



TELOPEA PUBLIC SCHOOL

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Education &  
Communities

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## SCHOOL NEWSLETTER

10<sup>th</sup> February 2017

Motto: "Success through Endeavour"

### DATES FOR YOUR DIARY

7	Apr	2017	Last Day of Term 1
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### PRINCIPAL'S MESSAGE

Welcome to the start of 2017!

This is the start of another exciting year, already our Kindergarten students for 2017 are settling in with Miss Taylor a very experienced teacher that we are delighted to welcome to Telopea Public School. To all our continuing and new students a very warm welcome to the Telopea School family.

I would like to pay particular thanks to Mrs Vasilareas and Mrs Di Losa who managed the school and office so capably while I was on sick leave last year. To all those parents who have enquired after my health thank you and I am delighted to be back ready for 2017.

We are happy to announce that we have secured the "books in homes" program again in 2017. This means that over the course of the year your child will receive 9 free books and we thank our corporate sponsors Goodman for their continuing support. PAYCE also continue to provide funding for our Seed Harvest Spoon garden program and we also thank them for their support as well.

This year Telopea has commenced as have all Department of Education Primary schools; online roll marking. If your child is sick it is important to supply a note explaining this to the class teacher within a week of the child's absence as this system automatically reports attendance patterns and absences. This new state-wide system has only commenced this year and is designed to report attendance patterns directly to state office.

Please also remember to supply your child with a hat and plenty of water during this hot period. It only takes minutes for a child to become heat stressed when the temperature is over 40 degrees.

Regards,

*Alan McGowen*

Principal

## Sun Sense



We are currently experiencing extremely hot weather. Please ensure that sunscreen is applied to your child prior to school and that all students come to school with a hat. It's important to remind your child to keep well hydrated throughout the day.

During extreme weather children have the options of staying indoors during lunch and recess.

## School Fees

Please be aware that School fees have been invoiced and issued. We would appreciate all payments be made by the end of Term 1. We can now accept payments via EFTPOS on Wednesday and Friday mornings between 8.30-11.30am ONLY. Payments made via cash can be made on any day.

If you are unable to make payments in full, please speak to the Front Office staff to discuss payment plans.

## Uniform Shop

Uniforms can be purchased from the Uniform Shop every Wednesday between 8.30-10.30am. We are pleased to advise we now have the option of Eftpos for purchases. Alternatively cash is still accepted, the correct change is much appreciated. A current price list is available from the front Office.



## School Counsellor



Welcome to our new School Counsellor Ms Sharon Taylor who will be available on Thursdays each fortnight commencing February 16<sup>th</sup> 2017.

Parents who wish for their child to be seen by the school counsellor are asked to contact their child's class teacher in the first instance. Children may then be referred to our school's learning support team.

## School Attendance

Regular School attendance is a legal requirement for all children. Please ensure that your child/ren are at School by 8.55am, ready for morning assembly by 9.00am.

School times are as follows;

9.00am	School commences
11.00-11.30am	Recess
1.15-2.00pm	Lunch
3.00pm	School finishes

All attendance is now recorded electronically, this includes late, early and sick bay departures. Please be patient with staff whilst we record and process these recorded slips.

## Mobile Phones



If you require your child to carry a mobile phone, a note stating so must be handed in to the Front Office and registered. Students are to turn all mobile phones off during School hours and these are handed to the Front Office during assembly and returned to students at the end of each day.

If you need to contact your child, please call the School directly so we can organise for you to speak to your child.

## Health

A reminder note will be sent home to ensure any health care plans for students are up to date. It is important to notify the Front office if your child has any health requirements so an action plan can be put in place.

## Notes Sent Home

Ensure you don't miss out on important notes. Remember to check your child's School bag each day as most notes are sent home via students.

## Crunch and Sip



Teloepa Public School continues it's Crunch and Sip program. This is where students stop for a small break and has either a piece of fruit or vegetable, along with water. This encourages healthy eating and great for development. A handy hint: It is a great idea to cut your child/rens fruit or vegetable into slices so that it is easy for them to eat.

## Sport

Sport's day is held on Fridays for all students. Students are reminded to wear their maroon shorts, appropriate footwear (ie sneakers) and their allocated House team t-shirt. If you have not received confirmation of your child's house colour, please speak to your child's class teacher. House colour t-shirts can be purchased from the School uniform shop on Wednesday mornings.



## Library News



This year the library is operating every Wednesday. Students need to return their borrowed books in order to re-borrow on their library day. Last year there were many students who missed out on borrowing each week as they forgot to return books or simply did not bring in a bag. A plastic shopping bag or a green recycling bag is sufficient. Take advantage of the abundance of books we have available for you to borrow at our well-resourced library. Many of last years

Books in Homes titles have now been accessioned and covered and are on the shelves ready to be borrowed.

## Books In Homes

I am very excited and pleased to announce that Books In Homes will be back in 2017. Shortly I will be receiving our first preview pack. During library lessons in the coming weeks you will have the opportunity to browse through all 48 titles and can start making your selections. All students at Teloepa P.S including Kindergarten and new students will have the opportunity to take home 3 brand new books, in a bag at the Books In Homes book-giving assembly.



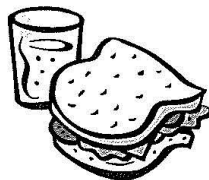
## World Book



Good news! Our library now subscribes to the World Book eBook Series with access to hundreds of World Book publications as well as classic Open Access Books. Our World Book eBook subscription allows us to give you and your family access to all the eBook titles at home 24/7, using your computer or mobile device on a 3 week loan cycle.

## Canteen

Following on from our successful trial of Linda's Lunches, we are pleased to inform you that this will now be a regular option. Linda's Lunches will now be held every Wednesday. Please remember to have your child's lunch order set out as the instructions below and hand this to the teacher on morning duty.



# Linda's Lunches

TELOPEA PUBLIC SCHOOL  
Menu and Pricelist - 2017

Available Wednesday



- ☐ Please write order clearly on note paper and place in a medium/large snap lock bag, along with correct money.
- ☐ If a bag is not provided please add 20c to order.
- ☐ All orders to be given to a teacher at morning assembly
- ☐ Lunches will be delivered to the school by 1:15pm

FOR TUESDAY 7/3/14  
MARY SMITH  
6B

1 VEGEMITE SANDWICH	\$2.00
1 STRAWBERRY MILK	\$2.00
1 GREEN APPLE	\$1.50
1 CHEESE STICK	\$1.00
1 ZOOPEER DOOPER	\$0.50
<b>Total</b>	<b>\$7.00</b>

FILLINGS	SANDWICHES	ROLLS
Buttered	\$0.70	\$0.90
Hundreds & Thousands	\$2.00	\$2.10
Vegemite	\$2.00	\$2.10
Honey	\$2.00	\$2.10
Strawberry Jam	\$2.00	\$2.10
Cheese	\$2.40	\$2.50
Egg & Mayo	\$2.70	\$2.80
Omelette	\$2.50	\$2.60
Tomato	\$2.40	\$2.50
Devon	\$2.40	\$2.50
Salmon	\$3.20	\$3.30
Tuna	\$2.80	\$2.90
Sandwich Ham	\$2.40	\$2.50
Leg Ham	\$3.80	\$3.90
Chicken Schnitzel	\$4.20	\$4.30
Chicken Loaf	\$2.40	\$2.50
Roast Chicken	\$4.00	\$4.10
Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot)	\$4.00	\$4.10
Baked beans or Spaghetti	\$2.00	\$2.10

**Tortilla Wraps – any 3 fillings** \$4.50  
(eg. Ham, Cheese, Tomato or Chicken, Lettuce, Cheese)  
Cheese only \$2.20  
*Wraps can be toasted on request*

Salad Tubs (as per sandwiches-French or Italian dres.) \$4.50  
With Chicken, Tuna or Ham \$5.00

### EXTRAS

Avocado	\$0.70	\$0.70
Hard boiled eggs (shelled)	\$0.80	
BBQ sauce / Tomato sauce	\$0.10	\$0.10
(sauce for sandwiches and rolls only)		
Mayonnaise	\$0.10	\$0.10
Cucumber	\$0.40	\$0.40
Carrot	\$0.40	\$0.40
Beetroot	\$0.40	\$0.40
Tomato	\$0.40	\$0.40
Cheese	\$0.40	\$0.40
Lettuce	\$0.40	\$0.40
Pineapple	\$0.40	\$0.40
Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot)	\$2.40	\$2.40

### SNACKS

Popcorn	\$0.90
Mamee Noodles	\$0.90
Raspberry or Apricot Fruit Sticks	\$0.50
Choc Chip or Yogurt Muesli Bars	\$0.80
Cheese Sticks	\$1.00

### FRESH FRUIT

Banana	\$1.50
Apple – Green or Red	\$1.50
Orange	\$1.50

### DRINKS (drinks can be ordered frozen)

100% Apple or Orange Juice	\$1.70
Bottled Spring Water	\$1.50
Chocolate or Strawberry Milk	\$2.00
Apple/Blackcurrant, Orange Fruit Or Tropical fruit Juice	\$1.40

### HOT FOOD (meat products are not Halal)

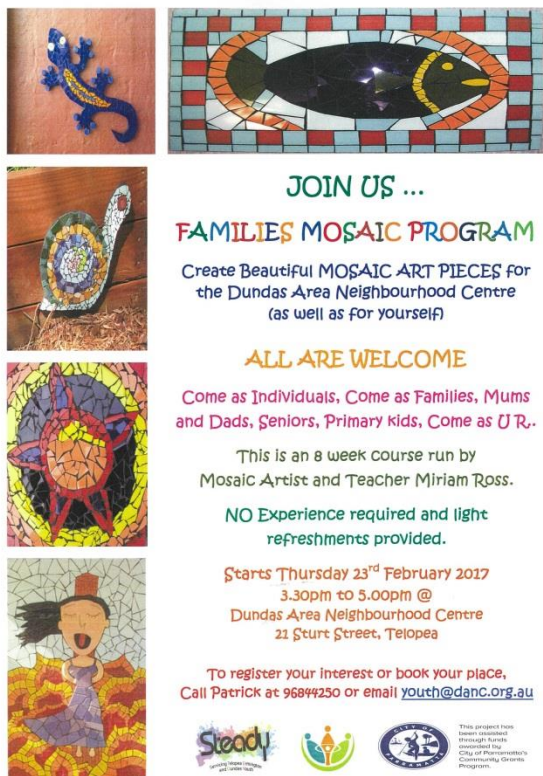
Pie	\$2.80
Sausage Roll	\$2.50
Tomato Sauce, BBQ or Sweet Chilli	\$0.20
Pasta (home-made Bolognese sauce)	\$3.00
Parmesan Cheese	\$0.30
Noodles - beef or chicken	\$2.50
Garlic Bread	\$1.50
Chicken nuggets (4)	\$2.00
Hot dog	\$2.00
Sushi	\$2.50
-California or Tuna	
Soy sauce	\$0.10

- ☐ Unless requested, all sandwiches will be made with margarine and NO salt and pepper.
- ☐ Sandwiches are prepared fresh on the day of delivery.
- ☐ Sandwiches and wraps can be toasted with any sandwich fillings.
- ☐ If there are any other choices that aren't on the menu, please feel free to ask me.

Contact: Linda 96382631



## Community Announcements



**JOIN US ...**

**FAMILIES MOSAIC PROGRAM**

Create Beautiful MOSAIC ART PIECES for the Dundas Area Neighbourhood Centre (as well as for yourself)

**ALL ARE WELCOME**



Come as Individuals, Come as Families, Mums and Dads, Seniors, Primary Kids, Come as U R..

This is an 8 week course run by Mosaic Artist and Teacher Miriam Ross.

**NO Experience required and light refreshments provided.**

**Starts Thursday 23<sup>rd</sup> February 2017**  
3.30pm to 5.00pm @  
Dundas Area Neighbourhood Centre  
21 Sturt Street, Telopea

To register your interest or book your place,  
Call Patrick at 96844250 or email [youth@danc.org.au](mailto:youth@danc.org.au)

   This project has been awarded through funds provided by City of Parramatta's Community Grants Program.

# FREEDOM FEBRUARY

Christmas credit card bills looming?

Take control of your finances.

Sign up for the February CAP Money Course.



CAP Money is a FREE and easy course to help you gain financial freedom.



money:course



Call Helen to Register By 14<sup>th</sup> March

Venue Contact Dates Time

TELOPEA FAMILY SUPPORT  
9638 7955  
Wed 15<sup>th</sup> + 22<sup>nd</sup> Feb  
10am - 12.30pm

budget. save. spend



## Tuning in to Teens

21st February - 28th March

For Mums, Dads and Carers of Teens (12-18 years)

Telopea Family Support  
16 Shortland Street, Telopea

Tuesday's 10am—12 noon

Cost: Gold Coin Donation per week

Contact Kate or Helen  
on 9638 7955



Tuning in to Teens™ is a 6-session group parenting program that assists adults in:

- ♦ Developing awareness and regulation of their own emotions
- ♦ Building skills in recognising their teen's emotions
- ♦ Developing skills for managing emotional situations
- ♦ Responding to your Teen's anger, worry or sadness
- ♦ Skills in assisting Teen's in managing their emotions and problem solving
- ♦ Skills to teach your Teen to deal with conflict.



Contact Kate or Helen on 9638 7955



# Cumberland High School

*Excellence in Education*



Experience Excellence at **Cumberland High School's**  
**Open Evening.**

Monday 27 February 2017  
from 6.00pm to 8.00pm



Cumberland High School provides an  
extensive range of academic and vocational  
opportunities delivered by our professional,  
experienced and highly committed teachers.

183 Pennant Hills Road Carlingford NSW 2118  
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[www.cumberland-h.schools.nsw.edu.au](http://www.cumberland-h.schools.nsw.edu.au)