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OPPORTUNITY
ACHIEVEMENT
SUCCESS IN A CARING COMMUNITY

Principal: Richard Metcalf

Teralba Telegraph

Term 1 Week 9
25th March 2013

Upcoming Events

Wednesday 27th March - Easter

Hat Parade at Glendale - K-3

Thursday 28th March - School

Easter Hat Parade at 10.30

followed by morning tea.

Delivery of Hot Cross Bun Drive
orders. Raffle Draw

Friday 29th March - Good

Friday Public Holiday

Monday 1st April - Easter

Monday Public Holiday

Thursday 4th April - AFL Paul

Kelly Cup - Tulkaba Oval

(4/5/6C)

Friday 5th April - Pizza Day

Monday 8th April - School

Cross Country

Thursday 11th April - School

disco - DETAILS SOON

Monday 16th April - Friday 26th

April - SCHOOL HOLIDAYS

Monday 29th & Tuesday 30th

April - STAFF DEVELOPMENT

Wednesday 1st May -

Students return to school

SPECIAL REWARD ASSEMBLY

As you are aware we have started a medal program where our students are rewarded for great behaviour with special reward days. Our first reward day was extremely successful, with Mr Metcalf dressing up as a clown to entertain the children.

In addition to this fun day we would like to recognise those children who received their gold, silver and bronze medals with a special certificate that they can be proud to show their parents and grandparents. Tomorrow morning at 9.00am we will be holding a special assembly in the Library to present certificates to the students. Parents are encouraged to come along. The next reward day will be on Wednesday 10th April.

EASTER ACTIVITIES

Easter is upon us. This week is a very busy week at Teralba Public School. On Wednesday the K-3 students are all travelling to Glendale super centre to participate in their Easter Hat Parade. The bus will leave at 9.45am and the parade starts at 10.30am. Parents are welcome to come and follow the children as they parade their hats. The parade will start near the Reject Shop and finish at Kmart.

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*

Thursday is our school Easter Hat Parade, which will commence at 10:30am. After the Easter hat parade the P&C will have the Easter Raffle draw. Hot Cross buns, sausage sandwiches and morning tea will be sold at the canteen. Please return the attached order form and payment to school by Wednesday morning.

Students will be making their hats on Tuesday so if you have any crafty things or Easter things, please send them in. If you want to come and help, students will be starting their hat making at 9.30.

ZONE NETBALL

Congratulations go to Taylah and Alisha for trying out for the Zone netball team. An even bigger congratulations goes to Tahnee for making the zone team, good luck at the next level.

Pizza Day will be on Friday 5th April. Orders and payment must be in by Tuesday 2nd April.

CROSS COUNTRY

On Monday 8th April we will be combining with Boolaroo, Fassifern and Speers Point Public Schools for our cross country carnival at Speers Point. The whole school will be attending. We are currently looking at a bus to transport our junior students with the senior students walking or cycling/scooting over.

LETTERS FROM FIJI

Last week we received letters of thanks from our friends in Fiji. They expressed how grateful they were for the wonderful donations our school community gave at the end of last year. I wish to say a huge thank you to all who were involved in the donation drive.

RECIPES

We still need lots more recipes for our fundraising project. You are welcome to send in several recipes if you can't choose one favourite. Any category is fine - salads, mains, seafood, finger food, sweets, baking are just a few suggestions.

ACTIVE AFTER SCHOOLS ACTIVITIES

Please note that Active After Schools activities for term 1 are finished. New activities for term 2 will be advised in the first newsletter of term 2.

FREE WOODCHIP

We have a large pile of woodchip in the parent car park area. If you would like to collect some for use in your home garden you are welcome to do so.

School Security

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Please phone

1300 880 021

*to report anyone on
school grounds after
hours.*



OVERDUE LIBRARY BOOKS

Notices for overdue library books were sent out last week. Please have a good look at home for any overdue books you child may have. We have a large number of outstanding loans and we may need to consider charging parents for the replacement cost of unreturned books. This is not something we like to do, however the cost of replacing the books is becoming excessive.

**STUDENT BANKING
EVERY TUESDAY**

AWARD WINNERS

The following merit awards were presented at the assembly on Friday 22nd March. Congratulations.

Sean
Holly

Isabelle
Cross

Adrian
Belle

Jemma and Isabelle received the Principal's Awards. Congratulations.

P&C NEWS

A huge thanks goes to the staff and parents who helped at the P&C BBQ on the weekend. It was a very successful fund raiser. The next BBQ is at Bunnings on Sunday the 30th June.

COMMUNITY INFO

THE MIGHTY ROOS

WANT YOU TO COME AND PLAY RUGBY UNION FOR THE LAKE MACQUARIE U10s, U11s AND U12s SIDES IN 2013, YOU WILL BE A PART OF A STRONG SIDE AND PLAY A FULL GAME EACH WEEK HAVE FUN AND MAKE SOME GREAT NEW MATES, AND BE HELPED ALONG THE WAY WITH SOME OF OUR 1ST GRADE SIDE WHICH CONTAINS A CURRENT COUNTRY PLAYER AND AN EX ALLBLACK.

FOR FURTHER INFORMATION CONTACT -
ROB TAYLOR - 0417309588



BOUNCE BACK INFO FROM MRS K.

Week 9

This week we are going to focus on what the "U" stands for in Bounce Back.

U - Unhelpful thinking makes you feel more upset.

Helpful thinking is based on facts. It is not assumptions. Too often we assume we know what people are thinking about ourselves and /or a certain situation. Getting a reality check makes your thinking more helpful. A reality check is where we check if our thinking is based on facts or if it is based on assumptions or negative thoughts about ourselves. Unhelpful thinking is based on jumping to conclusions, exaggerating, catastrophising and trying to read people's minds. This does not help us to feel happy or positive.

Unhelpful thinking is a skill that takes time. (I admit I still have to pull myself up when I start to think unhelpfully!) Some kids might really struggle with understanding the concept of what unhelpful thinking is. That's ok..... Eventually they will get it!

Helpful thinking makes us feel better, calmer and helps us to make better choices in our life.

Questions and Reflections for "U"

What is an example of an unhelpful thought? (I'm no good at maths, everybody hates me, everybody is talking about me).

What is an example of a helpful thought? (My teacher is able to help me understand maths, I have some lovely friends and I can be a lovely friend etc).

What can we do if we feel we are always having Unhelpful thoughts? (ask someone to help us get a reality check....Is this thought based on assumptions, trying to read people's minds or I am catastrophising?).

If a teacher is cross at you, does that mean they hate you and is this an unhelpful thought? (yes it is an unhelpful thought. The teacher is cross with you because you have probably broken a rule or misbehaved and the teacher wants you and others to be safe because they care about you ☺)