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Principal – Richard Metcalf

Upcoming Events

Thursday 1st August - PSSA Soccer-
permission notes due tomorrow

5th - 9th August - Education Week

Monday 12th August – Zone Athletics

12th – 16th Science Week

19th – 23rd Book Week 'Reading is my
secret powers'

Thursday 22nd August – Book week parade
9.15am

Wednesday 28th August – Civic theatre
excursion – payment due 15th August

Friday 30th August – Father's day BBQ
breakfast and stall

Wednesday 4th September – poetry slam

Friday 6th September – poetry slam
assembly

Friday 13th September – P&C colour run

Monday 29th July Term 3 Week 2

PRINCIPAL REPORT

Welcome back. I hope everybody had a wonderful holiday and are refreshed and ready for the busy term ahead. Looking forward at the term plan, Teralba PS have some exciting things planned. This includes a Science Fair, Father's Day Breakfast, Education week, Book Week, Poetry Slam and Civic Theatre show as well as all the other exciting classroom activities. This term, we welcome back Mrs Pohl to the staff. Mrs Pohl has been working at Mt Hutton, Argenton, Boolaroo and Millers Forrest Public Schools as an Instructional Leader. Her incredible knowledge and skill will be a great addition to our school.

Richard Metcalf
Principal

CHILD PROTECTION

This term during personal development class (PD) students will be completing their child protection lessons. Child protection is a series of lessons that focus on teaching students vital skills to keep them safe in the home, at school and out of school. This year the focus of the lessons is relationships and in particular power of those relationships. Students will be taught about safe and unsafe feelings, developing healthy relationships and who they can speak to if they need help. Students will be taught about 'no, go tell' and how to prevent bullying. As a school we see that families play a vital role in ensuring the safety and wellbeing of their children. Our role is to support and reinforce the vital lessons taught at home. Child protection lessons are one tool that we use to reinforce these lessons. If you have any questions please speak to your teacher.

ATTENDANCE

Attendance at school is compulsory. Regular attendance at school is essential for your child to achieve their educational best and increase their opportunities in life. On occasion, your child may need to be absent from school. Justified reasons for student absences may include being sick, unavoidable medical appointment, urgent family circumstances (eg, funeral).

Following an absence from school it is vital that you inform the school as to the reason. At Teralba PS we generally send a text message to ask parents to explain the absence, teachers may also contact families to discuss.

As a school we would expect students to attend more than 95% of the time. This means that students should not miss any more than 8 days in a year or 2 days per term. If you know that your child is having significant time away, please take the time to talk to your child's teacher to set a plan and goals for your child to have the best chance of success.

EDUCATION WEEK

From August 5th all public schools across NSW will celebrate Public Education Week. Public Education started in NSW in 1848 and now boasts the 3rd largest public education system in the world, behind New York and California. With over 3000 schools in the state and consistent world class results NSW Public Schools do an outstanding job of educating the children of NSW.

Here at Teralba, we have been educating students for over 135 years. Some highlights of the time I have been here include the outstanding growth results that Teralba students consistently achieve, our many environmental awards we have won, our success on the sporting fields, the amazing staff and of course the many beautiful students.

This year to celebrate Education week, Teralba Public School will hold a special assembly at **2:00pm on Friday 9th August**. At this assembly, students will present some work about school. Following this assembly, all community members are invited to attend a FREE sausage sizzle at 2:40pm.

SCIENCE WEEK

Over the past few years Teralba PS have celebrated National Science Week. As a school we value the importance of Science and STEM learning. This year we have invited the Mad Food Science group to come to our school to educate us as a community about healthy eating, experiment with foods and provide professional development for staff. **The cost will be \$7 per child and is due for payment by Friday 9th August**. Children will be able to participate in the exciting lessons and parents will be invited to attend a parent information session.

BOOK WEEK

2019 Book Week is fast approaching in Week 5 of this term. In the past Teralba P.S has celebrated Book Week by moving through rotational groups for activities, however; with the growth of our school this year we have decided to celebrate Book Week throughout Week 5 in our own class groups.

We invite parents, friends and our community to the parade at 9:15am Thursday 22nd of August.

CAR PARK

Now that all the works have been completed, the back car park is OPEN. Parents are reminded to take care when dropping students off to ensure that they park 'Rear In' and to NOT park in the kiss and drop zone. Parents and students are also reminded NOT to park or WALK through the staff carpark EVER. There are many deliveries, staff and school visitors coming and going at various times which can make the car park dangerous for pedestrians.

As part of the new carpark, a 'Disabled Car Park' has been created. Please note this spot is designed predominantly for student use.



GOT IT

In order to better provide for the students here at Teralba PS, we have joined the 'Got It' program. The 'Got It' program is a school based program that provides support to students, families and staff in developing key strategies to support students with social, emotional and problem solving skills.

All students were provided with a questionnaire to be returned by this **Friday, 2nd August**. This questionnaire will provide vital information to determine what supports are needed at the school. All results are confidential.

The Got It program team will be visiting Teralba School and will set up an information stall this **Wednesday 31st July from 2:45pm** Please take the time to meet with the team and discuss the Got It program.

RELIGIOUS EDUCATION

Religious Education provided by Christian SRE will commence on Wednesday afternoon and will be taught by experienced SRE teachers; Catherine Beeton and Louise Hendricks. A Teralba PS teacher will also be present in each scripture class. Christian SRE uses the 'Godspace' curriculum and information can be found at www.godspace.org.au; alternatively Mrs Brazer (coordinating teacher) or Mr Metcalf (Principal) can also assist those who have further inquiries.

During Term 1 most families opted in or out of their child participating in SRE; however, if you wish to change your preference please see Mrs Brazer to notify.

Those students **not** participating in SRE will take part in a PBL style program with Teralba PS teachers.

MUROOK EXCURSION

On Thursday the 25.7.19, K-6 all travelled by bus to Murrook Cultural Centre. We were all split up into 4 groups. We all started in different group activities such as Spirit/Animal Dancing, super fun boomerang throwing, Art and education and learning about plants.

Dancing was fun and by far the best. Well, at least I think it was. The dance was a story that really meant a lot to the guy teaching us, John. The story was about how spirits of past ones look after nature, flora and fauna. We started off on the ground in a circle and as he rattled the clap sticks on the didgeridoo (also called the yidaki), we slowly rose up at the same time and we had to morph from spirit to animal and then back to spirit. Before we started to dance we got our face painted. The girls got velvet red dots around their eyes, kind of like a dotted mask. The boys got black paint from their hair line down to the tip of their nose, then coming down from the bridge of their nose slowing down to their jaw. After we nailed our dance we learned how to count to 10 in John's native language. Waku, bula, bulawaku, bulabula, ma, mawaku, mabula, mabulawaku, mabulabula, mama. That's how you count to 10.

The Nature Walk was great and educational. This time a nice lady Janine taught us about nature. We learnt all about what Indigenous people used for medicines, food catchers and other things. Acacia leaves were used to suck the oxygen out of the water so that the fish got stunned and floated up to the surface of the water, dinner served! Another use for it was to make soap but crushing them up and adding a bit of water. There was one plant in particular that was very important to them. It is the Lemon Myrtle Tree. If you crunched up the leaves, it would smell so good. Like a sweet lemon smell. It was boiled in water to help the sick people, like a tea. Another tree is the Melaleuca Tree. Also familiar as the paperbark tree. The bark was used as a mattress for babies to keep them warm and as a blanket because of the thickness. One last tree is the native lily. At the bottom is a bush of sprouting, lime green, wide leaves. Followed by a tall stem. And at the top was a huge red pom-pom looking flower. And if it was in full, bright red bloom it meant that the whales are coming by.

Boomerang throwing was awesome. I never knew it could be easy if you actually tried and put effort into it. There were specific types of boomerangs. Left handed and right handed. If you are left handed you hold straight at 12 o'clock and then gently tilt your hand over to 10 o'clock. So to the left. Then you step forward with your right foot and then you throw it with all your might. If you are right handed, you do the opposite of the left. We had to start at 12, but tilt it to the right. So 2 o'clock. Then step on our left and throw! The boomerang we used had a purpose. It wasn't a hunting boomerang, but it was designed to scare off birds on the ground into the trees. But there's a twist. The Indigenous people made strong nets out of layers of cobwebs. So the birds would get trapped and get turned into a snack. Justin, (the guy instructing us) was very nice and really good at the boomerang. He nearly made it come back to him by a little bit. Then he chased after it and nearly caught it! Something funny was that some of the teachers had a go!

Art was great! We got helped by a pro artist named Jason. He has been painting for 18 years and he is a really good dot painter. Some of his artworks were in the hall. My favourite one was the bird done in traditional rock art dot painting. Some people painted on a canvas, and some on boomerangs. But these ones you couldn't throw. They were display boomerangs. My favourite boomerang was Miss Pierpoints. Hers was so good. And my favourite canvas was my friend Lara's. Everyone did a great job in art! They are all colourful and patterned. Well done!

Before we left, Jason told us about his Tribe, the Worimi Tribe. We learnt all about it and the interesting facts. We also learnt that Jason's cousin was the first Indigenous surgeon. Murrook Cultural Centre is a fun environment for learning about the Indigenous Culture. We should do it again.

By Jasmine Tupper

TREE DAY

Last Friday all students participated in National Tree Day. This year Teralba students planted 80 native trees around the school. These trees were kindly donated by Landcare. Staff saw this as a great opportunity to educate the students on the importance of trees in our community and as part of our ongoing environmental education focus. National Tree day has been happening in Australia since 1996 and sees over 300000 volunteers help each year. For more information go to <https://treeday.planetark.org>

TERM 2 PBL REWARD – MILKSHAKES WITH MR METCALF

On Friday, Armani, Aria, Bella, Grace, Reese, Lola, Huey, Tayla and Rocco enjoyed a milkshake lunch as they received the highest number of feathers for their class in term 2. Congratulations.



P & C COLOUR RUN

We're holding the *School Fun-Run Colour Run* as a major fundraising event this year! The event will be held on 13th September at school. This is a sponsorship based fundraiser.

Keep your eyes peeled for the sponsorship forms which will be sent home with your child later this week. Once you have the form, jump online at schoolfundraising.com.au and create a student profile page. Once you do this and raise at least \$1 online, you will be entered into the \$20,000 Ultimate Family Experience! Students who raise \$10 or more will receive a reward, and the more money you raise the better the reward, and the more you help the school! The rewards range is fantastic and you will not be disappointed, some of the rewards are: slime cups, fizz rocket, virtual reality head set, crystal growing kit, soccer ball, crystal gem jewellery, solar construction kit, robots, action camera, fitbit, electric scooter, electric guitar, hover board, xbox One and even a laptop.

The *School Fun-Run Colour Run* is a healthy fundraiser that we hope you'll get behind. The event sends a message to students about having fun while being healthy, all while helping the school raise funds.

We're looking for all students to participate, so we'd love everyone to come down to support the kids on the day.

If you have any questions about the Fun-Run please contact the School Fun-Run Office on 1800 FUN RUN. Thanks for supporting the school and we hope to see you at the event!



IPLAY

Fundamental movement skills

Just as it is important for children to be active every day, it is important for children to develop their fundamental movement skills.

What are fundamental movement skills?

Fundamental movement skills are often categorised into three groups:

Locomotor skills:

- Run
- Hop
- Skip
- Jump
- Side gallop
- Dodge
- Leap

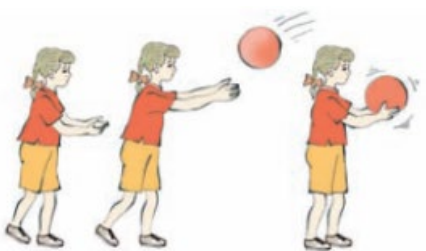
Object control skills:

- Overarm throw
- Catch
- Kick
- Two-hand strike
- Dribble (bounce)
- Roll
- Underarm throw

Stability skills:

- Static balance

Skill in focus ... Catch



How to:

1. Prepare to catch by holding both hands in front of the body and elbows softly bent.
2. Stretch the arms in front to reach for the ball as it arrives.
3. Catch the ball in the hands only, not the forearms or body.

Skill in focus ... Overarm Throw



How to:

1. Eyes focused on target throughout the throw.
2. Stand side-on to target.
3. Throwing arm moves in a downward and backward arc.
4. Steps towards target area with foot opposite throwing arm.
5. Throwing arm follows through, down and across the body.



Interest-based Professional Learning to help teachers promote Activity in Youth

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Westlakes Athletics Club

Come and try/Orientation

Friday 9th, 16th, 23rd & 30th August 2019 from 6pm

Programs for ages 3+ available.

Westlakes is an Inclusive Club that welcomes athletes of all abilities.



Active Kids Vouchers Accepted



Teralba Public School

Science and Engineering Challenge



Your challenge is to design and build a simple machine that moves. Projects are due on **Wednesday 14th August**. Winners will be announced on Friday 16th August.

Category 1 – Lego & Meccano

You may use Lego or Meccano to build your simple machine.



Category 2 – Recycled Materials

Materials

(You may use any materials you wish. Below are some suggestions.)

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Cardboard • Scissors • Marbles or balls • Straws • String • Paper plates • Pencils | <ul style="list-style-type: none"> • Tape / glue • Paper clips • Cardboard cylinders • Egg cartons • Paddle pop sticks • Pipe cleaners • Balsa wood • BBQ skewers • PVC pipe • Cotton reels | <ul style="list-style-type: none"> • Fishing sinkers • Plastic cups • Lego • Bottle caps |
|--|---|--|

