



# NEWSLETTER

Telegraph Point Public School

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Term 2, Week 8

21<sup>st</sup> June, 2018

## CALENDAR

Week	Date	Event	Time
8	Thursday 21 <sup>st</sup> of June	Showcase performance at the Glasshouse	
9	Wednesday 27 <sup>th</sup> June	Hunter School Performing Arts Visit	10-11am
9	Thursday 28 <sup>th</sup> of June	Student Reports go home	
9	Friday 29 <sup>th</sup> June	Athletics Carnival	
10	Monday 2 <sup>nd</sup> – Thursday 5 <sup>th</sup> of July	Parent Teacher Interviews	



Busways Safety Talk Visit



How good is  
this boat!

Email: [telegrappt-p.school@det.nsw.edu.au](mailto:telegrappt-p.school@det.nsw.edu.au)

Website: [www.telegrappt-p.schools.nsw.edu.au](http://www.telegrappt-p.schools.nsw.edu.au)



## *From the Principal's Desk ...*

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*"Books are bees which carry the quickening pollen from one to another mind."  
- James Russell Lowell (1819-1891), U.S. poet, editor*

### **The Telegraph Point PS Dance Groups**

On Tuesday night The Telegraph Point PS Dance Groups lit up the stage at the Glasshouse in Port Macquarie for the Lower North Coast Dance Festival. The Senior Dance group performed a dance to Wakka Wakka (This Time for Africa) by Shikira and the Junior Dance group performance a dance to Walking on Sunshine by Katrina and the Waves.

I would like to thank Karen White and Kirsten Hendriks for all the effort and time that they spent choreographing, preparing the students, designing and making the props to ensure the success of the performances.

The Senior Dance Group has been invited to perform at tonight's finale at the Glasshouse. Best wishes to all the students tonight!

### **Performance**

Students from the Hunter School of Performing Arts will be visiting our school to perform for us next Wednesday morning. There is no cost for the performance.

### **Kindergarten Enrolments**

We are now taking Kindergarten enrolments for the 2019 educational year. If you are intending on enrolling your child next year or you know of a family that is, please contact the school office to arrange for an enrolment package.

### **Athletics Carnival**

On *Friday 29<sup>th</sup> June* we will be holding our school Athletics Carnival. Students are asked to wear their sporting house colours:

<b>Mariah – RED</b>	<b>Oxley – GREEN</b>
<b>Wilson – YELLOW</b>	<b>Hastings - BLUE</b>

### **P&C Meeting**

The next P&C meeting is scheduled to be held on Monday 2<sup>nd</sup> July at 6pm in the school library. We have a busy semester ahead and I would love to have input and involvement from as many families and community members as possible.

### **New Playground equipment made by Amy Brookes and her family!**

Last Friday, Amy Brookes delivered a new addition to our playground for our students to play on..... a boat that Amy and her family donated! The students look forward to playing in, on and around the boat during recess and lunch times. Thank you Amy!

## Charity Drive – Help our Aussie Farmers

Many farmers and farming families in Tamworth, Gunnedah, Dubbo, the Upper Hunter and other areas of NSW are doing it pretty tough right now because of increasing drought conditions. A lot of these farming families are currently going without daily necessities such as toiletries in order to redirect that money into hand feeding their livestock. Because of this we have decided to work together with the Rural Chaplin, Kempsey Stock & Land and Aussie Helpers to collect and distribute donations to farmers that are doing it tough by participating in the 'Doing it for our Farmers Toiletry Drive'.

**On Friday the 6th of July, we encourage students to participate in an out of uniform day and come to school dressed as a farmer with a donation of new and unopened toiletries that will be sent to our farmers in the Upper Hunter areas.** If you would like to support our farming families before Friday the 6th of July, the donations will be greatly accepted at the office.



### Assembly

The sitting of Parliament will occur at this week's assembly and will commence at 2pm.

### 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.

### Library

Library days and times are as follows:

Kindergarten – Mondays at 12.30pm

1/2 – Fridays at 11.30am

2/3 – Tuesdays at 2.00pm

4/5 - Tuesdays at 12.30pm

5/6 – Fridays

### 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.

### Hard Copies of Newsletter

Please be aware that from next week we will not be printing hard copies of newsletters, unless specifically requested to do so. Newsletters can be found on the website at <http://www.telegrappt-p.schools.nsw.edu.au/>, or by subscribing to the enews app (instructions on how to do this can be found later in this bulletin of the newsletter. If you do wish to receive a hard copy please call the school office on 6585 0224 and speak to Carmel or Kathryn.

## 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*

ASSEMBLY AWARDS		TERM 2, WEEK 7
5 / 6	Jesse, Geordie, Rex, Jacob & Grace	
4 / 5 & Blue Group	Anabel, Austin, Finn & Lily	
2 / 3 & Yellow Group	Abi, Olivia, Reuben & Toby	
1 / 2	Brooke, Rose, Caylan & Alannah	
KF	Zack & Riley	
KW	Tully, Kobi, Orrick & Cooper	
Reading Awards	Zoey, Toby, Ruby, Tully, Zack, Lachlan, Neo, Jaxon, Dakota & Franki	
Bronze Awards	Levi & Blake	
Congratulations to all of our hard workers!		

## Parent Teacher Interviews

All parents are invited to Parent/Teacher Interviews to speak to class teachers about their child's progress during our Week 10 interview period.

Dates and times for each teacher are listed below. Please contact the Admin office to arrange a suitable time.

Teacher	Class	Date	Time
Mrs Corthals	2/3	Monday 2 <sup>nd</sup> July	7am – 5.00pm
Mr Chalmers	5/6	Monday 2 <sup>nd</sup> July	8am – 4.00pm
Mrs White	Kinder	Wednesday 4 <sup>th</sup> July	8am – 3.15pm
Miss Hendriks	4/5	Wednesday 4 <sup>th</sup> July	8am – 4.00pm
Mr Jacobs	1/2	Tuesday 3 <sup>rd</sup> July	8am – 4.00pm
Mrs Fewster	Kinder	Tuesday 3 <sup>rd</sup> July	8am – 4.00pm



# GLASSHOUSE DANCE PHOTOS



**GOOD  
LUCK!  
AND  
DANCE  
YOUR BEST!**



# P&C News

The **Athletics Carnival** is on Friday 29th June. Please come and support the school, it is a fantastic day which is always enjoyed by the children. We are always looking for volunteers to help out on the day. Year 6 will also be fundraising on the day of the Athletics Carnival by holding a BBQ lunch that will be available to children and parents.

The next **P&C meeting** will be held on Monday 2nd July at 6pm in the school library. We will be discussing an upcoming Trivia Night fundraiser (a parent's only night!) Please come along and share any ideas you might have to make this night a success!

## BREAKFAST CLUB

Breakfast Club Monday mornings. This is complete free, kids can get toast and milo. Thanks to the parents for filling in while Michelle is away 😊

## CODING CLUB

Wednesday afternoons. Thanks David the kids really enjoy it!

## UNIFORM SHOP

Open Wednesdays, 8:30-9:00 or by appointment. For all your uniform needs, please contact Sarah Hiscock on 0409 442 378.

## CANTEEN

Open every Thursday.

Volunteers are always needed so if you can assist with canteen please contact Tracy Wilcox on 0414 855 601.

## 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](http://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>



## WELCOME TO GO4FUN

Dear parent,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

### WHEN DOES GO4FUN RUN?

Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

### WHAT DO WE DO AT GO4FUN?

Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practise.

### START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle, ball and wristbands.

Your child will also earn up to **3 bonus attendance rewards** over the ten Go4Fun sessions.

### Parents receive a \$15 fresh fruit and vegetable

**voucher for each session you attend**, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.



### WHAT RESULTS ARE WE LIKELY TO SEE?

Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4fun children now:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

### WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents."



"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." **Sue, Port Macquarie**



"Even though we knew the nutrition and exercise information before we started, it's helped us so much.

Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." **Tracey, Coffs Harbour**

### ENROL TODAY!

Registrations for Term 4, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, South West Rocks, Nambucca Heads and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

**Wauchope Term 4 program will run:**

**Thursdays 3.30pm to 5.30pm starting October 18th, 2018**

**Venue: Wauchope Public School**

To register: freecall 1800 780 900 or online: [www.go4fun.com.au](http://www.go4fun.com.au)

# VOX POP

'Voice of the people'

**Name:** Thomas (Year 2)

**What is the best thing about Telegraph Point Public School?**

*Doing maths and spelling because they help you learn and also seeing my friends.*

**Who is your hero and why?**

*Spiderman because he can web and Deadpool because he can't die.*

**What is the best thing about being a child today?**

*I can sneak through small gaps and I can help my parents do stuff.*

**What do you want to be when you grow up?**

*I want to try and make a cure for Cancer.*



**Name:** Finn (Year 2)

**What is the best thing about Telegraph Point Public School?**

*That we have lots of friends and we can play lots of things.*

**Who is your hero and why?**

*My friends because they are kind and care for me.*

**What is the best thing about being a child today?**

*That we can do a lot of things that adults couldn't do when they were children, like technology.*

**What do you want to be when you grow up?**

*A Scientist so that I can find out why Koalas eat eucalyptus leaves.*



**Name:** Cohen (Year 2)

**What is the best thing about Telegraph Point Public School?**

*That you get to play and do sports and do maths groups.*

**Who is your hero and why?**

*My Mum because she looks after me and makes sure I'm healthy and whenever I'm hurt she makes me feel better.*

**What is the best thing about being a child today?**

*You get to run around and play with friends.*

**What do you want to be when you grow up?**

*Rich! So that I can buy my Mum a house. A really big one.*

