



NEWSLETTER

Telegraph Point Public School
 177 Mooney Street, Telegraph Point NSW 2441
 Ph: 02 6585 0224 Email: telegrappt-p.school@det.sw.edu.au

Term 1, Week 2

6 February 2020

Week	Date	Event	Time
4	Monday 17 February 2020	P&C Meeting in Library	6pm
4	Friday 21 February 2020	Library Van	Morning
7	Friday 13 March 2020	Library Van	Morning
9	Wednesday 25 March 2020	School Photos	All Day
10	Friday 3 April 2020	Library Van	Morning



"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela

Principal's Report

A huge welcome to the 2020 school year! The staff, along with the children are extremely excited about the huge range of experiences and learning opportunities that we have planned throughout the new school year.

We welcome to our community our youngest and newest students, with 19 Kindergarten students starting big school this week. For parents and children it is an emotional time. A time of excitement, a time of separation, but most importantly a time of new learning, new socialising, new play, new adventure and new wonder. Life-long learning is just that, and children embark on a new chapter everyday. For our Kindergarten students and their families, it is however a significant milestone. Cherish every moment, engage in your children's learning and share the journey.

We also welcome a number of new students to the various other grades at Telegraph Point Public School. We trust all families have a great time and have benefited from the wonderfully diverse and caring community that we live in. Although we have been on holidays, it still has been a busy time for our school, with the completion of all our upgrades to classrooms, buildings and playgrounds and also some learning spaces taking place over the holidays. The opening of any school year is always hectic, and this year will be no different. I encourage parents and carers to engage in the various information opportunities on offer over the coming weeks and make a genuine investment in the education of your children.

Please consider the following details as you plan your week:

Administration Office Opening Hours

Please note that the opening hours of the School Administration Office are Monday-Friday 8.15am - 3.30pm. Enquiries outside of these hours for administrative related matters are encouraged to be directed to the school's email address (located on the front of the School Newsletter).

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 fortnight 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.

Class Structures for 2020

Please find below the class structures for the first four weeks of 2020. If our enrolment numbers hold at 130 or above on census date, these classes will remain in place for the rest of the year.

Kindergarten - Karen White

Year 1 - Kate Connolly

Year 2 - Kai Jacobs

Year 3/4 - Anna Hoelzl - Assistant Principal

Year 4/5 - Adam Chalmers

Year 5/6 - Kirsten Hendriks

Learning and Support/ RFF - Katie Smith (Mondays, Tuesdays and Wednesdays)

Release from Face-to Face – Tegan Corthals (Mondays and Tuesdays)

Administration Staff

This year Kathryn Johnston will be working as our Senior Administration Manager and Amanda Murray will be assisting in the office and in the library in her capacity as a Senior Administration Officer. I would also like to welcome back Kerrie Robb and Naomi Hutton who will be assisting the students at Telegraph Point Public School in their role as School Learning Support Officers four days per week.

Grounds Assistant

Eian Wilson will be back maintaining our beautiful grounds on Tuesdays and Fridays.

Uniform Shop

Belinda Isherwood and Mary Cas will be the contact for the uniform shop until the P&C AGM. To contact Belinda or Mary throughout the week please do so through the front office.

P&C Meeting

Our first P&C meeting is on Monday 17 February in the library at 6 pm. I look forward to meeting with parents and community members and discussing the wonderful learning opportunities that we are planning for the 2020 school year.

Medical Information

The school is also updating our students medical information and updating any health care plans.

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

School Hats

Please remind your child to bring their school hat for recess and lunch. It is far too hot to be outside without a hat and children without a hat will be asked to sit under the shelter during playtimes. The school has appropriate hats in stock if you need to purchase one.

Financial Assistance

Please remember to come and see me if you require financial assistance to help pay for any school activity this year. 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.

Cheers

Duncan Adams

Principal

Year 6 Fundraiser


Every year, Year 6 students sell icy poles to help raise money to go towards a farewell gift to the school. The icy poles will be 50c each and are sold on a Friday afternoon.

Getting off to a good start

Wondering how to help your kids do well at home and at school this year? The department's parent resource School A to Z has a webcast full of expert tips for you to help your children have a more successful year. (There is also a free app with these resources in the App Store).

The 'Getting off to a great start webcast' has a number of chapters on how to motivate children for learning, advice on peer relationships and how to handle bullying, communicating with children and the importance of strong home-school relationships.

Watch the webcast at: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/getting-off-to-a-good-start>




EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



Have you downloaded our free School App?

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



EVERY STUDENT IS
AN **INDIVIDUAL** AND
EVERY EDUCATIONAL
JOURNEY IS **DIFFERENT**

EVERY STUDENT IS KNOWN, VALUED AND CARED FOR

The Hastings Valley Community of Schools (HVCS) is a 'community of learning' educational model that focuses on co-operative participation by working, exploring, researching and learning together to achieve better outcomes for our students. HVCS offers an exceptional education from kindergarten to Year 12 and beyond. Our learning community builds on professional collaboration to enable the further development of teaching and leadership capacities of all our staff.

Our primary philosophy is that every child is known, valued and cared for. Every student is an individual and every educational journey is different.

We are focused on providing opportunities for students to develop the

skills they will need to be lifelong learners in an ever changing world and to be contributing members of their communities. Individually, our schools provide excellence in education. Collectively, we are committed to the sharing of innovative practices for the benefit of all our students.

Our learning community consists of Hastings Secondary College Port Macquarie and Westport Campuses, Port Macquarie Public School, Hastings Public School, Westport Public School, Telegraph Point Public School, Lake Cathie Public School and Tacking Point Public School. At Hastings Valley Community of Schools, we prepare your child for life.

**Tacking Point
Public School**
15-19 BANGALAY DRIVE
PORT MACQUARIE NSW 2444
(02) 6562 3479

**Hastings
Public School**
10 HARRINGTON ROAD
PORT MACQUARIE NSW 2444
(02) 6562 2986

**Port Macquarie
Public School**
WILLIAM ST & GRANT STREET
PORT MACQUARIE NSW 2444
(02) 6562 2177

**Westport
Public School**
10 WOODBURN STREET
PORT MACQUARIE NSW 2444
(02) 6562 2844

**Telegraph Point
Public School**
171 MONNET STREET
TELEGRAPH POINT NSW 2447
(02) 6562 5224

**Lake Cathie
Public School**
1246 OCEAN DRIVE
BONNY HILLS NSW 2485
(02) 6564 6980

**Hastings Secondary College
Westport Campus**
16 PHILLIP AVENUE
PORT MACQUARIE NSW 2444
(02) 6562 6400

**Hastings Secondary College
Port Macquarie Campus**
28 OWEN STREET
PORT MACQUARIE NSW 2444
(02) 6562 1844

**HVCS Hastings Valley
COMMUNITY OF SCHOOLS**
EXCELLENCE INNOVATION OPPORTUNITY SUCCESS
NSW Education
Public Schools

www.hastingssecondarycollege.com.au/HVCS

Providing opportunities for students to
develop the skills to be lifelong learners

THREE JOURNEYS



TEGAN MCCAULEY

"Dance is an art - paint your own dream and follow it. I can't wait for the next 4 years, I have been accepted into my dream course at Charles Sturt University studying education K-12. I want to become an educator within our public Education system."

MEGAN COOPER

"School taught me to be self-motivated and to be inclusive of everyone. When I attended an Allied Health talk organised by our College at the university, I heard about Occupational Therapy. Then it clicked for me, I knew what I wanted to be."



TATE SHERIDAN

"I was thrilled to be part of the opening act for Sir Elton John's final Australian Tour. School encouraged my passion and love of music." "Elton John is my biggest childhood hero and he's the reason I wanted to study piano and make music."



EXCELLENCE | INNOVATION | OPPORTUNITY | SUCCESS

Class News – 1C

1C has started a unit about Australia and we all love our beautiful country.

We shared the book "Why I Love Australia" and discussed all the things we love about our beautiful country, including animals, beaches and the outback. We also enjoyed writing about Australia.

We LOVE to do the floor puzzle map of Australia and we work well together to get the job done!



In 1C we have started revising the strategies we use for addition and really loved doing addition problems on the mini whiteboards.

P&C News

Welcome back to school everyone and welcome to new families, I look forward to meeting everyone, and if you have any questions please don't hesitate to ask.

P&C Meeting - Monday 17 February 6pm in school library

This will be the first meeting for 2020. We would love to see new members join P&C as it is a great opportunity to know what's happening within the school, meet new people and a great way to help the school. If there is something that you would like to be discussed at a meeting but are unable to attend please let me know.



Breakfast Club

Free breakfast is provided for students every Wednesday between 8.30am and 8.55am with toast and a selection of spreads to choose from and a cup of milk with Milo.

If you would like to help out with breakfast club please contact me on 0423 067 173, it requires a small amount of set up and cleaning, time will be 8.20am - 9.15am. Many thanks if you are able to help.

Country Fair

A date will be confirmed at the P&C meeting.

Canteen

Reusable lunch bags are available for purchase. If you already have a sticky beak lunch bag please update the class your child / children are in to ensure their lunch order is sent to the correct class.

Many thanks

Mary Cas

P&C President

Healthy Lunch Box

Cancer Council NSW is here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy. Developed by dietitians healthylunchbox.com.au is a one-stop shop for everything families need to know about packing a healthy lunch box.

Here's what you will find:

- an [interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- The ability to filter [recipes](#) based on diets, easy to freeze and prep time
- Lots of [quick and easy](#) recipes and [snack ideas](#)
- Regular [healthy eating blogs](#)

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.



Telegraph Point Public School Canteen Menu – February



Open Thursday Only



HOT FOOD

Party Pies	\$0.80	Mini Sausage Rolls	\$0.80
Mac & Cheese	\$3.00	Pizza Ham & Pineapple	\$2.00
Chicken Nuggets or Fish Cocktails		Noodle Cup	\$2.00
4Pack	\$1.50	Spinach & Cheese Roll	\$3.00
8Pack	\$3.00	Lasagne	\$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, Vanilla
Juice Poppers	\$1.00	Apple, Apple/Blackcurrant, 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 65850224 or Tracy Wilcox 0414 855 601. New Volunteers, Welcome...Cheers Tracy

Community Notices

Live Life Well @ School

Back to School Healthy Habits



- Get **active** each day
- Choose **water** as a drink
- Eat more **fruit** and **vegies**
- Turn off the screen and get **active**
- Eat fewer snacks and select **healthier alternatives**

For more information: www.healthykids.nsw.gov.au



Live Life Well @ School

Healthy Lunchbox Snack Ideas



- Hummus and vegetable sticks
- Pikelets
- Zucchini slice
- Boiled eggs
- Yoghurt
- Savoury scones
- Plain air popped popcorn
- Roasted chickpeas

For more information: www.healthyhunchbox.com.au



Live Life Well @ School

Simple SunSmart Tips for School



- Apply a generous amount of SPF 30 or higher broad-spectrum, water-resistant **sunscreen** at the start of each day
- Pack a **hat** each day
- Encourage your child to play in the **shade**

For more information: www.sunsmart.com.au



YOU COULD PLAY WOOLWORTHS CRICKET BLAST FOR FREE!
Claim your voucher today

ACTIVE KIDS
AGES 7-10 | 90 MINS | 6+ WEEKS

WOOLWORTHS CRICKET BLAST

HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES - WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

MASTER BLASTERS
AGES 7-10 | 90 MINS | 6+ WEEKS
Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills. Sign up now for your Master Blasters Pack!

YOU COULD PLAY WOOLWORTHS CRICKET BLAST FOR FREE!
Thanks to the NSW Government, every student (K-12) is entitled to 2-\$900 Active Kids vouchers each calendar year. Remember to use your voucher when you sign up at playcricket.com.au

Port Macquarie Junior CC
Friday's 4.30pm - 5.30pm
Begins: February 7 - Ends: March 20
Contact - Natalie Jordan m. 0429 621 146
e. nataliejane.73@bigpond.com

*BASED ON PROGRAM RRP OF \$95. MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM



'Voice of the People'



Connor H

1 C

Q. What makes you smile?

A. Playing computer games with my Dad.

Q. Who is your favourite cartoon character?

A. Mufasa from the Lion King.

Q. When you grow up what would you like to be?

A. When I grow up I would like to become Santa Claus.

Q. What makes you smile?

A. When my Dad tickles me.

Q. Who is your favourite cartoon character?

A. Princess Mulan from the Disney movie Mulan.

Q. When you grow up what would you like to be?

A. I would like to be a teacher when I grow up.



Sophia M

1 C



Connor Q

1 C

Q. What makes you smile?

A. Playing on the monkey bars.

Q. Who is your favourite cartoon character?

A. All the characters from the Octonauts.

Q. When you grow up what would you like to be?

A. When I grow up I would like to be a farmer.

Q. What makes you smile?

A. Playing with my friends.

Q. Who is your favourite cartoon character?

A. Anna from Frozen.

Q. When you grow up what would you like to be?

A. I would like to have a good job when I grow up.



Rachel L

1 C



Tex H

1 C

Q. What makes you smile?

A. Swimming

Q. Who is your favourite cartoon character?

A. Sonic the Hedgehog.

Q. When you grow up what would you like to be?

A. When I grow up I would like to work at Ricardoes Tomatoes.



DONOVAN G

1 C

Q. What makes you smile?

A. Playing with my new cats.

Q. Who is your favourite cartoon character?

A. Grizzly and the Lemmings.

Q. When you grow up what would you like to be?

A. I would like to be a builder when I grow up.