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Principal – Richard Metcalf

Upcoming Events

Tuesday 5th Nov

Musica Viva

Wednesday 6th Nov

Kinder 2020 Parent Information
Evening

Wednesday 6th - Thursday 7th Nov

Morisset Camp Yrs 3 & 4

Wednesday 6th - Friday 8th Nov

Bathurst Camp Yrs 5 & 6

Thursday 7th Nov

Oakvale Wildlife Excursion K-2

Monday 11th – Friday 22nd Nov

Headstart at Lake Mac High Yrs 5 & 6

Thursday 14th Nov

Kinder Orientation 9am – 12pm

Thursday 21st Nov

Kinder Orientation 9am – 12pm

Monday 25th – Friday 6th Dec

Swimming

Thursday 28th Nov

Kinder Orientation 9am – 12pm

Wednesday 4th Dec

Carols Night

Wednesday 11th Dec

Presentation Day

Thursday 12th Dec

Year 6 farewell

Wednesday 18th Dec

Last day for students

Monday 4th November 2019 Term 4 Week 4

PRINCIPAL REPORT

Over the past 10 years as principal of this amazing school, I have always tried to teach the students the importance of kindness. I have done this through example, setting PBL goals and having high expectations. Kindness can be as simple as a phone call, helping somebody carry some books or opening a door. It can also involve more time and effort. Kindness is like a fire and spreads very easily once it catches on. It warms people's soul and brings a smile to everybody's face. People show kindness not for recognition, for rewards or for prizes - they are kind because they want to see the world be a better place. I would love all our students and families to be kind, friendly and understanding to all whom they come into contact with. Put simply I want you to ask yourself, have I done any good in the world today?

Over the weekend an anonymous kind family came into the school and planted a beautiful garden outside the kindergarten room. This wonderful family sacrificed their time, donated plants and made that area look AMAZING! Thankyou. As a community we wish to thank you and remind all parents and students to be respectful of the new garden area. Our school is a much better place because we have families like you.

What a privilege and honour it was to attend the 2019 Children's University graduation last week. For myself as Principal, I highly value my education and look back with fondness at all the different periods of my life in which I was formally educated. Sitting up on the stage, looking down at our graduating group, I could not help but feel a sense of pride at the achievements of all the students. Congratulations. I am looking forward to an even bigger graduating class in 2020.

PRINCIPAL REPORT cont.

This week is major excursion week.

Stage 3 Bathurst; Wednesday to Friday, **bus leaves 5.45am**

Stage 2, Morisset; Wednesday and Thursday, **bus leaves 9am**

Stage 1, Early Stage 1 Oakvale Farm on Thursday, **bus leaves 9am**

Parents please note, there will be minimal supervision for any child not attending the major excursion on Thursday. Students will still have work to complete but normal classes will NOT be running.

PROFESSIONAL DEVELOPMENT

All year, staff have been focussing on a variety of professional development opportunities and I thought this would be a great opportunity to share some experiences that we have had.

1. Learning Sprints. This year Mr Toole and Mrs Baker have led staff to develop a deeper understanding of self-reflection in teaching, setting meaningful goals that improve teaching and reporting back for accountability.
2. IPlay. In conjunction with Newcastle University, staff have developed better ways to get your students active whilst learning fundamental movement skills.
3. SLSO Training. Mrs Perrett has continued to organise professional development for support staff in the areas of health and classroom management.
4. PE Syllabus. Staff have engaged in 2 x 4 hour after school sessions to familiarise and plan the implementation of the new PE/PD/Health syllabus.

KINDERGARTEN 2020

This Wednesday at 6pm parents of kindergarten students 2020 are invited to join Mrs Maytom and other staff in the Little Learners classroom to discuss school in 2020. This is an informative evening because parents have a great opportunity to meet the new Kindergarten teacher, meet other parents and ask many questions. If you know of anyone who may be interested please let them know.

CHILDRENS UNIVERSITY

Congratulations to all 19 Children's University students who graduated last Monday night in the Great Hall at the University of Newcastle. They enjoyed a formal ceremony alongside approximately 500 other students from surrounding schools, a dinner for CU students and their families and a disco.

These students received awards for learning hours logged into a CU passport over the course of this year. This was learning that was outside of school hours, including lunchtime and recess learning activities. This type of learning was driven from the interest and curiosity of these students and included a broad range of activities such as sport, music, art, Bunnings DIY sessions, cooking, Minecraft, University excursion, pet care, chores around the home, learning new scooter tricks, sight-seeing, Reptile Park, Fort Scratchley, learning to ride a bike, lego building, the list goes on and on.

These students can continue to log learning hours in their passport, which will count towards next year's graduation.

If you have any questions about signing up to Children's University please see Mrs Brazer or visit the website: <https://cuaustralasia.com/>

There will also be an information session held at the school early in Term 1, 2020.



CHILDRENS UNIVERSITY cont.



PBL AND CLASS ASSEMBLY AWARDS

Week 2 award recipients were Maddie, Tashaya, Evelyn and Rocco for being outstanding achievers who show respect at the canteen. Week 3 recipients are Jett, Bella, Georgia and Jasmine for showing respect in the classroom. Congratulations to all students.

Assembly award winners

Amarni - consistent effort in all areas

Harriet - excellent effort in reading

Brianna - for being a responsible and caring class member

Liam - for using interesting adjectives in his writing

Carly - Doing her best and always offering a helping hand

Peter - Staying focused and completing quality work

YEAR 6 HALLOWEEN FUNDRAISER

This year's Halloween celebrations were a huge success! Everyone looked FANTASTIC in their scary costumes. It was the perfect weather for an icy cold spider served up by our helpful staff and resident chef, Brock R. The haunted house was huge hit! Year 6 students enjoyed scaring everyone and most people came back for more!!

Year 6 made close to \$200 that will go towards their year 6 fundraising.

We would like to say a HUGE thank you to all of the parents, students and staff who made the day a big success... and lots of fun! A special thanks goes out to Ben Charles for being our surprise spook in the haunted house! I think you even gave year 6 a fright!

GRANDPARENTS DAY

On Friday 25th of October, we opened our classrooms for our Grandparents and Grandfriends to experience our school. We had a lot of visitors come and join in and then enjoy afternoon tea outside under the shade of the trees at the front of the school.



HEADSTART

Year 5 and 6 High School transition begins on Monday 11th November. All students in Mrs Dubos' class will attend classes for 2 weeks at Lake Macquarie High School (LMHS). Students are to make their own way to LMHS, arriving by 8:50 am each morning. Mrs Dubos will meet students under the COLA in front of the canteen on the first morning. The program finishes at about 2:45pm and the students can be picked up from the bottom gate near the back bus stop or make their own way home. For further information please contact Mrs Dubos.

SWIMMING

Our 2 week swimming program starts Monday 25th November (Week 7). This will be held at Speers Point Pool and our cost to parents has been reduced this year as we have received funding from the state and federal governments. Payment of \$30 is due by Thursday 14th November. All students are required to attend. Financial assistance is available.



Join us

West Wallsend Indoor Swimming Club

Club Nights  *Squad*

Every Friday night starting at 7pm.
New members welcome to try swimming
club for up to 5 club nights before
registration fees apply.

Training every weekday, morning and
afternoon sessions available. Contact
the pool on (02) 4921 0738

Contact Cyndi Johnston via email registrar.westy@gmail.com
OR just show up on the night
<https://westwallsendindoor.swimming.org.au/>


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P&C

Last week at the P&C Meeting Stacy Burdon stood down as president. On behalf of the staff and students we wish to thank you for the work you have put in over the past 2 years as president. Jaclyn Sam has been voted in as the new president and Rod Caruana as Vice President, We welcome Jaclyn and Rod to the roles and look forward to working closely with them.

UPDATED CANTEEN MENU

Please note that there has been some item and price changes to the canteen menu for term 4.

Teralba Public School Canteen Menu					
LUNCH			SNACKS		
See our black boards for weekly meal deals and specials of the day			*limit- 1 ice block per child, during lunch and recess breaks		
Salad sandwich/wrap/tub	\$4.00	Beef lasagna	\$3.50	Seasonal fruit	Seasonal Price
Add egg	\$1.00	Nachos	\$3.50	Slinky apples	Seasonal Price
Add Chicken/ham	\$1.00	Flame grilled chicken burger	\$3.50	Pikelets	\$0.10
Cheese sandwich	\$2.00	with lettuce & mayo		Popcorn (canteen prepared)	\$0.50
Ham/chicken sandwich	\$3.00	Mac & Cheese	\$3.50	Red Rock Deli Chips	\$1.20
Egg & lettuce sandwich/wrap	\$3.00	Garlic bread (max 4 slices)	\$0.20 ea	Raisin bread	\$0.30 slice
*sandwiches can be toasted - specify when ordering		Medium pie (low fat)	\$2.00	Cheese on toast	\$0.30 slice
* All sandwiches wraps are on wholemeal bread		Sausage roll (low fat)	\$2.00	Muffin chocolate (summer)	\$1.80
Toasted sandwich		Chicken nuggets (max 10)	\$0.50 ea	Cheese and bacon roll	\$1.80
Cheese (light)	\$2.00	Pizza - cheese & bacon or	\$2.50	Frozen orange segments	\$0.20
Baked beans/spaghetti	\$2.50	ham & pineapple		Quelch fruit juice ice blocks*	\$0.60
Ham/cheese/tomato	\$3.50	Sauce tomato or BBQ	\$0.30	Juicies*	\$1.30
DRINKS					
Plain light milk poppers	\$1.20			Chocolate tub	\$0.50
Flavoured milk (light) choc/banana/strawberry	\$2.00			Twister Frozen Yogurt	\$2.00
Orchy juice apple, apple/blackcurrant or orange	\$2.00			Lemonade Juice	\$1.00
Warm milo	\$1.20			Bulla Light Ice Cream Cup	\$2.00

* Indicates items that follow the healthy kids food guide for green choice - these items are good choices for everyday

* Indicates items that are amber choices under the healthy kids food guide - these items contain moderate levels of saturated fats and/or added sugar and/or salt and should not be chosen everyday

IPLAY

Screen-time

Screens are used for a wide variety of purposes including communication, entertainment and homework. When we refer to screen-time we are talking about recreational screen-use, outside of school hours, for the purposes of entertainment. Screen-time refers to:

- Watching TV / DVD's
- Playing video games on a console (e.g. Xbox), computer or portable device (e.g. PSP)
- Using the computer for internet surfing or social media (e.g. Facebook/Twitter)
- Using a smartphone or tablet device (e.g. iPhone/ iPad)

Screen-time is like junk food. A little bit isn't going to do too much harm. It's when it is done to excess that it becomes a problem. When considering the screen-time of your children think about whether there is a balance between physical activity, schoolwork, socialising and screen-time.

National guidelines recommend that young people spend no more than 2hrs per day using screen-based entertainment.

Did you know?

- Research has linked high screen-use during childhood and adolescence to poor academic performance.
- According to one scientific study high screen-users during childhood and adolescence (i.e. >3hrs/day) were significantly less likely to get a post-school qualification (e.g. university degree) by age 26 than low screen-users.



The graphic features the iPLAY logo on the left, which includes a silhouette of a person jumping and the text 'iPLAY' in colorful letters. Below the logo is the tagline 'internet-based Professional Learning to help teachers promote Activity in Youth' and logos for NSW Education, Newcastle, Institute for Positive Psychology & Education, and ACU. On the right, a purple box titled 'Partnering with primary schools to' contains three icons: a person running (Increase physical activity), a graduation cap (Improve learning), and a heart with a pulse line (Improve Overall health). The iPLAY logo is also at the bottom right of the purple box.