

NEWSLETTER

Telegraph Point Public School

177 Mooney St, Telegraph Point, NSW. 2441

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Term 3, Week 6

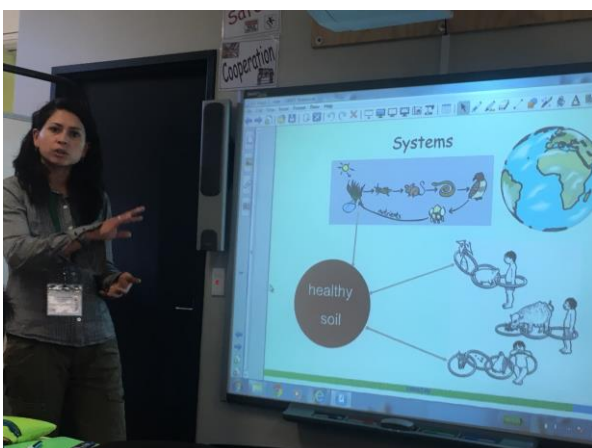
29th August, 2018

CALENDAR

Week	Date	Event	Time
6	Thursday 29 th and Friday 30 th August	Father's Day Stall	
	Friday, 31 st August	Library Van	
7	Tuesday, 4 th September	R.L. Gala Day 5/6	
	Friday, 7 th September	Special Assembly – All classes	2pm
8	Friday, 14 th September	Kinder to Billabong Zoo	



Enviromentors Day



**Father's Day Stall
will be held
Thursday and Friday**



Happy Father's Day to all our dads

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

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



From the Principal's Desk ...

'Our children can achieve great things when we set high expectations for them.'

- Jeb Bush

Book Week

Thank you to all students, staff and parents who made Book Week at our school so successful. We sold over \$1500 in books at our school Book Fair.

Father's Day Stall

On Thursday and Friday this week the P&C will be having a Father's Day Stall. Over the two days students will have an opportunity to purchase a gift for a significant male in their lives.

Lower North Coast (LNC) Athletics Carnival

I would like to wish Levi Ward and Shaylee Wilcox all the best in their individual events at the LNC Athletics Carnival this Friday where they will be representing our school and the Hastings region.

EnviroMentors Visit

Last Friday our school had a visit from EniroMentors. EnviroMentors was established in 1994 (then known as Waste Watchers) to bring environmental education to our younger generations. By educating and developing skills early in life, the program works with local councils in NSW to set up good habits to keep us on track to becoming a more sustainable and environmentally friendly communities. Our Kindergarten classes, 2/3 class and 4/5 class learnt about waste and the ways we can reduce and recycle our waste.

EniroMentors will be back on the 14th September to conduct sessions with our 1/2 and 5/6 classes.

David Tsirekas – Greek Celebrity Chef coming to Telegraph Point PS!

The 4/5 students of Telegraph Point PS will be putting on to a celebratory banquet lunch this Friday for their parents. This banquet will be prepared, cooked and served by the students, under the guidance and instruction of famous Greek chef, David Tsirekas. This activity is in culmination of our participation in the amazing 'Week of Tastes'. As part of this program, we completed a series of fun exercises in order to:

- enrich our vocabulary by creating a new lexicon for taste,
- discover how all 5 senses are used to appreciate food,
- develop a positive attitude towards tasting new food.

The Draft Menu for Friday....

The draft menu consists of fabulous Greek dishes such as Tzatziki, BBQ haloumi, lamb skewers, Greek salad and baked filo pies. This is to be 'washed down' with ice tea with spice and citrus, and Greek Mountain Tea.

David Tsirekas will join our 4/5 class for the "Week of Tastes" program this week.

David Tsirekas has a wealth of culinary expertise, in particular his role as group executive chef for Universal Hotels which has its famous flagship Greek restaurant, 1821, in Sydney. David was awarded his first Sydney Morning Herald Good Food Guide hat in 2001 for his work at Perama restaurant. Since then, David has received numerous hats and accolades celebrating his mouth-watering cuisine.



P&C Meeting – Change of Time and Date

The next P&C meeting will be held **on Wednesday, 19th September at 2.30pm** in the back COLA. **Afternoon tea will be provided.** We have a busy semester ahead and I would love to have input and involvement from as many families and community members as possible.

Whole Staff Professional Learning

Over the course of the next two terms our staff will be undertaking professional learning and reflecting on their teaching practice using evidence based research. Currently our staff are reading, analysing and discussing the document, 'What works best: Evidence-based practices to help improve student performance'. This document was written as a review by the Centre for Education Statistics and Evaluation (CESE).

Our school will be targeting the themes of 'High expectations' and 'Effective feedback' this term.

Did you know?

- **Feedback** is one of the most powerful influences on student achievement.
- **Feedback** that focuses on improving tasks, processes and student regulation usually has a positive effect.

Library Van

This Friday, 31st August the Library Van will be visiting our school. A reminder to all students to remember to return their Library Van books on or prior to this visit.



Daffodil Day

Daffodil Day is the annual fundraising event for the Cancer Council. Our school supported this initiative alongside many other schools in the Hastings and Camden Haven. A group of students, known as the WASCALS, from Hastings Secondary College Westport Campus visited our school on last Friday to talk to students about the work of the Cancer Council and to collect donations from our school.



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.

School Assembly

This term there will be a **special assembly on Friday 7th September with all classes performing an item on this day.**

There will be a normal school assembly this Friday starting at 2.15pm.

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
Website: www.muddletophouse.com.au
Facebook: Muddle Top house



Kindergarten Transition

During Term 4, Telegraph Point PS will start Kindergarten Transition. Kindergarten Transition is an opportunity for students who are starting school next year to start to get to know their teacher, make new friends, engage in fun and exciting learning programs, and familiarise themselves to the routines and structures of primary school. The dates and times for kindergarten transition are outlined below:

Monday 19 th November 2018	9.30am - 11.30am
Tuesday 20 th November 2018	9.30am – 11.30am
Wednesday 21 st November 2018	9.30am – 11.30am
Thursday 22 nd November	9.30am – 11.30am
Friday 23 rd November 2018	9.30am – 11.30am

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.

Crunch 'n Sip

Telegraph Point PS is 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.



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 – Thursdays at 12.30pm

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



P&C News

Dates to remember:

Remember 27th October for the Trivia night which will be held at the Butter Factory (kid free night – will be limited babysitting spots at the location).

Next P&C meeting will be on Wednesday, 19th September at the back COLA at 2.30pm
Afternoon tea will be provided.

Fathers' Day stall will be on 29th and 30th August

Thank you to the parents who have helped the school and the P&C so far this term, we all have busy lives but it's wonderful to have your support. We are on track for great things for the school and kids.

Kind regards your P&C 😊

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>





TELEGRAPH POINT PUBLIC SCHOOL UNIFORM SHOP

By appointment

177 Mooney St
Telegraph Point NSW 2441
Phone 0409 442 378
Email: tppsuniforms@gmail.com

HI ALL!!! Just a few things...

Hours

Due to a change in my working hours, the uniform shop will now be run by appointment only. Contact details above. If you need something, get in touch and I can arrange a time to come into the school or for things to be picked up from the office, usually on a Wednesday or a Thursday.

School Polo Shirts

I am still waiting on the first order from a new supplier, which is why it is taking so long. It is expected to arrive before the holidays. Could those waiting on shirts, please let Carmel know the size and quantity and leave a phone number and I will contact you as soon as they come in.

Second Hand Items

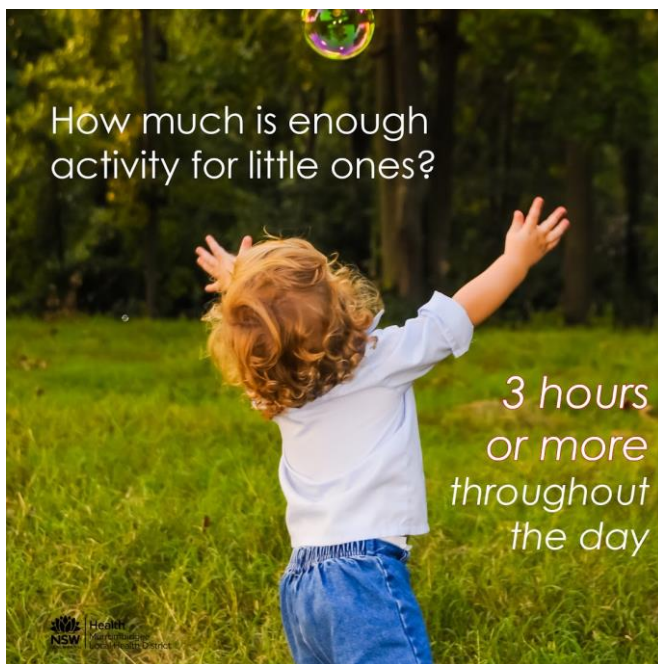
I am also looking for donations of good used condition second hand shirts if you have any, or know of someone with some, they would be greatly appreciated.

Can't believe we are half way through term 3, where has that time gone!!!

Cheers!!

Sarah Hiscock

P&C Uniform Shop Co-ordinator



**WORLD'S
BEST
DAD!**

David Tsirekas to launch mod Greek restaurants in Chicago

SCOTT BOLLES May 7 2018



1821's head chef, David Tsirekas, has been poached to launch two mod Greek restaurants in the US.

The world has taken note of Sydney's mod Greek revolution (hello Alpha, Opa and Ble) and where better to take inspirations from than Pitt Street's 1821, the restaurant named after the Greek revolution against the Ottomans.

1821's head chef, David Tsirekas, has been poached to oversee the launch of two mod Greek restaurants in the US after Chicago mega restaurateur Louie Alexakis flew into Australia to check out what all the fuss is about with our Greek food and fell in love with Tsirekas's cooking.

"Chicago, after Melbourne, has one of the highest Greek populations in the world. He liked the twist we're putting on Greek food here, so I'm going over to help launch two restaurants: one a funky, hip taverna, the other place is more upmarket," Tsirekas says.

Chicagoans can expect his quirky take, including Greek san choy bau and pita siders. Tsirekas isn't severing ties with 1821.

While Luiza Gomes is stepping in as the new head chef at 1821, Tsirekas retains a group executive chef role while still being able to dabble in consultancy projects.



David Tsirekas' pork belly baklava. Photo: Jennifer Soo

One of those will be in Brisbane, where he'll oversee the kitchen at the soon to open Nostimo Restaurant at The Greek Club, which has had a \$3 million spit and polish.



Getting Ready for Celebrity Chef Visit

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

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

VOX POP

'Voice of the people'

Name: Bailee (Year 4)

What is the best thing about Telegraph Point Public School?

Probably my friends and sports.

Who is your hero and why?

Lauren my neighbor because she is nice and does stuff for me.

What is the best thing about being a child today?

Probably that you can play and meet new people.

What do you want to be when you grow up?

A Vet, so that I can help animals.



Name: Taelor (Year 4)

What is the best thing about Telegraph Point Public School?

Class sports and representative sports.

Who is your hero and why?

Myself, because I'm really active.

What is the best thing about being a child today?

You don't have to go to work.

What do you want to be when you grow up?

I want to own a Surf Shop in Port Macquarie close to the beach.



Name: Lily (Year 4)

What is the best thing about Telegraph Point Public School?

That you can make lots of friends and have fun with them and that you have lots of good opportunities.

Who is your hero and why?

My Mum and Dad because they always look after me and make me happy when I'm sad.

What is the best thing about being a child today?

You don't have to pay for your own food and you're not old and wrinkly.

What do you want to be when you grow up?

A Vet, so that I can look after animals and help to save endangered species.

