

## Upcoming Events

### **Wednesday 22<sup>nd</sup> May – 6pm**

P & C meeting  
Debating competition Biddabah PS

### **Friday 24<sup>th</sup> May**

PSSA Boys softball knockout-Mayfield

### **Monday 27<sup>th</sup> May**

Life Education Visit

### **Friday 31<sup>st</sup> May**

Assembly starting at 2.30

### **Monday 10<sup>th</sup> June**

Queen's birthday holiday

### **Week 7 11<sup>th</sup> – 14<sup>th</sup> June**

Starstruck – various dates and times

### **Friday 14<sup>th</sup> June**

Assembly starting at 2.30

### **Wednesday 26<sup>th</sup> June**

Civic Theatre excursion (Yrs 3-6)

### **Friday 28<sup>th</sup> June**

Assembly starting at 2.30

### **Tuesday 2<sup>nd</sup> July**

PBL Rewards Day

### **Friday 5<sup>th</sup> July**

Last day of term.

## Monday 20<sup>th</sup> May 2019 Term 2 Week 4

### PRINCIPAL'S REPORT

Last week I had the privilege of attending the 2019 ConnectED Principal conference in the Hunter Valley. During that conference I spent time with and listened to some world class speakers. These included Professor Tom Gusky, Professor Pasi Sahlberg, Dr Ann McIntire and Jane Caro. Some topics covered were authentic assessment in schools, developing strong school leadership, as well as children in the modern society. One of the sessions I was able to attend spoke about the impact of technology on a child's development. Professor Pasi Sahlberg, a Finnish professor and director of the Gonski Institute presented some alarming statistics that highlighted the dramatic increase of childhood and adolescent mental health disorders and its direct correlation with 'screen time'. He went on to say that this is not just an Australian problem but a problem faced around the world. Although nobody has been able to pinpoint the exact problem some suggestions were that a reduction of 'family time' and reduction in children being able to amuse themselves were contributing factors. This, along with unsupervised social media were also cause for great concern. As a parent, I have welcomed the invention of 'Smart' devices and know they can sometimes give me the respite I need to cook dinner or tidy up but I also need to focus more attention on quality time away from the small screen. In school we are fortunate to have such technology to reinforce the many lessons we are teaching throughout the day. The web is an invaluable tool for research and rich learning activities but as a whole it is vital that we set great examples to our children by putting down the device and communicating with our children.

Richard Metcalf  
Principal

## STAFFING

At this time I wish to inform you that Mrs White has taken 6 months leave to travel around Australia with her family. Mrs White and her husband have been planning this trip for several years and we wish them a safe journey and look forward to hearing stories upon her return in November. Mrs Perrett will fill in for Mrs White in the Learning and Support Role and Mrs Brazer will teach in the K-1 class. Miss Pierpoint will teach in the Library, covering for Mrs Brazer. If you have any questions about staffing, class timetables or support for your child please contact your class teacher or make an appointment at the office.

## NAPLAN

Congratulations to our wonderful Year 3 and 5 students who completed the NAPLAN last week. From all reports, students were very pleased with how they went and what they were able to achieve. I wish to remind parents that NAPLAN is a great tool that helps us at school to monitor progression from year to year. Traditionally Teralba PS has small class sizes and this can make data analysis difficult. Having NAPLAN results over time allows us to better monitor these results.

## BOYS PSSA SOFTBALL

Good luck to the boys softball team this Friday. They are heading to Mayfield to compete in the next 2 rounds of the State competition. All boys have worked hard to improve their skill and we wish them the best of luck.

## SCHOOL ATHLETICS

Another huge congratulations to all the students who competed in our athletics carnival. It was a fantastic day and from where I was watching and supervising, all students had fun and competed hard and in the right spirit all day long. Congratulations goes to Shortland for winning.

Below are the age champions:

Junior Boys : Deegan Newbold

Junior Girls : Lola Charles

11 year Boys: Peter Tighe

11 year Girls : Jasmine Tupper and Tayla McDonald

Senior Boys : Jay Bell

## LIFE EDUCATION

Next Monday (27<sup>th</sup> May) all students will be attending the Life Education Centre at Edgeworth. Travel will be by bus. K-2 will leave at 9.15 and return by 11.30. Years 3-6 will leave school at approximately 11am and return by 12.45. Payment of \$10 per student is due by Thursday this week. Thank you to everyone who has returned their permission note and payment. If you require assistance please contact the office.



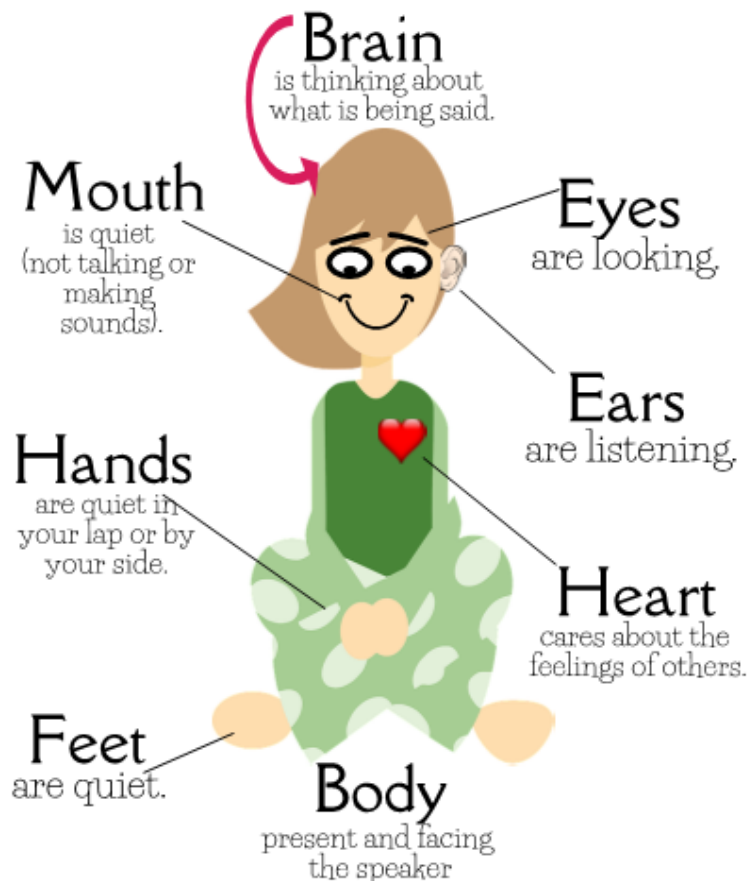
## PUBLIC WORKS

Work is continuing on the disabled car park access and wheelchair access ramp into the K-1 room. This means most of the grassed area between the office and junior classes is fenced off. Along with this area half of the parent car park will be blocked off to accommodate the work. **Parents are asked NOT to park in the 'Kiss and drop' zone, particularly during the construction time. If you need to leave your car to pick up your children please park on the road, either on William Street or York Street. Your patience and understanding is appreciated at this time.**



As part of our PBL this week, we are wanting to focus on morning lines with the students. We are asking for your assistance with this. Could you please ensure that when the morning bell rings, your child quickly sits in their class line, facing the front, ready to show respect to the teacher addressing the assembly. Part of our respect lessons involve teaching the children to use whole body listening when someone is speaking, in particular, mouth is quiet and eyes are looking. As parents, we would like to use you as an example during the assembly as well, so could you please ensure that you are doing your best "whole body listening" as well.

## Listen with Your Entire Body



## IPLAY

### Get Active!

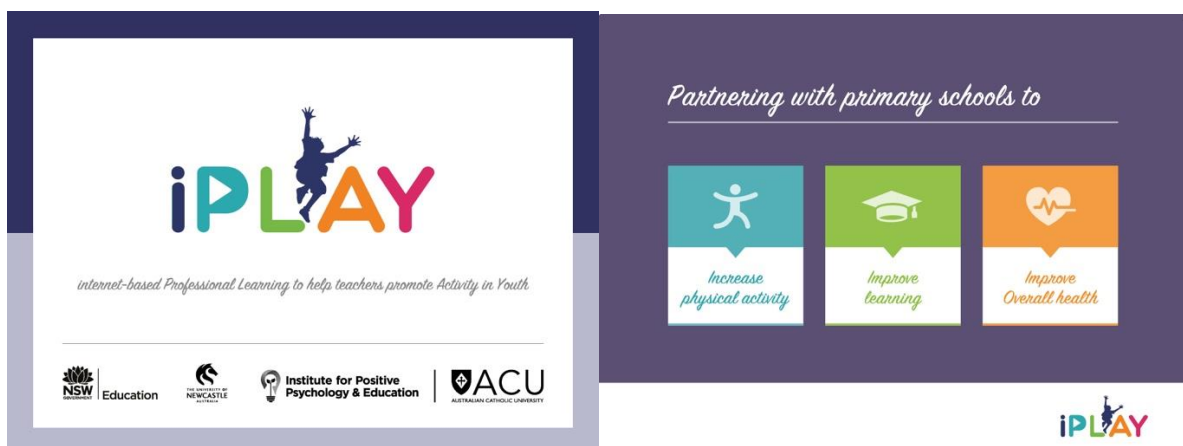
Regular physical activity is an important part of a healthy lifestyle. Making physical activity a priority and encouraging good habits in children from an early age is important and can help them to develop the skills they need to be active throughout their lives.

### Why is being active important?

Children benefit greatly from being active as it can:

- Promote healthy growth and development
- Build strong bones and muscles
- Improve movement skills
- Improve cardiovascular fitness
- Help achieve and maintain a healthy weight
- Improve academic achievement
- Help relaxation
- Provide opportunities to make friends
- Improve self-esteem and self-confidence

Children who are not physically active enough will not have the opportunity to gain these benefits and are at an increased risk of becoming overweight or obese. Being overweight or obese long term can contribute to conditions such as Type 2 diabetes, high blood pressure and cholesterol, and heart disease.



The graphic features the iPLAY logo on the left, which includes a silhouette of a person jumping. Below the logo is the text "Internet-based Professional Learning to help teachers promote Activity in Youth". At the bottom of this section are logos for NSW Education, Newcastle City Council, the Institute for Positive Psychology & Education, and ACU. To the right, a purple box contains the text "Partnering with primary schools to" above three colored boxes: a teal box with a person icon and the text "Increase physical activity", a green box with a graduation cap icon and the text "Improve learning", and an orange box with a heart icon and the text "Improve Overall health". The iPLAY logo is also present at the bottom right of the purple box.

## WOOLWORTHS EARN AND LEARN

We are again participating in **Woolworths Earn and Learn** this year. There is a box in the office foyer to return your sticker sheets. Attached to this newsletter is a sticker sheet to get you started. For every \$10 spent in a single transaction at Woolworths (some purchases excluded) you will receive a sticker which can be placed in our collection box at your local Woolworths store or you can drop it into the box in the school office foyer.

## GRILL'D CHARLESTOWN

We have been selected to participate in Local Matters at Grill'd Charlestown Square throughout the entire month of May. Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community each month. The donation is split between 3 local community groups \$300 / \$100 / \$100.

We would love your support in receiving the highest \$300 donation. Simply head to Grill'd Charlestown Square during May for a burger and pop your Local Matters token in our jar. The group with the most tokens at the end of the month receives the largest donation. It's a simple and delicious way to show your support!



<b>your local</b>	<b>OPTOMETRIST</b>
<i>clear vision for learning</i>	
<b>Bulk Billed</b>	<b>EYE EXAMINATION APPOINTMENTS</b>
1/177 Main Road <b>SPEERS POINT</b>	
ph <b>4958 7892</b> or	<b>BOOK ONLINE</b> lakeandvalleyoptical.com

