

TURRAMURRA PUBLIC SCHOOL

Newsletter

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Issue 6 – Tuesday 12th March, 2019
Term 1 Week 7

Principal's Message:

Dear Parents and Carers,

What a wonderful weekend all our Band Students experienced. Many thanks to our wonderful Band Committee for all their hard work. The concert was one of the best I have attended. The children should be very proud of their achievements. Hopefully they have now caught up on sleep and are back to their learning. Year 3 Band is not on this Wednesday a great opportunity to get in some additional practice!

Year 6 participated in Operation Art class yesterday and completed some fabulous artworks. (Please see photo later) Year 3 will be participating next week. It will be very difficult to select the artworks to send in this year.

Parent Teacher Meetings for Years 1-6 will be offered in the final weeks of Term. This is an opportunity for you to discuss progress so far and ways you can work with the teacher to assist your child at home. If you are a regular visitor to the classroom you may not feel the need to make an appointment. Notes regarding this will come home in the next few weeks. Written reports are sent home late in Term 2. You are always most welcome to make an appointment with your Class Teacher if you need clarification or want to discuss your child's progress.

We have a new website, the address is <https://turramurra-p.schools.nsw.gov.au>

It will be updated regularly. We welcome any feedback.

Year 3 are off to the city this week for a wonderful experience looking at the history of Sydney.

Year 5 are completing bike safety training next week at the St Ives CARES centre.

Congratulations to our Zone swimmers. We have 4 very talented swimmers progressing on to the Area Carnival. Special mention to Maile Wilson who won all bar one of her events.

Have a wonderful week,

Margaret Foott,
Principal



Operation Art



Band Camp

Planning Ahead...

Thursday 14th March
Mon/Tues 18th/19th March
Saturday 23rd March

-Yr 3 Excursion to Bridge Pylon & Botanical Gardens
- CARES Year 5
- Election Day – Cake and Book Stalls.

Message from the Deputy Principal

Tell Them From Me Survey

In 2019 TPS will again participate in the “Tell Them From Me Survey”

The Tell Them From Me student survey asks questions about factors that are known to affect academic achievement and other outcomes. It aims to help improve the learning outcomes of students. The survey is designed to measure, assess and report insights from the student point of view at the school and department levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices. The information that we collect from this survey helps to inform our ongoing planning and goals. The participation of students, parents and staff is invaluable to help us determine what we are doing well and what we need to continue working on.

Students in Years 4 – 6 will participate in the student survey in Term 1 and then again in Term 4. I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 18th March and 13th April. Participating in the survey is entirely voluntary.

More information about the survey and the parent consent form can be found in this week's Newsletter. If you DO NOT want your child to participate in the survey, please return the form by Friday the 15th of March.

The parent survey will be conducted during Term 3. We will let you know more information closer to the date. Thank you for your support with this important data collection.

GOT IT

The GOT IT flyer this week focuses on the STOP THINK DO Strategy. Please have a read through.

Jacqui Gordon
Deputy Principal

A message for you from Carmela Garofalo re development in our street:

You may be aware of the proposed development of a 2 storey 76 place childcare centre at 102 Kissing Point Rd. For more information see DA0049/19.

Submissions close March 21st.

If you would like an update on community response to this and how it would affect transporting children to and from school, please email

carmelagarofalo2@hotmail.com

Sport News

What a wonderful day at PLC on Friday. We saw lots of records fall during the day and many personal best swims from students. Maile Wilson will represent Hornsby Zone in the IM, 50m Freestyle, 50m Butterfly, 50 Backstroke. Charlotte Ross will represent Hornsby Zone in the 50m Freestyle. Both these girls will also join Juliet Johnson and Lucy Glastonbury as our Junior Girls Relay team. Congratulation to all these girls and indeed to all our TPS swimmers on an excellent day.

PSSA Summer is back on this week for its final round. Thereafter there will be a 2 week break before Winter PSSA starts. All teams have been selected. This was a difficult process as there were some outstanding athletes! We are thrilled to have such strong teams to represent our school.

All Winter PSSA team uniforms are to be worn for the game/match only and students must change back into sport uniform at the end of the day. There is a section on the permission note to complete if you're able to help with the laundering. Please also note that payment must be made on POP or sent in with the note. No payment – no permission. Thanks you for your attention to this.

Katrina McGuire & Reg de Jager
Sport Conveners

From the Office:

Invoices will be sent out at the end of this week. Prompt payment would be much appreciated.

We have received an email from a parent to say their child has threadworm. Please check your children and treat if necessary.

Thank you
The Office

Achievement Awards K-2:

KR	Edward Shaddick	Jason Li
	Mila Walker	
KB	Sophia Walton	Leo Zambon
KY	Patrick McNamara	Alice Rennie
KG	Elijah Hohl	Fleur Gillam
1T	Lula Morris	Hannah Heilbuth
1M	Charlotte Chue Hong	Ian Shi
1H	Bandi Sved	James Barbour
1K	Harrison Backhouse	Amelia Feros
2M	Makan Wang	Holly Clark
2B	Eve Broadbent	Tara Thacker
2G	Chelsea Smeallie	Laila Gendy

Achievement Awards 3-6: Weeks 5 & 6

3R	Susannah Clark	Oscar Everson
4S	Lucas Chue Hong	Neilson Wang
4M	Patrick Allan	Maile Wilson
	Musa Jan	Jemima Sayers
5A	Stella Boyle	Cooper Eagling
5R	Roger Huang	Mia Yang
	Hayden Morgan	Lily Morgan
6D	Isla Denne	Samantha Law
	Zara Kyriakides	Elliot Sunderland
6J	Grace Stuart	Kiaan Malek
	Sam Birtles	Bryan Li
6P	Rachel Grant	Mayher Singh
	Alex Chan	Daniel Birulin

School Learn to Swim Program

Please note that this programme, for Year 2 is also available to Years 3-6 (limited places available). It is ideally suited to those children that may need extra help with their swimming or to build up confidence in the water. If you would like your child to partake there is a form at the end of the Newsletter.

OOSH News:

Dear Parents,

Please remember to let OOSH know if your child is absent. This includes if they are sick and/or get sent home. As we are separate from the school we do not get notified if your child is absent and it is your responsibility to advise us. Failure to notify OOSH will result in a \$30 non notification fee.

Absences can either be made via:

Phone; 91444 769

Email: ooshabsences@yahoo.com

Or alternatively you can write the absence in the parent diary yourself located on the front desk.

Please remember that breakfast goes from 7:00am to 7:45am. This is to allow activities to commence and the staff to be in the areas they are required to be in. Please also encourage your children to write their names on the breakfast board when they first arrive to avoid missing out and causing a delay whilst staff have to stay in the kitchen to make breakfast past the cut-off point.

The lost property whiteboard is back. Please check daily to see if your child's belongings are on the list. Please also make sure that you are labelling your child's uniform.

Thanks,
Chelsea
Coordinator

Canteen News:

Thank you to all last week's helpers! Special thanks to Neroli Sunderland for coming in to help us on Friday.

**** IMPORTANT **** Flexi schools are still having server issues so please put **Friday** orders in the night before. If circumstances mean you have to put an order through on **Friday morning** and the system isn't working, **please send cash and a written order with your child to be brought to the canteen by 9:15am**, if you wish to have a lunch order. We will let everyone know when the issue is resolved. It only appears to be occurring of Fridays.

You may have noticed that you can now select whether to include soy sauce or not with your sushi orders, along with straws only on request. Just a small way towards reducing plastic in any way we can.

Helpers for this week are:

Wednesday 13th March:

Laura Elis & TBC

Thursday 14th February:

Jo Sprague & Kirstie Ogilvy

Friday 15th March:

Simon Denne, Kristina Willis,
Neroli Sunderland, Bec Stratford

Monday 18th March:

Veronica Carbonne

Thank you from the TPS Canteen
Haylee & Laura

Canteen Committee News:

Following increasing product and service costs, there is a small price increase in some items starting from Term 1, Week 8. Canteen prices were last increased in 2017.

There is a copy of the new menu later in the newsletter.

We are also looking to volunteers to help sell ice-blocks at the school Cross Country (Wed 7th May – Term 2 Wk 2) from 9.30am to 11.00am. Please let Haylee/Laura in the Canteen know if you can help or email rachelfryer@optusnet.com.au

Ice blocks will be available for pre-order via Flexi schools (ordering will be available in the next few weeks) or via cash on the day.

Thank you for supporting TPS Canteen.

Election Day BBQ – Year 3 Only

Dear Year 3 Parents. As you would all be aware there is a State Election coming up on Saturday March 23rd. The P&C has allocated Year 3 the task of running the Election Day BBQ and we need your support to make it a success.

We still have shifts that need filling so if you can help please use the link below. All shifts require people to cook the BBQ and people to serve, so there is something for everyone ☺

Sign up now: <http://signup.com/go/LkXRuxP>

If you are unable to volunteer on the day and would like to help, please get in touch with your Class Parent as there are many other things that need to be done. Alternatively, we will be looking for families to donate cans of drink/bottles of water to be sold at the stall closer to the date.

Thanks in advance for your support.

Year 3 Class Parents

Week 7 Band News



BAND CAMP WRAP UP

A weekend of fun and musicianship was had by all!

A big, big thankyou to all that helped make 2019 Band Camp such a success and especially to the great group of musicians who worked hard over the weekend to give such a wonderful concert on Sunday afternoon.

Huge thanks to our amazing Band Camp Coordinator, Kim Neatherway, for the many hours you have spent organising Band Camp over the past 4 years and the sleepless nights leading up to it! Your planning ensured Band Camp ran so smoothly and kept our children safe. The whole band community thank you and are so pleased Megan Treston will be stepping into the role for 2020!

Thank you to the Band Camp Committee, our brilliant First Aid Officers, Rebecca Fox, Julie Grant and Anke Gambley, Kerry Medd for ensuring we all met legal requirements, Katrina Wallis Roster Queen, Simon Denne for organising such brilliant recreation activities, Mel Liu on lanyard printing and collation, Jocelyn Moreton and Vanessa Forte who looked after Saturday night entertainment and of course our brilliant Band Managers.

Thank you to all the wonderful parents who volunteered, without you we would not be able to run Band Camp. We'd especially like to thank those who went above and beyond, by staying beyond their shifts/ doing extra shifts to cover gaps, and generally taking the initiative and doing what needed doing. Now that you know how Band Camp works, why don't you think about joining the committee for Band Camp 2020, it is fun and Megan would love the help!

Thank you also to Mrs Foott for her continued support of the TPS Band Program, it was wonderful to have you attend Sunday's brilliant concert!

Thank you to the music tutors who focused on specific instruments and parts to make the performances on Sunday afternoon sound so good and to build skills for our budding musicians.

Finally, we are so very grateful for the passion, effort and hard work of our Band Master, Mr Rowland thank you!

JUNIOR BAND REHEARSALS

All Junior Band members begin rehearsing together this week!

**Be ready to start playing your instrument
Tuesday at 7.50am**

BAND COMMITTEE MEETING

There is a Band Committee meeting on Thursday April 4th in the Staff room at 7pm. We would love to hear your feedback and any new ideas.

Upcoming Band Calendar Dates

Week	Date	Term 1
7	Tues-Wed 12 th and 13 th March	All Junior Band members begin rehearsing together Arrive: Tuesday 7.45am, Wednesday 3.10pm
9	Thurs 4 April	Band Committee Meeting (Staff Room, 7pm)
10	Fri 12 April Band-TBC	ANZAC Day Ceremony, 2.30pm 3-6 COLA
Save the Date	Sunday May 26 th	Ryde East Music Festival Bands and Times TBC
Save the Date	Sunday 16 June	Wahroonga Band Festival Bands and Times TBC
Save the Date	Fri-Sun Sept 6-8	North Shore Primary School Concert Band Festival Bands and Times TBC

TO DO LIST

- ☒ Recover from Band Camp!
- ☒ Junior Band begin playing as a combined band each Tue and Wed
- ☒ Come to Band Committee Meeting Thursday 4th April 7pm
- ☒ Put May 26 and June 16 on your calendars - times and bands TBC

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





Education
Centre for Education
Statistics & Evaluation

***Tell Them From Me* student survey:
Information and consent form for
parents and carers**



Dear Parents and Carers

In Term 1 2019, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students will not be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will not be disclosed by the department to any other person or body other than as required by law.

This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want** your child to take part in the survey, please complete the attached form and return it to the school by 15th March 2019.

More information about the survey and the research is available in English on the CESE website: <http://surveys.cese.nsw.gov.au/information-for-parents>

Margaret Foott
Principal
Turramurra Public School

Dr Jenny Donovan
Executive Director
Centre for Education Statistics and Evaluation

***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by 15th March 2019

I **DO NOT** give consent for my child/children to participate in the ***Tell Them From Me*** student feedback survey.

Name of student 1

Roll class of student 1

.....

.....

Name of student 2

Roll class of student 2

.....

.....

Name of student 3

Roll class of student 3

.....

.....

Name of student 4

Roll class of student 4

.....

.....

Name of parent/carers

Signature of parent/carers

Date

CENTRE FOR EDUCATION STATISTICS AND EVALUATION

E cese@det.nsw.edu.au

www.cese.nsw.gov.au

Tell Them From Me student survey

Frequently Asked Questions (parents and carers)

Centre for Education Statistics and Evaluation

1. What is the *Tell Them From Me* student survey?

The *Tell Them From Me* student survey asks questions about factors that are known to affect academic achievement and other outcomes. It aims to help improve the learning outcomes of students. The survey is designed to measure, assess and report insights from the student point of view at the school and system levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices.

2. What kind of questions will the survey ask?

The survey questions relate to the following measures for **primary schools**:

Participation in sports and extra-curricular activities	Behaviour at school	Effective learning time
Use of ICT for learning	Homework behaviour	Teaching relevance and rigour
Sense of belonging	Interest and motivation	Perseverance
Positive relationships	Effort	Experience of being bullied
Valuing school outcomes	Skills and learning challenge	Advocacy at school
Positive teacher-student relations	Expectations for success	Positive learning climate

The survey questions relate to the following measures for **secondary schools**:

Participation in sports and extra-curricular activities	Homework behaviour	Expectations for success
Skills and learning challenge	Academic self-concept	Behaviour at school
Experience of being bullied	Truancy	Sense of belonging
Interest and motivation	Effective learning time	Aspirations: finishing Year 12, University, TAFE
Positive relationships	Effort	Teaching relevance and rigour
Wellness	Valuing school outcomes	Positive learning climate
Academic buoyancy	Advocacy at school	Advocacy outside school
Positive teacher-student relations	Use of ICT for learning	Perseverance

3. How have schools been selected to take part?

The survey is open to all NSW government schools at no cost to them. Your child's school has decided to participate.



4. How will taking part in this survey benefit my child's school?

The *Tell Them From Me* student survey will provide school principals and school leaders with insight into student engagement, wellbeing and effective teaching practices at their school, from the perspective of students.

Data collected from the survey responses are quickly compiled into reports for school leaders. Principals can then use this information to help them identify emerging issues and plan for school improvement.

5. What does my child need to do to participate in the survey?

The survey typically takes less than 30 minutes and is conducted entirely online through a secure website operated by the survey developers, *The Learning Bar*. Schools will make computers or laptops available so that students can complete the survey during school hours.

6. Does my child have to participate?

No, participation in the survey is optional. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped. Parents/students have a right to apply for access to, and correction of, a student's information.

7. Will the school be able to identify my child from their responses?

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will not be made available.

A small number of staff in the department's Centre for Education Statistics and Evaluation (CESE) will have access to individual student responses for the purpose of state-wide

analysis. Individual students' data will be held on a secure server with access strictly limited to CESE researchers. The researchers are interested in trends only – not in individual student responses. No student will be identified in any publication. No school will be identified unless they have given permission.

8. What sort of analysis will be done on the survey data?

Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days. School leaders can use the data to better understand the experiences and views of students at their school. CESE will undertake state-wide analysis of the survey data in conjunction with existing student data held by the department, including performance data.

The results will help all schools better understand the relationship between wellbeing, engagement, effective teaching and student learning. Results from CESE's analysis of this data will also help teachers and principals discuss what works to improve student outcomes. This supports the department's continuing focus on quality teaching and leadership. The data will be retained for future analysis to help us better understand the nature of student engagement and wellbeing over time.

9. Can all school students participate in the survey?

The primary school survey is designed for students in Years 4 to 6. Schools are encouraged to allow as many students as possible in these year groups to participate. Secondary schools are encouraged to allow as many students as possible in Years 7 to 12 to participate.

10. When will the *Tell Them From Me* survey happen?

The surveys will be conducted in all participating schools at the end of Term 1 and (optionally) Term 3/4.



What is CESE?

The Centre for Education Statistics and Evaluation (CESE) is part of the NSW Department of Education.

CESE has been established to improve the effectiveness, efficiency and accountability of education in New South Wales.

CESE will identify and share what works, creating new opportunities to improve teaching and learning across all of education.

More information about CESE is available at: www.cese.nsw.gov.au

What is *The Learning Bar*?

The Learning Bar specialises in research-based design and facilitation of student assessments and survey solutions for both primary and secondary students. The in-house research team led by the President, Dr J Douglas Willms, undertakes extensive projects used in the school system to affect national policy. It is against this research that the survey, *Tell Them From Me*, has become the largest national school survey in Canada, used in nine of the ten provinces. Globally, more than 6,300 schools and 5.4 million students have participated in the survey over the last twelve years.

Dr Willms recently held the Tier 1 Canada Research Chair in Literacy and Human Development. He plays a lead role in the development of questions on student engagement for the OECD's Programme for International Student Assessment (PISA).

For purely administrative purposes, *The Learning Bar* will also have temporary access to identifiable student responses to the survey questions. Other than *The Learning Bar* and CESE researchers within the department, identifiable student responses will not be disclosed to any other person or body other than as required by law.

More information about *The Learning Bar* is available at: www.thelearningbar.com

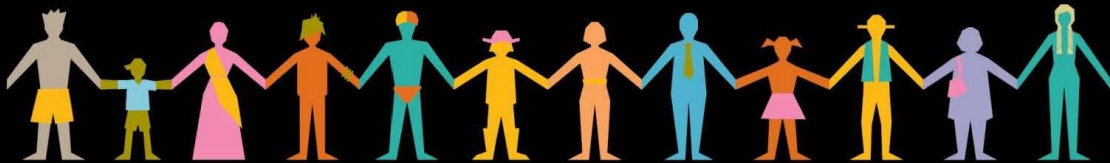
If you have any questions about the parent survey, please contact CESE via email: TTFM@det.nsw.edu.au or by telephone: 1300 131 499.



Australian Government

21 MARCH

HaRMONY DAY



Celebrating diversity at TPS

Our differences make Australia a great place to live.

Come in your National Dress

or

wear orange to represent mutual respect

Did you know?

- Over the last 70 years more than seven and a half million migrants have made Australia their home
- Nearly half of Australians were born overseas or have a parent who was



EVERYONE BELONGS
www.harmony.gov.au





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.



.....

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: _____



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



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!!*



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)
<https://www.trybooking.com/471286>

Bring your friends. All welcome!

All children must be accompanied by an adult.

Celebration of Girls & Women IN FOOTBALL



**Auluba Clubhouse
Saturday 30 March
10am to 2pm**

- ~ Jumping Castle ~ Football Target Practice ~
- ~ Coffee Cart ~ Food Truck ~ Exhibition Games ~
- ~ XLR8 Training Corner ~ Cake Stall

BRING THE FAMILY ALONG



LEARN TO SWIM

IN THE APRIL SCHOOL HOLIDAYS!



INDOOR HEATED POOL

LESSONS FOR PRIMARY AGED
CHILDREN, PRESCHOOLERS AND BABIES

4 day holiday course starts Mon 15 April

3 day holiday course starts Tue 23 April

(public holiday on 25 April)

TERM 2 STARTS MON 29 APRIL 2019

TURRAMURRA LEARN TO SWIM

PHONE 9489 4771

48 TENNYSON AVE, TURRAMURRA

turramurralearntoswim.com.au

BOOK NOW FOR HOLIDAYS and TERM 2

Marian Street Theatre for young people

Drama Classes

ENROLLING NOW

**Drama Holiday Workshops
Weekly Classes**

**5 - 18 years
Gordon, Killara &
Chatswood**

**Drama
Experts
since 1969**



**Taught by Industry
Professionals**



**Confidence
and Creativity**



**Want to be in the shows? Join
the Drama School!**

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

Got It!



STOP

THINK

DO

Help your child learn to respond
rather than react.

STOP reacting and notice how you are feeling. Take a few deep breaths.

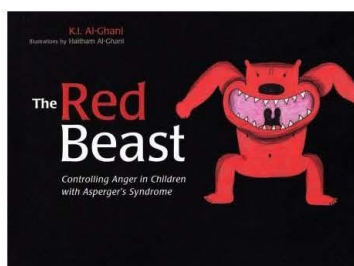
THINK of your options and what will happen if you act on them.

DO what will work best

HOME ACTIVITY

Design a stop sign poster with your child to put up to help them remember to **STOP THINK DO** if they are having a big feeling.

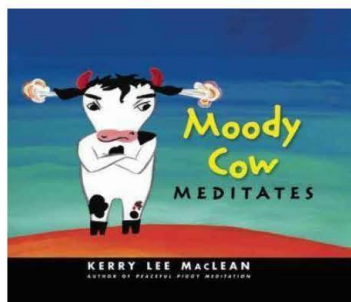
BOOKS



This book helps children to understand anger and start to learn strategies for managing their anger.

The Red Beast

By K. Al-Ghani



This book helps children to learn how to solve problems that may arise when we are feeling angry.

Moody Cow Meditates

By Kerry Lee MacLean



Health
Northern Sydney
Local Health District



TURRAMURRA PUBLIC SCHOOL CANTEEN

MONDAY • WEDNESDAY • THURSDAY • FRIDAY

CANTEEN MANAGER HAYLEE BRUGMAN 0422 222 601 • CANTEEN ASSISTANT LAURA ELIA 0405 424 621

2019 CANTEEN MENU

SANDWICHES AND ROLLS

Wholemeal or white bread	
Add 50c for rolls - only white	
Cheese	\$2.30
Vegemite	\$2.00
Honey	\$2.00
Ham	\$2.70
Tuna	\$3.50
Egg	\$2.70
Salad: lettuce, tomato, carrot, beetroot, cucumber + mayo	\$3.50
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	60c
Egg	\$1.00
Mayonnaise	50c
Plain roll with margarine	90c

FRESH FRUIT AND VEGETABLES **GF**

Orange - half, sliced	50c
Pear - half, sliced	50c
Apple in skin and/or slinkied	\$1.00
Kiwi fruit - peeled, sliced	70c
Fresh fruit salad - snack size	\$1.00
Fresh fruit salad - large size	\$2.00
Carrot and/or celery sticks	50c

LAVASH WRAPS

Salad	\$4.00
Crumbed chicken tenderloins (x2)	\$4.50
Ham	\$3.50
Ham + cheese + salad	\$5.00
Tuna + egg + salad	\$6.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	60c
Egg	\$1.00
Mayonnaise	50c

SNACKS AND CUSTARD

Raisin toast (recess only)	50c
Vegemite crusty	60c
Popcorn (air popped)	50c
Rice cakes (2) GF	60c
Mini Pretzels	70c
Hard boiled egg GF	\$1.00
High fibre muffin - Blueberry or Apple cinnamon	\$1.20
Red Rock chips Honey soy GF	\$1.80
Vanilla Custard GF	\$1.60

SUSHI

Mondays and Fridays	
Hand rolls	\$3.50
Vegetable GF	
Californian	
Cooked tuna and cucumber	
Chicken	
Chicken and avocado	
Avocado roll GF	
Avocado and cucumber GF	
Note: Soy Sauce provided is not GF	

SALADS

Colourful salad medium	\$3.00
- add ham	\$1.00
- add 95g canned tuna	\$2.50
- add egg	\$1.00
Kids crunchy salad	\$2.50

FROZEN FUN

Milk cup: choc or strawberry	50c
Juice Cup GF	
Orange or apple/blackcurrant	50c
Quelch stick GF	50c
Calippo GF	\$1.00
Icy Twist GF	\$1.20

DRINKS

Popper: apple, tropical, apple and blackcurrant	\$1.50
Plain bottled water 600ml	\$1.50
Hot Chocolate	\$1.70
Oak Light Milk 300ml	
Chocolate or strawberry	\$2.00
Sparkling Juice Bomb	\$2.20

HOT STUFF

Party pie or sausage roll	\$1.30
- add sauce	30c
Pizza Muffins (½ English muffin)	
Tomato paste + tasty cheese	\$1.30
Ham + cheese	\$1.70
Crumbed chicken fingers x 3	\$2.00
Potato wedges cup	\$1.80
- add sauce	30c
Spiral Cheesy Pasta (200ml) (GF Available)	\$3.00
Hash Browns GF	\$1.20
Fried Rice GF (vegetarian)	\$3.80
Beef Lasagna	\$3.80
Macaroni Cheese	\$3.80
Good Food Hero	\$4.50
- Pasta Bolognese	
- Butter Chicken GF	
- Thai Chicken Curry GF	
Chicken burger	\$4.00
Hamburger with tomato or BBQ sauce	\$4.00
- bunless with salad	\$5.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	60c
Mayonnaise	50c

Lunch orders must be placed
ONLINE by registering with
www.flexischools.com.au. The
order cut off time is 9.15am.

Please arrange a swap if you are
unable to attend the canteen on
your scheduled day and **then** text
Haylee on 0422 222 601 to let her
know who will be replacing you.



TURRAMURRA PUBLIC SCHOOL

Kissing Point Road, Turramurra, 2074
Telephone: 9983 9455 / 9983 9464

School Learn to Swim Program

Dear Parents or Carers,

We are fortunate to be able to offer a "Learn to Swim Program" for all Year 2 students at Turramurra Public School. The Department of Education Swimming Scheme is an intensive "Learn to Swim Program", which develops water confidence and provides students with basic water safety and survival skills.

The Scheme will run over ten days Monday 1st April to Friday 12th April 2019

The cost will be \$120.00 for the ten day program, which covers pool entry and transport by bus. There is no cost for the swimming instruction.

The sessions are 45 minutes and students are required to attend for the whole ten days. Students will be accompanied by their teachers.

Each child should wear a swimming costume under their school uniform. Bring in a small bag; a towel, rashie, goggles and underwear to change into. Where instruction takes place is in an outdoor pool, it is recommended that students use adequate sun protection e.g. sunscreen.

Additional Information: If your child has specific medical needs you will need to provide a responsible adult to act as a spotter at the pool during his/her sessions.

Margaret Foott
Principal

Sascha McIntyre
Assistant Principal

Please complete the permission slip below and return to your class teacher by Monday 4th March

School Learn to Swim Program – Permission Note. Please return by 4th March

I hereby give permission for my child _____ of class _____ to participate in the "School Learn to Swim Program" to be held at West Pymble Pool from Monday 1st April to Friday 12th April.

I understand that travel will be by bus. I have enclosed payment of \$120.00

In the event of injury or illness, I authorise (on my behalf) provision of medical assistance that my child may require. Special needs of my child which you should be aware (e.g. allergies, sensory impairment, diabetes etc.)

Parent Signature _____ Date: _____

POP Payment Receipt Number:

Date: