



# TELARAH

## PUBLIC SCHOOL



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

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14 August 2019

## School Calendar

21 Aug	Preschool Excursion - East Maitland Library & Walka Water Works - White Group All day
23 Aug	Preschool excursion - East Maitland Library & Walka Water Works (Green group) All day
	Book Week Parade - School hall 10:00 AM - 11:00 AM
28 Aug	Read with me - In classrooms 9:20 AM - 9:40 AM

## PRINCIPAL'S REPORT

### Mobile Devices in Schools

Following the Independent Review into the non-educational use of mobile devices in NSW Schools report, commissioned by the NSW Government, we are formalising our school procedures. We understand there are a variety of reasons that families require their children to have a mobile device available for use before / after school.

During school hours, while on our school site or during school events all students are to follow the processes in place :

- Mobile Devices Telarah Public School Contract is requested by the family to enable their child to follow the school processes for mobile devices. The contract is to be signed by caregiver, student and school acknowledging the processes are understood and will be followed. This also informs the school that the family is aware that their child will have a mobile device in their possession before / after school.

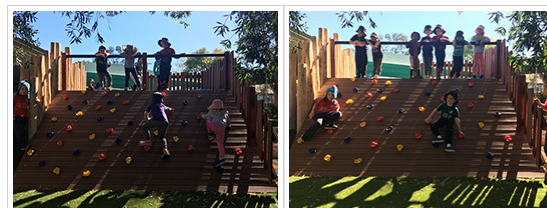
- Mobile devices are to be handed into the front office as soon as the student arrives at school, where the device will be stored securely. Mobile devices are to be collected by students at the end of the school day and not used while on the school site.
- In the situation of a school event outside of office hours, mobile devices are to be given directly to the nominated staff member for that event eg Class Teacher or Assistant Principal. Storage procedures will be followed and the student is responsible for collection at the end of the school event.
- Communication between school and families will continue to occur via the front office. Please call 49328477 or email [telarah-p.school@det.nsw.edu.au](mailto:telarah-p.school@det.nsw.edu.au) and our staff will be able to help or follow up.

**If you require your child to have a mobile device before/ after school please contact our school and request a Mobile Devices Telarah Public School Contract be sent home, complete and return it to the office to enable your child to follow the school processes for mobile devices.** Thank you for supporting our school to implement this reform and be responsible in the use of mobile devices in school.

**Aimee Vincent**  
**Principal**

## PRESCHOOL NEWS

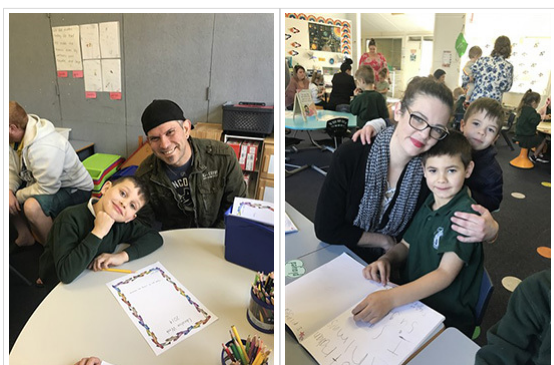
Our outdoor climbing wall is now finished and aren't the children excited! There has been lots of climbing, imaginative play and fun had on the new climbing area. Each class has had lessons around how we can play safely on the new climbing area to make it positive for everyone.





## KINDERGARTEN NEWS

It was great to see lots of parents and families joining us for the open classrooms for Education Week, thank you to all of you. The children love showing their classrooms to their families. If parents or adult family members would like to volunteer in your child's room to assist with reading, literacy/maths activities please speak to your teacher to organise a suitable day or time, we and the children would love to see you!



## ADMINISTRATION NEWS

Please be advised we are unable to facilitate early collection of Student's between

3-3.10pm unless the school has been notified in advance by telephone or note.

Also a reminder if you have given permission for someone else to collect your child the **school office must be notified.**

**Bronwyn Middleton**  
**Administration Manager**

## LIBRARY NEWS

Book Week celebrations will be occurring in week 5

We will have a book fair operating in the library before and after school on Monday 19th – Wednesday 21st and on Thursday morning. Items available will be books, posters, novelty items such as pencils, erasers and pencil sharpeners.

Cash payments will be accepted, and we will have an EFTPOS machine available as well. Items start from \$1, with books

usually around the \$10 price, though some cheaper books will be available.

On Friday 23rd we will have our book parade starting at 10am. Students are encouraged to come dressed as their favourite book character or to the theme – Reading is my Secret Power. Lucky prizes will be given out throughout the morning to students dressed up.

A guessing competition and a raffle of book prize will also be available with the winners announced at the end of the parade.

The canteen will have some items available for purchase during this time.

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.

**Amanda Craig**  
**Teacher Librarian**



*You can follow us at @telarahpslibrary*

## Stories from Wonnarua Country

The official opening of the exhibition 'Stories from Wonnarua Country' will be occurring at the Maitland Regional Art Gallery on Saturday 24th August at 3pm. Everyone is invited to come along and support the school and see the fantastic exhibitions in the art gallery.

**Amanda Craig**  
**ATS&I Committee**

## JEANS FOR GENES DAY

Our Jeans for Genes day was very successful raising much needed funds to support the Children's medical research institute in finding cures for children's genetic diseases.



## DENTAL VISIT

Dental Medical Mobile Services Group [DMMSG] is an alternative option for those whom are not able to make it to the dental office. With highly professional and experienced dentists we will be able to provide you with the top quality services.

The Dental Service will be at our school for the week starting 19th August 2019.

In case of children from 2-17 years old it is **free of charge**. We provide in-school dental services under the government scheme Child Dental Benefits Scheme which covers screenings, oral health education, fluoride treatments and preventative dental sealants to the teeth of participating children.

- Eligibility:**
- Aged between 2-17 years
  - Government benefits such as family tax benefit A
  - Eligible for Medicare

We will promoting this service for children attending Telarah Public School and Preschool.

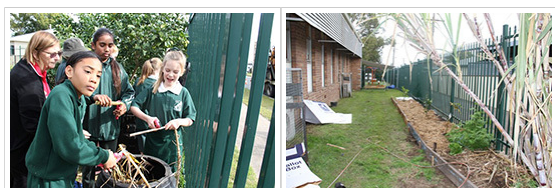
If you would be interested in using this free service please return the consent form that was sent home before the holidays or come to the administration office to receive another form.



## Stockland Grant

Many thanks to Stockland at McKeachies Run for the grant of \$1000 to support the Stephanie Alexander Kitchen Garden Program that we have now spent. The money has been used to buy some new equipment including secateurs, a fabulous compost stirrer and some new compost bins. We also bought the materials to make a new garden along the lane for some more fruit trees and vegetable growing space. Thanks to Amber Higgins from Hunter Valley Grammar School who gave up some holiday time to help with the construction.

Our garden has also provided 80 bunches for herbs for fresh food drought boxes which were sent to Gundy last month and again last Friday to support struggling families up that way.



## Week 4

Thursday 15 August @ 9.30am	2/3D
Friday 16 August @ 9.30am	3S
Friday 16 August @ 12.20pm	5R

## Week 5

Thursday 22 August @ 9.30am	3/4K
Friday 23 August @ 9.30am	4T
Friday 23 August @ 12.20pm	4/5H

## SCHOOL MUSICAL

### A SWINGING SUMMERTIME

Dear Parents

Our school will stage a wonderful musical production this year called "A *Swinging Summertime*". Performances will be in Week 10 in the School Hall. All children from Years K-6 will be involved. Please save the dates in your diaries!

<b>Dates:</b>	7pm Tuesday Sept 24th
	10am Wednesday Sept 25th
	7pm Thursday Sept 26th

Tickets will go on sale in Week 8 (10 September) from the Office.

"A *Swinging Summertime*". is a terrific, positive and fun play about life under the sea, with a great environmental theme. It features lots of singing and dancing to great music.

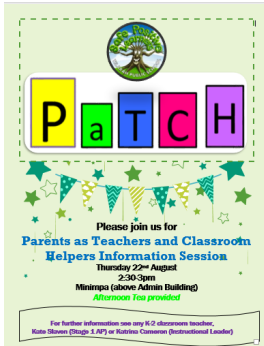
A musical production is a wonderful vehicle for the promotion of the Arts in our school. Participation in a musical is a very positive and rewarding experience and it's always pleasing to observe the growth in confidence and self-esteem of our students as they prepare and perform. Cast members learn how to work with others, cooperate with the cast and crew and feel a great sense of achievement, having contributed to the making of the play.

We are thrilled by the level of enthusiasm and interest already displayed by the children. We are certain that we will have a very successful production and we look forward to your support in the coming months.

**Sally Carratt**  
**Musical Director**  
**CAPA Team Leader**



## Patch Information Sessions K - 6



**Katrina Cameron**  
**Instructional Leader**

## P&C NEWS

### Important Events

#### Father's Day Stall Thursday 29 August

\$5 and \$2 gifts will be available. Online Ordering through Flexischools will be available soon - keep an eye out for a flyer in bags and on Facebook. If you're available to help the kids pick gifts at the Father's Day stall later this month, please let us know. The more the merrier and your kids love seeing you being a part of their school!

#### September P&C Meeting Tuesday 10 September 5:30pm

Everyone is welcome - meetings are in the staffroom and last around an hour. It's a great chance to find out more and contribute to what's happening at our school and meet other parents, grandparents, community members and staff.

#### Disco thanks!

Thanks to everyone who came along to our Education Week disco - there were lots of great costumes and when our kids fulfill their ambitions we're all going to be in safe hands for the future. Special note of gratitude to the staff who generously gave up their own time to DJ, supervise and be dance companions, and to our community members - Lyndall, Virginia, Mel and Rachel - who volunteered to run the entry and canteen so smoothly.



Back by popular demand, our next disco will be Halloween themed in early term 4.

#### Congratulations Sabrina!

Our Canteen manager Sabrina received the Community Member award for the school during Education Week. In addition to wonderfully operating a fantastic canteen, Sabrina is a dedicated member of our P&C, volunteering her time to help at and prepare for events and is a valuable presence at our meetings. It was great to see her contributions being recognised and celebrated by the wider school community!

Our current fundraising goal is for play/exercise equipment for the bottom playground. We'd love to hear people's ideas - please consider coming along to a meeting to discuss what exciting additions we can make to our playground space. 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](mailto: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

Volunteers always needed! 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.



#### Fresh for Kids 'Eat Fresh and Win' Promotion

Our canteen is again be taking part in this great initiative to reward kids for eating fresh. There are awesome giveaways as well as chances to enter to win major prizes (one of our students won a major prize last year!)

Thanks from Sabrina - Sabrina would like to thank the school and community for her recent award at Education Week and for everyone's support of the healthy changes to the menu and making the canteen a great place to work.

#### 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.

## August Lunch Specials

Cup of Soup (Pumpkin or Chicken Noodle)	\$2.00
add garlic bread extra	\$1.00
Chicken, avocado, cheese and aioli toastie	\$5.00
Meatball sub	\$4.50

## COMMUNITY NEWS



Maitland Football Club  
Cooks Square Park,  
East Maitland  
Rod Haggarty  
Technical Director  
td@maitlandfc.com.au  
0437 592 056

**2020 MAITLAND FC  
Under 9 BOYS  
SKILL ACQUISITION PROGRAM (SAP)**

Maitland FC invites players to trial for the Under 9 Boys Skill Acquisition Program (SAP) for the 2020 season.

The SAP is part of FFA's Talented Player Pathway where identified talented football players are selected to participate in one training centre.

The 2020 Maitland FC SAP players will participate in the NNSWF SAP "competition" involving up to 16 clubs, primarily from the NPL.

*All players must register to take part in these trials. Players will not be eligible to take part in the trials if they do not register by email as detailed below.*

**Trial Details:** 9+ years Boys (born between 01/01/2011 to 31/12/2012)\*  
**Tuesday 13 August and Thursday 15 August, 2019**

**Location:** Cooks Square Park, William Street, East Maitland

**Time:** 5.30pm to 6.30pm

**There is no cost to participate in SAP Trials.**

**Trials Format:** The trials will be structured with players rotating between small-sided games and training practices on each day.

**To register:**  
Reply by email to: [sapoperations@maitlandfc.com.au](mailto:sapoperations@maitlandfc.com.au)  
**Please include the following details in the email registration:**  
Boy's Name, Date of Birth & Preferred Field Position.  
Parent's Name, Phone Number, Email Address & Current Club

Yours sincerely  
  
Rod Haggarty  
Technical Director, Maitland FC

\* Trials are open to players born in 2011 and 2012



**RIIDE IN BMX**  
YOUR CHANCE TO TRY BMX!  
MAITLAND TENAMBIT BMX CLUB  
INVITES YOU...

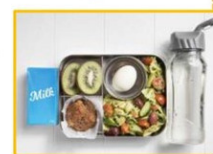


DATE: SATURDAY 24TH AUGUST 2019  
TIME: 1:00PM TO 3:00PM  
WHERE: METFORD RD,  
EAST MAITLAND NSW 2323

## The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.



Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [poppletana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## The simplest way

... to use winter vegetables.

Don't feel like salad during winter?



Here are some fruit and veg filled, winter ideas.

Cook extra for dinner and dessert and pack leftovers for lunch.

- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



### For the BEST protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)