



Thirlmere Public School

Newsletter

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

TERM 2 WEEK 4

17 MAY 2017

Coming Up

Week 4

Thu 18 May

- 3-6 Performance Assembly 2pm - Hosted by 3/4T

Fri 19 May

- Gala Day A for Soccer and Netball

Week 5

Tue 23 May

- ICAS Digital Technology

Wed 24 May

- K-2 Awards Assembly

Thu 25 May

- 3-6 Awards Assembly

Fri 26 May

- Zone Cross Country

Week 6

Tue 30 May

- Yr 6 Canberra Excursion
- ICAS Science

Wed 31 May

- Yr 6 Canberra Excursion

Thu 1 Jun

- Yr 6 Canberra Excursion

Fri 2 Jun

- Stage 1 Minnamurra Excursion

Principal's Message

Mother's Day Stall

A huge thank you to all the volunteers who helped out at last week's Mother's Day stall, raffle and guessing competition. It was so adorable to watch the children purchase their gifts and hear the excitement in their voices as they told their friends about the special gift they had purchased for their mum. I hope all our mums had a wonderful Mother's Day.

NAPLAN

It's over for another year, and I congratulate the Year 3 and 5 students (and their teachers) for a good effort. We now await the results, towards the end of Term 3. Please remember that NAPLAN is only one small snippet of information we use to determine a child's learning progression; we do not base our marks or results at school on it's outcome. It simply is used as a good source of external data that can assist the data we have collected internally and inform our future directions. We are proud of all our students and their many talents.

Behaviour

Unfortunately, over the last few weeks there have been several incidences of throwing rocks in the playground and over the school fence. Such incidences will not be tolerated and our behaviour code will be implemented. Please remind your children of the dangers of this behaviour and the possible consequences.

We have also had an increasing number of issues around the use of Beyblades and Fidget Toys. As a result of students not following the rules and expectations around the use of these toys, they have now been banned until further notice. Please do not allow your children to bring these items to school.

The vast majority of students in our school display exceptional behaviour and are a credit to the school and their families. Let's all make sure that this is the impression people have when they think of Thirlmere Public School.

Regards,
Lisa Whitfield
Principal

Payments Due

Term 1 Band Fees are now overdue-please pay immediately.

19 May

- Stage 1 Minnamurra Excursion

22 May

- Zone Cross Country

23 June

- Term 2 Band Fees

27 June

- Gymnastics

30 June

- Yr 6 Point Wolstoncroft Camp-**Balance**

7 August

- Yr 4 Berry Camp-**Balance**

Principal's Awards

Ryan E, Toby J, Abbey P, Tye J, Alexis F, Harry O, Aisata B, Milla D, Liam M



Notes Home

Students

- Gymnastics

Selected Students

- Zone Cross Country
- Gala Day A

Sports Talk

Zone Cross Country

The Zone Cross Country Carnival will be held on Friday 26th May 2017 at the Bicentennial Equestrian Park at Camden. Students should arrive before 9.15am and wear their school sports uniform including school hat and running shoes (no spikes are permitted to be worn).

Good luck to all our competitors!



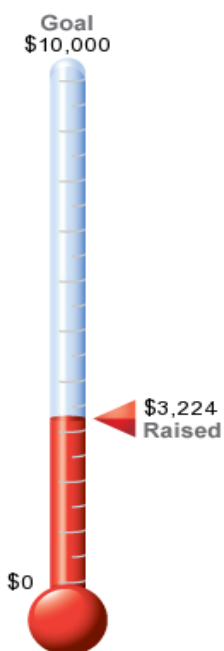
Gala Day A

Gala Day A will be held this Friday 19 May at Tahmoor Sports Ground for both Soccer and Netball. Students should wear their school sports uniform including school hat. Soccer boots and shin pads are recommended for soccer players.

Have a great day!!

Mrs Pulbrook

Fundraising Goal



Gold Medal Assembly

The Gold Medal Assembly for Semester 1 will be held on Tuesday 27 June 2017. If your child has enough awards to receive a Banner or Gold Medal, here are some important dates to note:

Tue 30 May - Last chance to hand in Merit Certificates to the office.

Mon 5 June – Last Principal's Awards given out.

Fri 9 June – Last chance to hand in Principal's Awards to the office.

Tue 28 June – Gold Medal Assembly

Lost Property

We have a number of valuable items of lost property that have been handed into the office. If you think you may have misplaced something on the school grounds please come into the office and let us know.

Thirlmere Public School TERM 2 2017- Community Calendar

TERM 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 APRIL	24	25	26	27	28
Week 2 MAY	1	2	3	4	5 School Cross Country
Week 3 MAY	8	9 NAPLAN	10 NAPLAN 2:40 pm K-2 Award Assembly	11 NAPLAN Mother's Day Stall 2:40 pm 3-6 Award Assembly	12 Opportunity classes online closes
Week 4 MAY	15 SWS Boys Touch Carnival	16	17 SWS Rugby Carnival 2pm K-2 Performance Assembly (1/2H)	18 2pm 3-6 Performance Assembly (3/4T)	19 PSSA Gala Day A Soccer and Netball
Week 5 MAY	22 SWS Softball Carnival Stewart House pickup	23 ICAS Digital Technology	24 2:40 pm K-2 Award Assembly	25 2:40 pm 3-6 Award Assembly	26 Razorback Cross Country Carnival
Week 6 MAY/JUNE	29 SWS Girls Touch Carnival	30 Year 6 Camp ICAS Science LAST Merit Awards to office	31 Year 6 Camp	1 Year 6 Camp	2 Stage 1 Minnamurra Falls
Week 7 JUNE	5 SWS Basketball Carnival LAST Principal Awards	6	7 2:40 pm K-2 Award Assembly	8 2:40 pm 3-6 Award Assembly	9 PSSA Gala Day B
Week 8 JUNE	12 QUEENS BIRTHDAY PUBLIC HOLIDAY	13 ICAS Writing	14 ICAS Spelling 2pm K-2 Performance Assembly (2K)	15 SWS Cross Country 2pm 3-6 Performance Assembly (5A & 4/5Z)	16
Week 9 JUNE	19	20	21 SWS Orienteering 2:40 pm K-2 Award Assembly	22 SWS Netball. 2:40 pm 3-6 Award Assembly	23
Week 10 JUNE	26	27 GOLD MEDAL Assembly	28	29	30 last day term

Award Recipients for Week 3

The following Students will presented with an award at the Week 5 Award Assemblies. The Kindergarten to Year 2 Assembly will be held on Wednesday 24 May at 2.40pm and the Years 3 to 6 Assembly will be held on Thursday 25 May, also at 2.40pm. Parents and Carers are welcome to attend.

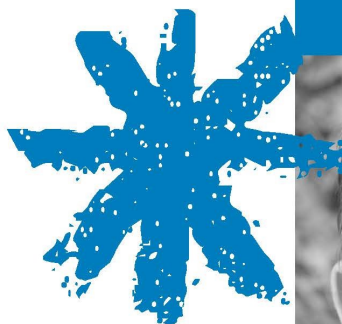
Kindergarten to Year 2		Years 3 to 6		
Class	Recipients	Class	Recipients	
KA	Kayley B Chloe C Hayden S	2/3O	Angela M Ari D Harry C	Leah H Jemima F
KB	Toby D Ruby B Luke F Solomon R	3P	Nicholas C Jayden B Amelia V	Shaylee R Jaida M
KC	Nate B Lexi Patrick Macie T	3/4T	To Be Advised	
1G	Krai E Carmen W Liam M Jack W Mariah D	4U	Brooke C Callum D Ashton H	Zachary K Matthew S
1F	Olivia T Max M Hunter M Zoe H Evelyn S	4/5Z	Finley W Jesse P Kai D	Coen M Imogen R
1/2H	William V Kyal D Samuel S	5A	Montana S Payton S Bailey R	Sienna H Abbey P
2K	Tiarne H Jacob D Billy H Clyde J	All Year 6	Makayla G Ryan H Jack K Mia S	Jackson S Matthew S Max Y Regan C

Term 2 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 cheaper 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.

Week 4			
Fri 19 May	Kristy Sharpe	Lea Blatch	Annie Down
Week 5			
Mon 22 May	Alison Tarrant	Nicole Hepburn	
Wed 24 May	Fiona Groves	Vanessa Zahra	
Fri 26 May	Bianca Long	Effie Lee	Jess Hayes
Week 6			
Mon 29 May	Sarah Fishpool	Amber Shortus	
Wed 31 May	Neen Donnelly	Lani Nairn	
Fri 2 June	Lea Blatch	Mel Anderson	Felicity Sneddon
Week 7			
Mon 5 June	Kathryn Davidson	Amanda Lee	
Wed 7 June	Diane Hunt	Meryl Cooper	
Fri 9 June	Cindy Hile	Annelie Davis	Tracy Digger
Week 8			
Mon 12 June	Closed- Public Holiday		
Wed 14 June	Deb Parker	Theresa Young	
Fri 16 June	Mel Moroz	Deb Collings	Sharon P (half day)
Week 9			
Mon 19 June	Kerri Devine	Nicole Hepburn	
Wed 21 June	Lee-Anne Armstrong	Lani Nairn	
Fri 23 June	Cindy Hile	Tammy Parker	Mel Anderson
Week 10			
Mon 26 June	Robyn Green	Julie Bird	
Wed 28 June	Sarah Hicks	Neen Donnelly	
Fri 30 June	CLOSED- Last day of term		

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POSITIVE PARENTING



Parenting the in-between years

By Michael Grose

The in-between 'tween' years can be challenging for parents. Here's 5 ways for parents to negotiate these years.

Toddlers and teenagers have traditionally been the stages that are most problematic for parents. Toddlers have a bad reputation as their body outgrows their brain, which is testing for a parent's patience and

their ability to manage behaviour. The teen period with its massive physical and emotional changes requires parents to make significant changes to their parenting and communication methods. Personally, this was a stage that tested my communication skills to the limit. It seemed that every conversation with one of my teenage children was like going for a job

interview. I had to concentrate on every word I said to make sure there was no misinterpretation or argument.

There's a third stage that causes stress and anxiety for parents - the tween stage. This is the age from 8 - 12-year-olds that bridges childhood and adolescence and it often goes under the radar when we talk about stressful developmental stages.

Tween issues are complex

The issues that parents face when raising toddlers such as sleep, obstinance, eating and separation worries seem simple compared to the complexities that parents face with tweens including social media, bullying, friendships and puberty.

This is an age when kids are maturing at different speeds, which can impact dramatically on how they see themselves. It seems also that the relationship between girls and their mothers can be strained during this stage, although dads and daughters aren't immune from testy times either. Boys also have difficulty negotiating this age but they have an innate naivety, which saves them from much of the angst that many girls face.

This is a stage when children need their parents but the shift to puberty and the accompanying social pressures means you may have to shift your parenting gears well before you are ready.



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Parenting the in-between years

Here are five ideas to help you stay connected to your tween:

1. Spend real & close time together

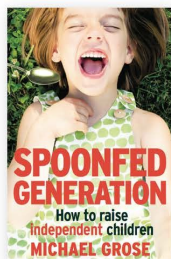
Most kids are great when you get them one-on-one, but getting the chance to spend some time away from a digital device or screen with a young person today is seriously hard. But close personal time is how you can talk to your child and provide the support they need during these times of transition. Make the opportunity to spend some idle, chatting time with your tween.

2. Allow them to have two faces

Many children in the in-between years wear two faces. They have a face for the outside world of their peers and one for home and their family. The outside face maybe a little older, and have more attitude than you'd like, so try to gently manipulate that face into something softer. Recognise that the tough or older exterior maybe his or her way of coping or gaining acceptance. On the other hand, you may find your tween acts and plays like a young child while at home. Make room for this to happen.

3. Create the path for greater independence

Many children at this age want more freedom and independence, but they frequently don't know how to ask for it. Recognise that healthy development at this stage involves expanding their horizons into different areas of endeavour (hobbies, interests, subjects at school) and around their neighbourhood. Set limits, and expect them to stick to them.



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Give them more responsibility, not less as they move into the tween years.

4. Explain the changes that are going on

Puberty begins as young as eight for some girls, a little later for boys. It begins before we see any changes to body shape or form. Many children battle their physiology (and their feelings) at this stage, while we parents focus on their psychology ("What's he trying out now?") so calmly explain the changes that are going on while teaching them how to manage their emotions.

5. Remember, it's not personal

I haven't met a parent who doesn't take the cutting/sarcastic/hurtful remarks that a tween can make personally. That's why parenting tweens can be hard emotional labour. It can also be a sad time as your child is moving from one stage to the next. In a sense, you give birth twice - to a child first and then again to a teen. The second gestation is longer and in some ways more painful. But life does get better and more bearable with time.

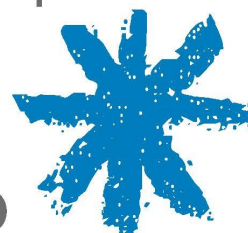
Most parents are raising tweens when they have a lot going on in their own lives. Partners, work, friends and broader family are competing for your attention at the very time when your tween maybe challenging you. If you can simplify your life even just a little during this stage you may find that the some of the stresses of raising a tween start to disappear or at least seem less complex and hard to bear.

Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

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