

Be Proud, Be Safe, Be Respectful

Taree Public School Newsletter

Albert St Taree NSW 2430

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Bilinga Term 4 - Week 6 Monday 18th November 2019

TERM 4 IMPORTANT DATES

WEEK 6

Friday 22nd November

Book Giving Assembly @ 2.15pm — Presented by 2/3H

WEEK 7

Thursday 28th November

Rural Fire Service Visit 11:30am– 3:00pm

WEEK 8

Monday 2nd December

Chatham High Year 7 Parent Information Session
@ CHS 6pm

Tuesday 3rd December

Taree High Year 7 Transition — All Day

Tuesday 3rd December

Chatham High Year 7 Transition — All Day

Friday 6th December

Assembly @ 2.30pm — presented by 2-6V

WEEK 9

Monday 9th December

Newsletter Issue 3 Term 4

Monday 9th December

Year 6 Farewell Lunch 12:30pm

Wednesday 11th December

Presentation Day / Concert

WEEK 10

Wednesday 18th December

Last Day of Term 4 for all students

TERM 1 2020 IMPORTANT DATES

WEEK 1

Wednesday 29th November

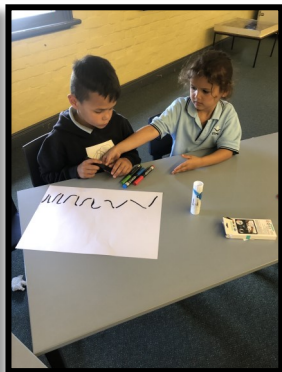
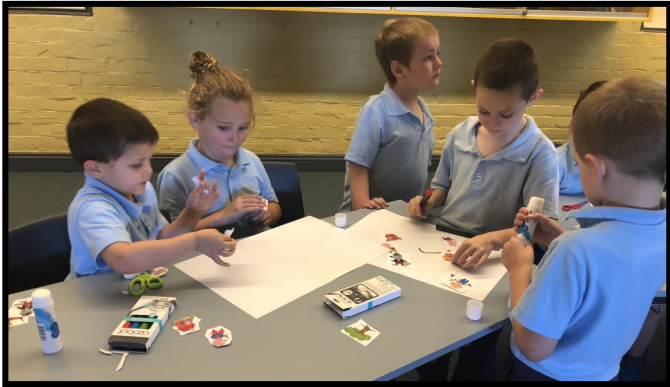
First Day of Term 1 for Year 1 to Year 6 Students

Thursday 30th November

First Day of Term 1 for Kindergarten Students

Class K/1G

K/1G have been learning how to use the ozobots. Firstly we read the story "The Three Little Pigs". Students then had to cut out the pictures of the three pigs, the houses and the wolf. Students had to glue these pictures onto their page in order and draw a thick black line to each picture leaving a space for the code. The code told the ozobot what to do such as zigzag or tornado.



Year 6 Chickens Have Hatched



Remembrance Day Assembly

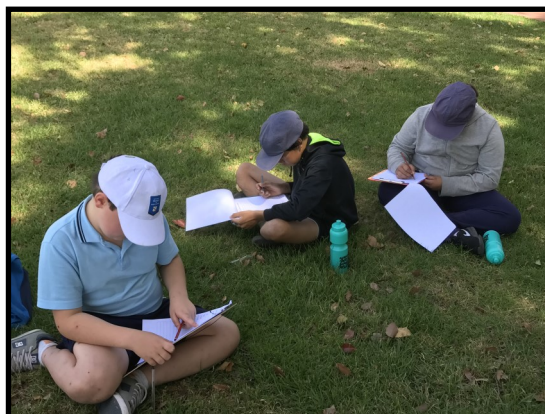


Outdoor Classroom Day

Thursday 7th November 2019

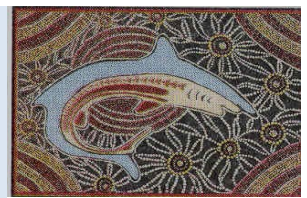






ACKNOWLEDGEMENT OF COUNTRY

We would like to acknowledge the Biripi people who are the traditional custodians of this land.
We would also like to pay respect to the Elders both past and present of the Biripi Nation and



Design: Kathleen Morcome

2020 school bus travel applications now open

To assist with any enquiries you may receive regarding student travel applications, we have provided some information below.

Applications for student travel in 2020 opened on Friday, 11 October 2019.

Students progressing to year 3 and year 7 no longer need to re-apply *if* they:

- *are continuing at the same school*
- *are residing at the same address*
- *have not been sent an expiry notification from Transport for NSW.*

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification via email.

If students need to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>.

Applications need to be submitted before 31 December 2019 to ensure student entitlements are updated and their current entitlement/card is not cancelled.

If their application is submitted after 31 December 2019, the system will automatically cancel an entitlement/card and a new one will need to be issued.

FAMILY CONTACT DETAILS

It is very important that the School's Office has the most up to date contact details for your child. During last weeks evacuation we came across a number of families whose mobile numbers were disconnected and we were unable to contact them. If you have changed any of your details recently please complete this slip and return to the school office as soon as possible.

Parents/Caregivers Name:

Student/s Name: Class/es:

Current Address:.....

Home Phone: Mobile:

Other Necessary Phone Numbers or Emergency Contacts:

.....

Parents Signature: Date:





We're a bit different!

We are open 7 days a week and our counsellors are talking to parents and carers long after most kids are in bed. We never get to 'meet' the lovely families who call ParentLine but that doesn't stop us building relationships with callers that last for years.

Parents can get in touch by calling ParentLine (for the cost of a local call from a landline) or, alternatively, you can send us a private message on facebook.

Who will answer my call?

We have a team of 30 highly trained, compassionate counsellors who have lots of experience in working with families. We know every family is different and so we take the time to find out what is important for each family.

Love in a lunch box

Simple tips to help at break times:

- ★ Pack familiar food
- ★ Provide food your child can easily open or unwrap
- ★ Add a personalised note that will brighten their day or make them laugh – it will let them know you are thinking about them
- ★ Have your child practice opening and closing their lunchbox, unwrapping plastic film and opening containers, packing and zip-back bags so it becomes second nature for them.

Ask us a question ...

Parents and carers are welcome to contact us via facebook to ask a question or request a call back from a parenting counsellor.

Follow us on facebook to receive regular parenting tips and ideas.

Working with emotions

Starting school will inevitably bring up a range of emotions for parents, carers and children. As parents and carers, we can support our children to manage these emotions by:

1. Being aware that starting school brings lots of different emotions such as, excitement, fear, curiosity and worry.
2. Be brave enough to talk about these emotions with your child – it will bring you closer.
3. Really listen to your child and help them name these emotions.
4. Let your child know that it is normal to feel like this when things are new. (You can give some examples of your own experience of starting something new.)
5. Reassure your child that these feelings won't last. Feelings are like the weather and change often throughout the day.



At school your child will be navigating a range of new and different relationships. It can help to:

- ★ Teach your child how to be assertive
- ★ Arrange play dates with other kids in their class to help establish friendships
- ★ Get to know the other parents
- ★ Encourage your child to explore different friendships by sitting with different groups at break times
- ★ Read books about being a friend
- ★ Set time aside at the end of the day to talk.



Some kids require additional support at school. They may struggle to connect socially, find it hard to concentrate in class or fall behind their peers in basic literacy and numeracy.

If you have concerns about your child's development speaking to a ParentLine counsellor may help you find the right strategies, support and referral pathways.

Managing transitions...

It is normal for kids to be exhausted after a day at school. This can sometimes lead to emotional meltdowns. All that learning and navigating new relationships is draining. It can help to have established afternoon routines which allow for some down-time. **Family meal time is a good place to ask your child about their day and reconnect.**



Rituals for the end of the day, week, term and year will help your child transition more smoothly. Rituals might be cooking your child's favourite meal together, watching a movie or building a hideout from boxes and blankets.

Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school.

Speaking to an empathic and non-judgmental ParentLine counsellor can help you come to terms with and manage these complex feelings.

For more information about transitioning to school go to <http://www.transitiontoschoolresource.org.au/its>

**9am-9pm
Monday to Friday
4pm-9pm
Saturday & Sunday**



We are happy to provide interpreters for parents and carers to speak to a parenting counsellor. Simply call us...

7 days a week

1300 1300 52

info@parentline.org.au

www.parentline.org.au

Disclaimer: This article does not give professional advice. The contents constitute general information of a summary nature and are not intended to be a substitute for professional advice. You should rely on the contents of professional advice but should not rely on the contents of this article.

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