

TURRAMURRA PUBLIC SCHOOL

Newsletter

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Issue 9 – Tuesday 2nd April, 2019
Term 1 Week 10

Principal's Message:

Dear Parents and Carers,

Swim School commenced this week and the children are doing really well. It's always a pleasure to see the children striving to improve and to make the most of the opportunity to have intensive lessons.

Stage 1 are completing some wonderful outdoor experiences with the staff from Gibberagong Environmental Centre in the National Park at West Head. I look forward to seeing their follow up activities.

Our Term 1 Disco for all students will be held next week on Thursday starting at 5:30pm for K-2 and finishing at 6:45pm followed by Years 3-6 commencing at 7pm and concluding at 8:15pm. This is a school run event and cost of entry is \$5 at the door. This covers the cost of our DJ from Footsteps Dance Company. Please drop students at the double doors and collect from the side door facing the Uniform Shop.

Stage 2 and 3 have had the opportunity to borrow 2 wonderful STEM share kits through the Department and have had some lovely experiences with coding, virtual reality and programming different robots. We were among the first of DoE schools to gain access to the kits and will have further opportunities throughout the year to borrow again. The kits are complete with ipads and all the teachers needed to run STEM lessons. Thank you to Ms McGuire for all her work to gain this opportunity.

Work to replace roofing will begin in Week 1 of the holidays. The initial start will be the OOSH/Music/ 5R building. This will hopefully mean that OOSH services do not need to be relocated. Other rooms will need to be relocated for a day or two as the works are completed. All rooms at the Kissing Point end will be completed in this round and the K-2 area will be completed later in the year.

Students in Year's 3 and 5 are completing a NAPLAN Readiness Test over the next few days. This will prepare for the actual online test in Term 2. At this stage all has gone quite well with very little disruption to the computer timetable.

Students are also completing the 'Tell Them From Me' survey which gives the School valuable information regarding how students feel at school and enables us to build strategies to better support them. The Parent and Teacher surveys will be sent out later in the year.

School photo information is also arriving soon. Photo Day is Term 2, May 14th. This will be a Winter uniform photo.

Have a great week,

Margaret Foott,
Principal

Planning Ahead...

- | | |
|---------------------------------|--|
| Friday 5 th April | - PSSA TPS v Hornsby North PS
AFL @ Rofe Park
Football @ Montview Oval
Netball @ Montview Oval
Last day to hand in for School medals |
| Sunday 7 th April | - P&C Movie Fundraiser 2.30pm Event Cinemas Macquarie Ctr |
| Thursday 11 th April | - School Disco - School Hall - Years K-2 5.30- 6.45pm
Years 3-6 7.00-8.15pm |
| Friday 12 th April | - End of Term 1 |

Deputy Principal's Message

School Photo Day

School Photo Day is taking place on the 14th May, Week 3 Term 2. Personalised order forms are being sent out today to each student. Please complete your order and return your envelope to your class teacher by Friday 10th May. We do encourage you to make payment online, information to do this is on the order form and in this week's Newsletter. If you want a sibling photo there is a separate envelope in the main Office.

GOT IT

This week's message from Got It is all about spending quality time with your children. Enjoy.

Thank you for your support.

Jacqui Gordon
Deputy Principal

Sport News

PSSA begins again this week for our Football, Netball and AFL teams. For the next 2 weeks, Football and Netball will be at Montview Oval, starting at 9.30am. Next term, we move to the winter time of 12.45pm start and there will be a new draw. We will advise where the games are to be held as soon as we know.

AFL will always be at Foxglove Oval at Mt Colah.

All Winter PSSA athletes must be at school **EARLY** for the next 2 Fridays to allow time to change into their representative shirts/dresses before leaving. Your coaches will let you know who will be washing the team's gear each week. Thank you in advance for your assistance with this chore!

There are still a number of League Tag jerseys missing. If you have not returned yours, please do so now to avoid being invoiced for \$30 to replace the jersey!

Our Year 6's have just wrapped up their Orienteering sessions that we organised thanks to the funding we got from Sporting Schools. Next term, it's Year 5's turn for Orienteering. We hope they enjoy it as much as the Year 6's did.

Mr De Jager will be looking for volunteers for the school's Cross Country Carnival soon. If you think you might be able to spare a couple of hours on Tuesday 7th May (Week 2), please contact him by email: Reg.dejager@det.nsw.edu.au

Katrina McGuire & Reg de Jager
Sport Conveners

Chicken Pox

We have had a suspected case of Chicken Pox reported to us. There have also been further cases reported in the community. Please note symptoms are fever, runny nose and a rash that blisters and scabs. You will need to keep your child home for 5 days after the rash first appears and until the blisters have scabbed over.

Library News

The 2019 NSW Premier's Reading Challenge.

Congratulations to the following students who have completed the Challenge already! Well done!!

Pippa Fisk
Kian Petersen
Dominic Alouisa
Harriet Fisk
Max Jones
Christopher Amprimo
Sophie Barker
Ritesh Saini

Students in K-2 are asked to read 30 books and students in Years 3-6, 20 books by 30th August. Completed books can be registered on the PRC reading log sheet or online. Students use their Computer lesson username and password to login at <https://online.det.nsw.edu.au/prc/logon.html>

Borrowing Books

Students are asked to please bring their library bag to every weekly library lesson for borrowing.

Many thanks,
Amanda Kynaston and Shelley Warren
Teacher Librarians

OOSH Newsletter 2019 Term 1 Week 10

The TPS OOSH Committee is a group of volunteer parents steering the strategy for our caring staff members. We meet quarterly and the role isn't onerous. This year will see some long-term parents step aside after 7+ years of service on the Committee. Succession planning is an important part of any organisation, especially a volunteer group. With our AGM scheduled for early Term 2, now is the time to indicate an interest in your child's pre- and post-school hour development. Please email me president@tpsoosh.com.au

Kind regards,

Peter Tate
OOSH President

Canteen News:

Thank you to all of last week's helpers! Special thanks to Akiko Jones for coming in to help us on Friday!

Helpers Needed

We are currently looking for some help **Friday 12th April**, if you are free for even 1-2 hours please contact me on **0422 222 601**. Thanks very much!

Outstanding Accounts

If you have any outstanding accounts from the Canteen, could you please send the money (cash only please) to us at the Canteen as soon as possible.

Helpers for this week are:

Wednesday 3rd April:

Elle Morris & Katinka Millar

Thursday 4th April:

Anthea Thebridge & DanSunderland

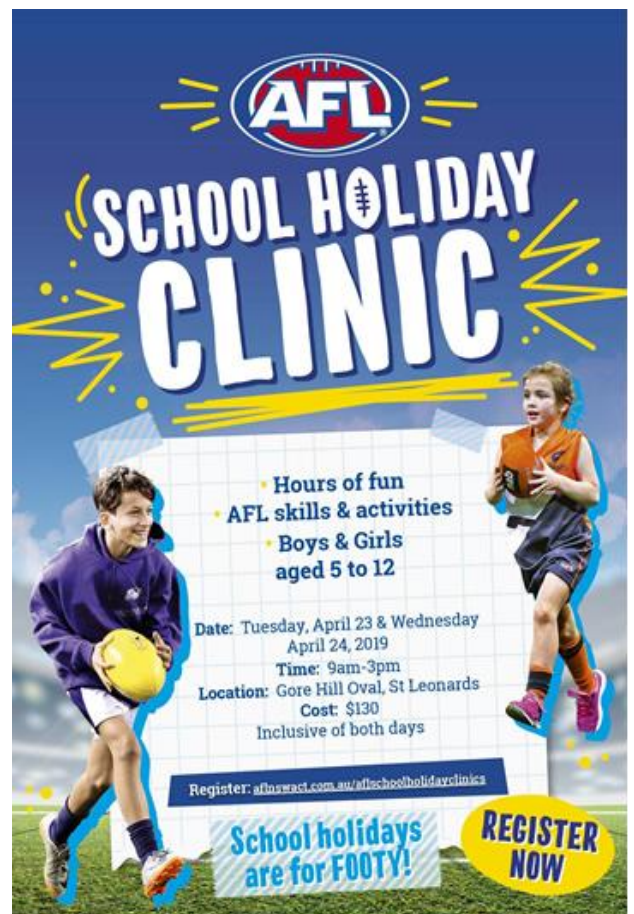
Friday 5th April:

Ula van Hoorn, Kate Carson, Jo Moore & Keltie Lane

Monday 8th April:

Nat Fiander & Sophia Vermaas

Thank you from the TPS CANTEEN
Haylee & Laura



This Week's Band News



Almost to the End of First Term

What a busy term our band members have had!

Band Camp is such an effective base for building skills and learning how being in a band is just like being in a team, working together creates better music for the audience, just like working together on a sport field produces better results.

BAND COMMITTEE MEETING

Do you like what you see and hear?

Why not come along to the next band committee meeting?

Share your ideas and join in on the conversation!

There is a Band Committee meeting on Thursday April 4th

Primary Staff Room at 7pm

We would love to see you there!

Upcoming Band Calendar Dates

Week	Date	Term 1
10	Thurs 4 April	Band Committee Meeting (Staff Room, 7pm)
11	Fri April 12	ANZAC Day Ceremony, 2.30pm 3-6 COLA Trumpet to be played by Lucy Middleton
Save the Date	Sunday May 26th	Ryde East Music Festival Junior, Performance and Senior Jazz Band Times TBC
Save the Date	Sunday 16 June	Wahroonga Band Festival Intermediate Band Times TBC
Save the Date	Fri-Sun Sept 6-8	North Shore Primary School Concert Band Festival Junior, Intermediate and Performance Band Times TBC

Junior Jazz look out for performance dates in term 2

If you have any questions or concerns please e-mail

Band Director, Mr Rowland at tpsbands@outlook.com, or either of your Band Coordinators
Kerry Medd or Liz Maund-Arnott at tpsbandcoordinators@gmail.com





Mother's Day Stall

We will be holding a Mother's Day stall at school on Friday, 10 May for the students to select a special gift for their mum, grandmother or other special lady in their life.

Cost is \$7 per child – due Friday, 12 April

Payment options are:

1. Return the completed slip below with the full amount and place in the P&C box in the Office.
2. Online payment at www.flexischools.com.au

Money is **NOT** required at the stall.

NOTE: If you **do not** wish to participate, please select 'NO' below and enter child/children's details and ensure they are aware. This should reduce the number of reminder emails received as well as keeping misunderstandings to a minimum.



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Mother's Day Stall

Opt in (please circle) Yes No

1st Child's Name: _____ Class _____ (\$7)

2nd Child's Name: _____ Class _____ (\$7)

3rd Child's Name: _____ Class _____ (\$7)

4th Child's Name: _____ Class _____ (\$7)

I enclose \$ _____

(Payment by cash or cheque. Please make cheques payable to TPS P&C.)

Signed: _____

Date: _____



ABN 47 083 674 613
Unit 20 / 14-16 Stanton Road, SEVEN HILLS NSW 2147
Phone: (02) 9674 9824 Fax: (02) 8602 5399
e-mail: admin@theschoolphotographer.com.au



School Photography Payment Information

Each child must hand in their own completed envelope.

We encourage Parents to Pay online before the School Photography Day. Students are still required to bring their envelope on the day of photography so the teachers & office staff at your school do not have to hold money on the parent's behalf.

ONLINE PAYMENTS - www.theschoolphotographer.com.au

Online Order Code located on your Envelope/Flyer to make payment.

CASH ORDERS /Money Orders - via Envelope - *See Envelope for details*

SIBLINGS PHOTOS - If your school has sibling photos, a ***Separate Siblings Envelope*** is provided to the school which is usually held at the School Office and handed out on request.

All students must present themselves to the photographer to ensure the Sibling photo is taken.

Please Note: Online Payments for sibling orders are closed by 8.30am on photo day.

Prior to 9.30am on photo day you can still collect and pay via cash only using a Sibling Envelope from the school office. Phone orders are not available for sibling payments on photo day.

Late Payments - If paying online after photo day for your class/portraits, online orders are open via our website for you to make payment.

A late fee applies for all orders placed after the bulk issue of School Photos are delivered.

See Envelope for details

Phone Payments - Call our office on 9674 9824 - Order over the phone via credit card payments.

(Note – there is a processing fee of \$5 for all phone order payments)

CHEQUES ARE NO LONGER ACCEPTED DUE TO A CHANGE IN BANK POLICY.

For All STUDENT PHOTO ORDER ENQUIRIES

Email – enquiries@theschoolphotographer.com.au or

Call : 02 9674 9824

I hope this is of assistance to you.

Kind regards

The School Photographer Team

How to help your child being cyberbullied

By: Julie Inman Grant, eSafety Commissioner

March 27th 2019

Sadly, research tells us that one in five young Australians experience cyberbullying, and only 55% confide in a parent if they experience a negative online incident. This can be confronting for many parents and carers to learn—the thought of being totally unaware of comments and images targeting their child, while it is usually highly visible to their friends and peers.

In an ideal world, being as engaged with young people’s online lives as we are with their offline lives would help us protect them from negative incidents or minimise any damage. But, as a working mum of three, I understand this isn’t always easy, especially when we’re dealing with issues we didn’t experience growing up. Our research shows less than 50% of parents feel confident in dealing with cyberbullying.

The good news is, the eSafety Commissioner was established to help young people deal with this very issue. We operate the world’s first (and still only) legislated [cyberbullying reporting service](#) for Australian children under the age of 18.

If a child or trusted adult reports serious cyberbullying to a social media service, and it is not removed within 48 hours, they can report it to eSafety and we can advocate on their behalf to get the material removed. We also have a range of powers to issue civil penalties to social media companies who do not comply with our take-down requests.

So far, we’ve dealt with over 1,100 complaints about serious cyberbullying and have had a 100% compliance rate from social media sites. From our experience, we know getting harmful cyberbullying material removed quickly helps to reduce the trauma and impact on mental wellbeing young people may experience if it were to remain online. We’ve also found a nexus between face-to-face bullying and cyberbullying, so we work with complainants, and at times, their parents and the school, to help resolve the issue at the root cause. As parents and carers, it’s important that you first know how to recognise the signs of cyberbullying, and then how to help your child deal with it.

How to recognise cyberbullying:

Some of the signs that may indicate your child is being cyberbullied include:

Being secretive about their online activities

Avoiding social outings

Deleting their social media or email accounts

Noticeable changes in their friendship groups

Appearing upset after using their mobile, tablet or computer

A decline in grades or avoiding school

What to do if your child is being cyberbullied:

As parents, our first instinct may be to ban our children from social media, disable the wi-fi or turn off the data access. But this can actually compound the problem, making your child feel as if they're being punished and heightening their sense of social exclusion.

If you find it's happening to a young person in your care, there are four simple steps that can help minimise the harm:

Report the cyberbullying to the social media service where it is occurring.
Collect [evidence](#) of the cyberbullying material.

If the material is not removed within 48 hours, make a [report to eSafety](#).
Block the offending user.

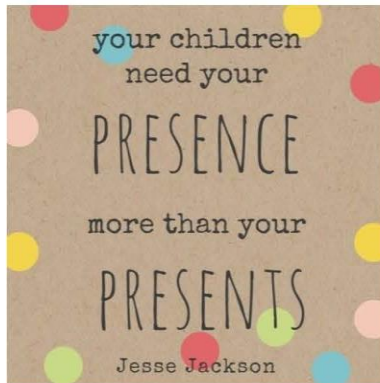
Most importantly, remain calm, listen to your child without judgement, and let them know you will be there to support them through this.

Parents and carers are not alone in this journey. We provide extensive [advice and guidance](#) about a range of online safety issues children may face, and the strategies and tools you can use to help protect your child online.

With our research showing 81% of parents have given their pre-schooler access to an internet-connect device, [good digital habits](#) should be encouraged from the get-go. It is never too early to the chat and get involved with your kids' online lives. If you haven't already, I encourage you to have a conversation with your child about what to do if cyberbullying happens to them or a friend, before it occurs. Head to eSafety Parents at [esafety.gov.au](#) to help you do just that.

A version of this op-ed originally appeared on **SBS.com.au**.

Got It!



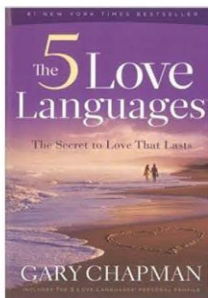
Spending **quality time** with our children helps build positive relationships, improves self-esteem, and is essential to optimal development.

Our lives can get so busy that quality time with our children can fall off the radar but it is important to find a few minutes here and there.

Ways to spend quality time with your children:

1. Plan **regular scheduled** dates. Planning and scheduling quality time means our kids look forward to quality time.
2. Take **pictures together**. Photos create memories that stretch quality time beyond the time you physically spent together.
3. **Cook** together. Your child gets to spend time with you and learn some helpful life skills as well!
4. **Eat dinner** together as a family a few times a week.
5. **Exercise** together. It's good for both of you.
6. **Play** together. Build an indoor cubby house with an old sheet, build a fort out of boxes, play doctor, or have a family games night.
7. Build quality time into your **morning and bedtime** routines. Set aside time to really talk together, read together, relax together - whatever suits your family.
8. Remember, it is **quality** not **quantity** - just 5-7 minutes a day of one on one time is enough.

Resource: A book about the different ways people express love.



*The 5 Love Languages
By Gary Chapman*



*5 Love Languages
of Children
By Gary Chapman
and Ross Campbell*



Health
Northern Sydney
Local Health District



FREE FOOTBALL TICKETS

Hyundai A-League 2018/19 Western Sydney Wanderers v Sydney FC Saturday 13 April 2019 7.50pm ANZ Stadium

Thanks to the Western Sydney Wanderers, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at your school have the opportunity to witness these two Sydney giants go head to head!

As your school is participating in this year's NSW Premier's School Sport Challenge, up to **four (4) FREE tickets** are available for *each* student and staff member to redeem for the match.

Tickets are limited so be sure to secure them quickly for what will be a great evening of rugby league. To take up this fantastic offer, students and their parents should follow the below easy steps:

1. Simply go to the website: <http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register details.
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information, please visit the ANZ Stadium website by [clicking here](#).

Please note:

- Students must have parental permission to participate in this offer.
 - Each student is entitled to up to four (4) free tickets (limited to one registration per student).
 - Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.
 - There is a limit of 8,000 vouchers/tickets (redemption available to 2,000 individuals).
 - Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.
 - If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.
 - Accessible seating is available within the allocated general admission seating area.
-