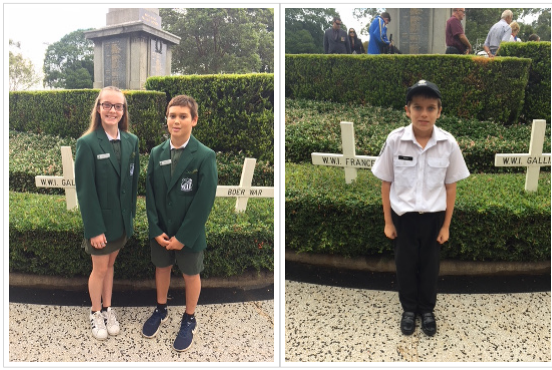
**Aimee Vincent**  
**Principal**

## ANZAC Day Service

What a beautiful day it was to hold our ANZAC Service outside next to the flagpole! We were worried that it might have been a bit cold but it was lovely sitting in the sun and watching the leaders run our assembly. We were also grateful to Mrs Roslyn Russ from the Maitland Sub-Branch of the RSL and Mrs Lisa Thomas, a past student of Telarah PS, for attending our service. As you walk through the playground, you will notice that the Lone Pine garden has been rejuvenated and we are thankful to Mrs Carratt and her family for all of their efforts. The statue and plaque have been replaced and it looks lovely. Please help us to keep the children out of the memorial gardens and encourage them to use play areas instead.



We were very proud to also have students attend the ANZAC Ceremony on ANZAC Day during the holidays at Maitland Park. Thank you for representing our school with pride.



**Sara Johnston**  
**Assistant Principal (Rel)**

## ADMINISTRATON NEWS

Yr 6 Canberra Camp and Yr 5 Great Aussie Bush camp deposits were due at the end of last term and students with deposits outstanding will be removed from these lists by next Friday unless you make contact with the office to discuss payment or assistance.

Stage 1 Excursion "Josephine Wants to Dance" Civic Theatre Newcastle Friday 18th May **\$25.00 to be paid by Wednesday 16th May.**

## Triple P – Positive Parenting Program®

### Lying

**By Professor Matt Sanders**

Preschoolers sometimes mix up reality and fantasy, but we expect that by primary school, children will know the difference between the two.

To discourage lying, parents need to explain to their child why lying is wrong and the consequences of lying.

For example, you could briefly and calmly tell your child: "Tania, I feel disappointed when you lie. It makes it hard to believe anything you say. If you keep telling lies you will find that nobody will trust you."

Give your child opportunities to be honest and praise them for telling the truth. Your positive response will encourage them to repeat their honesty in future. Even when a child admits to telling a lie, praise them first for their honesty, before proceeding with the disciplinary consequences.

If your child is finding it hard not to tell lies, you might need to set up a written contract signed by you and your child. This contract should state what you expect your child to do and the rewards and consequences that will follow. If they have lied, the consequences for that behaviour are clearly listed in the contract.

As your child learns to not lie, you will no longer need a written contract as you and your child will have established a more permanent contract of trust.

**Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to the website below or speak with Emma Martyn, School**

**Counsellor. Please see the flyer included in this newsletter for Triple P Level 5 to be run at Telarah PS.**

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

## STEPHANIE ALEXANDER KITCHEN AND GARDEN PROGRAM

We would like to welcome any parents who would like to come and be part of this wonderful program that engages learners minds, senses and stomachs! Please see the timetable for term 2 below.

### Even Weeks

3/4K and 3J Girls -	10th May, 24th May, 7th June, 21st June.
4T & 5/6R -	11th May, 25th May, 8th June, 22nd June.

### Odd Weeks

4/5C and 3J boys -	17th May, 31st May, 14th June, 28th June.
3M & 5H -	18th May, 1st June, 15th June, 29th June.

Notes will be sent home each fortnight with details.

## QUICKSMART

Welcome back, we are looking forward to another busy term for Quicksmart.



## LIBRARY NEWS

Book club catalogues have been handed out to students and all payments need to be made online via the LOOP. All details are in the book club catalogue, but if for any reason you are unable to complete the online version, please don't hesitate to drop in and see me.

**All orders need to be finalised by Tuesday 15th May week 3.** Once I have submitted all orders it is usually a week before items are received and given out to students.

This Term in the library Stage 2 and 3 students will be working on technology based research and book activities, which will see them creating QR codes. If you are unsure about this, ask your child to explain what they are and how to use them.

Stage 1 students will be reading loads of books, but will also be learning how to use the schools computers to login, publish a document and use the library catalogue. Early Stage 1 students will continue to learn all about books and read exciting books and do activities around these books.

**Miss Craig**  
**Teacher Librarian**

## P&C News

### \* Dates for your calendars!\*

Thursday 10 May – Mother's Day Stall. Gifts will be \$5 and \$2. It would be great to have some extra helpers on the day – we will be setting up in the hall from about 8:30am and expect the stall to be done by 11:30am. Any remaining gifts will be on sale Friday morning from the Canteen.

Tuesday 12 June – P&C Monthly Meeting at 5:30pm in staffroom. All welcome! If you can't make it but would like something discussed, please email us at [telarahpandc@gmail.com](mailto:telarahpandc@gmail.com) or contact Kelly on 0438 403 341.

## Canteen News

Now the weather is *finally* starting to cool down, the canteen has some freshly-made, nutritious monthly specials to warm the kids (and teachers!) up.

### \*May Specials\*

Bacon Carbonara \$4

add Garlic bread for extra \$1

Savoury Muffin \$5

with small garden salad

Chicken and Gravy Roll \$3

## Volunteers needed!

We always need more volunteers in the Canteen – we can't run this important service to our school community without help.

Please drop in for a chat with Sabrina in the Canteen or leave your details with the office if you can assist or you need more information about what is involved. It's easy and fun and a great way to get to know what's happening in the school.



TELARAH PUBLIC SCHOOL P&C ASSOCIATION'S

# MOTHER'S DAY STALL

THURSDAY • 10 • MAY • 2018

**\$5 & \$2 GIFTS AVAILABLE**

Remaining gifts will be sold on Friday 11 May from the Canteen

Help needed! Please let us know if you can help out on the day - it's a lot of fun helping the kids to pick out gifts. Contact Kelly on 0438 403 341 or leave a message with the office.

Please try to pack students a reusable bag to make the gift easy to carry and hide from the recipient.

## COMMUNITY NEWS

Small changes,  
big differences.



### FREE Pathways Program

This program is designed for parents with children aged 2-12, parents may have already attended other parenting programs and feel they need more intensive support around parenting their children.

**Pathways builds on the Triple P Group Program and focusses on:**

- Avoiding Parent Traps - this will help you work out why you get angry and upset with your child, and help you think differently about how those situations occur
- Coping with Anger - this gives you a choice of personal tools to use when you get stressed or upset with your kids.

**When:** 14<sup>th</sup> May, 21<sup>st</sup> May, 28<sup>th</sup> May, 4<sup>th</sup> June, 18<sup>th</sup> June, 25<sup>th</sup> June

**Where:** Telarah Public School, Raymond St, Telarah NSW 2320

**When:** 9.30 – 11.am

**Cost:** FREE – Morning tea provided

**RSVP:** Registrations essential: Please contact Family Insight by phone on 4961 0700 or email [sara@familyinsight.org.au](mailto:sara@familyinsight.org.au).



Unfortunately child minding is **NOT** available for this program; please make alternate arrangements for your children.



## Good for Kids Good for Life

### Good for Kids good for life

#### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299

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