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OPPORTUNITY
ACHIEVEMENT
SUCCESS IN A CARING COMMUNITY

Principal: Richard Metcalf

Teralba Telegraph

Upcoming Events

Thursday 17th May – P&C
Community fundraising BBQ
15th - 17th May – NAPLAN tests
Wednesday 23rd May – P&C
Meeting 6.30pm. All welcome
Monday 28th May – Ship o
Fools – Bubbles & Squirt Show
(FREE)
Wednesday 30th May – Parent
forum re Anti Bullying
Tuesday 12th June – Paul
Harragon Cup
Thursday 28th June – School
Athletics Carnival (to be
confirmed)

From the Principal's Desk – Term 2 Week 4 14th May 2012

Another busy week at Teralba saw our Year 6 students heading into Newcastle to attend a leadership course. All the students had a great time and are all excited about applying their new knowledge to their school and personal lives.

NAPLAN

Good luck to our year 3 and year 5 students completing their NAPLAN exams this week. Parents please ensure that your child comes each day of testing (Tuesday – Thursday) and that they arrive on time. The NAPLAN tests show us and you how your child is going and how they compare to other students of their own age.

ANTI-BULLYING

As a school we have decided to focus lots of attention and resources into reducing and preventing bullying at TPS. One strategy we have put in place is the employment of Mrs K for an extra day a week. She will be working in all classes and with lots of students over the term. We are also going to be holding a Parent Forum on Wednesday 30th May. This will give the staff the opportunity to hear from you about any strategies, ideas and thoughts about bullying. A formal invitation will be going home next week. Other strategies we will be employing will be an Anti Bullying Day for students. (details are yet to be finalised).

Mission Statement

. . .
To provide a caring
educational
environment where
children, staff and
community work
together to strive for
excellence and
equality

CRAZY CLOTHES DAY - Friday 18th May

This Friday kids can come to school out of uniform. The cost of the privilege is a gold coin. Proceeds will go to the Year 6 present. Please note that students still have a normal school day planned so sensible foot wear is needed.



Community BBQ

This Thursday the P&C are cooking a BBQ to sell to the community. In the past this style of BBQ has raised lots of money for the school. If you have some time on Thursday please let Vanessa Clift know so that you can come and help. We need BBQ operators, merchandise distributors, chauffeurs as well as sandwich construction specialists. Anything that you can do to help will be greatly appreciated.

School Security

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Please phone

1300 880 021

to report anyone on
school grounds after
hours.

LIVE LIFE WELL

As part of the schools successful grant for \$2000, I will be putting different tips and ideas in the newsletter. This week's tip;

5 Ways to a Healthy Lifestyle

Get active each day

Choose water as a drink

Eat more fruit and vegetables

Turn off the TV, computer and DS

Eat fewer snacks and choose healthy alternatives

MERIT AWARDS

Lucy
Alex
Kaleb

Danielle
Graham
Lacey

Student Banking
Every Tuesday

CAUGHT BEING GOOD AWARDS

Cross
Hope
Cooper

P & C NEWS

Winners of the Mothers Day raffle drawn on Friday were:

1st: Renae Johnson 2nd: Sally Marwood 3rd: Narelle Adnum

The raffle raised \$111.80 and the Mothers Day stall raised \$241.10.

Thank you for support.

CANTEEN NEWS

Winter Warmer Special - Macaroni Cheese \$2



How to lead a healthy lifestyle

Get active each day

Regular physical activity is important for the healthy growth, development and well-being of kids and teens.

Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.

Parents should be good role models and have a positive attitude to being active.

Choose water as a drink

Water is the best way to quench your thirst – and it doesn't come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks.

Reduced fat milk for children over 2 years of age is a nutritious drink and a great source of calcium.

Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fibre.

Eat more fruit and vegies

Eating fruit and vegies every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Aim to eat 2 serves of fruit and 5 serves of vegies every day.

Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

Turn off the TV or computer and get active

Sedentary or 'still' time spent watching TV, surfing online, playing computer or electronic hand-held games is linked to kids and teens becoming overweight or obese.

Kids and teens should spend no more than 2 hours a day on 'small screen' entertainment.

Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

Eat fewer snacks and select healthier alternatives

Healthy snacks help kids and teens meet their daily nutritional needs.

Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

Limit snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

Tips for parents

The choices you make are crucial in helping your children to develop healthy eating habits and be physically active. This might mean changing what you buy at the supermarket and what snacks you serve, as well as finding ways to get your children up and active.

- Encourage your children to make healthy choices about food and being physically active. This can include verbal prompts, preparing healthy snacks and meals and buying them 'active' gifts, such as bats, balls or a skipping rope.
- Avoid using unhealthy foods as 'treats' for children's good behaviour as this is likely to have a training effect and increase the appeal of such foods.
- Making healthier choices doesn't mean you can't reward or treat children. Come up with some fun, 'active' rewards that aren't food-related, such as going for a bike ride with mum or dad, a morning at the swimming pool or a visit to the zoo.
- Children do what they see, so it is crucial to demonstrate healthy behaviours. This can be as simple as eating together as a family, involving children in choosing and preparing healthy meals and spending time together being physically active.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au





Speech and Drama Classes

- Have fun in small groups
- Build confidence
- Improve speech & communication skills
- Learn drama, mime & theatrical skills

Contact

Michelle Clipsham's Speech and Drama Studio 0249 593 506 madrama@optusnet.com.au & on



Coastal Valleys Region Girl Guides invite you

Come and Play in May!

At your local Guide meeting

For girls aged 6-18 years



Guides enjoy adventure, games, camping, outdoors, cooking, craft and more

Contact District Leader on: 4975 4341

To join us FREE during May at

Toronto Guide Hall at William Street, Toronto.

Or contact coastalvalleysgirlguides@live.com.au to find out

more

ACRO CHEER & DANCE
Training Dance Athletes!

Teralba Community Hall. Thursdays 4.15 – 5.45pm

0410 759 425

www.acrocheerdance.com

Email: acrocheerdance@gmail.com

