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Principal – Richard Metcalf

Upcoming Events

Thursday 26th September

Soccer State Finals

Friday 27th September

Last Day Term 3

Saturday 28th September

Living Smart Festival
Speers Point

Monday 14th October

Students and Staff Return
Term 4

Thursday 17th October

Full payment due for
Morisset and Bathurst excursions

Thursday 24th October

Grandparents Day

Thursday 7th November

Oakvale Wildlife & Splash Park
Payment due 31st October

Wednesday 11th December

Presentation Day

Monday 23rd September 2019 Term 3 Week 10

PRINCIPAL REPORT

Wow, another week, another newsletter, another term! As I write this newsletter and reflect upon the term we have had at Teralba I am constantly amazed at how much a small school can squeeze in. With assemblies, public speaking, poetry slam, State Football finals, Father's Day breakfast, Book Week, Education Week, colour run, Civic Theatre Excursions and Science Week it's any wonder that much work was completed. But as always the wonderful staff at Teralba PS have done an amazing job at delivering a world class education. A huge congratulations goes out to Jay Bell who last week played in the NSW State Softball PSSA championships in Tamworth. I was privileged to watch a few games and Jay did very well competing against the best in the State. While I was watching, Jay took a number of excellent catches, threw out a few players and batted well. Great job.

The reason why I was able to watch Jay was because I was asked to visit Barraba Central School to meet with the Principal and Executive team to complete their External Validation. Barraba is a small town, 96km north of Tamworth. The school has 170 students ranging from Kindergarten to Year 12. Many programs that Barraba Central School run are similar to those here at Teralba so it was great to see how they do it. Another eye opener from the visit was seeing how the drought is affecting the town and the school. Witnessing the desolate conditions and the resilience of the school community was very heartening. It also reminded me of how lucky we are to be living here in Teralba.

COLOUR RUN

Thank you to all the parents and staff who organised and ran the Colour Run last week. All students and parents had a great time and raised lots of money. Some photos from the day can be found on the school Facebook page.

PBL REWARDS

Thankyou Mrs Dubos for organising last week's PBL Rewards day. It was a huge success despite the rainy day. Students engaged in a variety of activities that focused on coding and robotics. It was also pleasing to see the highest percentage of student participation since commencing PBL rewards day back in 2015.

LIVING SMART FESTIVAL

This weekend Teralba PS green team will be entering the 'Schools garden competition' at the Lake Macquarie Living Smart Festival at Speers Point. Please come along on the day and support Teralba PS. There are 2 prizes to be won on the day. One is a people's choice award, voted for by the public, so if you think our school's garden bed is the best please vote for us. The second will be judged by Costa from Gardening Australia. Costa will be visiting the garden bed competition around 1.30 pm so if you are around then please come along and show your support.

We would like to thank our Green Team for their creativity and gardening skills and the fantastic support we have had from Karen, Vicki and Eric from the Five Bays Sustainable Neighbourhood Group.



PSSA SOCCER FINALS

Good luck to our soccer team for as they travel to Sydney this Thursday, 26th September to compete in the State soccer finals.

Venue - Valentine Sports Park, 235 Meurants Ln, Glenwood, Sydney

Departing School - 6:30am

Kick off - 10:15am

Second Game - 11:40am or 12:50pm

Players must bring - Full school uniform, hats, sneakers, boots, shorts, protective gear and their lunch and recess.

HUNTER REPRESENTATIVE

My trip to Tamworth was one of the best school experiences ever. The PSSA State Softball Competition was a 3 day event and I was representing the Hunter Region.

On the Monday 9th of September, my teammates and I travelled out to Tamworth as we had training on that afternoon.

Tuesday 10th of September was the first day of competition and we played 4 games in total, winning 1 game and losing 3. We also had a team photo taken.

On the Wednesday, our second day of competition, we played 5 games. The first game was the most challenging as we versed the Riverina team. Their pitcher's mum has pitched for the Australia team so we were all tensed up. We ended up losing all the games that day but played really well.

Thursday was the last day of competition and everyone was excited and annoyed it was the last day. Our second game of the day we faced a team that was second on the ladder. The whole game was close but in the last inning we caught three out and won the game.

By Jay B



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TERM 4 COSTS

Listed below for your information are the known dates and costs for term 4 activities and the due dates for payment.

ACTIVITY/EXCURSION	DATE	COST	DUE DATE FOR PAYMENT	NOTES
School Swimming Scheme	25 th November – 6 th December	\$30	21 st November	
Musica Viva Performance by B'Tutta	5 th November	\$5 per student (Usually \$9, school subsidising cost)	1 st November	Permission note will go home early next term
Bathurst excursion Years 5 & 6	6 th -8 th November	\$375 per student	17 th October	Individual accounts will be sent home this week
Morisset excursion Years 3 & 4	7 th -8 th November	\$187 per student	17 th October	Individual accounts will be sent home this week
Oakvale Wildlife Park K-2	7 th November	\$30 per student	31 st October	Permission notes have already been sent – please contact the office if you haven't received one
Year 6 farewell	12 th December	To be confirmed Possibly \$20 per student and \$25 per adult	6 th December	Invitations will go home in week 1 next term
Presentation Day	11 th December	No cost. Transport by bus to be paid by school	NA	Permission notes will go home next term

Please call to the office to apply for financial assistance if you are having difficulty with payments. Applications should be made by the end of term.

SCHOOL SWIMMING SCHEME

School swimming lessons will be held next term in weeks 7 & 8, 25th November to 6th December. We have received funding from both the School Swimming and Water Safety Program and the Sporting Schools Program which has greatly reduced the cost to families. As a result we only need to charge \$30 per child for 10 days of intensive swimming lessons.

NATIONAL DEAF WEEK

The Lake Macquarie West Hearing Support Team proudly supports students who are Deaf and hard of hearing across the region. The team recognise the Deaf Community as important role models and stakeholders in Deaf Education and are celebrating Deaf people in our area in Week 10 for National Week of Deaf People.

Deaf Australia began the National Week of Deaf People celebration to allow Deaf people the opportunity to celebrate their community, language, culture and history. It is also a time to recognise the achievements of Deaf people so the Hearing Support Team will be coordinating activities across the week to acknowledge the amazing Deaf people in our community.



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CRICKET SOUTHERN LAKES

COME JOIN THE FUN WITH CRICKET SOUTHERN LAKES

REGISTRATIONS NOW OPEN

Register online at www.playcricket.com.au



SCHOOL HOLIDAY NETBALL DEVELOPMENT CLINIC
~ Registrations **NOW OPEN** ~

Are you a passionate Junior netballer who would like to build confidence, develop teamwork and further enhance your skills?
Pivot Netball Academy can assist you.

OUR PROGRAMS INCLUDE:

- 2 DAY SKILL CLINICS FOR 7-12 YEAR OLDS
- SPECIALIST CLINICS FOR 11-15 YEAR OLDS
- AFTER SCHOOL DEVELOPMENT PROGRAM

~ REGISTRATIONS NOW OPEN ~
For children turning the ages above this year

Pivot

For further info contact email: jala@pivotnetball.com.au
www.pivotnetball.com.au

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Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L

6—12 years 1.5L



TIPS TO DRINK MORE WATER

- ◊ Show children that you enjoy drinking water
- ◊ Drink water with every meal
- ◊ Take a refillable bottle when you go out
- ◊ Pack water for school
- ◊ Encourage drinking extra water when they play sport
- ◊ Limit buying sugary drinks



600ml soft drink
= 16 teaspoons, 64g



500ml energy drink
= 13 teaspoons, 52g



600ml sports drink
= 9 teaspoons, 36g



Large frozen drink
= 20 teaspoons, 80g

Information source: © [Cancer Council Victoria](#) 2019