

York Street
Teralba NSW 2284
Phone: 02 4958 2117
Fax: 02 4958 2965
Mobile: 0421 959 024
Email: teralba-p.school@det.nsw.edu.au
Website: <http://www.teralba-p.schools.nsw.edu.au>

OPPORTUNITY
ACHIEVEMENT
SUCCESS IN A CARING COMMUNITY

Principal: Richard Metcalf

Teralba Telegraph

Term 1 Week 6
4th March 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 Glendale -
DETAILS SOON

Thursday 28th March - School
Easter Hat Parade at 10.30
(**Change of date**) followed by
morning tea. Delivery of Hot
Cross Bun Drive orders

**Monday 8th April (CHANGE OF
DATE)** - School Cross Country

Thursday 11th April - School
disco - DETAILS SOON

HEALTHY EATING

Last week during Health lessons I taught all students the importance of eating healthy. Some of the reasons we eat healthy is because our bodies and minds run better when they are properly fuelled up.

For good health, well-being and a healthy weight, it's recommended that we eat:

- plenty of plant foods, such as fruit, vegetables, bread and other grain-based foods
- moderate amounts of animal foods (preferably lean and reduced fat), such as lean meat, reduced fat dairy products, chicken, fish and eggs
- small amounts (sometimes or not at all) of fatty, high sugar 'extra foods', such as lollies, chocolate, soft drinks, cakes, sweet biscuits, pies, sausage rolls, sugary drinks.

EASTER EGG RAFFLE

Please donate a few chocolate Easter eggs to the school so we can make up raffle prizes for the Easter raffle to be drawn at the Easter hat parade.

EASTER HOT CROSS BUN DRIVE

The canteen mothers have organised the Annual Hot Cross Bun Drive. Order forms were sent home last week. Please take them to your neighbours, family and friends to get as many orders as possible. The Hot Cross buns will be available to pick up on **Thursday 28th March**.

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*

EASTER HAT PARADE CHANGE OF DATE

Last week we were approached by Stockland Glendale to participate in an Easter hat parade at the shopping centre. The shopping centre will provide the bus and donate \$200 to the school. This has meant that we will be changing the date of the school Easter hat parade from Wednesday to Thursday 28th March. The Easter hat parade will commence at 10:30am and will be followed by the opportunity to purchase morning tea, (hot cross buns, tea and coffee).

P&C MEETING

The next meeting for the P&C will be on Wednesday 20th March at 6pm. The minutes were emailed out last week. If you want a copy and did not get the email, please contact Robyn in the office and we will get you a copy.

COMMUNITY INFORMATION

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

WE WANT YOU!

Glendale Junior Rugby League Football Club are looking for players in the following age groups for the 2013 Season - *Under 8, 9, 10, 11, 15, 16 and 17.*

We will be available to process applications each **Tuesday and Thursday** evening from 5.00 pm - 6.00 pm at the Clubhouse, Bower Oval, Glendale.

A deposit of \$50 is required to be registered and fees are between \$140 and \$160. More information is available at our website or enquiries can be made by email or phone.

Website: http://www.sportingpulse.com/club_info.cgi?client=0-2358-102874-0-0

Email: gorillas-registrar@hotmail.com or
glendalegorillas1962@hotmail.com

Phone: 0408642601

**Student Banking
Every Tuesday**

School Security

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Please phone

1300 880 021

*to report anyone on
school grounds after
hours.*





