

Taree Public School Newsletter

Albert St Taree NSW 2430

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Bilinga Term 3 - Week 3 Monday 26th July 2021

TERM 3 2021

<u>Week 3</u>	Monday 26th July	Education Week Begins
<u>Week 3</u>	Wednesday 28th July	Education Day Activities
<u>Week 4</u>	Friday 6th August	Assembly @ 2.30pm <i>(students only until further notice)</i>
<u>Week 5</u>	Tuesday 10th August	Science Week Activities
<u>Week 5</u>	Wednesday 11th August	Kindergarten Transition Begins — 9.30-11am
<u>Week 6</u>	Wednesday 18th August	Kindergarten Transition — 9.30-11am
<u>Week 6</u>	Friday 20th August	Year 7 Transition to Taree High School
<u>Week 6</u>	Friday 20th August	Assembly @ 2.30pm
<u>Week 7</u>	Monday 23rd August	Book Week Begins
<u>Week 7</u>	Wednesday 25th August	Kindergarten Transition — 9.30-11am
<u>Week 7</u>	Wednesday 25th August	Book Character Parade
<u>Week 8</u>	Wednesday 1st September	Kindergarten Transition — 9.30-11am
<u>Week 8</u>	Friday 3rd September	Assembly @ 2.30pm
<u>Week 9</u>	Wednesday 8th September	Kindergarten Transition — 9.30-11am
<u>Week 10</u>	Wednesday 15th September	<u>NO</u> Kindergarten Transition
<u>Week 10</u>	Friday 17th September	Assembly @ 2.30pm
<u>Week 10</u>	Friday 17th September	LAST DAY TERM 3

Kindergarten Transition

Taree Public School Kindergarten Transition begins in week 5 on Wednesday 11th August 2021. We offer 10 transition sessions over Terms 3 and 4 where the children will participate in fun educational activities with Kindergarten teachers.

If you have a child or know of any child starting Kindergarten in 2022, please contact the school office on 6552 1233 to be added to our transition program.



Special Gift

Each family have received a special Magnetic Notice Holder Pocket with today's newsletter.

These are a fantastic item to keep all of your school notes in a safe place on your fridge so you don't lose or forget any notes.

Class 1/2H

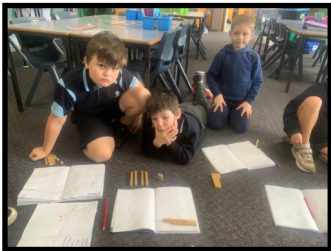
1/2H have had a fantastic start to Term 3!

In Mathematics, we have been learning about place value and have enjoyed learning a new game called Race to 100.

This term, Mrs Mitchell will be joining us on Tuesday's for Mathematics. We will be learning to solve math problems using different strategies. The success criteria for these lessons will be, I can explore different ways to get the answers and I can talk about how I solved the problems. During these lessons the children will be using our Curious Dolphin Learner Quality as they will try new things, be open minded and asked questions.

Home Reading has continued this term and a big thank you to everyone who listens to their children read each night.

Miss Hook



Class 3/4V

WOW Term 3 already!

Welcome back students to another busy and fun term. Students have settled back into school routine and we have started all our units. In writing for the first few weeks we will be studying narratives.

In history we are exploring European Settlement and the First Fleet. Students were very engaged in our first lesson. In PDHPE this term we are focusing on the unit 'Understanding Yourself'. This week students are identifying their personal strengths.

Students were excited to have Mr Taylor and Aunty Sherry in our class to work with us during Mathematics. Students came up with their own real life word problems.

Our library day is still on Thursday's this term. If you would like your child to borrow books to bring home, they will need a library bag.

Miss Visser.



Save the Children

Journey of Hope – Resilience Program

During Term 3, our primary students (Year 3 – 6) will be participating in a resilience program facilitated by Journey of Hope Organization. The eight-week program will be delivered on Friday's with each workshop running for 1 hour.

The program supports children in processing emotions and to develop positive coping skills, particularly after traumatic experiences. The strategies offered provides students the skills to identify and communicate their feelings and emotions. Students enjoyed their first workshop this week where they identified the people and places that made them feel safe as well as whom they can go to for support.

Good for Kids good for life

HEALTHY WINTER WARMERS

Here's a few ideas for healthy meals that are cheap, delicious, full of everyday foods and will keep you warm in winter!

- Soups – try pumpkin, vegetable, lentil, tomato or minestrone
- Toasted sandwiches – fill them with your favourite everyday fillings like baked beans & cheese or ham, cheese and tomato.
- Mini Pizzas – make them with English muffins or wholegrain wraps
- Slow cooker casseroles – pack them full of vegetables like potato, carrot, celery or pumpkin



HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

Good for Kids good for life

RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?!

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.¹

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at www.healthdirect.gov.au/sleep-tips-for-children



HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

MSP Professional School Photos EOI Survey

Taree Public School are looking at professional photographers from MSP Photography to take our school photos this year.

For this to be possible there needs to be enough families interested in purchasing these photos for it to be viable. Photo packages range in price from \$27 to \$48 per student.

Please indicate below if this is something you would support and return this survey to school by this Friday 30th July.

I would like MSP to take the photos

YES NO

I would purchase a photo package

YES NO

More products and options available - **Order Online!**
www.msp.com.au

<p>PRE-PAY ENVELOPE</p> <p>Premium Pack</p> <p>\$48</p> <p>See Overleaf →</p>	<p>Group Photograph</p> <p>2x 10" x 8"</p> <p>3x 5" x 7" Black and White Portrait</p> <p>1x 9" x 7"</p> <p>4x 5" x 3.5"</p> <p>4x 1.7" x 1.2"</p> <p>Portrait Download (Not print quality)</p>
<p>Classic Pack</p> <p>\$46</p> <p>See Overleaf →</p>	<p>Group Photograph</p> <p>1x 10" x 8"</p> <p>3x 5" x 7"</p> <p>2x 9" x 3.5"</p> <p>3x 3.5" x 2.5"</p> <p>4x 1.7" x 1.2"</p> <p>Portrait Download (Not print quality)</p>
<p>Value Pack</p> <p>\$41</p> <p>See Overleaf →</p>	<p>Group Photograph</p> <p>3x 5" x 7"</p> <p>2x 5" x 3.5"</p> <p>3x 3.5" x 2.5"</p> <p>4x 1.7" x 1.2"</p> <p>Portrait Download (Not print quality)</p>
<p>Essential Pack</p> <p>\$38</p> <p>See Overleaf →</p>	<p>Group Photograph</p> <p>4x 5" x 7"</p> <p>4x 1.7" x 1.2"</p> <p>Portrait Download (Not print quality)</p>
<p>Basic Pack</p> <p>\$36</p> <p>See Overleaf →</p>	<p>Group Photograph</p> <p>1x 5" x 7"</p> <p>2x 5" x 3.5"</p> <p>3x 3.5" x 2.5"</p> <p>4x 1.7" x 1.2"</p> <p>Portrait Download (Not print quality)</p>
<p>Pack*</p> <p>All 12 items</p> <p>*Only available when purchasing one of the packs listed above.</p> <p>3 x Photo Bookmarks 8" x 2"</p> <p>3x 2" x 1.4"</p> <p>1 x Door Hanger 10" x 4"</p> <p>1 x Photo Calendar 9" x 3"</p> <p>4 x Photo 401 Tags 3.4" x 2.5"</p>	<p>Group Only</p> <p>Group Photograph</p> <p>\$27</p>

100% Money Back Guarantee

(conditions apply)

CAPTURING SCHOOL MOMENTS

Class 2/6R—Racing Pigeons

First, they made a sound while we were reading and we didn't know what the sound was. We went and checked where the sound was coming from & realised they were Mr Murray's pigeons.

(Kylin)

Mr Murray got the pigeons out of the pink holding box one at a time, so we could choose one each and hold it.

(Rex).

We read the life ring number on the blue band on each pigeon's head and wrote it on our individual jars. We will check which one returns home to Mr Murray's house first. We will know who won because they all have a computer chip which goes over a scanning pad.

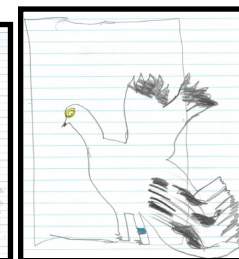
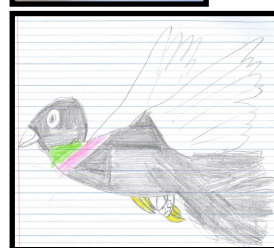
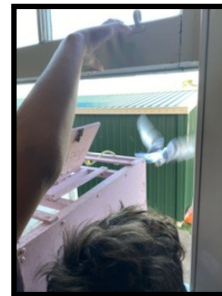
(Theo)

We opened the classroom window and the pigeons all flew out, and started racing back to Mr Murray's home. The fastest pigeon will win, and we can't wait to find out the winner tomorrow.

(Riley)

The class were very thankful Mr Murray brought in his amazing racing pigeons.

Ms Raymond



Taree Connected Beginnings

Playgroups have started again for the Term. Come and join us, please call 6552 1233 for more information.

Here are some tips from Emergingminds.com.au

Play is a vital part of child development and wellbeing. Like leisure activities and hobbies for adults, play is a way for children to relax and cope with stress. It gives them the opportunity to be creative and test out their problem-solving skills. It also gives them a sense of accomplishment and confidence in their own abilities.

Play can also help your own mental health. It's a chance to take a break from worries and focus on something that is fun and nurturing for you both. It offers a chance to step into your child's world and share the wonders of their creativity and imagination. Playing together strengthens the parent-child relationship, which helps build children's resilience and lays the foundation for mental health throughout their lifetime. The following five tips can help you use play to support your child's development. Over the next five newsletters there will be more information to help you.

Create a safe space

Follow your child's lead

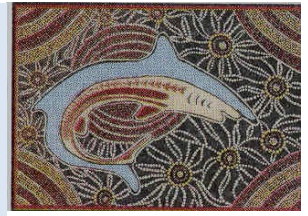
Be kind to yourself

Make play part of your routine

Share a story together

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 extend that respect to other Aboriginals.



Design: Kathleen Morcome

**JUMP
ROPE for
HEART**



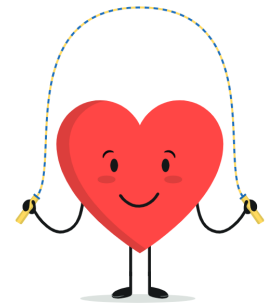
Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](https://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents

Students will be skipping throughout week 2 — week 6 in PE lessons and during lunch breaks. During this time you can share their online fundraising page with family and friends to help raise money for this great cause.



We will hold our school Jump Off Day on **Friday 20th August** this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!

[Jumprope.org.au](https://www.jumprope.org.au)
Jump.rop@heartfoundation.org.au
1300 724 804

Biripi Health Service

Over the last 2 Wednesday's, Erin from Biripi Health Service and her team attended Taree Public School to screen students for eyes, ears and teeth health.

Students who were screened will receive a report from Biripi Health in the coming weeks indicating if there is follow up treatment required. Please keep an eye out for this report.

Thank you to Erin and her team.



Class 5/6M

We have had a fantastic start to Term 3.

We have been studying a variety of persuasive features in English. Students have been doing an incredible job implementing rhetorical questions, emotive language, personal pronouns and exaggeration to make their arguments stronger.

In mathematics, students have been working hard on place value, angles and 2D shapes.

We have been lucky to welcome Miss Julie into our classroom. It is super exciting to have her dedication and expertise to help assist us.

We began our Journey of Hope Resilience Program on Friday and it was a huge hit.

Let's keep working hard towards our learning goals 5/6M!

Miss Milliken



School Uniform

As we are experiencing cooler weather, could you please make sure your child comes to school in warm school clothes and in correct school uniform.

Please make sure their name is clearly marked on their jumpers and pants in case they get hot throughout the day and take them off and misplace them.

We have plenty of uniforms available to purchase through the school office.

UNIFORM PRICE LIST

Navy polo shirt	\$20.00
Sky blue polo shirt	\$ 8.00
Shorts	\$16.00
Skorts	\$16.00
Jumpers	\$15.00
Pants	\$15.00
Zipper jackets	\$20.00
Hats	\$11.00

STRENGTHENING WOMEN:

ArtsHealth supporting social and emotional wellbeing of Indigenous women in rural communities

Artist: Sharon Reid

- Are you, or do you know a mother or female carer with Indigenous children aged from newborn to school age?
- Being a mum or carer of young kids can be stressful, would you like more support with these challenges?
- Would you be willing to answer some questions for us about your well-being? Would you like to spend time doing art?

You are welcome to join us and create an artwork as well as participate in discussion groups in a safe and friendly environment.

Childcare and transport are available at some venues upon request.

All your information is confidential.

**For further information please contact: Leanne on 0476192438
Sue on 0448069310**

This research project is a partnership between the University of Newcastle, Gomerai gaaynggal Centre, Tobwabba Aboriginal Medical Service, Biripi Aboriginal Medical Service and Child Care Services Taree & District Inc.

RESEARCH PROJECT

Chief Investigators: Associate Professor Kym Rae and Dr Beth Mah, Gomerai gaaynggal Centre, University of Newcastle. Ph: (02) 6762 1240
E: kym.rae@newcastle.edu.au/ beth.mah@newcastle.edu.au

Version 2.18.4.18

This project has been approved by the University of Newcastle Human Research Ethics Committee (H-and the Aboriginal Health & Medical Research Council Ethics Committee (I).



Sunsmart Snippet

It's still the same sun



Cancer Council's Sid the Seagull 'Slip, Slop, Slap' message was first launched in the 1980s.

Some things have changed since then but our sun is still the same. By using sun protection you are reducing your risk of skin cancer – including potentially deadly melanoma.

Using a combination of the five sun protection measures whenever UV levels reach 3 or higher, and getting to know your skin to check for any changes, are key.

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

BRINGING UP GREAT KIDS



STARTING JULY 27

A six-week parenting program to support positive and respectful relationships between parents and their children 0-12.

When: Tuesdays - July 27 – August 31

Time: 10 – 11.30AM

Location: MSS Office
Suite 3/57-61 Albert Street
Taree

To register phone Shiralee on 02 6551 1812

Communities
for Children



Develop strategies to manage your parenting approach

Learn about the importance of building self-esteem

Understand your children's behavior and respond to their needs



Ph: 02 6551 1800

www.mssinc.org.au

kidshelpline
Anytime Any Reason



We're here for your kids, if they need support they can...



Call us for FREE
1800 55 1800



Email us



WebChat with us

Parents! For more information and resources, please check out our Kids Helpline parents section

kidshelpline.com.au/parents

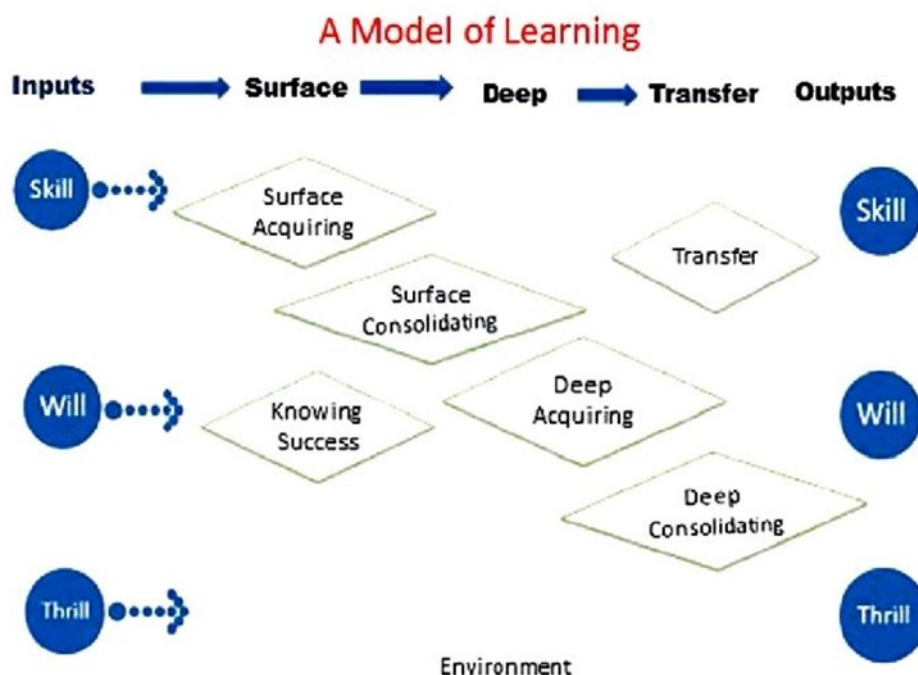
Important COVID 19 Advice for Families

COVID 19 Restrictions are once again impacting our school. These restrictions are constantly evolving. We are following restrictions put in place by NSW Department of Education for schools outside Greater Sydney.

- **Non-essential visitors are not permitted in schools (this includes parents and carers).**
- Maintain physical distancing by avoiding gathering outside of school gates.
- Follow mask-wearing requirements and sign in using the Service NSW QR code when entering the school office.
- **Students should not attend school if unwell, even with mild symptoms of COVID-19. Any student with any COVID-19 symptoms will be sent home and should not return until they have received a negative test result and are symptom-free. (Negative test result must be shown to the school before the student returns).**
- In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.
- Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.

Visible Learning

Our Staff Development Day which was held on Monday 12th July, focussed on high impact teaching strategies to maximise student learning. All classroom teachers including learning support staff engaged in professional learning which provided the theory of the stages of learning for a student. We explored how we as educators can ensure that every student improves in their learning and achieves their absolute potential.



Our next steps are to ensure that every student makes progress in their learning, shifting from surface level to deep learning.

We will be reflecting on our programming, conducting classroom observations and looking at student assessment data to review the level of impact this has had.

After Hattie and Donoghue (2016)