

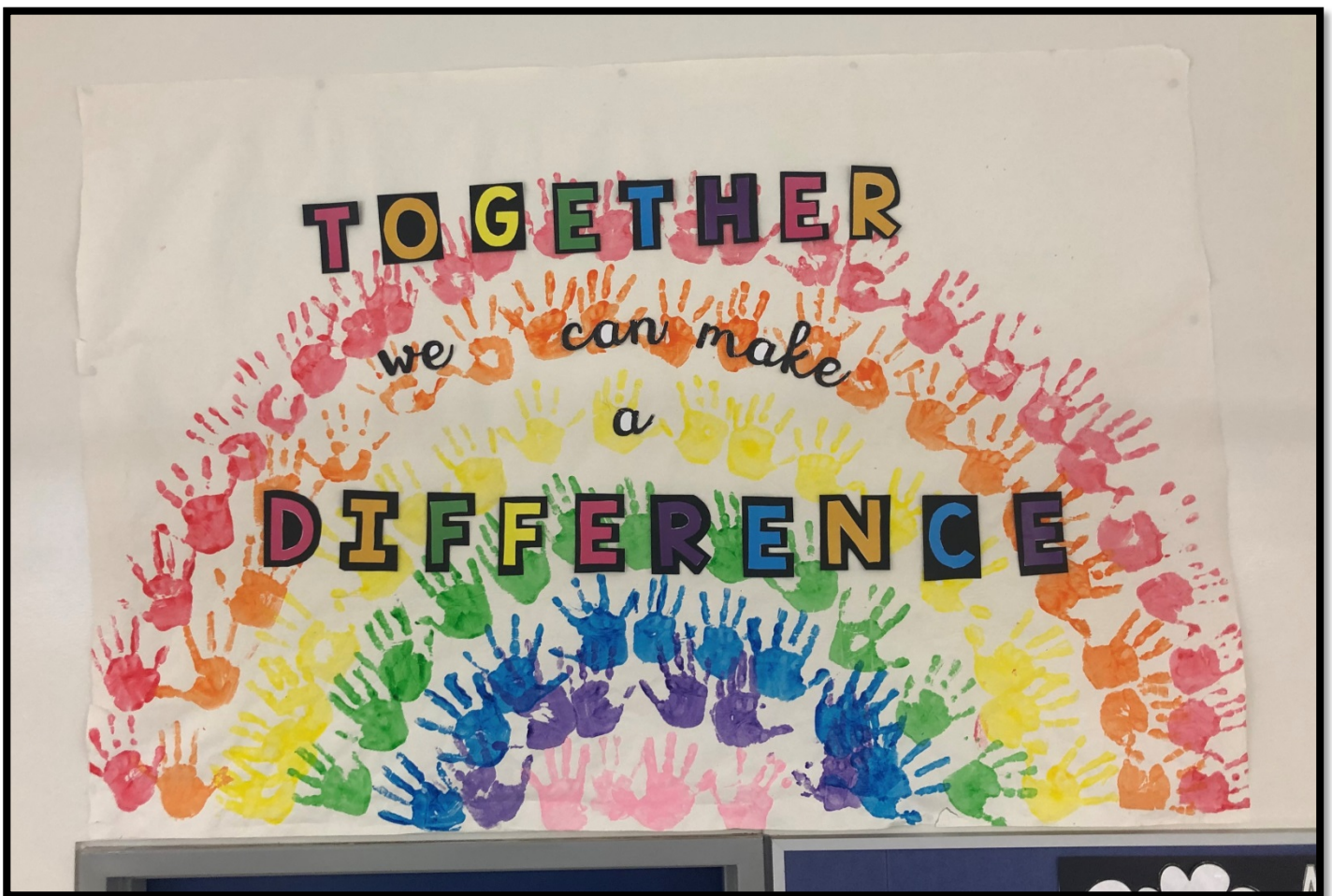
SEA BREEZE



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Thursday, 28th March, 2019

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Harmony Day Artwork

Created by 1-3H and 3-6Y together with their buddy class 2T

2019 TERRIGAL PRIMARY SCHOOL CALENDAR TERM 1&2

MONTH /Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 7	11 Syd Nth Cricket Trials	12 Syd Nth Tennis Trials – B&G	13	14 Syd Nth Soccer Trials - girls	15 Syd Nth Soccer Trials - girls
MARCH 8	18 P&C meeting AGM 7pm Syd Nth Cricket Trials	19 Syd Nth AFL Trials	20 Syd Nth Soccer Trials – boys	21 School Disco	22
MARCH 9	25	26 Syd Nth Hockey Trials – B&G	27 Syd Nth RL Trials 11's and Opens	28	29 Syd Nth Swimming
APRIL 10	1	2	3 Zone Netball trials	4 TPS Cross Country	5 PINK Day
APRIL 11	8 CC Rugby League Trials	9	10 War on Waste	11 War on Waste NSW Swimming TPS X Country – Back up	12 ANZAC Day Service Easter Hat Parade NSW Swimming
APRIL/MAY 1	29	30 Students Return to School	1	2	3 Zone Football Trials - boys
MAY 2	6	7 Syd Nth netball trials	8	9	10 Mother's Day Breakfast Mother's Day Stall
MAY 3	13 P&C Meeting Kinder Dog Safety Talks	14	15	16	17
MAY 4	20	21 NSW AFL Carnival	22 NSW AFL Carnival	23 NSW AFL Carnival	24 Zone X Country
MAY 5	27 Syd Nth Rugby Trials Yr 1 Dog Safety Talks	28	29	30	31

WHAT'S ON WEEK 10 OF TERM 1

Monday 1 st April	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
		Zone Netball Trials Rugby League Gala Day	TPS Cross Country	PINK Day

PRINCIPAL'S REPORT

Disco – Great fun, good for students and good for the environment



We had a great disco last Thursday. Thank you to students and families for the support. Thank you to staff for their work in organising and running the disco.

The change from chips and juice to fruit and water was a great hit with students enjoying all of the fresh fruit. A much healthier choice.

The bonus was that we were waste to landfill free! All fruit scraps were composted and the few containers used to transport the fruit to school were recycled or reused.



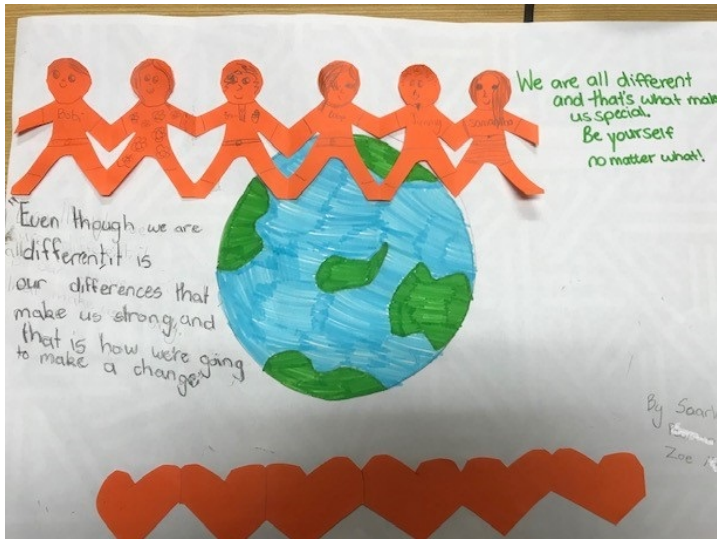
Harmony Day

We had a great day last Thursday celebrating our differences and uniqueness. At the same time we considered that even though we are individuals, and as individuals we have a lot of power, it is when we come together that we become even stronger and can change the world!

Each student, teacher and some parents and grandparents created a link, these links were joined together to form one long chain and then the chain was brought together to symbolise how big we become when we all work together.

That sentiment was captured by Zoe and Scarlett in their poster and KD in their crayon display. Every class produced work related to Harmony Day.





Election BBQ



Well the voting is done and dusted for at least a month! Thank you to all of our volunteers for helping out with the P&C BBQ on Saturday. We had a great response and really appreciate everyone who came along to set up, serve, cook and clean up.

Pink Day

Our student parliament is holding a pink day next Friday to raise funds in support of the McGrath Foundation. Students may dress in pink but must pay a 'fine' (donation) for the privilege. Clothing and shoes need to be safe and appropriate attire for school.

On the day, two of our students will shave their heads. Reid and Lucy are campaigning to raise additional funds for breast cancer. So let's get behind them and make shaving their heads worthwhile. You can donate directly using the link below. Our community has already donated over a thousand dollars to encourage Reid and Lucy.

<https://mcgrathfoundationportal.gofundraise.com.au/page/ClintLowe0>

Cross Country

Don't forget our school cross country at EDSACC Bateau Bay next Thursday.

Congratulations Harry & Marley

Congratulations to Harry in Year 5 for winning selection in the zone AFL and in the zone hockey team. A huge effort. Congratulations to Marley on also making the zone hockey team.

Rugby League

Good luck to our rugby league team as they head off to play in the Wyong cup next Wednesday. Thanks to Mr Lowe for coaching.

Michael Burgess
Principal

MERIT AWARDS



Stage 3

6L	Raneem Reef
6K	Sienna Sam
6HN	Cade Elkie
5/6C	Amberley Jet
5S	Daniel Dakohda
5J	Nellie Zac
5D	Charlie Charlie
5B	Grace Luke
3-6Y	Harkaran

Stage 2

4M	Talia Jett
4L	Bethany Cyra
4H	Jamie Indiara
3/4D	Saani Aro
3S	Luke Tia
3E	Phoenix Thomas
3C	Arlo Eva
3W	Chloe

Stage 1

2/W	Willow
2M	Charis Isla
2GR	Lola Zayer
2H	Myah Jake
1S	Breeze Easton
1M	Heidi Isaac
1J	India Ashley

1C	Owen Pippa
1BA	Mia Hunter
1T	Pepper
1-4H	Callum
K-2M	Jesse

Kindergarten

KT	Ella
KW	Sophie Liam
KN	Cruz Maddie
KD	William Emma
KA	Anita Matthew

PRINCIPAL'S AWARD



The Principal's Award is presented to a student who has helped to make our school a happy and safe place to learn.

Congratulations
Kaleb – 6K

CITIZEN AWARD



Charlotte is a considerate and responsible member of 1S. She consistently displays a dedicated approach to her learning, completing tasks with enthusiasm and focus. Charlotte is a caring friend, who is always willing to help others. She brings her polite, friendly manner in to school each day, making our classroom a brighter place.

Congratulations Charlotte – 1S

ADMINISTRATION

Administering of Prescribed Medication

The school prefers ***NOT*** to administer **prescribed** medication to students, as medical staff are not employed at the school. Where administration of prescribed medication in school hours is **essential** to the student's health and educational welfare, the procedures set out by the Department of Education will be strictly enforced.

If your child needs to take antibiotics 3 times a day, there is no need to send the medication to school. Medication can be taken before school, after school and before bedtime.

Should your child **need any kind** of medication throughout the day, please remember the following regulations:

- Parents need to come to school and fill in an individual health care plan. **A letter from the doctor** detailing dosage and time of day medication needs to be taken **must** accompany the health care plan.
- The parent needs to provide written instructions about any special requirements for storage indicated by their medical practitioner or pharmacist.
- **Students must not carry medications** unless there is a written agreement between the school and the student's parents.
- For some conditions, prescribed medication and equipment must be immediately accessible, e.g. asthma and anaphylaxis medications such as Ventolin asthma relievers and epipen adrenaline auto injectors. In such cases, arrangements for the carrying of medication and equipment will be devised and documented by the school.

Money Due - *Parent Online Payment (POP) is the school's preferred payment option*

Support Unit

- Book Pack - \$15
- RDA for 1-4H only - \$ 136

Early Stage 1 (Kindergarten)

- Book Pack - \$ 50

Stage 1 (Years 1 & 2)

- Book Pack - \$ 50

Stage 2 (Years 3 & 4)

- SAKG - \$ 20 *(for the whole year) - You are more than welcome to pay \$5 per term*
- Book Pack - \$ 45

Stage 3 (Years 5 & 6)

- Book Pack - \$ 50
- Year 6 Jumper - \$ 39.60

Whole School Notes

- Cross Country (Yrs 3-6 and Year 2 students turning 8 this year) - \$3

Ulrike Myers
Admin Manager



Pink Day Fundraiser

On Friday 5 April, Terrigal Public School will be hosting a 'Pink Day' to raise money for the McGrath Foundation. The McGrath Foundation is an organisation that raises funds for McGrath Breast Care Nurses who provide invaluable support and care to women and men experiencing breast cancer.

Students will be invited to wear pink and bring in a gold coin donation on this day. Parents are welcome to donate by visiting the link in the newsletter each week.

We can't wait to see your creative outfits on Pink Day.



Canteen Roster

Term 1	Week 10
Mon 1/4	Raelene
Tues 2	Louise, <i>2hr helper needed</i>
Wed 3	<i>Helper needed</i>
Thurs 4	Tracey D
Fri 5	Simone, Kelly, Joy
	Week 11
Mon 8	Kerrie
Tues 9	Bec W, <i>2hr helper needed</i>
Wed 10	Judy
Thurs 11	Gemma
Fri 12	Priya, <i>helper needed</i>
SCHOOL HOLIDAYS!!!	
Term 2	Week 1
Mon 29	Staff Development Day
Tues 30	Cheryl, <i>2hr helper needed</i>
Wed 1/5	Kate R
Thurs 2	<i>Helper needed</i>
Fri 3	Emily, Jackie, Kim O

Canteen made dip

The canteen is now making our own hommus to serve as our dip (with rice crackers or veggie sticks at recess – available every day).

Please note – this now contains no tahini (sesame seeds), but it **does contain some dairy**.

If you would like a dairy free dip, please let me know by marking the order with an '**Allergy Alert**' (on Flexischools) for dairy.

We hope the students enjoy the new canteen made hommus!



2 hour helpers

Did you know you don't have to stay the whole day in the canteen to help us out?

Most of our volunteers spend the day with us, from 9am until around 1.30pm, but we also need helpers for short time periods on certain days – so one or two hours of your time can help us out enormously!

On Tuesdays we only have one staff member in the canteen, so we love having an extra helper for 2 hours from 10-12pm just to help us and our one volunteer get everything done for lunch service.

Even if you can only pop in for half an hour to wash the dishes, or flip the pikelets – every little bit helps!

Thanks so much to all of our wonderful volunteers – we love having you in every day and sharing some laughs with you!

Last Week of Summer Daily Lunch Specials!

This coming week will be our last week of doing our Summer Menu daily lunch specials. If you had a favourite, get in now for your last chance to enjoy it this term!

On the last week of term we will be having something special, more details next week.

New Winter Menu is on the way

A hard copy of the new menu will be distributed during the last week of school to every student, and of course Flexischools will be updated during the school holidays with our new menu options.

We're looking forward to welcoming back some of our cooler weather options, as well as introducing some new items that may fast become favourites!

For information about the canteen, please like our Facebook page **TPS~~canteen~~**. Reminders, information on menu item availability, and pictures are posted there for you to keep up to date with your school canteen!

Any questions, you can contact me at the canteen from 8am-2pm Monday to Friday, or on my mobile **0414 855 629**. Lyn



Election Day BBQ

A huge THANK YOU to all the wonderful volunteers who came out to help with our Election Day BBQ on Saturday 23rd March. We had plenty of helpers which made for a fun and social day.



Terrigal Family Fun Fair ***Saturday 14th September 2019***

CALLING ALL MUSICIANS AND SINGERS!

We are inviting expressions of interest for buskers to perform at the Terrigal Family Fun Fair this year.



You will require your own microphones/speakers/equipment and be required to perform a 20 minute set. If you are an up and coming star please email: terrignalpublicschool-fund@pandcaffiliate.org.au with the following information;

- Full name, age and class
- Outline the details of your performance (instrument/singing) and any experience you have had
- Confirm that you have all equipment required for your performance
- Please provide parent/guardians name/mobile number and email address so that we can contact you to confirm your time slot and busking location

Thankyou,
TFFF Committee

Welcome aboard to our new 2019 committee members and we look forward to a great year and encourage everyone to get involved in our great school.

2019 Terrigal Public School
P&C Executive Committee

President	Nicole Hilder
Vice President	Tonia Barclay
Vice President	Junna Massey
Treasurer	Ari King
Secretary	Trisha Payne

P&C Sub Committees

- Canteen Co-Ordinator: Simone Edge
Subcommittee: Simone Edge, Amber Cameron, Kate Roberts, Nikki Smith
- Uniform Shop Co-Ordinator: Trisha Payne
Subcommittee: Kate Roberts, Julieann Black, Samara Scully, Lois Mantell
- Master Plan: Ari King
Subcommittee: Nicole Hilder, Kate Roberts, Amber Cameron, Tonia Barclay, Jennifer Brewin
- Regional Representative: Amber Cameron & Kate Roberts
- Events Co-Ordinator: Tonia Barclay
Subcommittee: Simone Edge, Lois Mantell, Junna Massey, Samara Scully

Next P&C Meeting is in TERM 2 on **Monday 14th May 2019**.

P&C Meetings are held Wk 3 and Wk 8 every term in the school staff room and commence at 7pm. All parents and carers welcome. The P&C meetings are relaxed, welcoming and we encourage everyone to attend. We discuss and vote on initiatives and programs within the school. Plan for future needs eg. playground upgrades, IT infrastructure, additional support services, equipment needs, safety issues and fun events to engage and entertain the students and school community.

There are several different ways parents can assist and contribute directly to the P&C.

1. Attend P&C meetings as a non-financial member (no voting rights).
2. Become a financial member (\$1 annually) and make your vote count.
P&C meetings are held every 3rd and 8th Monday during school term.
3. Attend and nominate for a position on the committee. (President, Secretary, Vice President, Treasurer) AGM In March each year.
4. Volunteer at one of our many events, canteen, uniform shop or take on a project. For further information or questions please contact the P&C Secretary terrigalpublicschool@pandcaffiliate.org.au



IGA Ritchies – Stores (Erina Heights & Erina)
Sign up for a Community Benefit Card –
Nominate Terrigal Primary School as your
school and we will receive 0.5% of your
purchases in a donation to the P&C.





MOTHERS DAY STALL

Friday 10th May 2019 (Term 2)

This year we are changing it up!! No more donating gifts.

We have taken your feedback on board and we are making it easier for families going forward. You are no longer required to donate gifts for the Mother's Day stall

On **Friday 10th May**, children will be able to purchase a Mother's Day present from the stall. There will be \$2, \$5 and \$10 gifts available for purchase. You can bring money on the day or parents are encouraged to prepay for their child/children on Flexi-schools. **For families with multiple children please ensure you purchase from Flexi-schools under each child's individual name and not per family.**

We are also working with the school on reducing waste therefore no cellophane and plastic bags will be used. We ask that on the day you provide your child/ children with a bag to bring their chosen gift home in. The P&C are very excited with the quality of gifts and can't wait to help the kids choose that special Mother's Day present this year.

HOW TO PURCHASE.

1. Flexischools – pay online for your child for a \$2, \$5 and \$10.

<https://www.flexischools.com.au>

For families with multiple children please ensure you purchase from flexischools under each child's individual name and not per family.

2. Children to bring \$2, \$5 or \$10 to purchase gifts on Friday 10th May.

**As this is a P&C run event please do not pay online directly to the school.*

UNIFORM SHOP

OPEN EVERY WEDNESDAY During school terms 8:30am – 9:15am

Term 2 ROSTER for volunteers will be available Week 11.



- All uniform options are available on Flexi schools.

Order and pay and we will fill your order and deliver to your child's classroom.

www.flexischools.com.au

- 2nd hand uniforms available from facebook page tps-pre-loved uniforms (for sale or free)

THEY HAVE ARRIVED!!!! Girls Grey Shorts

\$35 each in stock NOW Size 4 - 16

Midford – Girls grey ½ elastic waist tailored shorts.

If anyone cannot make it into the shop on Wednesday mornings, we have placed a few sample sizes in the

school office for students to try on if needed.

School Back Packs AVAILABLE NOW

Limited Stock \$40 EACH

We are down to our last box, no further stock will be ordered until Term 4. Great for keeping school supplies dry and protected from the elements.



Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

Chickenpox and Shingles

Last updated: 08 April 2018

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Holiday Art Workshops



Watercolour Woods

Tues 23rd April 10am-1

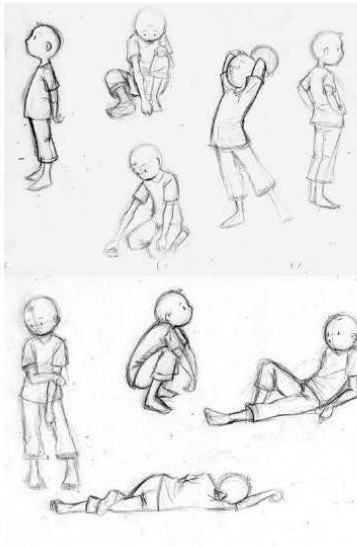
We begin our holiday classes with this beautiful watercolour painting of a woodland scene. Students follow step by step instructions to draw up this image, then paint using watercolour techniques.



Clay Cats

Wed 24th April 10am-12pm

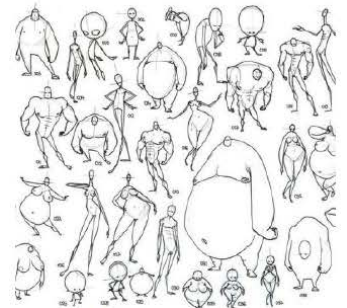
Students start their sculpture by building a wire frame of a cat. We then cover the frame with clay and sculpt in the details.



Character Development

Fri 26th April 10am-12pm

This is a fun activity where students learn various techniques to help them bring movement and personality to their own animated characters.



Treehouse Art Studio

Joanna Francis

Ph: 0466247716

Email: treehouseartstudio@gmail.com

Classes \$30



Breakfast

helps learning and
concentration



Health
Central Coast
Local Health District

Pink Day Fundraiser

On Friday 5 April, Terrigal Public School will be hosting a 'Pink Day' to raise money for the McGrath Foundation. The McGrath Foundation is an organisation that raises funds for McGrath Breast Care Nurses who provide invaluable support and care to women and men experiencing breast cancer.

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We can't wait to see your creative outfits on Pink Day.

Fun Languages

@ Terrigal Public School

Educational, affordable and Fun !



ENROLMENTS NOW OPEN FOR 2019!



Play-based language learning with fun activities, craft, drama, music and games!
Experienced, native teachers.
Program designed especially for primary aged children.

Our informal and friendly Language learning clubs provide the best and safest environment for children to develop their self-esteem and self-confidence. The activities in our language classes include storytelling, drama, crafts and many fun songs and games.

LCF Fun Languages lessons are short and focused whole-class lessons, with engaging and stimulating tasks. They contain opportunities for cross-curricular activities, with regular monitoring and assessment of progress.

Children can start with LCF Fun Languages at any age. Our resources are designed so that they can be used for beginners from all age groups.



NEW FRENCH CLUB

**Classes for Kindergarten
Up to Year 4 students**

Thursday from 8.00 am -8.45am
classroom 19 - next to uniform shop



Cost is \$153+GST per Term - SAVE \$100 - We are a Creative Kids Registered Provider.
Supported by fantastic fun activities to practise online at Babelzone and Dino Lingo

PLACES ARE LIMITED TO 10 STUDENTS IN EACH CLASS

For more details and to enrol your child
Please call Nathalie Roy 0430 286 590
Or Email nathalie.roy@lcclubs.com.au - Visit our website: www.lcclubs.com.au

ciao bella

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**SUPPORTING
OUR COMMUNITY**



Property Central will donate **\$110**
to Terrigal Primary when you sell
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