

NEWSLETTER

Telegraph Point Public School

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Term 3, Week 7

4th September, 2019

CALENDAR

| Week | Date | Event | Time |
|---------|-------------------------------|---------------------------------|------|
| 7 | Monday 2 – Friday 6 September | Years 4, 5 & 6 School Excursion | |
| 9 | Friday 20 September | Library Van | |
| | | | |
| T4 Wk 6 | Saturday 23 November | Country Fair | |



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

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

"Persistence and Resilience only come from having been given the chance to work through difficult problems."

- Gever Tulley

We are now past the mid-point of what is an extremely dynamic and diverse Term 3 of the school year. It has been wonderful to watch the children from all classes engaged in so many learning experiences across the last few weeks and the varied nature of those experiences will only expand in the next five weeks of the term.

Dr. Michael Carr-Gregg's Visit to Port Macquarie

Message

This week we had the opportunity to take Stage 3 students to Hastings Secondary College to listen to the world renowned psychologist, Dr Michael Carr-Gregg. You may recognise him as the resident 'go to expert' who appears regularly on Sunrise advising on all matters of parenting. This was a Hasting Valley Community of Schools initiative aimed at providing our students and the wider community with valuable information to support students and families manage the challenges of adolescence.

Some reflections from our students:

"We need to be responsible online so our parents can trust us and to keep us safe"

"Faking my age on social media is a huge risk"

"If people start chatting to us on line, we shouldn't chat back. It's not safe."

"I will spend less time on technology and wait until I am the right age before using apps like Facebook, Instagram and Snapchat"

There was also a parent session which was both entertaining and incredibly informative. Raising adolescents is undoubtedly a challenge for us all. Promoting our teens' safety, understanding their developing brains, navigating the ups and downs are all difficult tasks. Especially challenging is attempting to do this whilst also preserving our relationships and maintaining harmonious homes. Dr Carr-Gregg was frank about what parents can do and shouldn't do to support their teens to develop resilience and gave some great key points of reference.

How would a parent know if their child is travelling ok?

- Do they have friends?
- Have they emancipated from adult carers?
- Do they understand and enjoy school?
- Do they have a spark-something that they feel passionate about?

Top 5 mistakes Parents make with Teenagers

- Lack of consistency
- Not listening
- Yelling
- Being a friend rather than a parent
- Attacking the person rather than the behaviour

There is more information available at Dr Carr-Gregg's website and he has numerous books on parenting and raising adolescents. We hope to bring Dr Carr-Gregg back to Port Macquarie in the future for more sessions.

<http://michaelcarrgregg.com/resources-2>

SAS Recognition Week

Message

Last week was School Administrative and Support (SAS) Staff Recognition Week, a time to acknowledge and thank the often unsung heroes in our public schools. Our SAS staff play an important role in the school community. They are often the first people you see when you enter a school and are essential to maintaining positive relationships with students, parents and the community. I would also personally like to acknowledge and thank Kathryn, Chris, Madi, Eian and Sharon for the valuable work that they perform and their contribution to supporting great teaching and learning outcomes in our school.

Canberra Camp

Message

Students in Years 4, 5 & 6 arrived safely in Canberra this Monday and have so far been enjoying a range of wonderful camp activities and excursions to places like Parliament House. Look out for students' camp reports in next fortnight's newsletter and stay up to date with the excitement by following along on Facebook.



Assembly

Message

There will **NOT** be an assembly this week due to the Canberra Excursion.

Kindergarten Transition

Message

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 11 November, 2019 | 9.30am – 11.30pm |
| Tuesday 12 November, 2019 | 9.30am – 11.30am |
| Wednesday 13 November, 2019 | 9.30am – 11.30am |
| Thursday 14 November, 2019 | 9.30am – 11.30am |
| Friday 15 November, 2019 | 9.30am – 11.30am. |

Kindergarten Enrolments

Message

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.

When to Start School

Message

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. 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

Message

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.

Support Staff

Message

This week we welcome a new addition to our SASS team. Amanda Murray will be providing additional Office Support throughout the remainder of this term and we hope you will make her feel very welcome.



Q: If you could be in any movie, which would you choose and what character would you play?

A: Wonder Woman in the new DC superhero films.

Q: If you could be the master of one skill, what would it be?

A: A pastry chef.

Q: Where in the world would you most like to travel?

A: Somewhere isolated and tropical like the Maldives

Hastings Secondary College Year 6 Student Talks

Message

Last Friday, our Year 6 students had a visit from representatives of the executive of the Hastings Secondary College. During this visit our students were presented with information on the various academies. The timeline for applications for 2019 academy classes is:

2019 timeline: Academy applications and Personal Interest Project (PIP) class selection

Week 6

Visits to partner primary schools

Wednesday 28th August - 2017 Academy Applications "open"

Week 8

Wednesday 11th September - Academy applications due - applications are optional.

(Note: new enrolments may apply after this date depending on positions available at their campus)

Wednesday 11th September - PIP selection forms due - all students must complete.

Term 4, Week 3

Letters to students/families regarding academy applications sent.

Muddle Top House – Early Learning & Out of Hours Care

Message

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

Financial Assistance

Message

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 that 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

Message

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, Assistant Principal or myself.

Kind Regards,
Duncan Adams
School Principal



Assembly

Award Winners: Week 5



| | | | |
|-------------|---|-------------|---------------------------------------|
| KW | <i>Donovan, Mitchell, Charlotte & Grace</i> | 3SC | <i>Brock, Sam, Ruby & Montana</i> |
| 1/2J | <i>Logan, Maddison, Henry, Aurora, Alice & Xavier</i> | 4/5H | <i>Alaric & Shakirah</i> |
| 1/2C | <i>Drake, Heidi, Tully & Myley</i> | 5/6C | <i>Carl & Kurt</i> |

Reading Silver

Bonnie-Jean, Ellie & Alice
*Ceara, Blake, Jack, Sierra, Bailee, Amelia, Kobi, Maya, Amelia R,
Phoenix, Elijah, Jayce, Jaxon, Logan, Bonnie-Jean, Henry & Xavier.*



Assembly

Award Winners: Week 6

| | | | |
|-------------|--|-------------|---|
| KW | <i>Will, Harrison, Maddison & Sebastian.</i> | 3SC | <i>Ardiena, Zoey, Ellyze & Finn</i> |
| 1/2J | - | 4/5H | <i>Ella, Ruby & Hugh.</i> |
| 1/2C | <i>Joshua, Emma, Alannah & Cooper.</i> | 5/6C | <i>Tiger & Grace.</i> |

Reading

Santi

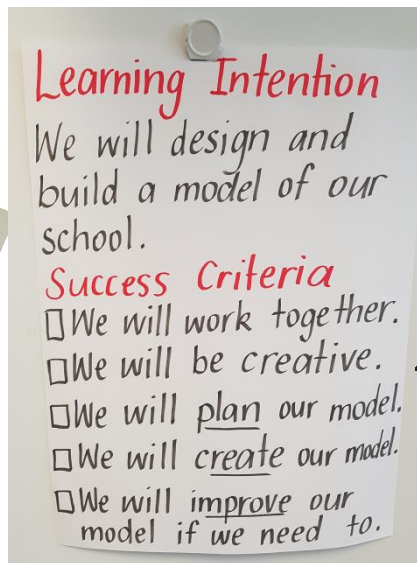
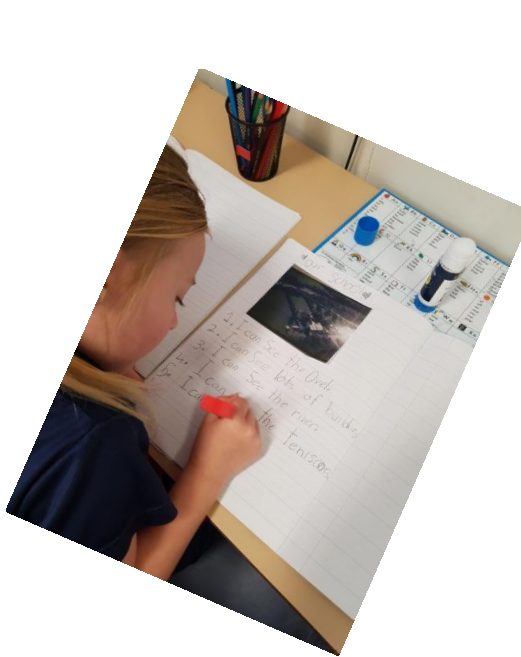
TPPS STUDENT UPDATE

Students in the Crossfit interest group travelled to Crossfit 2444 where they were put through their paces by coach Lisa. Students were involved in a range of activities including linked sit ups, hanging knee raises and running. Students had to work together to complete the workout. Students were also given the opportunity to try some pull ups and show off their double-unders. We are hoping to return for another session later in the year.



TPPS CLASS SPOTLIGHT

1/2 C have been learning about mapping through the Geography Unit *Features of Places*. They have gained an understanding of the concept of a 'key' to show where features are on a map. They looked at the 'bird's-eye view' photo of our school which is on the wall in the front office. They had lots of fun finding Tele Point and our school on Google Maps. The class has now started a project-based learning task to give them the opportunity to build our school using recycled materials. Here is a snapshot of their journey so far.



TPPS CANTEEN UPDATE

Telegraph Point Public School Canteen Menu – 2019

Open Thursday Only



HOT FOOD

Spinach & Cheese Roll \$3.00

| | | | |
|-----------------------------------|--------|-----------------------|--------|
| 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 |
| 4 Pack | \$1.50 | Chicken & Corn Roll | \$2.00 |
| 8 Pack | \$3.00 | Mac & Cheese | \$3.00 |
| Tomato/BBQ Sauce | \$0.20 | | |

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

DRINKS

| | | |
|----------------|--------|---|
| Oak Milk 300ml | \$2.00 | (Chocolate, Strawberry or Vanilla) |
| Juice Poppers | \$1.00 | (Apple, Apple/Blackcurrant or Orange/Mango) |
| Water Bottle | \$1.00 | |

TREATS

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

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 |
| Total | \$4.60 |

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 6585 0224 or Tracy Wilcox 0414 855 601.
New volunteers are always welcome.....Cheers, Tracy

P&C Meeting

Save the Date

Due to the upcoming school holidays, the next P7C Meeting will be held on Monday 21st October at 6pm.

Country Fair

Save the date: Saturday 23rd November

Country Fair plans are coming along but there is still a lot to organise. Helpers to set up on the Friday and helpers on the fair day is key to the smooth and successful running of the Country Fair. If you would like to put your name down for a particular stall and time (example, cake stall 9-12) please email your details and choice. Instructions on how to run a stall will be provided so you won't be left in the dark as what to do. Any help is greatly appreciated!

Don't forget to keep any unwanted items for the second hand stall or book stall.

Email: telegraphpoint.pandc@gmail.com

Uniforms

Announcement

We have more hats in stock. For any uniform purchases, please see Belinda at school from 2:30pm.

Canteen

Announcement

A new item has been added to the canteen menu...Cheese and Spinach rolls, yum yum!

Father's Day Stall

Announcement

Thank you to all of the students and families who supported the Father's day stall.

Kind Regards,

Mary Cas

P&C President

TPPS COMMUNITY NEWS

Dear parent or carer,

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.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

Registration for Term 4, 2019 is open with limited places in FREE, FUN Port Macquarie Go4Fun which runs Tuesday afternoons from 3.30 - 5.30pm at Port Macquarie Olympic Pool, starting Tuesday 15 October 2019.

Register NOW at Free call 1800 780 900 or at www.go4fun.com.au



Have you downloaded our free School App?

Details

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

SUBSCRIBE FOR EMAIL UPDATES

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

GET SCHOOL NEWS VIA THE APP

1. Download the app called "School ENews" and open 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>
4. All other phones: <http://webapp.schoolenews.com.au>



'Voice of the People'

Scarlett



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: Puppy, a device and toys.

Q: If you could speak another language fluently, which would you choose?

A: The language they speak on Mars.

Q: What is the biggest dream you have for your future?

A: I'd like to be able to go to the swimming pool whenever I like.

Caylan



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: TV, clothes and bed.

Q: If you could speak another language fluently, which would you choose?

A: Japanese.

Q: What is the biggest dream you have for your future?

A: I would like to be a farmer like my brother.

Jordyn



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: My family, my dog and Dr. Seuss books.

Q: If you could speak another language fluently, which would you choose?

A: Mandarin so I can get a really good job.

Q: What is the biggest dream you have for your future?

A: Be a billionaire.

Toby



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: My mum, my dog and an iPad with electricity.

Q: If you could speak another language fluently, which would you choose?

A: Russian because English and Russian are the hardest languages to speak.

Q: What is the biggest dream you have for your future?

A: I'd like to have a pet dinosaur – a raptor like Blue.

Ellyze



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: My aunty, my cousins and my cat.

Q: If you could speak another language fluently, which would you choose?

A: Chinese because it's a hard one to speak.

Q: What is the biggest dream you have for your future?

A: I would like a lorikeet.

Sam



Year 3SC

Q: If you were stranded on a deserted island and had plenty of food, water and shelter, what are three additional things you would want to have with you?

A: A laptop, TV and my dog Molly.

Q: If you could speak another language fluently, which would you choose?

A: Chinese because I'm part Chinese

Q: What is the biggest dream you have for your future?

A: I'd like to own my own boat so I can go fishing.