



TELARAH

PUBLIC SCHOOL



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11 September 2019

School Calendar

19 Sep	K-6 School Photo Day - MSP Photography All day
20 Sep	Preschool Photo Day - Green Group (MSP Photography) All day
24 Sep	Preschool Photo Day - White Group (MSP Photography) All day

PRINCIPAL'S REPORT

School Musical

Our musical is "A Swinging Summertime" and preparation is well underway!!

Tickets are now on sale from the school office.

Aimee Vincent
Principal

PRESCHOOL NEWS

Preschool Enrolment 2020

We are currently taking enrolments for Telarah Public School Preschool for 2020. Telarah Public School Preschool is a Department of Education preschool which is specifically for children the year before they attend school. Children are eligible to enrol in preschool classes from the beginning of the school year if they turn 4 years of age on or before 31 July in that year. Our preschool operates in school terms, five days a fortnight with a white group and a green group in the Murrin and Becan rooms. Times of operation are 9.00am-3.00pm.

If you would like to enrol or know of anyone wanting to enrol for 2020 in the preschool please contact Telarah Public School on 4932 8477 or come to the Administration Office.

Preschool:

Every week the children from Preschool are able to visit the school library. At the library the children listen to the teachers reading quality books and are able to borrow books from the library. Visiting the school library is also great for the children as when they come to kindergarten next year they will be very familiar with how the library operates.



KINDERGARTEN NEWS

Kindergarten Enrolment 2020

We are currently taking enrolments for Telarah Public School for Telarah Public School Kindergarten for 2020. Parents may enrol their child in Kindergarten at the beginning of the school year if the child turns 5 years of age on or before 31 July in that year. The Education Act 1990 mandates that all children must be in compulsory schooling by 6 years of age.

If you would like to enrol or know of anyone wanting to enrol for 2020 in the preschool please contact Telarah Public School on 4932 8477 or come to the Administration Office.

Kindergarten:

We are busy, busy, busy practicing for the Musical, our places are set and our dance moves are coming along. A note around the Musical and what is required for kindergarten has been sent out, if you have any questions please see your class teacher

or Mrs Banister. Another note will be sent out closer to the Musical.

On Friday last week the Kindergarten children with the rest of the school wore "purple" to support diversity, we had purple shirts, shorts, socks and even hair!!



ADMINISTRATION NEWS

Photo Day - Just a friendly reminder about upcoming school photo day: **Week 9 Thursday 19 September**. Envelope pack will be sent home with your child/ren on Monday 16 September which is to be returned to the photographer the morning of the photo day. No money will be taken at the school office.

Excursion - Reminder that all **payments** must be received 2 days prior to an event occurring due to the administration that is required for an excursion to take place.

School Musical - Tickets are now on sale for the School Musical. Tickets are \$6 per seat and can be purchased at the school office by cash or eftpos. POP payments will only be available up until Friday 20 September.

Bronwyn Middleton
Administration Manager

LIBRARY NEWS

All orders for Book Club have been placed and should be available for collection in week 9. There will be two more catalogues in term 4 and if you are ordering gifts for Christmas from these catalogues, please ensure you note this on the order, so it is not handed to students by mistake.

If you order regularly from book club, you will have noticed that you receive gifts the more you order. It is wonderful to see students excited by these when they pick them from the library.

Money raised from the book week raffle and guessing competitions has been used to purchase new resources for the library. We have purchased so new Harry Potter editions as these are always popular and in demand, some new Ahn Do books, as well of loads of picture books and the Frankie Fish series. These will be available for borrowing in term 4 after they are accessioned into our system.

Borrowing will stop for term 3 in week 8, so all loans can be returned before the holidays. If you have a child who is a keen reader and borrower and would benefit from loans over the holidays, please pop in or sent a note with your child so I can arrange for this to happen.

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.

During this term Year 6 also participated in chalk art in regards to a book they had read in Library.



You can follow us at [@telarahpslibrary](https://www.instagram.com/telarahpslibrary)

Amanda Craig
Teacher Librarian



Week 8

Thursday 12 September @ 9.30am	2/3D
Thursday 12 September @ 12.20pm	5R
Friday 13 September @ 9.30am	3S

Week 9

Wednesday 18 September @ 9.30am	4T
Thursday 19 September @ 9.30am	3/4K
Thursday 19 September @ 12.20pm	4/5H

QUICKSMART



Mathematician of the week:	Jeremy Garland
Top scorer of the week:	Cooper Robinson

SCHOOL MUSICAL

A SWINGING SUMMERTIME

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!

Dates: Tuesday 24 September 2019 @ 6.30pm
Wednesday 25 September 2019 @ 10am
Thursday 26 September 2019 @ 6.30pm

Carols under the COLA Friday 13 December TBA

TICKETS ON SALE NOW 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.

Matilda – Hunter School of Performing Arts

All students who are a part of our Telarah Public School Creative and Performing Arts program (which includes Choir, Starstruck, Debating and "Tournament of the Minds" groups) have the opportunity to attend a performance of the amazing hit Musical "Matilda" performed by the students of Hunter School of Performing Arts on Thursday 24th October 2018 in Newcastle. Cost is \$30.00 per student for ticket and bus. Notes were distributed on Monday. The first 48 students who return permission note and money will be allocated a ticket.

Sally Carratt
Musical Director
CAPA Team Leader

P&C NEWS

Important Events

Halloween Disco Wednesday 23 October 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.

The current P&C executive have to step down from their positions next year - we really need more people to come along and keep our P&C active.

Everyone is welcome - meetings are in the staffroom and last around an hour.

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.

Father's Day Thanks

Thank you to our families, students and staff for your support of the stall. We had an encouraging number of online orders and the students enjoyed choosing gifts for important people in their lives.

Special thanks to Virginia and Beata for volunteering their time to run the stall and to the year 6 helpers for their enthusiastic assistance.

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! 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.

Reminder - The Canteen cannot reheat food from home due to health regulations.

Fresh for Kids 'Eat Fresh and Win' Promotion - one more week to collect giveaways and enter the draw for the major prizes - ends 20th September.

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.

September Lunch Specials

Tex Mex Pizza	\$5.00
Mexican beef, cherry tomatoes, cheese, sour cream and corn chips.	
Chicken Stroganoff	
Served with egg noodles	\$5.00
Served in a mini cob loaf	\$6.00

Sweet Potato Salad \$4.50

Lettuce, roasted sweet potato, onion, feta, sun-dried tomatoes, balsamic dressing

Add grilled chicken for extra \$1.00

COMMUNITY NEWS

Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](#) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.



Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au

Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to build a healthy lunch box.

A healthy lunch box contains something from each of the 5 food groups plus water.

Our chicken and veg [fried rice recipe](#) ticks off 3 of the 5 food groups. Pack it with yoghurt, some fruit and a bottle of water for a complete lunch.



For more examples and to build your own visit healthylunchbox.com.au

healthylunchbox.com.au

Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to make no bake cookies

Prep time: 10 mins
Cooking time: 0 mins
Makes: 12



Ingredients
1 cup pitted dates
½ cup raisins
1 cup quick oats
½ cup shredded coconut & ½ cup for rolling
½ cup sunflower seeds

Method
Place the dates, raisins, oats and ½ cup coconut into a food processor. Process until mixture lifts away from the edges of the bowl. Remove from the processor and mix through the sunflower seeds. Roll into a log and slice into 12 even pieces. Shape into cookies and roll in the remaining coconut.

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

healthylunchbox.com.au



GET READY WEEKEND

SUNDAY 15TH SEPTEMBER | 10AM - 2PM
20 WATERWORKS RD RUTHERFORD

RFS, VRA AND SES FLEET DISPLAYS |
KIDS ACTIVITIES | INFORMATION |
LIVE DEMONSTRATIONS | BBQ

FREE!



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To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment.

The Smith Family
every generation's family

saverplus

*Many Centrelink payments are eligible, please contact your local Coordinator for more information.
Saver Plus is a initiative of the Smith Family of St. Lawrence and ANZ, delivered in partnership with Berry Street, The Salvation Army and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.saverplus.org.au for more information.

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