

NEWSLETTER

Telegraph Point Public School

177 Mooney St, Telegraph Point, NSW. 2441

Ph: (02) 6585 0224 Fax: (02) 6585 0550

Term 2 Week 1

3rd May, 2018

CALENDAR

Week	Date	Event	Time
1	Friday 4 th May	Welcome Back Disco & Mother's Day Stall	6:00pm
2	Tuesday 8 th	ICAS Competition - Digital Technologies	
3	Monday 14 th Tuesday 15 th - Thursday 17 th Friday 18 th	School Cross Country NAPLAN NAPLAN catch up day Library Van	11:20am - 1:00pm
4	Monday 21 st - Thursday 24 th	4-6 Excursion - Great Aussie Bush Camp	
5	Tuesday 24 th	ICAS Competition - Science	
6	Monday 4 th June Friday 8 th	LNC Cross Country - Kempsey Pirate Day Library Van	
7	Monday 11 th Wednesday 13 th Thursday 14 th Friday 15 th	Public Holiday - Queen's Birthday ICAS Competition - Spelling ICAS Competition - Writing NC Cross Country - Nana Glen Dental Visit	



MARCH 27 2018 - 6:00PM

Telegraph Point schoolboy Levi Ward dominates rodeo circuit

Paul Jobber Local Sport

SHARE

 COMMENTS

Little champion: Levi Ward holds on as the bull attempts to buck him. Photo: Supplied.

Email: telegrappt-p.school@det.nsw.edu.au

Website: www.telegrappt-p.schools.nsw.edu.au



From the Principal's Desk ...

ANZAC Service and March

Last Wednesday, Telegraph Point PS students and staff took part in the annual ANZAC Day service in Port Macquarie. Eli Greenwell and Ella Hughes placed a wreath at the cenotaph on behalf of Telegraph Point PS. Students are to be commended for representing our school with pride and displaying outstanding behaviour during the service.



ANZAC DAY Ceremony – Telegraph Point PS

On Friday of the last day of Term 1, our school conducted an ANZAC DAY Ceremony. The Parliamentarians organised and ran this special occasion. Thank you to Mr Cavanagh and Mr Scott from the Wauchope RSL Sub Branch who addressed the students and community members.

School Excursion- Great Aussie Bush Camp

A reminder to students in Years 4, 5 and 6 that final payment for the excursion to the Great Aussie Bush Camp must be made by Monday 14th May 2018. The supervising teachers for the excursion are Mr Chalmers, Mrs Hendricks and Mrs Corthals. I will be taking Mrs Corthals' class for the duration of the excursion. If there are any issues with making the payment by the due date, please contact the school.

Cross Country

Our school Cross Country will be held on Monday 14th May from 11.30-1pm. Students who are turning 5, 6 or 7 years old this year will run 2 laps of the track (1 km). Students who are turning 8, 9 or 10 years old this year will run 4 laps of the track (2 km) and Students who are turning 11, 12 or 13, years old this year will run 6 laps of the track (3 km). Parents are welcome to come and cheer on the children.

Next Week

I will be away next week at the NSW State PSSA Tennis Carnival in Albury. Karen White will be the relieving principal during my absence.

Visitors to the school

It is a requirement that all parents, caregivers and community members who are visiting the school during school hours are asked to sign in at the front office.

Coding Club

Coding Club will operate next Wednesday as normal. However, following that, the Club will not run for three consecutive weeks (Wednesday 16th, 23rd & 30th). We are sorry for any disappointment or inconvenience that this may cause but appeal to any volunteers that might be able to assist with the club. If you are able to help, please contact the school.

Thank you to Steph De Silva for all that she has done for the students attending Code Club. We wish Steph and her family well in their move to Sydney.

School ENews

We are looking forward to another great year. As always, we expect each term to be very busy, full of wonderful opportunities for our students. I encourage all families to read the newsletter each week as this is our primary means of communicating with you and informing you of school events. If you have not previously registered for School Enews, please do so as soon as possible. It is an easy process and will allow you to receive the newsletter and notes via email or app. Details on how to register are included in this newsletter.

Financial Assistance

Please remember that if you require financial assistance to help pay for any school activity this year, to come and see me. We have a number of ways in which to help and please rest assured, all details are kept totally confidential. We would like to see all students involved in our planned activities and if finance is a problem please make contact.

I am looking forward to meeting with you and discussing the educational needs of your children and working together to provide a quality education for all students at Telegraph Point Public School.

Duncan Adams,
Principal

*"It is not the situation, but whether we
react negative or positive to the situation
that is important."*
– Zig Ziglar



ASSEMBLY AWARDS

**TERM 1,
WEEK 11**

5 / 6	Breanna, Jabin, Austin & Koby.
4 / 5 & Blue Group	Jacob, Anabel & Jackson.
2 / 3 & Yellow Group	Shaylee, Olivia, Wynter & Leeara.
1 / 2	Alannah, Montana, Caylan & Ellyze.
KF	Logan & Emma.
KW	Dakota & Joshua.
Reading Award	Lily, Rex, Taelor, Daniel, Jack, Aurelia, Abi & Toby.

Congratulations to all of our hard workers!

Don't Forget We are a 'Crunch & Sip' school!

Every child, every day should bring:

- ❖ A water bottle that can be refilled during the day
- ❖ Crunchy fruits or vegetables to eat in class during the morning session




Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit




Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:




Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthy lunchbox.com.au for recipes & information you can trust.





LEVI WARD IS BOUND FOR WORLD FINALS IN AMERICA

by Callum McGregor

There is no doubt in the mind of Kundabung's Levi Ward - he wants to be a professional bull rider.

The 10-year-old will take another step towards achieving his dream when he travels to America to compete in the Youth Bull Riding World Finals in August.

The boy from a small country town will take on the best riders from across the globe and he's up for the challenge.

"I am very excited and can't believe it's finally happening, I will be going to another country to compete and represent my country," Levi told the Argus.

"I want to finish in the top 10 and that's going to be pretty hard, I am setting the bar high for myself."

Levi will compete in the steer riding Under 8-11s division and he's expected to be facing up to 70 competitors.

"America has more rodeos and bigger and better competitions," Levi said.

"There's more events to compete in and you get more of a chance to test yourself."

The junior cowboy is hoping to make the trip to America an annual event and one day wants to relocate to the country to compete in higher quality rodeos on a regular basis.

"I want to be a professional bull rider and this rodeo will give me a chance to earn more sponsorship and get recognised," Levi said.

The top two from each association across the world are invited to compete in the World Finals and Levi qualifies under the Australian Bushmen's Campdraft and Rodeo Association for his age group.

Levi will compete in four other rodeos during his three weeks in America.

The confident Kundabung resident was excited to ride bulls in the Under-17 Junior Bull Riding division at the Church Rodeos but as he was still nine in January, he isn't eligible to compete in the higher age bracket.

Levi will compete on steers in the Under 8-11 division at the Church Rodeos.

In preparation for his trip to Texas, Levi will practice in the arena set up on his farm that has a full bucking chute and bucking stock.

Levi practices at least once a week and travels large distances across the state to compete in a rodeo almost every weekend.

To make the trip affordable, Levi's sponsors are working together to help raise the necessary funds.

A raffle will be held with goods donated by Tumblegum Bakehouse, Milly Hill Meats, Preen Engineering and Red Point.

An auction of donated goods will be held at the Kempsey Cattle Sale on May 19 at 10.45am.

CONGRATULATIONS LEVI!
What an incredible achievement!

P&C News



You are invited to the P&C's **WELCOME BACK BBQ & DISCO**

GET YOUR DANCING SHOES ON AND JOIN US AT SCHOOL ON
FRIDAY 4TH MAY at 6PM – 8PM

BBQ STARTS AT 5:30PM

We will also be holding a **Mother's Day stall** on the night,
so bring some loose change to grab a sausage sandwich & a gift for mum!

Mandy Hopkins – President
Ph: 0414 736 340
E: mandyleerussell@yahoo.com.au

Telegraph Point Uniform Purchases Date:				
Description	Price	Size	QTY	SUB TOTAL \$
School Polo Shirt with Logo Sizes 6 ,8 & 10	\$35.00			
School Polo Shirt with Logo Sizes 4,12,14,16,S	\$22.00			
Navy Skorts	\$10.00			
Navy Microfibre Shorts	\$10.00			
Navy Micromesh Shorts	\$10.00			
Navy Sloppy Joe With Logo	\$25.00			
Navy Bucket Hat with Logo	\$15.00			
School Track Jacket with Logo	\$40.00			
Navy Track Pants	\$30.00			
			TOTAL \$	
Childs Name:			Class:	
Direct Deposit Payment Receipt No:			OR Cash/Cheque \$	
Call Sarah Hiscock on 0409 442 378 if you would like to try on sizing for your child				

Direct Deposits:

Telegraph Point P & C

BSB 062592

Acct 00901302

Email: telegrappt-p.school@det.nsw.edu.au

Website: www.telegrappt-p.schools.nsw.edu.au

Year 6 into Year 7

INFORMATION NIGHT



AN INVITATION
For Year 4, 5 and 6
students and their
families to experience
College life.

Join our staff and
students in meeting
other families for a BBQ
and refreshments
afterwards.



**Port
Macquarie
Campus**

Wednesday 9 May, 6pm

School Hall, Port Macquarie Campus
Owen Street, Port Macquarie
(02) 6583 1844

Monday 14 May, 6pm

School Hall, Westport Campus
Findlay Avenue, Port Macquarie
(02) 6583 6400



Have you downloaded our free school app?

Easily access all newsletters, reminders, notes and receive emergency alerts.

Subscribe for email updates

1. Visit our website at www.telegrappt-p.schools.nsw.edu.au
2. Click the "Newsletters and Notes" heading (top menu)
3. Click on "Subscribe to receive newsletters and notes."
4. Under the "Subscribe" heading, tick the "Newsletters List" and the appropriate year lists for your children
5. Enter in your name and email address.
6. Click Subscribe
7. IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you.

Get school news via an app

Download the app called "School Enews". Open the app and search for "Telegraph".

1. iPhone and iPod Touch app: <http://iphone.schoolenews.com.au>
 2. iPad app: <http://ipad.schoolenews.com.au>
 3. Android app: <http://android.schoolenews.com.au>
- All other phones: <http://webapp.schoolenews.com.au>

VOX POP

'Voice of the people'

Name: Santi (Year 1)

What is the best thing about Telegraph Point Public School?

I like to do work and colour in. I like playing with Sam and playing with the ball and throwing it in the class.

Who is your hero and why?

Spiderman, because he has spider webs that go on top of buildings and he saves people.

What is the best thing about being a child today?

Getting to play with Lego and my doggies.

What do you want to be when you grow up?

A farmer like my Dad.



Name: Rose (Year 2)

What is the best thing about Telegraph Point Public School?

It is fun and playful and we also get to learn about stuff like Poland and different animals.

Who is your hero and why?

Rapunzel, because she is my favorite princess and has blonde hair like me and blue eyes and has long hair that you can slide down.

What is the best thing about being a child today?

Well when we grow up we don't really get to learn but when we are children we get to learn at school... and we get chocolate. Delicious!

What do you want to be when you grow up?

I want to be Rapunzel and grow up to be a Queen.



Name: Caylan (Year 2)

What is the best thing about Telegraph Point Public School?

Playing with my friend Brock and running in the playground.

Who is your hero and why?

Deadpool, because he is funny and fights bad people.

What is the best thing about being a child today?

Running, doing backflips and playing the PlayStation.

What do you want to be when you grow up?

A Pizza Man, because making pizza looks fun.

