

NEWSLETTER

Telegraph Point Public School

177 Mooney St, Telegraph Point, NSW. 2441

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

Term 4, Week 3

31 October 2019

CALENDAR

Week	Date	Event	Time
Wk 5	15 November	Library Van	
Wk 5	11-15 November	Kinder Readiness	9.30-11.30am
Wk 5 & 6	11-22 November	Intensive Swim Scheme	12.30pm-2.45pm
Wk 6	Saturday 23 November	Country Fair	9am-2pm



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

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

*"A river cuts through rock not because of its power, but
because of its persistence"*

School Swimming Scheme

Aquatic activities play a significant role in the lifestyle of many Australians. Therefore it is essential that students are aware of the importance of water safety and are equipped with the necessary skills of safety and survival.

The School Swimming and Water Safety Program is a learn to swim program that develops water confidence and provides students with basic skills in water safety and survival. The program provides opportunities for students in primary school to attend daily lessons over two consecutive weeks. **Our School Swimming Scheme will commence on Monday 11 November until Friday 22 November.**

Students need to bring their swimmers, hat, towel and sunscreen.

Students in Years 2-5 are asked to return their note and money for the School Swimming and Water Safety Program as soon as possible to secure your child's place. If you have any questions or concerns about the program please don't hesitate to contact the school.

Halloween Disco

A BIG thank you to the P&C for all their efforts and enthusiasm in organising a very successful Halloween Disco on Friday night. It was wonderful to see the students dressing up and enjoying the evening as well as supporting the P&C to raise funds for the school. Thank you to DJ White who was spinning the tunes on the night.

Tacking Point Lions Club Public Speaking Competition

In each class all students will be writing and preparing a speech on a topic of their choice for the Tacking Point Lions Club Public Speaking Competition. After the students present their speech to their class, two students from each class will then be chosen on merit to present their speech in the final on Friday 8 November. Members from the Tacking Point Lions Club will adjudicate the final. There will be a complimentary sausage sizzle for all students and parents at the conclusion on the competition.

Assembly

There will be a special assembly run by Kindergarten this Friday commencing at 2pm.

Kindergarten Parents Meeting

Last Monday, Karen White and I conducted a meeting for new Kindergarten parents. At this meeting Karen and I outlined the academic, social and emotional outcomes and experiences that students attending kindergarten will undertake next year. We currently have 17 students enrolled in Kindergarten for the 2020 educational year.

Kindergarten Enrolments

We are now taking Kindergarten enrolments for the 2020 educational year. If you are intending on enrolling your child next year please contact the school office.

Kindergarten Transition

This term 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 11 November 2019 – 9.30am – 11.30pm

Tuesday 12 November 2018 – 9.30am – 11.30am

Wednesday 13 November 2018 – 9.30am – 11.30am

Thursday 14 November – 9.30am – 11.30am

Friday 15 November 2018 – 9.30am – 11.30am.

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.

Muddle Top House – Early Learning & Out of Hours Care

The Muddle Top House – Early Learning & Out of Hours Care. 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

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.

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 confidential. We would like to see all students involved in our planned activities and if finance is a problem please make contact.

Communication

As always, if you have an issue or concern please contact the classroom teacher or myself through the front office. From time to time issues arise at school. This is perfectly normal for any school setting so if you have any questions, issues, enquiries or you want feedback on any aspect of your child's schooling please ring to make a mutually convenient appointment time with your child's teacher, or myself.

Kind Regards,

Duncan Adams

School Principal

Koala Smart – A project of the Port Macquarie Tacking Point Lions Club

Last week some of our students attended the Koala Smart schools exhibition and awards afternoon at Port Macquarie Panthers.

Congratulations to the primary school winners, North Haven Public School for “Thinking Outside the Box” and coming up with a raft of ideas for improving public awareness including a “hero Koala” to feature in a TV show designed to educate children about koalas and the environment in general and the secondary school winners Kempsey Adventist Secondary for their Koala 000 phone app which the students are keen to see developed and adopted. Dr Montague-Drake said “this fantastic app will alert the Koala Hospital in real time to koalas requiring assistance”. Well done to all schools who participated.



Wilson

Fresh Food Friday



Thank you to our Garden Club who supplied Vege Out Café with the spinach for last week's Fresh Food Friday lunch. The spinach and ricotta rolls were delicious!

Don't forget Wednesday afternoons at school pick up time our Garden Club have their home grown fresh produce for sale.

Lost Property from Canberra Excursion

We have received back from the hotel quite a lot of property which was left behind by the campers. We have gone to some trouble to get all this back, so would appreciate your time in carefully checking the photos below to see if any of the property belongs to your child. If it does, it is in the school office awaiting pick up.

We will hold onto the property for 2 weeks only (that is, until 14 November 2019). After that everything still unclaimed will be disposed of.





Assembly

Award Winners: Term 4, Week 1



KW Max, Amelia, Will, Grace & Taj

1/2J Maddison, Phoenix, Jaxon, Alice & Aurora

1/2C Coopah & Eli

3SC Abi, Ardiene, Ellyze, Ruby, Jordyn, Brooke, Zac & Scarlett

4/5H Sophie, Samantha, Hannah, Alaric & Christopher

5/6C Grace, Daniel, Millie, Bailee & Lily

Reading Charlotte, Jaxon, Sebastian, Donovan, Rachel, Taj, Arabella, Riley, Brooke & Alice



Assembly

Award Winners: Term 4, Week 2



KW Arabella, Harrison, Leeroy, Charlotte & Mitchell

1/2J Caylana, Phoenix & Riley

1/2C Myley, Drake, Joshua & Dakota

Mrs Mavros Sierra & Maya

Reading Harrison, Grace, Mitchell & Lincoln

3SC Ellyse, Sam, Ardiena, Toby, Brock & Abi

4/5H Blake, Shakirah & Demi

5/6C Jordon, Chris, Jabin, Ceara & Kurt

TPPS CLASS SPOTLIGHT

1/2J - Wind cars

Last week we were talking about renewable energy in Science. We all made a wind car because wind is renewable. We got partners or a group of three and worked together. We got lots of items to use, cups, paper plates, bowls, straws and not forgetting sticky tape. The first time we tested the cars there were lots of designs. Lots of people tried to build sails. It was very interesting watching all the cars go. Everyone found out that cups worked the best because they catch more wind. When we tried a second time every person tried cups! We also realised that putting a straw for the skewer to spin in helped the wheels spin much better. Having straight wheels helped it go further too! The second time everyone changed their cars in different ways and they went much further than last time. I think all the cars were great! I also think that concludes our writing about cars, we hope you enjoyed our writing about wind powered cars.

By Phoenix and Alice



P&C Meeting

Save the Date: **4 November 2019 at 6pm in the School Library**

What is a P&C Association? A Parents and Citizens' Association (P&C Association) is a school-based organisation consisting of parents, teachers and interested citizens. They are created to bring the school and the community into close cooperation. The P&C plays a vital role in providing facilities and equipment for the school. By working together we can make a difference. It's never too late to join.



Country Fair



Save the Date: **Saturday 23 November 2019**

Notes were sent home asking for volunteers for the fair with time slots to choose from, we are in need of people for the 7-9 slot and the 1-3, if you could please return your filled in note by Tuesday 5 November so we can work on a roster we would greatly appreciate it.

We have some new games and challenges for the day such as "toss a loo roll" and the "Lego Builders Challenge" and Lego guessing competition, it's shaping up to be a great day out for everyone.

UNIFORMS

We have replenished our T-shirt stock so drop by and see Belinda for all your uniform needs ready for the 2020 school year.

HALLOWEEN DISCO

Thank you to everyone who came along to the disco, it was a fun night and it was great to see so many awesome costumes!!! And a big thank you to all the helpers, without you these events are not possible and your help is greatly appreciated. And another huge thank you to our amazing teachers who yet again went above and beyond the call of duty to make it a fantastic night with lots of fun and spooky dances.



Kind Regards,
Mary Cas
P&C President

Community News



**Australian
Childhood Anxiety
TREATMENT STUDY**

Free home-based
assessment and treatment for
7 to 12 year old children with
fear and anxiety disorders.

Does your child become very afraid of certain
situations or objects, worry about a lot of things,
get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist
you. We are conducting a nationwide study that
includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with
a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-
based treatments delivered on a PC, laptop or
tablet; and
- Two follow-up telephone assessments with a
trained psychologist 6- and 12-months after
treatment to track your child's progress.

The study aims to find out if these two treatments are
as effective as each other, and which children have
the best response to each kind of treatment. This will
mean that there are more evidence-based treatments
available for helping anxious children.

About the treatments

Each treatment involves your child completing
treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical
strategies to better manage anxiety.

- One treatment helps children learn to control the
focus of their attention on helpful things around them.
- The other treatment helps children learn to think
differently and approach things they fear.

Each treatment includes information, telephone or
email support for parents in assisting their child to
better manage anxiety.

Prior studies have shown that children who complete
each treatment experience significant reductions
in anxiety.

Contact us

This study is being funded by the National Health
and Medical Research Council and is led by Professor
Allison Waters and a team of experts in childhood
anxiety disorders.

For more information about our study and our team, or if
you would like your child to participate, please contact us:

(07) 3735 3351

cadrp@griffith.edu.au

griffith.edu.au/childhood-anxiety-treatment-study



GU Ref No: 2019/146



**Cancer
Council
NSW**

SunSmart Snippet

The simplest way

... to know when sun protection is
required.

UV is not like the sun's
light which we see, or
the sun's warmth
which we feel. Our
senses cannot detect
UV so it can be
damaging without us
knowing.

**Protect yourself in five ways
when the UV is 3 and above**



Sun protection is required today from _____ to _____
Maximum UV Index _____

Access the SunSmart app for more information on the SunSmart app.
© 2019 SunSmart.org.au



**When UV is 3 or above you need to SLIP,
SLOP, SLAP, SEEK, and SLIDE!**

Go to www.sunsmartnsw.com.au/resources to
download our free resources to document your
local daily sun protection times and help you
implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools
SunSmart status by heading to www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute
significantly to a child's overall diet. It is important
to try and keep unhealthy treat foods out of the
lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthyhunchbox.com.au

healthyhunchbox.com.au



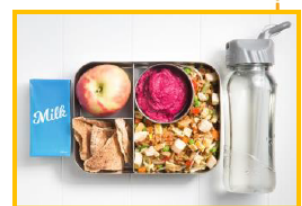
Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for
the first time can be
overwhelming. Here are
our top tips for new
kindy parents:



- Pack something
from each of the 5 food groups plus water.
Check out our [lunch box builder](http://healthyhunchbox.com.au) for ideas.
- Keep foods fresh and safe by packing an ice
brick or a frozen water bottle to keep lunch
cool.
- Make sure your child can open the lunch box
and containers.
- From day 1, make vegetables a habit in the
lunch box.
- Remember it is 'OK to say NO' to unhealthy
foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box
examples visit healthyhunchbox.com.au

healthyhunchbox.com.au

'Voice of the People'

Ruby



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have my cat, dog and everything in my bedroom.

Q: If you wrote a book, what would it be about?

A: My book would be about my life story so far.

Q: If you could have a super power, what would it be?

A: My super power would be the ability to teleport, so I can go to Hogwarts at any time.

Blake



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: In my cave I would have my family, electronics, charger and WiFi.

Q: If you wrote a book, what would it be about?

A: I would write a book about nothing.

Q: If you could have a super power, what would it be?

A: I would have the power to become invisible.

Jacob



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have in my cave lots of room for my family, Xbox, TV, phone and charger, power points, food, fridge and oven / stove.

Q: If you wrote a book, what would it be about?

A: My book would be about what the best video games are and what you should get in them.

Q: If you could have a super power, what would it be?

A: My power would be the ability to slow down time.

Hannah



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have in my cave a fire pit, water, food and room for my friends and I to hang out.

Q: If you wrote a book, what would it be about?

A: My book would be about why sisters are better than brothers.

Q: If you could have a super power, what would it be?

A: I would have the power to read minds.

Christopher



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have a pit fire, a TV and my bed in my cave.

Q: If you wrote a book, what would it be about?

A: I would write a book about goats and why they make great pets.

Q: If you could have a super power, what would it be?

A: My super power would be the ability to teleport so I could go where ever I want to go.

Ellyse



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: In my cave I would have rocks, sticks, pebbles, boulders and a pair of sunglasses.

Q: If you wrote a book, what would it be about?

A: I would write a book about animals of Antarctica.

Q: If you could have a super power, what would it be?

A: I would have the power of levitation.

Mahlí



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have in my cave my bed, food supplies and an iPad.

Q: If you wrote a book, what would it be about?

A: My book would be about how to improve the environment.

Q: If you could have a super power, what would it be?

A: My super power would be to the ability to go invisible so I could sneak up on people.

Jesse



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: In my cave I would have a kitchen and food supplies.

Q: If you wrote a book, what would it be about?

A: I would write a cookbook on how to make desserts.

Q: If you could have a super power, what would it be?

A: I would have the power to teleport so I can get to where I would like to go quicker.

Gracie



Year 4/5H

Q: If you made a cave in the woods, what would be inside it?

A: I would have a bear and an unlimited supply of cake in my cave.

Q: If you wrote a book, what would it be about?

A: My book would be about the magical adventures of Tobie, my brother.

Q: If you could have a super power, what would it be?

A: With my super power I would be able to click my fingers and do anything I want to do.