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OPPORTUNITY  
ACHIEVEMENT  
SUCCESS IN A CARING COMMUNITY

Principal: Richard Metcalf

# Teralba Telegraph

## From the Principal's Desk – Term 3 Week 2 23<sup>rd</sup> July 2012

### Upcoming Events

**Thursday 26<sup>th</sup> July** - 1/2/3/4C excursion to Newcastle Art Gallery  
**Friday 27<sup>th</sup> July** - Mini Olympics at school  
**Monday 30<sup>th</sup> July** – Friday 3<sup>rd</sup> August - Education Week  
**Friday 3<sup>rd</sup> August** - Paul Harragon Cup and Senior Netball Gala Day  
**Wednesday 8<sup>th</sup> August** - P & C Meeting 7pm in the library  
**Monday 20<sup>th</sup> – Friday 24<sup>th</sup> August** - Children's Book Week and Book Fair (in library)  
**Monday 20<sup>th</sup> August** - JD Magic Show  
**Wednesday 22<sup>nd</sup> August** - Book Week Parade  
**Thursday 23<sup>rd</sup> August** - Small Schools Athletics Carnival  
**Friday 31<sup>st</sup> August** - School photos (date changed)

I want to start by saying a huge **CONGRATULATIONS** to all the students and of course the parents for their help and support at the athletics carnival. Despite the fact that it was freezing cold we managed to complete most of the events on the day before the rain. The remaining few events will be completed on Friday this week at the Mini Olympics Day. I also want to say thank you to Westlakes Little Athletics and encourage each of you to join up over summer.

I also wish to thank Karen and Evonne, as well as the other parents who assisted in the canteen. Your work in the canteen never goes unnoticed, **THANK YOU**.

### MINI OLYMPICS

Only a few more sleeps until the London Olympic Games. To celebrate, TPS are holding a Mini-Olympic Day this Friday. Each child has been allocated a country and is asked to dress in the colours of the flag. (I have tried to choose fairly generic colours). We will be holding a torch relay, and different events all afternoon. At the conclusion of the day students will have a closing ceremony and medals ceremony. Parents are welcome to come and join in from 2:30pm.

There will be no assembly next week due to the mini-Olympics.

### ACTIVE AFTER SCHOOLS (AAS)

Active After School will begin today. The weather will start warming up soon, so it will be a great opportunity for your child to learn new skills. This term we are doing 'Ultimate Frisbee' on Monday and 'Gymnastics' on Tuesday. Don't forget AAS will provide afternoon tea for each child attending. **Signed permission notes must be returned before your child can participate.**

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#### Mission Statement

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

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## MERIT AWARD WINNERS

The following students received merit awards at assembly last week.

Aiden  
Cross  
Jacinta

Kate  
Cassie  
Alex

## CAUGHT BEING GOOD

Rohan  
Cooper

Brittany

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School Security

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Please phone

1300 880 021

to report anyone on  
school grounds after  
hours.

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## PUBLIC SPEAKING

Students will be completing and presenting their speeches this week. The best two students from each stage will then go and represent our school at the Zone competition. Good Luck.

## HEALTHY TIP



### Fruit juices

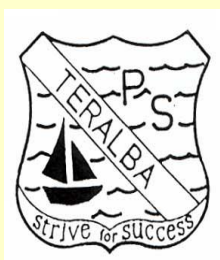
Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

- ✓ Limit fruit juices to no more than half a glass per day.
- ✓ Too much juice can lead to diarrhoea.
- ✓ Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.
- ✓ It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.
- ✓ Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxidants and fibre, some of which are protective factors against some cancers and heart disease.

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Student Banking  
Every Tuesday

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## PIE DRIVE

Thanks to everyone who supported the pie drive. Profit was \$125.30.

## P&C MEETINIG

We will have a P&C meeting on Wednesday 8<sup>th</sup> August at 7:00pm. Any agenda items can be sent through to me in the office.

## PAYMENT OF SCHOOL COSTS

To assist with payment of school costs, if you would like to make a direct deposit to the school's account the details are as follows:

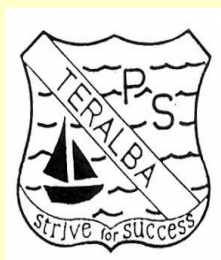
**BSB** 032-001

**Account No** 15-2985 **Account name** Teralba Public School

Please ensure your child's name is included in the reference section so that we can match the payment to the student. You can pay for excursions, text books, school fees etc in this manner.

## WOOLWORTHS EARN & LEARN

The Woolworths Earn & Learn program concludes on the 12<sup>th</sup> of August 2012. Please continue to collect your stickers and return them to school. Thanks everyone who has been supporting our school. Whilst we are not participating in the Coles Sport for Schools program we are happy to pass your coupons on to other schools on your behalf.





The Sun-Herald  
**CITY2SURF**  
Westpac

SUNDAY, AUGUST 12, 2012



**Please help support the NSW Police Legacy by sponsoring Constable Watkins, who is competing in this year's City2Surf.**

**\*\* NSW Police Legacy assists the family members of the fallen; both financially and emotionally in their time of need.**

Most of you will remember my brother, Mr Chris Watkins, from when he volunteered at our school to help teach physical education in my classroom. Mr Watkins left the teaching profession to follow his dream of becoming a Police Officer. I am so proud of him as earlier this year, he graduated from the Police College and became part of the blue army as Constable Watkins.

If you have some spare change, please sponsor my brother and help support this great cause!!

Thank you,

*Mrs Chelsea Perrett*

