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OPPORTUNITY
ACHIEVEMENT
SUCCESS IN A CARING COMMUNITY

Principal: Richard Metcalf

Teralba Telegraph

Term 1 Week 5
25th February 2013

Upcoming Events

Tuesday 5th March - Yrs 4/5/6
Excursion to Art Gallery

Saturday 23rd March - P&C
bbq - to be confirmed

Wednesday 27th March - Easter
Hat Parade at 10.30 followed by
morning tea. Delivery of Hot
Cross Bun Drive orders

**Monday 8th April (CHANGE OF
DATE** – School Cross Country
and Pizza Day

Thursday 11th April - School
disco - DETAILS SOON

ZONE SWIMMING

Last Tuesday 17 students competed in the Zone Swimming Carnival. All students showed great courage participating in their events and were very well behaved all day. I can proudly say that Teralba Public School had the loudest cheer squad at the entire carnival - fantastic spirit and support from our students! A huge thanks to the parents who assisted with transport, your support is invaluable.

BOUNCE BACK

Over the past 18 months Mrs Kinnavong has been teaching the whole school the Bounce Back program. The major principles of this program help our students to develop vital social skills to help them in an ever increasing stressful society. Bounce Back teaches 10 basic coping skills based around positive self-talk. These include:

Self-knowledge

- **Courage** – developing the skills and perceptions that lead to being more courageous in many areas of one's life
- **Optimism** – having confidence in one's own ability to solve problems and take positive action and developing skills in focusing on the positives, even in difficult situations
- **Success** – identifying one's own relative strengths and limitations, setting and achieving goals, being organised and persisting, becoming self-disciplined and being resourceful in solving problems

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*

Social awareness

- **Core values** – acting on important pro-social beliefs about how one should behave towards others
- **Emotions** – skills for responding with empathy to the feelings of others and recognising the feelings and intentions of others
- **Relationships** – skills for successfully interacting with others, making and keeping friends and avoiding and managing conflict
- **Bullying** – activities that encourage awareness of the harm that is caused by bullying and developing skills and attitudes that enables bystanders to support individuals being bullied

Self-management

- **Emotions** – recognising and managing one's own negative emotions such as anger, sadness and worry etc and recognising and enjoying one's own positive emotions such as happiness, pride and excitement
- **Helpful thinking** – using rational and helpful thinking and positive self-talk to cope with negative events and feelings in one's life
- **Humour** – learning how humour can be used to assist with coping in hard times as well as supporting others

As you read these 10 statements, I would ask you to talk to your child/ren to encourage them to follow these principles, so that they can improve who they are in the future.

School Security

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Please phone

1300 880 021

*to report anyone on
school grounds after
hours.*

Speech and Drama Classes

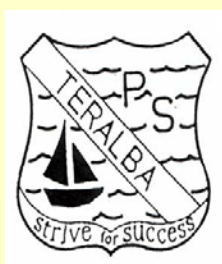
- Have fun in small groups
- Build confidence
- Improve speech & communication skills
- Learn drama, mime & theatrical skills

Contact

Michelle Clipsham's Speech and Drama Studio

0249 593 506

madrama@optusnet.com.au



Student Banking
Every Tuesday

