



TELARAH

PUBLIC SCHOOL



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23 October 2019

School Calendar

23 Oct	P & C Disco - Halloween in the hall 5:30 PM - 7:00 PM
25 Oct	Grandparent's Day - come and enjoy afternoon tea and an art/craft activity with your grandchildren 2:00 PM - 3:00 PM
31 Oct	Kindergarten 2020 Family Orientation BBQ - welcome to all our Kinder families - at the hall 5:00 PM - 6:00 PM
4 Nov	Year 6 Camp - Canberra excursion 04 Nov 2019 - 07 Nov 2019

PRINCIPAL'S REPORT

Welcome Back to Term 4!

We are looking forward to a wonderful Term ahead! The Stage What's On have been sent home with key dates and more detailed notes will be sent home about events as they get closer, we are hoping you can join us throughout the term!

P&C Disco, Wednesday 23 October

Come along to our Halloween themed disco . DJ SJ (Miss Johnston!) will be in the house with plenty of great music and fun games to get the kids moving and grooving!

Grandparent's Day, Friday 25 October

We are valuing the important role Grandparents and special family members play in our students and families lives. Grandparents/special people to our families are invited to enjoy afternoon tea from 2:00pm followed by joining their grandchildren in art and craft activities which will be made to give to Grandparents.

Swimming School

Notes have gone home to Yr2 students for this intensive Learn to Swim program. It is a great opportunity for students to learn to swim or improve their water skills coming into summer. It is limited to 60 places and will be offered to Yrs 3,4,and 5 if places are still available.

2020 Enrolment

If your child will be a Kindergarten student for 2020 please come in and see us, the Kinder Orientation process begins on Thursday 31 October with a Welcome Family BBQ.

If you are a family moving into or out of the area please let us know as soon as possible as our planning for 2020 is well underway!

Aimee Vincent
Principal

PRESCHOOL NEWS

Welcome back families and friends! Many of our families and friends have given us the Discovery Garden seed pots this week and we have had a fantastic time planting them. We engaged our prior knowledge of gardening and hypothesised what the seeds would need to grow into healthy strong plants. We made sure that we had plenty of soil for planting, gave them plenty of water and placed them in a sunny spot in our playground. We check on them each day to make sure they have plenty of water and observe any changes. We have also made compost pots to watch the process of food scraps breaking down into fertiliser that we will be able to feed our seedlings when they get planted out into the gardens. This week we are conducting an experiment to find out the effects on plants if they do not have water and sunlight. Stay tuned for our progress!

Michelle Woods
Preschool Classroom Teacher



KINDERGARTEN NEWS

Welcome back to term 4! In week 1 Kindergarten have begun a Physical Education program that covers the curriculum for this term. The children in all Kinder classes have begun lessons in Lacrosse which covers the fundamental skills sprint run, catching, jumping and static balance. In week 2 we will begin extra transition for children starting Kindergarten in 2020 and our current children in Kindergarten will be assisting the teachers in making these transitions easier for these new Kindergarten children.

Cathy Banister
Assistant Principal



ADMINISTRATION NEWS

Year 6 Canberra payments need to be finalised as soon as possible

School swimming scheme for Yr 2 students - \$65 can be made at the school office or POP (payments on line) as soon as possible as there are only 60 available places

Year 5 & Year 6 Interrelate payments \$40 to be paid as soon as possible as there are only 40 available places for each Yr 5 & Yr 6 classes.

Bronwyn Middleton
Administration Manager

LIBRARY NEWS

There are only two more issues of book club this year. Book club has some amazing buys which could be great presents, if you decide to buy gifts out of the two remaining catalogues, please indicate if they are a gift. If they are a gift they will not be handed out to students, instead you will be notified of the delivery so you can arrange pick up.

All book club orders are to be made via LOOP and must be in by Friday 1st November.

This term Kindergarten and Stage 1 students will be practicing their computer skills in our library lessons. Every student has to logon to a school computer with their first and last name, these are written down for students on cards but it would be helpful if you could encourage your child to recognise all letters of their name in upper case (capital letters) so they can use the keyboard successfully. Students will be accessing the portal and publishing documents using Word.

Stage 2 students are participating in a range of activities for a 'Kindness Project'. Hopefully you will start to see some random acts of kindness happening at home and in the community. One of our activities will be painting a rock to drop in the community. Each student has been asked to bring in a flat rock suitable for painting in the next few weeks.

Stage 3 students are looking at the Australian myth of 'Yowies' and will be researching, publishing and getting creative with this idea.

To keep up to date with what the students are learning in the library and what's happening we would love it if you would follow the school Instagram page.

The page is all about positive promotion of the school library and the exciting learning that takes place on a daily basis.



You can follow us at @telarahpslibrary

Amanda Craig
Teacher Librarian



Week 3

Thursday 31 October @ 9.30am	3S
Friday 1 November @ 9.30am	2/3D
Friday 1 November @ 12.20pm	5R

Week 4

Thursday 7 November @ 9.30am	4T
Friday 8 November @ 9.30am	3/4K
Friday 8 November @ 12.20pm	4/5H

QUICKSMART

quicksmart

Mathematician of the week:	Kurtis Polglase
Top scorer of the week:	Jerome Issac

P&C NEWS

Artwork Fundraiser

Artwork keepsakes designed by your children are available to order until next Monday 28 October either online (link below) or by returning the order form to the office or canteen (spare forms are available from the office)

<http://www.crazycamel.com.au/14870>

Items will arrive late November; perfect timing for Christmas gifts!

We appreciate your support of our major fundraiser for the year. Our current fundraising goal is playground/exercise equipment for the bottom playground.

Events for your Calendar

Halloween Disco Tonight!!! 5:30-7pm

Always a popular event! Get dressed up and join in the fun! \$4 for entry, snack and a drink.

November P&C Meeting Tuesday 12 November 5:30pm

Our second last meeting of the year. We'll be putting the finishing touches on Christmas Carol planning - it would be great to have more input and helpers to ensure another successful evening. Everyone is welcome - meetings are in the staffroom and last around an hour.

Carols under the COLA Friday 13 December TBC

Christmas is just around the corner! Our Carols evening is always a great way to end the school year and enjoy a festive evening with family and community.

Our current fundraising goal is play/exercise equipment for the bottom playground. If you have an issue about our school you would like raised or have feedback or questions about anything to do with the P&C, please email us at

telarahpandc@gmail.com or contact Kelly (current P&C President) on 0438 403 341. You can usually find Kelly near O Block in the mornings and afternoons or in the canteen on Fridays.

Canteen News



Volunteers needed!!! If you are available to help support our community run canteen in term 4 (or if you know you will have time in 2020), please pop in and let Sabrina know.

Online ordering

Thanks to all of our families (and staff!) that have registered for Flexischools. Please consider joining them - it makes it simple to order lunches without having to find change and line up in the morning. Cut off time is 10am.

<http://www.flexischools.com.au/>

Menu

You can find the canteen menu on Flexischools, the SchoolZine app, at the canteen or the front office.

October Lunch Specials

Caesar Salad \$6.00

Lettuce, ham, parmesan cheese, boiled egg, croutons and caesar dressing.

Add chicken for extra \$1.00

Pasta Salad \$4.00

Veggie Stir Fry \$4.50

Add chicken for extra \$1.00

COMMUNITY NEWS

LET'S GRADE

WRTNC are holding a **GRADING DAY** for anyone interested in trying out for a more competitive team in 2020

Saturday 9 November

Grading for players 10-17 years
10am-11am

Telarah Netball Courts 2 Taree Avenue Telarah

LET'S PLAY

WRTNC are holding **'come and try'** in conjunction with our grading day

Saturday 9 November

Come and Try for 5-9 years 9am-10am Grading for players 10-17 years 10am-11am

Telarah Netball Courts 2 Taree Avenue Telarah

Good for Kids good for life

HEALTHY SCHOOL CANTEENS

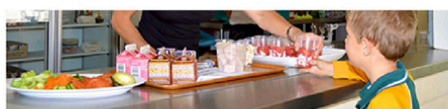
When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

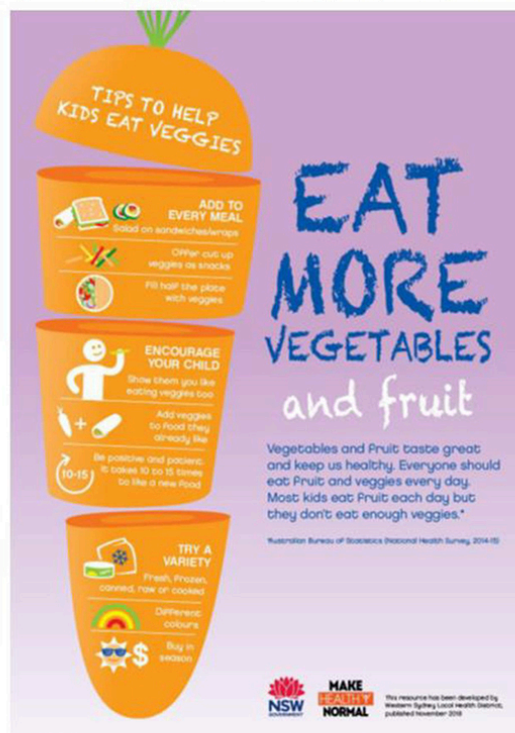
- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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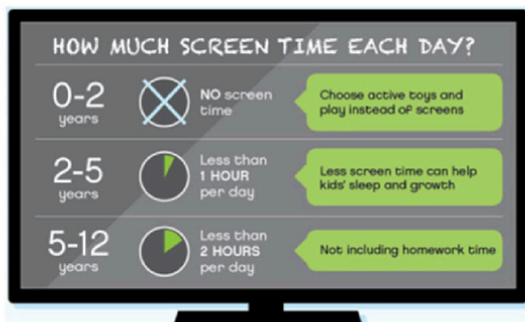
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TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day.
- Limit kids total screen time to less than 2 hours per day.
- Remove TV sets and computers from your child's bedroom.
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

Thirring-Nunna 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - sportsau.gov.au/yulunga



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