



# NEWSLETTER

Telegraph Point Public School

177 Mooney St, Telegraph Point, NSW. 2441

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Term 3, Week 1

26<sup>th</sup> July, 2018

## CALENDAR

Week	Date	Event	Time
1	Thursday, 26 <sup>th</sup> July	NAIDOC	
	Friday, 27 <sup>th</sup> July	Tennis	
2	Tuesday, 31 <sup>st</sup> July	ICAS English	
	Friday, 3 <sup>rd</sup> August	Dental Visit	



Thank you for  
your kind  
donations towards the  
Drought Relief Drive

## African Drumming



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.....***

*"Persistence and resilience only come from having been given the chance to work through difficult problems". – Gever Tulley*

#### **Multicultural Perspectives Public Speaking Competition**

At the end of last term, Millie Read and Ella Greenwell from Stage 3 and Rex Reeve and Lily Greenwell from Stage 2 represented our school in the district Multicultural Perspectives Public Speaking Competition at Hastings Public School. All students spoke extremely well in both the prepared and impromptu speech sections. Congratulations to Rex Reeve on receiving a Highly Commended in his age group.

#### **Charity Drive – Help our Aussie Farmers**

On the last day of Term 2 we asked the children to come out of uniform and dress as a farmer for the day and bring a donation of new and unopened toiletries that will be sent to our farmers in the Upper Hunter areas. A plethora of toiletries were received on the day. Thank you to Leah Whitehair for initiating the day and facilitating the distribution of goods to our farmers and farming families in Tamworth, Gunnedah, Dubbo, the Upper Hunter and other areas of NSW who are doing it pretty tough right now because of the increasing drought conditions.

#### **Learning Goals**

Over the next three weeks, our class teachers will have individual time with each student to discuss their learning goals for the rest of this term. Students will identify specific areas in their English and Mathematical learning where they would like to improve. These informal, guided conversations are significant in assisting students to develop a deeper understanding of themselves as a learner and identify the steps they need to take in order to achieve their set goals. This process is important and powerful in supporting students to take ownership of their learning journey.

#### **NAIDOC Celebrations**

Today Telegraph Point PS will celebrate NAIDOC Day. Students will participate in a variety of activities including Aboriginal painting, Aboriginal craft, Indigenous games, Aboriginal dancing and singing and dreamtime stories.

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

#### **Under the theme - Because of Her, We Can!**

As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play - active and significant roles at the community, local, state and national levels. As leaders, trailblazers, politicians, activists and social change advocates, Aboriginal and Torres Strait Islander women fought and continue to fight, for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate our culture, language, music and art.

## **Coding Club**

Coding club has started up again this term on Wednesdays and will take place in the computer room between 3pm and 4pm. Coding club is recommended for students between the ages of 9 and 12. Thank you to Dave Reeves and Michelle for volunteering their time to run coding club this year.

## **Coding Club enters FIRST® LEGO® League**

**FIRST® LEGO® League** is a competition catering for upper-primary and lower-secondary school students. Every year, teams of up to 10 students build, program and compete with a robot, while also learning about a modern problem in science and engineering and developing solutions for it. The entire competition for the year is based around one of these themes: Past themes include natural disasters, senior citizens, food health & safety, climate change, medical science, and nanotechnology. Tournaments are run with the feel of a sporting event, and teams compete while having lots of fun.

## **African Drumming Performance.**

Yesterday, our students were taken on a memorable journey of West African musical culture and shared in a creative learning experience. Students were engaged in a mix of drumming, African rhythms and musical games. Students were also grooving too, with some tribal dancing and singing included along the way. The performance ended with a full school jam session!

## **School Assembly**

There will not be an assembly this week.

## **Muddle Top House – Early Learning & Out of Hours Care**

The Muddle Top House – Early Learning & Out of Hours Care is now OPEN for business! Conveniently located on our school grounds its operating hours are as follows:

Long Day Care 6.30am - 6.30pm

Before School Care 6.30am - 9.00am

After School Care 3.00pm - 6.30pm

Vacation Care 6.30am -6.30pm

Email: [info@muddletophouse.com.au](mailto:info@muddletophouse.com.au)

Facebook: Muddle Top house

## **Meet and Greet, Nibbles and Drinks!**

On Monday 13th August our P&C will be hosting a '**Meet and Greet, Nibbles and Drinks!**' at 6pm in the school library. Come and meet with our new P&C members. We would love to see as many parents and community members on the night.

We have a busy semester ahead and I would love to have input and involvement from as many families and community members as possible.

### Kindergarten Enrolments

We are now taking Kindergarten enrolments for the 2019 educational year. If you are intending on enrolling your child next year please contact the school office.

### When to start school

Your child can start Kindergarten at the beginning of the school year if they turn five on or before 31 July in that year. By law, all children must be enrolled in school by their sixth birthday.

### Data collection

Teachers will identify students who are receiving adjustments and data will be collated accordingly. The information collected will not explicitly identify individual students. Protecting the privacy and confidentiality of all students and their families is essential and an explicit focus of the national data collection.

### 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.

### Crunch 'n Sip

Once again Telegraph Point PS will be a 'Crunch 'n Sip' school. This means that all students from K-6 are asked to bring some fresh fruit and vegetables to eat during the morning session. This is a great way to promote healthy eating and set positive life-long habits. Easy ideas are grapes, carrots, apples, capsicum, watermelon or cherry tomatoes.

### 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

### Hard Copies of Newsletter

Please be aware that 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.

### 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.**

*Duncan Adams, Principal*



## An open invitation and insight to what the P&C does.

The P&C are here to help the school provide much needed educational and sporting equipment such as books for the library, technology for classrooms, sporting equipment and we also organise social events for our children.

The P&C is a great way to meet people and teachers and get involved with decisions that effort all our children.

Our next big fundraiser will be a drive to raise money for the new technology required in all the children's classrooms. Please add the date in your diaries for this event. This will be a Trivia Night to be held at the Butter Factory on 27<sup>th</sup> October. This will be a 'kid free' night.

We are determined to raise enough money to purchase the teachers wish lists.

Come along to our next meeting on the  
13th August at 6pm in the school library we're we will do a meet and greet with our P&C.

Nibbles and drinks will be provided so come relax and join in.

You may not think you have the time but being involved doesn't mean you have to be at every meeting or school function. A simple gesture of getting involved no matter how big or small is so appreciated!

Kind regards your P&C 😊

Small changes,  
big differences.



### Triple P Parenting Program

Triple P is one of the world's most successful parenting programs.

Learn to manage common problems in this four-week course.

Learn simple and practical ways to:

- Build a strong, healthy family
- Raise happy and confident children
- Manage your children's behaviour
- Prevent common pitfalls.


Triple P is free to families with children aged from 0 -12 years.

**When: Mondays 30th July to 20th August**

**Time: 10 am-12 pm**

**Where: Uniting Burnside 7 Sherwood Road Port Macquarie**

**Get in Touch: T: 6581 6600**



**Muddle Top House**  
Early Learning & Out of Hours Care

Long Day Care 6:30am - 6:30pm  
Before School Care 6:30am - 9:00am  
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Website: [www.muddletophouse.com.au](http://www.muddletophouse.com.au)  
Facebook: Muddle Top House

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## 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>



## Live Life Well @ School

### Active Kids Learn Better

Children who participate in regular physical activity have:

- improved concentration
- better school attendance
- reduced inappropriate behavior
- better on-task classroom attention

Vigorous physical activity leads to higher exam results too!

Tips to keep your child active:

- walk or ride to school once a week or more
- enjoy active family time at the park or beach
- set screen time limits and replace with active play



## Live Life Well @ School



### Free online nutrition program for children aged 4-11 years to get healthy

The University of Newcastle is offering this study to help improve children's eating habits, it includes:

- 2 dietitian telehealth consultations
- 3 months access to nutrition website
- parents facebook support group

Recruitment is open until 31 July 2018, spaces limited.

To register click [here](#)  
Or email [b2bfamily@newcastle.edu.au](mailto:b2bfamily@newcastle.edu.au)

## Live Life Well @ School



Average cost  
\$1.80

Average cost  
\$4.40

### Healthy lunchboxes save money

Compare the lunchboxes above. Cost comparisons using a leading supermarket saves you \$2.60 a day. That's a saving of \$515 per year for 1 child!

For more information: [Let's Look at Lunches](#)

## Live Life Well @ School



### Fruit & Veg'tember

Fruit & Veg month is from 3rd - 28th September, aiming to help Aussie kids eat more fruit & veg. Here's some great ideas to get fun & fruity or very veggie with your kids!

- nibble on nature's snack: fresh fruit!
- role model eating veg each meal
- talk about where fruit & veg come from
- let your child pick a new veg each week

For more information: [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

## Live Life Well @ School

### Signs of excessive screen time in children:

- Eye strain
- Poor sleep
- Overweight
- Learning impacts
- Postural discomfort



### Parent tips to reduce screen time:

- ✓ Start with small reductions to lessen resistance
- ✓ Plan screen free time like outdoor play, dancing to music or a nature walk
- ✓ Lead by example, aim to reduce your own screen time
- ✓ Reward good behavior with one on one parent-child time
- ✓ Turn off devices 1 hour before bedtime

# Telegraph Point Public School Canteen Menu – 2018



**Open Thursday Only**



## HOT FOOD

Party Pies	\$0.80	Mini Sausage Rolls	\$0.80
Lasagna	\$3.00	Pizza Ham&Pineapple	\$2.00
Chicken Nuggets or Fish Cocktails		Noodle Cup	\$2.00
4Pack	\$1.50	Chicken & Corn Roll	\$2.00
8Pack	\$3.00	Tomato or BBQ Sauce	\$0.20
Mac & Cheese	\$3.00	Honey Soy Chicken & Rice	\$3.00

.....  
No Order Bag a Charge of \$1.00 per order is to be included.  
.....

## DRINKS

Oak Milk 300ml	\$2.00	Chocolate, Strawberry, Vanilla
Juice Poppers	\$1.00	Apple, Apple/Blackcurrant, Orango/Mango
Water Bottle	\$1.00	

## TREATS

JJ Chicken Chips	\$1.00	Red Rock Honey/Soy Chips	\$1.00
TNT Icy pole	\$0.50	Yogo Snap	\$0.50
TNT Sour Stick	\$1.00	Jelly Sticks	\$0.20

## TO ORDER:

1 On a paper sandwich bag write:

Name	Class
3 pies	\$2.40
1 tomato Sauce	\$0.20
1 Choc Milk	\$2.00
<b>Total</b>	<b>\$4.60</b>

2 Place money in the brown sandwich bag

3 Child to place sandwich bag in black mail box on left side of the stage on arriving at school

4 If you would like for your child to buy a treat after lunch, send them with a small amount of money to buy their treat. This gives the children the confidence to purchase items from a shop on their own.

Any questions please contact the School on 65850224 or Tracy Wilcox 0414 855 60.

New Volunteers would be great, please give me a call.

Thanks Tracy



# Telegraph Point Public School

## TERM 3

Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 <i>July</i>	23 Staff Development Day	24 African Drumming 1.45 – 2.45pm	25	26 NAIDOC Day	27  Tennis
Week 2 <i>July/Aug</i>	30	31	1 2		3 Dental Visit  Tennis
Week 3 <i>August</i>	6 EDUCATION WEEK	7 CEREMONY OF EXCELLENCE	8	9	10 LIBRARY VAN
Week 4 <i>August</i>	13	14	15	16	17 District Athletics Carnival BOOK FAIR – SCHOLASTIC 
Week 5 <i>August</i>	20 Book Week	21	22	23	24
Week 6 <i>Aug/Sept</i>	27	28	29	30	31 LIBRARY VAN
Week 7 <i>September</i>	3	4	5	6	7
Week 8 <i>September</i>	10	11	12	13	14
Week 9 <i>September</i>	17	18	19	20	21
Week 10 <i>September</i>	24	25	26	27	28 LAST DAY TERM 3

Term 3 – 2018 – Tuesday, 24<sup>th</sup> July – Friday, 28<sup>th</sup> September

Term 4 – 2018 – Monday, 15<sup>th</sup> October – Friday, 21<sup>st</sup> December

# VOX POP

'Voice of the people'

**Name:** Blake C (Year 4)

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

*I like how we have a computer lab.*

**Who is your hero and why?**

*Mum and Dad because they always support and care for me because they love me.*

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

*Being allowed to play my Xbox more than adults.*

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

*A Soccer Player for the Newcastle Jets and the Australian Socceroos.*



**Name:** Jesse (Year 4)

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

*That I get to run around and annoy people.*

**Who is your hero and why?**

*My Dad because he buys me a lot of stuff and my Mum because she takes me everywhere.*

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

*That I get to learn how to do stuff like riding my motorbike.*

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

*A pro at doing wheelies on my motorbike.*



**Name:** Blake B (Year 5)

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

*Working with other students, sports and maths.*

**Who is your hero and why?**

*My friend Jack because he is nice and kind and doesn't get me in trouble.*

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

*Going to school every day and seeing friends.*

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

*An Explorer in a virtual reality.*

