



TELARAH

PUBLIC SCHOOL



Raymond St
Telarah NSW 2320
Subscribe: <https://telarahps.schoolzineplus.com/subscribe>

Email: telarah-p.school@det.nsw.edu.au
Phone: 02 4932 8477
Fax: 02 4932 4475



20 March 2019

School Calendar

21 Mar	Stage 1 Excursion - Australian Reptile Park All day
2 Apr	Zone Cross Country All day

PRINCIPAL'S REPORT

Harmony Week and National Day of Action Against Bullying and Violence

On Friday 22 March students are asked to wear an orange shirt with their school uniform to raise awareness – NO gold coin needed.

Below are links to resources we will be using during teaching and learning all week. The focus is on tolerance and inclusion.

Harmony Week

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

National Day of Action Against Bullying and Violence

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

Thank you for your support.

Aimee Vincent
Principal

PRESCHOOL NEWS

Our Preschool students are continuing their palaeontology investigation, who knows what else they will discover in their explorations!



Harmony Day will be on Tuesday 26 March for White group and Thursday 28 March for Green group, we are asking preschool children to wear an orange shirt to raise awareness.

Responsible Pet Ownership/Living Safely With Pets Program – will be on Monday 25 March for White Group and Friday 29 March for Green group, this is a free program to promote education around safety with pets.

KINDERGARTEN NEWS

Parent reminder for Kindergarten afternoon tea will be on Monday 1 April as per note sent home on Friday. Please note it had been marked on the Kindergarten What's On Term 1 as 8 April which is incorrect.

Cathy Banister
Assistant Principal Preschool & Early Stage 1

HARMONY DAY & NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

Telarah PS is celebrating Harmony Day and National Day of Action against Bullying and Violence Friday 22nd March.

Telarah PS will participate in these days by teaching a PBL Lesson on how to respect other people's cultures and embrace diversity and stand up to bullying without being aggressive.

We also ask that students wear an orange t-shirt on Friday 22nd March to raise awareness. Please NO gold coin donation.

T-shirts should be sun safe and appropriate for school.

Sara Johnston

Assistant Principal Stage 3

ADMINISTRATION NEWS

A reminder that \$100 deposit for Year 6 Canberra Excursion & Year 5 Great Aussie Bush Camp is to be paid by end of term 1.

QUICKSMART

Mathematician of the week: Violet McLoughlin

quicksmart

Top scorer of the week: Beau Wright

LIBRARY NEWS

Book club orders have been sent away and will be due back late week 8 or early week 9.

Just a reminder that we do not accept cash with a book club order form, to order you need to follow the instructions on the back of the book club order form and complete your order through 'LOOP'. When you order through 'LOOP' you do not need to send anything to school, it will automatically appear in the orders when I submit orders on due date. If you are ordering gifts please mark that on the order so I don't hand it to students by mistake.

If you require help, please feel free to come in and ask, I'll be more than happy to help out.

Lots of exciting learning has been taking place in the library with each stage working on different content and skills.

Kinder have been getting use to the library space, love borrowing books and reading lots of different titles. We have been focusing on the different aspects of books and animals in Australian books.

Stage 1 have been working hard on their information reports on dinosaurs and have developed a great knowledge of the dinosaurs that once lived.

Stage 2 have been using the computers to learn new skills in presenting work and have just started a group project on

'Explorers to Australia'. They will be using some new technology and some old school skills to complete their work.

Stages 3 have been using computers to learn new skills on word and powerpoint documents. They have been looking at presenting work so it is visually pleasing, in their own words and are learning about referencing sources and its importance.

Our school library has its own Instagram page and we would love it if you could follow us and engage with us by liking our posts. 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**

Miss Craig

Teacher Librarian



Your child will plant, grow, harvest, prepare, share and eat a huge range of wonderful food this year. To run this program successfully we need parent involvement. This involves working with your child and 5 classmates to create one of the meals. Lots of hands on learning and lots of fun.

Week 8

Thursday 21 March @ 9.30am	3 /4 K
Friday 22 March @ 9.30am	4T
Friday 22 March @ 12.15pm	4/5H

Week 9

Thursday 28 March @ 9.30am	2 /3 E
Friday 29 March @ 9.30am	3S
Friday 29 March @ 12.15pm	5R

INTERSCHOOL CHESS CHALLENGE

7 students travelled to Bishop Tyrrell Anglican College on Friday 15 March to play 6 rounds of chess. All students performed very well with Tavish Kelly receiving a medal for finishing in 15th place.

The students were Tavish Kelly, Joe Thomas, Bill Pham, Aden Winters, Riley Bazley, Dillon Hines, Zak Anderson.

Leanne Taylor

Chess Co-ordinator



SEASONS 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 changes 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 www.goodgrief.org.au

COMMUNITY NEWS



The simplest way

... to get kids excited about eating veg!

With only 5% of NSW kids eating enough vegetables, Cancer Council supports this great initiative linking vegetables to fun times!



Join hundreds of primary schools across NSW this term and [register](#) for **Vegetable Week & The Big Veggie Crunch**, Monday 1st to Friday 5th April, 2019.

Help break the record for the largest number of children eating vegetables simultaneously. More than 50,000 children crunched together in 2018. Let's smash this number in 2019!

For more information visit healthy-kids.com.au

healthylunchbox.com.au

Important dates

April P&C Meeting

Mother's Day Stall

Tuesday 9 April 5:30pm in the staffroom

Wednesday 8 May

2019 Executive Committee

The P&C held our AGM on Tuesday 12 March. Congratulations and thank you to the following members of our local community for being elected to our executive:

President: Kelly Ackers

Vice-President: Simon Lloyd

Treasurer: Lyndall Cook

Secretary: Melissa Buckley

If these names look familiar, it's because the P&C has had the same committee for the past three years! The Executive are all very committed to our school, students and community (only two still have children at Telarah Public School!) but are really keen to see new faces become members and support their roles. In addition, our Constitution says individuals can only serve three years in a position, so more people in our community **have** to step up and get involved!

Please join us! Our P&C makes a real difference but needs more members from our community to keep going.

Our next meeting is on Tuesday 9 April at 5:30pm in the staffroom (Office block). Everyone is welcome to come along - items on the agenda include updates on the COLA (shade outside of the kindy rooms) progress, planning for the Mother's Day stall and hearing from Ms Vincent about other exciting ventures happening at **our** school. Meetings last around an hour (typically less).

Election BBQ - CANCELLED

Due to a lack of volunteers from our community, we have had to cancel the Election BBQ. There will be a Federal Election later this year - hopefully more people will join in then to support our fundraising goal of assisting the school to update and purchase playground equipment.

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 as well.

Canteen News



More volunteers are *desperately* needed to keep our Canteen operating smoothly for our kids and community.

It is a great opportunity and a fun environment to meet new people and become part of the school community. Even

if you can't do a whole day, helping out with morning orders or lunchtime sales is very much appreciated. If you are available to help support our community run canteen, please pop in and let Sabrina know.

Please remember - NO ICE BLOCKS/ICE CREAMS/FROZEN YOGHURTS to be ordered on lunch order bags please! They can't be placed in lunch baskets - the kids have lots of time to come at lunch and recess to purchase these items. It's a good chance to give students some responsibility and the thrill of buying from a 'shop'.

Menu

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

March Lunch Specials

Pasta Salad	\$4.00
Veggie Burger	\$5.00
Lettuce, tomato, cucumber, beetroot, carrot, onion & ranch dressing	
Chicken Caesar Wrap or Salad Box	\$6.00
Chicken, bacon, lettuce, parmesan cheese, croutons, egg & Caesar dressing	

Flexischools

If you haven't signed up with Flexischools yet please give it a go! The app makes it easy to order lunch for your children without having to find change and line up in the morning. Cut off time is 10am. Flexischools' system is currently experiencing some difficulties (at all schools) on a Friday morning, so ordering before 7:30am or Thursday night is advised at the moment. If you're concerned your order has not gone through, please get in touch.

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