



Thirlmere Public School

Newsletter

Phone: 02 4681 8476 email: thirlmere-p.school@det.nsw.edu.au

TERM 4 WEEK 8

28 NOVEMBER 2017

Coming Up

Term 4 Week 8

Wed 29 Nov

- Breakfast Club at 7.45–8.30am
- Scripture last day
- Book Club due

Thu 30 Nov

- Student Leader speeches at 9.30am

Week 9

Mon 4 Dec

- Reward Day
- No Band

Tue 5 Dec

- PHS Yr 7 Orientation 9am–12pm

Wed 6 Dec

- Breakfast Club at 7.45–8.30am
- Gold Medal Assembly 9.30am
- Christmas Meal Deal

Thu 7 Dec

- Yr6 Farewell 6pm

Fri 8 Dec

- Kindy Pirates and Princesses Ball 11.30am

Week 10

Mon 11 Dec

- Last Student Banking for 2017

Tue 12 Dec

- Presentation Day 10am

Wed 13 Dec

- Yr 6 Jambaroo 7.30am – 4.30pm
- Breakfast Club at 7.45–8.30am

Fri 15 Dec

- Last day for students

Relieving Principal's Message

This is my last week as Relieving Principal and it has been an amazing opportunity to lead Thirlmere Public School while Mrs Whitfield has been away. I would like to thank the fantastic school team including the teachers, students, community and a big thank you to the office staff for supporting me while I have kept the seat warm.

Thank you to all the parents who attended the Conversation Café this



week. We were able to give 'feedback on the feedback' the school community gave us regarding planning for the future directions of our school. I'd also like to give a big shout out to the 2018 Student



Leaders who had an opportunity to introduce themselves while helping serve at the café.

It's a busy time as we think of wrapping up the year and celebrate all the goals our students have achieved. We have celebrated success after success and we look forward to cementing these achievements during our upcoming PBL Reward Day, Gold Medal Assembly and Presentation Day.

As we prepare to say good bye to our current Year 6 students who are about to embark on their next adventure, we say hello to our new Kindergarten students for 2018.

The final Kindergarten transition to school day took place today and the 2017 Student Leaders did a fantastic job embracing the teddy bear picnic theme. Congratulations to Mrs Huntrods and her team and all the teachers who did an outstanding job with the Kindergarten Orientation and Transition. Also, well done to Ms Gutjahr and her team in coordinating the transition programs for our senior students and the High School transition program supporting those students who begin Year 7 in 2018.

Best Wishes to all for the rest of 2017.

Regards,
Cheny Collins
Relieving Principal



Payments Due

Term 4 Band Fees are now due.

Term 3 Band Fees are now overdue-please pay immediately.

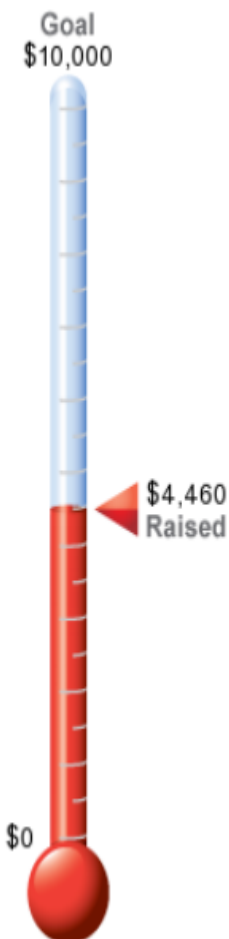
Wed 29 Nov

- P&C Lamington Order
- Book Club

Mon 4 Dec

- Christmas Meal Deal

Fundraising Goal



What bullying is not

Bullying is not the same as conflict or disliking someone – even though these things may sometimes lead to bullying.

If someone teases or behaves in a mean or aggressive way once, it isn't bullying. It is not okay, but it isn't bullying. A fight or disagreement between friends isn't bullying.

What is bullying?

Have you ever been picked on over and over again? That's bullying.

Have you ever been repeatedly left out of a group? That's bullying.

Bullying is when someone with more power than you repeatedly tries to upset or hurt you.

Types of bullying

Bullying might involve repeatedly:

- physically hurting someone
- keeping someone out of a group
- saying mean or humiliating things, or spreading rumours or lies
- sending nasty messages or inappropriate images online
- tagging inappropriate images online.

A person can be bullied about many different things such as how they look, sound or speak; their background, religion, race or culture including being Aboriginal; they have a disability; their size or body shape; their schoolwork, hobbies or achievements; or other ways they may be different.

Get help for bullying

If you're being bullied or you see others being bullied, get help.

Tell someone – a parent or carer, a relative, an adult friend, a teacher or the school's counsellor. Ask for advice.



Enrolments 2018

It is that time again when we are looking at classes and teachers for next year. However, before we do that, we need to establish our enrolment numbers. We ask that you please inform the office if;

- you are moving out of the area
- you have a child who is starting Kindergarten in 2018 and you have not already enrolled, or
- you know of any families who are moving into the area and intend to enrol their children at Thirlmere Public School. Please ask them to contact the school also.

Principal's Awards

Indy A, Dominic B, Lara A, Mika S, Cody L, Hunter M, Lucas B, Eve P, Jack P, James F, Sarah G, Nate W, Kendly H, Isaac W, Maggie D, Jett W, Tye J, Ashton H, Eden F, Makayla W, Hannah N, Jake D, Sarah D, Tom D, Caitlyn P, Henry H



Notes Home

Early Stage 1

- Pirates and Princesses Ball

Stage 2

- 4U Secret Santa

Stage 3

- PHS Orientation
- Ridiculous 60 Secret Santa

Selected Students

- Beginner's Band-Instrument Allocation

All Students

- Presentation Day
- PBL Celebration Day
- Christmas Meal Deal



Dance To Be Fit
DISCO



Bubbling with Energy
JUMPING CASTLE

THIRLMERE PUBLIC SCHOOL'S

P ositive **B** ehaviour for **L** earning

Celebration



To celebrate being safe, respectful learners in 2017 we will hold our annual student Reward Day on

Monday 4 December

The day will involve **muffi** dress, a **disco**, a huge **jumping castle** and an **ice block** for all children involved.



There is no cost for students to participate in the day.

Presentation Day

Just a reminder that our *Annual Presentation Day Assembly* is to be held on Tuesday 12 December 2017, beginning at 10am.

If your child is receiving an award, you will receive a phone call from the school notifying you.

We do ask that you keep this private from your children so that it remains a surprise!

Regards,
Presentation Day Committee



2018 Student Leaders



Families and community members are invited to join us to hear our final 8 candidates present their speeches to the school on

Thursday 30
November 2017
at 9.30am in the hall

For information on what Year 5 have been covering in their Leadership sessions, visit our Google Site at sites.google.com/education.nsw.gov.au/tps-leaders-2018

Congratulations to our Year 2, 3 and 4 students who visited the Heritage Centre at The Oaks

Below is a copy of the email sent to Mrs Whitfield acknowledging the fabulous students we have at Thirlmere Public School.

Dear Mrs Whitfield,

Over the last 2 weeks your school's Year 2/3/4 pupils visited the Heritage Centre at The Oaks. All of the volunteers over that period have commented on what a pleasure it was to have them. They were a credit to their teachers and the school.

The children listened attentively, asked some impressive questions and conducted themselves extremely well. Their knowledge showed the good work their teachers had done in preparation.

We have a lot of schools, both public and private, and your school is one of the best we have had. I thought you would like to know this.

Our comments at our end of year luncheon indicated it was a great way to finish the year! Please pass this on to the teachers too as they were very organised and cooperative.

Thank you,

Bev Batros

Coordinator Schools Program



Dance Concert Program - Dance2bfit

28th Nov 2017

Dear Parent/Guardian,

We are having the Dance2bfit Program at our school in Term 2 2018. The Program is energetic, innovative and a fun way for our students to get fit, learning the latest dance styles to great music tracks. This is a great program to improve the fitness levels of students while they are having a fun time. Dance2bfit will be preparing our students for their 2018 Concert Performance which will focus on the theme of World Cultures. Students will learn dances from around the world.

Dance2bfit has been developed specifically for NSW Primary Schools under the PDHPE syllabus. Each class will learn a professionally choreographed dance routine suitable for their age and ability level as well as develop their confidence and skill in this area of the Arts.

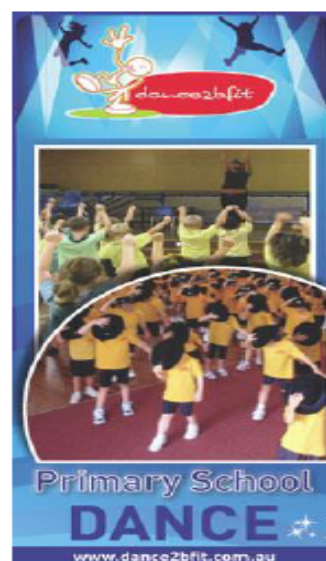
For your child to participate you will need to complete the permission note which will be handed out at the beginning of the year and pay \$40 to the school by Week 9 2018. Family Discount: only two children in a family pay. Students will learn their class performance routine, a whole school finale item and rehearse both of these items throughout the term.

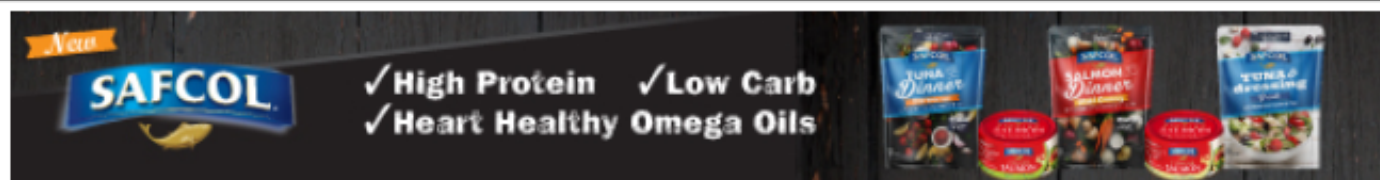
We hope that all students are able to participate in this program.

Kind regards,

Mrs Lisa Whitfield
Principal

Mrs Desi Karolis
Program Coordinator





Healthy Eating for Kids

Latest ideas on healthy eating options for kids

November 2017

Children who skip breakfast may not be getting recommended nutrients

Children who skip breakfast regularly may not be consuming the daily amounts of key nutrients for growth and development.

Milk-alternative drinks...

...do not replace the iodine in cows' milk.

Handwashing experiment leads to big decrease in bacteria, illness

How do you get kids to understand the importance of washing their hands—make it an experiment, suggests one study in which second graders observed that washing or using sanitizer gel reduced the bacteria on their hands by more than 90 percent.

Suffocation risk...

...from small hard sugar balls.

Identifying ways to minimize the harm of energy drinks

By compiling qualitative data about energy drink intake, researchers can learn how to curb consumption, according to a new study published in the Journal of Nutrition Education and Behavior.

Childhood obesity


Simplifying information aids fight against it.

Skiping breakfast associated with hardening of the arteries

Skiping breakfast is associated with an increased risk of hardening and narrowing of arteries due to a build-up of plaque, according to research published in the Journal of the American College of Cardiology.

Feel fuller, longer with mushrooms

New study discovers mushrooms can be as satiating as meat when protein levels are matched.



The final
Book Club
for 2017 is due back to school on
**Wednesday
29 November 2017**

By participating in Scholastic Book Club, Thirlmere Public School earns FREE teaching materials and resources for the Library.
When a child gets to choose their very own books, reading becomes a joy and an adventure. That excitement can carry over into a lifelong love of reading.

Join us for breakfast at
THIRLMERE PUBLIC SCHOOL'S



BREAKFAST CLUB

7:45am - 8:30am
Wednesdays in the school hall.

Kindly supported by
Our Community Pantry.

Are you available to volunteer time on Wednesday mornings to help out?
Contact Chery Collins: chery.collins@det.nsw.edu.au

Canteen Roster- 2017

We encourage and welcome new volunteers to our Canteen roster. We are one of the last schools in the district to have a fully volunteer- run canteen. Because of this, the price of our food is lower and all the profits go back to the school. It is a good way to meet other parents and grandparents whilst serving interesting and healthy food to the students of Thirlmere PS. If you are interested in volunteering, please contact the Roster Co-ordinator, Vanessa Zahra on 0408 650 319 or mummavz@yahoo.com.au.

Term 4

Week 8			
Wed 29 Nov	Lee-Anne A	Gail Burtenshaw	
Fri 1 Dec	Mel A	Joe A	Vacancy—Volunteer Needed
Week 9			
Mon 4 Dec	Cindy Hile	Kerri Devine	
Wed 6 Dec	Di Hunt	Meryl Cooper	
Fri 8 Dec	Lea Blatch	Tammy Parker	Annie Down
Week 10			
Mon 11 Dec	Amber Shortus	Cindy Hile	
Wed 13 December	Theresa Young	Lani Nairn	
Fri 15 Dec	CLOSED- Last day of term		

Advertising

PATRICIA YVONNE ACADEMY OF DANCE, DRAMA & THEATRE ARTS



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When: 9th Dec 2017 Time: 11am-3pm

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For competition info and terms & conditions please refer to website.

MULTI SPORTS HOLIDAY CAMPS



Picton Tennis Club

5 Camps from 8th Dec through to 25th Jan

Designed to keep kids **healthy**, **happy**
and **active** over the school holidays

Special Offer

Enrol your child with at
least 2 other children &
receive \$5 off per child
per day they attend
our camps

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OVER 20 YEARS EXPERIENCE

PICTON COMMUNITY CHRISTMAS CAROLS



Hosted by Picton Uniting Church



6pm Saturday 2nd December

Victoria Park, Menangle Street

Gates open at 5pm for activities. BBQ and drinks will be on sale. BYO picnic blanket or chair.
 In the case of wet weather, the carols will be held at St Anthony's hall.



Everyone is invited to dress up in their best Christmas outfit!

A big thank you to our wonderful sponsors:
 Bendigo Bank | Wollondilly Council | Picton Rotary | Picton Bowling Club | Picton Mall