



Principal's Message:

Dear Parents and Carers,

Year 6 had a fabulous time at camp and were full of stories about their challenges and successes last Thursday. It was a great experience for all and a great way to start the year. Thank you to my Year 6 teachers and Miss Strahle for organising and ensuring all had a great experience. Please see a photo of some of the fun activities that not only the children enjoyed!

Sadly we had a very near miss at Kiss and Drop last week. Please remember to drop all children to the kerbside. Children are very small and can't be seen when crossing between cars. I understand that this may have been caused by having a baby seat in a safe position in the car. It is very important to be extra vigilant in this area.

Year 4 students worked with Mrs Plasto this week on their Operation Art entries. The selected students work so hard and are commended on their results. See photo later in the newsletter.

We ask that you do not use the staff car park at any time. A car was damaged last week (thankfully the person left their details) This is for everyone's safety, we also ask that you do not walk across the carpark at any time. There is activity at all times of the day and many blind spots for cars. We do grant permission to parents who are collecting sick children and at times parents who have injuries that make walking a problem. Thank you for adhering to this request.

Our students participated in Clean Up Australia Day yesterday. They worked hard to collect all the rubbish in the school grounds. I am disappointed actually that there is rubbish here at all. The children are trying quite hard to

reduce the waste they bring to school in their lunchboxes. This is reinforced by our very dedicated Environment Team.

We had a great turnout for the Information Evening for Band Camp in the Library last night. The Band Camp commences this Friday at 1pm and over the weekend. I hope everyone has a wonderful time. I know that it is a lot of hard work but it has results that make it all very worthwhile. Many thanks to all the Band Committee and our parents for their support.

Please email the office or the class teacher if you are collecting your child throughout the day. This enables the Teacher to prepare your child so they are ready for you and prevents disruptions to class programs.

Have a great week,

Margaret Foott,
Principal



Spot the Teacher!

Planning Ahead...

Friday 8th March

- Zone Swimming Carnival
Band Camp.

Thursday 14th March

- Yr 3 Excursion to Bridge Pylon & Botanical Gardens

Mon/Tues 18th/19th March

- CARES Year 5

Saturday 23rd March

- Election Day – Cake and Book Stalls.



Our Year 3 Artists

Message from the Deputy Principal

Dear Parents

The Selective High School Placement Test will be held on Thursday 14 March 2019 from 9.00am to 1.30pm.

Unless parents have made special arrangements with the High Performing Students Team to attend an individually allocated test centre candidates from this school have been sent to: Turrumurra High School, Maxwell St, TURRAMURRA SOUTH NSW 2074

Go to <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

to find:

- Test centre allocations by public school.
- A map of test centre addresses under the heading 'The test'.
- The bulletin, Test information for parents and students. The bulletin contains very important information about the test and should be read carefully.

Jacqui Gordon
Deputy Principal

Sport News

All classes have now participated in the AFL Auskick Clinic and there are over 100 children signed up for the after school sessions, starting today. Please note that these are entirely run by the AFL. Their coaches will collect the K-2 students, 3-6 students will make their own way there. Students may wear sport uniform on the Tuesday if that's easier or the older ones may prefer to change after school. AFL finishes at 4.05pm. Please advise OOSH if your child is going to AFL, so they are not seeking missing children needlessly.

Zone swimming is on Friday so there's no PSSA competition. All swimmers are to sign in on arrival with Rachel Wilson who is our Team Manager. They will be issued then with their TPS swimming caps. These must be returned on departure. If any of the 16 students who are involved in Band Camp are able to return to school for Band Camp activities, that would be wonderful.

Summer PSSA continues next Friday and this is our final summer round for this Term. We will have a 2-week break while councils change grounds over, then we'll begin Winter PSSA.

The Winter teams are still in the selection process. Letters will come home in the next week or so. Please note that payment MUST be included with the permission notes, or paid online through the POP system. If a student hasn't paid, then they are now unfortunately not able to participate in PSSA games.

Katrina McGuire & Reg de Jager
Sport Conveners

From the Office:

For all extra curricular activities please ensure you attach payment to the permission note. The permission note will not be accepted without payment.

Please note there is a change in drop off details for donations for the Election Book Stall. Apologies for any inconvenience or confusion. Please see the flyer later in the Newsletter with all the details.

Thank you for your understanding
The Office

P&C Update

Did you know the P&C has a Facebook page?

The page will be used to promote exclusively TPS related events and information.

You can find it at [facebook.com](https://www.facebook.com/TPSPnC) and then search @TPSPnC

Head Lice

Please note we have had a case of head lice in Year 2 reported to us. Please could you check your child's hair and treat if necessary. Children with head lice will need to stay home until treatment has commenced.

Uniform Shop

We now have boomerang bags in the Uniform Shop, please return them either to the Uniform Shop on a Wednesday or to the office

Thank you

Jason

Canteen News:

Thank you to all last week's helpers! Flexi schools are still having server issues so please put Friday orders in the night before.

Helpers for this week are:

Wednesday 6th March:

Sally Schafer & Jane Toth

Thursday 7th February:

Nat Fagan & Alinta Wilson

Friday 8th March:

Rachel Fryer, Victoria Birtles & Raewynne Tai

Monday 11th March:

Sarah Sui & Kezma Verster

Thank you from the TPS Canteen

Haylee & Laura

TPS ELECTION DAY BOOK STALL DONATIONS NEEDED



Good quality, second hand books are needed for the TPS Election Day Book Stall.

Drop off locations:

- Classrooms
- OOSH rooms

**Please deliver by
2pm, Friday 22nd March**

*The book stall will be running from
7am-3pm Sat 23rd March.
See you there!!*

Band News - Term 1 Week 6



BAND CAMP WEEK HAS ARRIVED!

- **Mon 4 March, 7:30pm, School Library**
Band Camp Parent Information Night
- *Fri 8 March at TPS 1pm-5pm*
- *Sat 9 Mar-Sun 10 March at Crusaders, Galston*

Upcoming Band Calendar Dates

Week	Date	Term 1 (29 Jan - 12 Apr)
6	Mon 4 March, 7:30pm	Band Camp Parent Information Night (Library)
6	Fri 8- Sun 10 March	Band Camp Crusaders, Galston
7	Tues-Wed 12th and 13th March	All Junior Band members rehearsing together Tuesday 7.45am, Wednesday 3.10pm
9	Thurs 4 April	Band Committee Meeting (Staff Room, 7pm)
10	Fri 12 April TBC	ANZAC Day Ceremony, 2.30pm 3-6 COLA

TO DO LIST

- ☑ **Attend Camp Parent Information Night tonight!**
- ☑ Pack for Camp! Don't forget a costume for the disco.
- ☑ Turn up on time to your rehearsals
- ☑ Practice your music!

If you have any questions or concerns please feel free to e-mail our
Band Director, Mr Rowland at tpsbands@outlook.com,
Band Coordinators Kerry and Liz at tpsbandcoordinators@gmail.com



Election Day Cake Stall

Dear Families

For the Election Day cake stall, we are looking for homemade goodies of all kinds- big and small cakes, muffins, slices, cookies, biscuits and jams are all welcome. If you are unable to bake, then a donation would be most welcome!

Cake boxes will go home with pupils in the week commencing 18 March. If you need extra boxes, they are available at the office. If you will not be using the box, please return it to the office (don't throw it away). Some slice boxes will be available at both the office and OOSH. Please take one if you would prefer a slice box and return the cake box to the office for future use.

Please write the name of your item and a list of ingredients on a label and stick it to your cake box. Please make a special note if your item is gluten free.

Cakes can be brought to kiss and drop, OOSH or the upper staffroom from 8:30am Friday, 22 March. They can also be brought to the cake stall at the election on the morning of Saturday, 23 March from 7:30am.

Many thanks!

Year 5 and 6 class parents



TRASH FREE TUESDAY
IS EVERY TUESDAY!!!!!!!

Every Tuesday at TPS there are **NO** general waste/landfill bins on the playground or in classrooms. Students are encouraged to bring food in containers instead of in a zip lock bag or cling wrap. The recycling and compost bins will be available. By holding Trash-Free Tuesdays we **reduce** the amount of waste that we send to landfill.

The Environment Team would really appreciate your support!!!

Many thanks,

Student Environment team.





TURRAMURRA PUBLIC SCHOOL
PRESENTS
WONDER PARK

VENUE **Event Cinemas Macquarie Centre**
DATE **Sunday 7 April** TIME **2:30 pm**

Buy your discounted tickets on Trybooking.com
<https://www.trybooking.com/471286>
Bring your friends. All welcome!

All children must be accompanied by an adult.

Marian Street Theatre for young people Drama Classes

ENROLLING NOW

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the Drama School!

www.mstyp.org.au info@mstyp.org.au 9411 1800

Join the Dollarmites on a savings adventure with School Banking!

Every year the School Banking program launches a new savings theme and eight new exclusive School Banking reward items.

In 2019, School Banking is taking children on a Polar Savers adventure to the Ice Cave of Savings. The rewards available during 2019 are:

- Scented Stackable Highlighters
- Snowy Origami Set
- Icicle Slapband Ruler
- Yeti Fluffy Notepad
- Arctic Owl Fluffy Keyring
- Scratch Art Cards
- Water Skimming Bounce Ball
- Polar Pencils & Pencil Toppers



New School Banking rewards now available!

Exciting new Term 1 Polar Savers rewards are now available, while stocks last!



Scented Stackable Highlighters



Snowy Origami Set

Get involved in the School Banking program.

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking will earn an exciting reward everytime they reach 10 deposits.

Getting involved in School Banking is easy!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account, they can start banking straight away. They just need to bring their deposit in every week on School Banking day on Monday using their Dollarmites deposit wallet.



Got It!



*"All feelings are ok but
not all behaviours are ok"*

What is 'Emotional Intelligence'?

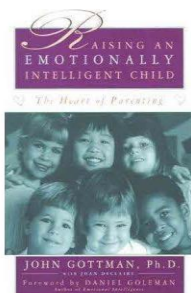
Emotional Intelligence means having the ability to understand and identify your own emotions, successfully use emotions in social interactions, use emotional awareness to guide you when solving problems, be in control of how and when you express feelings, deal with frustration and be able to get what you want, and keep distress from overwhelming your ability to think. Emotional Intelligence can be supported through using an Emotion Coaching response.

Emotion Coaching Steps:

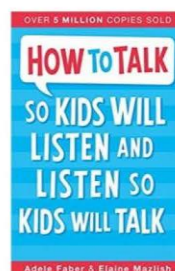
Emotion Coaching is a way of responding to a child's emotions that helps them to learn about their feelings and express them in more constructive ways. The aim is to help children recognise, name, and talk about the feelings underneath their behaviours. There are 5 steps to Emotion Coaching:

1. Be **aware** of the child's emotions, as well as your own, especially when they are at a lower intensity
2. **Recognise** the situation as an opportunity for support and teaching
3. Help the child to **verbally label** emotions
4. **Listen empathetically** and validate the child's feelings
5. **If necessary, set limits** while helping the child to **solve problems**

Further reading for Parents:



The Heart of Parenting – Raising an Emotionally Intelligent Child,
John Gottman
(1997)



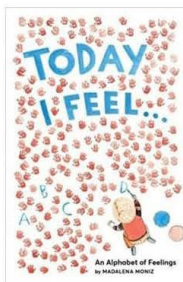
How to Talk So Kids Will Listen & Listen So Kids Will Talk, Adele Faber & Elaine Mazlish (1980 & 2000)

Home Activity:

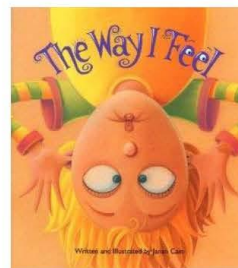
- Place the attached list of feelings on your fridge
- Encourage family conversations about how everyone is feeling
- Consider where in the body different people experience different feelings
- Talk about the different ways people might get help when they are having big feelings

	<p>Joy</p> <p>Happy Delighted Hopeful Pleased Ecstatic Cheerful Glad Confident</p>	<p>Sadness</p> <p>Sad Gloomy Miserable Down Unhappy Upset Lonely Hopeless</p> 
	<p>Surprise</p> <p>Amazed Excited Confused Shocked Stunned Overwhelmed wonderment</p>	<p>Anger</p> <p>Mad Angry Annoyed Furious Irritated Rage Frustrated</p> 
	<p>Disgust</p> <p>Nauseated Dislike Grossed Out Sick Outraged Repulsed Fed-Up</p>	<p>Fear</p> <p>Scared Spooked Nervous Afraid Worried Frightened Anxious</p> 

Books for Children:



*Today I Feel...
An Alphabet of Feelings
By Madalena Moniz*



*The Way I Feel
by Janan Cain*

Got It!



Anxiety is a normal emotion, we all have it and it isn't always bad **but** if it is stopping your child from enjoying regular activities then it is time to do something before it gets worse.

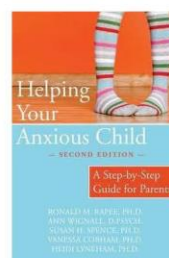
Tips for dealing with child anxiety:

- Listen empathetically to what your child is worried about – this will support the feelings of worry to decrease as they have been shared.
- Be firm yet supportive of your child. Telling them to 'get over it' is not helpful but neither is allowing them to avoid the things they worry about – instead this can be an opportunity to problem solve.
- Help your child to think positively using affirmations.
- Teach your child self-soothing activities like slow breathing, slow stretching, or focusing on their five senses for when they feel worried.

Resources:



The Huge Bag of Worries
By Virginia Ironside



Helping Your Anxious Child
By Rapee, Wignall, Spence, Cobham & Lyneham

Cool Kids Program



Education for Children & Parents: *The Cool Kids Program*
<http://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers>



Health
Northern Sydney
Local Health District