“Terrigal Public School’s newsletter contains paid advertisements, which assist with the cost of publication. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education and Communities or Terrigal Public School.”

...on the move...

...a new wellbeing initiative coming to our school in Term 2!
<table>
<thead>
<tr>
<th>MONTH</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>FEB</td>
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<td>FEB/MAR</td>
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<td>MAR/APR</td>
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**2013 TERRIGAL PRIMARY SCHOOL CALENDAR **

**TERM 1**

<table>
<thead>
<tr>
<th>MONTH</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>FEB</td>
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<td>FEBRUARY</td>
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<td>FEB/MAR</td>
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<td>MARCH</td>
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<tr>
<td>MAR/APR</td>
<td>10</td>
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<td>APRIL</td>
<td>11</td>
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</tbody>
</table>

**FEBRUARY 3**
- 11 Kindergarten Information Evening
- 12 Parliament Induction 9.30am

**FEBRUARY 4**
- 18 Swimming Carnival SCHOOL CANTEEN CLOSED
- 19 Parent/Teacher Night Stage 2 – 5pm

**FEBRUARY 5**
- 20 Parent/Teacher Night Stage 1 – 5pm
- 21 T/L League
- 22 Yr 6 Surf Fun Day

**FEBRUARY 6**
- 23 Schools Clean Up Australia Day

**MARCH 6**
- 4 Sydney North Basketball T/L Swimming Carnival
- 5 Cricket Gala day

**MARCH 7**
- 11 Girls Cricket
- 12 Selective H.S. Test
- 13 Starstruck Audition

**MARCH 8**
- 18 Sydney North Swimming P & C Meeting AGM 7pm
- 19 School Photo Day
- 20 Harmony Day
- 21 T.L. League

**MARCH 9**
- 25 Easter Scripture Service
- 26 Easter Raffle K-2 Easter Hat Parade 11:30-12:30
- 27 Good Friday

**MARCH 10**
- 1 Easter Monday
- 2 School Disco

**MARCH 11**
- 3 T/L League Open/U 11’s
- 4 Good Friday
DEPUTY PRINCIPAL’S REPORT

Dear Parents,

I would like to congratulate everyone involved in the organization of our Easter Hat Parade, Easter Raffles and the P&C Sausage Sizzle. Three such big events compressed into the first half of just one day can cause some stress but not at Terrigal. Everything ran smoothly, the children’s behaviour was excellent throughout and it was a truly great day. A significant amount of money was raised for the school as well.

I was away at the annual Combined Principals’ Conference on Thursday and Friday of last week. It’s a conference for both Primary and Secondary Principals where we are called together mainly to listen to presentations by the most senior people in the Department of Education and Communities and also by some speakers who are seen by the organisers as “inspirational”. I think the inspirational speakers are intended to be an antidote for the DEC speakers but that is perhaps a subversive view. The conference theme was “The Winds of Change” which is certainly appropriate. I commented to our staff that the winds of change have been blowing me around in circles since about 1976.

On the subject of wind, while I have been tied up on Thursdays Mr Krisher has been taking the Stage 3 kids to sailing. This was a cunning plan on my part to make sure that we had an enthusiastic teacher ready to take over the program when I eventually retire. It seems to have worked! I am hoping for great weather for our last session this week which is a double session to make up for one that had to be postponed. The sailing club is supplying a barbecue lunch (sausage sandwiches) which is very good of them.

We are in the process of selecting a new Assistant Principal (Special Education) to replace Mrs Cashel and this should be completed by the end of the term. The new class teacher replacing Mrs Cann will start on Year 2 from the beginning of next term. Her name is Sophie Davies and she is coming to us from Newcastle. Sophie was selected by the merit selection process and was a truly outstanding applicant. She will be taking over Mrs Brown’s class, Mrs Brown will move to Mr Hogan’s Year 6 class next term. Mr Hogan will move into the Deputy Principal’s position while Mr Nicholson moves into my position. I am planning to spend some time getting our garden back under control and catching up with some boat maintenance. I will be back in week nine.

Ivan Pagett
Deputy Principal

GOLD BOOK AWARDS

Jordy Lane, Lewis Greenwood, Saxon Hardyman, Maia Hatton, Isla Bell, Cooper Gray, Jordan Vince

Term 2
Students return to school on Wednesday 1st May, 2013.

Sing Like A Star!

Build Confidence for Auditions & Talent Quests or to simply impress friends and family.

Learn from a Seasoned Professional with over two decades experience in the Entertainment Industry.
Leigh Archer has performed in numerous Professional Productions such as Moonshadow, Cats, West Side Story, The Wizard of Oz, Joseph & the Amazing Technicolour Dreamcoat, Grease the Arena Spectacular and many more...

Sharing the stage and performing along side Cat Stevens, Danni Minogue, Tina Arena, Bert Newton, Anthony Warlow, Andrew Loyd Webber to name just a few.

Unleash the star within!
Fun, Supportive and Dynamic
Contact Leigh:
0419 261 031
leigh.archer@bigpond.com
www.leigharcher.com.au

LOST
Lucas Renteria has lost his music book. If found please return to the school office.
Thank you
Thank you to all the wonderful ladies who have volunteered. Your commitment is greatly appreciated.

Volunteers are urgently needed to fill the canteen roster for 2013!!

If you have any time to spare please consider joining our canteen volunteer team.

The Canteen Needs YOUR Support
The level of commitment is your choice:
A – 8.30am – 1.15pm
B – 8.30am – 11.30 end of recess time
C – 11.00am – 1.15pm end of lunch time
Or even just an hour or two to suit your time available.
The larger the team of volunteers the more efficiently we can operate.
Your willingness to become involved would be greatly appreciated.
Thankyou

Deslee
Canteen Supervisor

Thank you for supporting the canteen.
Welcome to our new P&C Executive for 2013.
President: Yvette Schweiger
Senior Vice president: Sally Austin
Junior Vice president: Tiffany Spokes
Secretary: Sally Carr
Treasurer: Emma Denniss

We are looking forward to a great year.....

If you have any information you would like to contact the P&C via email please email Sally Carr our Secretary on sally@geecarr.net
Our next P&C meeting will be 13th May 2013 – 7pm – Teachers Staff Room

Yvette Schweiger
P&C President

Aussie Farmers & Ritchies IGA

We now have 2 ways you can support the fundraising at Terrigal Public School at no extra cost to you?
1) We have teamed up with our local Aussie Farmers Direct milko to raise funds. Aussie Farmers Direct provides a free home delivery service of 100% Australian owned and grown produce- every time you shop with Aussie Farmers Direct, our local milko will donate a portion of your spend to Terrigal Public School.
   Conveniently you can shop online, from the comfort of your own home and wake up to an esky full of fresh produce.
   Jump online to: AussieFarmers.com.au/Fundraisingoffer to try it out or pick up a flyer from the office.
   If you are already a customer you can link your account to Terrigal Public School by visiting: AussieFarmers.com.au/linkmyaccount

2) If you shop at Ritchies IGA supermarkets register (at no cost) for a Community Benefit card and link your account to Terrigal Public school, each time you shop show them your card and a percentage gets donated to the school

Suggestion Box

Hi everyone, just to let you know there is a suggestion box in the office now (on the small table, near the trays where you pick up extra copies of notes & opposite the ladies office window/desk) - where you can place your suggestions for the P&C. You are still welcome to email any ideas/suggestions to email - sally@geecarr.net
Please remember to leave your details on the form, so we are able to contact you to let you know the outcome of your suggestion.

P&C Meeting Dates for 2013

All meetings are on a Monday
Time: 7pm until 9pm
Where: Teacher’s Staff Room

<table>
<thead>
<tr>
<th>Term</th>
<th>Dates</th>
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<tbody>
<tr>
<td>2</td>
<td>13th May</td>
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<tr>
<td>3</td>
<td>29th July</td>
</tr>
<tr>
<td>4</td>
<td>21st October</td>
</tr>
</tbody>
</table>

Facebook Groups

Facebook Group:
TPS – Information for Parents
Over the past couple of years, some mums have set up a Facebook Group that has been very valuable asset, called TPS – Information for Parents.
It has been a great source of information, communication for anyone to ask any questions that other parents are able to help give answers to. This has been valuable to help new parents find their way.

This is a closed group, for security reasons only. Anyone that has a child at TPS is welcome to join.

Details of where to find us are below:
https://www.facebook.com/groups/116621195090007/

Please note: Please be aware that this Facebook group is not for expressing personal views and is strictly monitored.

Facebook Group:
TPS – Pre-loved uniforms (For Sale or for Free)
As the names suggests, this will hopefully help out with passing on or selling your pre-loved uniforms. please pass on for TPS parents to join....
https://www.facebook.com/groups/339332946170749/

Thank you - Sally Carr

Terrigal Family Fun Fair

Rainbow Mufti Day - Friday 12th April 2013
The P&C will be holding 3 mufti days throughout the year to raise funds for the Terrigal Family Fun Fair.
In previous years each class was asked to donate supplies for their class stall. This year we are asking for a gold coin donation from each student so the supplies can be bought in bulk. This will distribute the cost more evenly and cut down on oversupply of some items.
Dress in your favourite RAINBOW coloured clothes and donate a gold coin to support the Terrigal Family Fun Fair.
SAVE TIME, ORDER ONLINE!
We now have a great new online system to make the ordering of lunches easier and more convenient.

- **Order at a time convenient to you**
  in the morning, night before, or weeks in advance!

- **No searching for cash required**
  It’s already paid online!

- **Teach students healthy eating in a fun way**

- **Order from home or work**

**It’s so easy!**


2) Click “Register Now” to create account

3) Top-up your balance

4) Start ordering immediately

**To view a demonstration**

go to the [www.flexischools.com.au](http://www.flexischools.com.au) website and in the “Find Your School” box, enter a few letters from our school namand click the name when it appears below.

**What Does it Cost?**

The online menu is the **same price** as the usual menu. However, there is a small fee for the online orders to help pay for the labels and the website system. So why not order your next lunch online!

**How Does It Work?**

Go to [www.flexischools.com.au](http://www.flexischools.com.au) and click “Register Now” in the Login Box. Then enter your student’s name, school and class, and add funds (say $50) into a pre-paid account. **You can log into the website at any time** to place orders, typically up until just before school starts. As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum. Each order is sent automatically to the kitchen, where an easy-to-read label is produced with the student’s name, class and order details. At lunch time, students can simply pick up their order without the need for cash.

**What payment methods can I use?**

FlexiSchools accepts payment via Visa, Mastercard, and Bank Transfer. To perform a bank transfer to your FlexiSchools account, click ‘Topup Account’ when logged into the FlexiSchools website and select ‘Bank Transfer’; you will be given your unique EFT code. You can then make a transfer via your bank’s internet facility or at your bran
TERRIGAL PUBLIC SCHOOL CANTEEN
FRESH TASTES @ SCHOOL
2012-2013
Member of the New South Wales Canteen Association
Open Monday to Friday from 8.30am
New volunteers are always welcome
For information please contact the Canteen Supervisor on 4384 5322

All foods offered on our Canteen Menu
meet the “Fresh Tastes @ School” NSW Healthy School’s Canteen Strategy www.healthy-kids.com.au

**RECESS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Frozen Yoghurt</td>
<td>$1.80</td>
</tr>
<tr>
<td>Low Fat Vaalia yogurt ( assorted flavours)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Low fat custard 150g (gluten free)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Pikelets</td>
<td>$0.40</td>
</tr>
<tr>
<td>Fruit Pikelets</td>
<td>$0.60</td>
</tr>
<tr>
<td>Muffins low fat (assorted varieties)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegemite rounds</td>
<td>$0.20</td>
</tr>
<tr>
<td>Koala Popcorn (plain)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Rice crackers (Sakata) with cheese and</td>
<td>$0.90</td>
</tr>
<tr>
<td>cherry tomato</td>
<td></td>
</tr>
<tr>
<td>Veggie sticks ( carrot, cucumber and celery sticks)</td>
<td>$0.60</td>
</tr>
<tr>
<td>UFO (hot cheese roll) (small)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yummy Drummy</td>
<td>$1.00</td>
</tr>
<tr>
<td>Half cheese &amp; bacon roll</td>
<td>$1.00</td>
</tr>
<tr>
<td>1/4 Fairy Bread ( limit of 5)</td>
<td>$0.10</td>
</tr>
<tr>
<td>Corn cob in bag (pre order)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Muffin melts melted cheese &amp; ham on ½</td>
<td>$1.00</td>
</tr>
<tr>
<td>English muffin</td>
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**FRUIT**

<table>
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<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Seasonal cut fruit (per piece)</td>
<td>0.90</td>
</tr>
<tr>
<td>Frozen pineapple rings</td>
<td>0.50</td>
</tr>
<tr>
<td>Fruit Salad cup with yoghurt</td>
<td>1.50</td>
</tr>
<tr>
<td>Watermelon wedges (terms 1 &amp; 4 only)</td>
<td>0.40</td>
</tr>
<tr>
<td>Frozen orange ¼</td>
<td>0.15</td>
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**EXTRA TREATS**

**Available after Lunch**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Koala Popcorn – plain (gluten free)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Red Rock plain chips 25g</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

**DRINKS**

**Available at all times**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Oak – flavoured 300 ml</td>
<td>$1.80</td>
</tr>
<tr>
<td>Chocolate/Strawberry/Banana</td>
<td></td>
</tr>
<tr>
<td>Up &amp; Go Chocolate/Strawberry/Banana</td>
<td>$1.80</td>
</tr>
<tr>
<td>Small Juice Cup</td>
<td>$1.00</td>
</tr>
<tr>
<td>Spring Water 600 ml</td>
<td>$1.60</td>
</tr>
<tr>
<td>Spring Water 350ml</td>
<td>$1.00</td>
</tr>
<tr>
<td>Plain Milk 300ml</td>
<td>$1.50</td>
</tr>
<tr>
<td>Fruit Juice 200ml</td>
<td></td>
</tr>
<tr>
<td>Apple/Apple Blackcurrant/ Orange/ Orange</td>
<td>$1.70</td>
</tr>
<tr>
<td>Passionfruit</td>
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</table>

**FROZEN ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>100% Juicy Icy Cups</td>
<td>$1.00</td>
</tr>
<tr>
<td>Orange or Apple</td>
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</tr>
<tr>
<td>Billabong Ice Creams</td>
<td>$1.50</td>
</tr>
<tr>
<td>Chocolate ,Triple Swirl</td>
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</tr>
<tr>
<td>Vanilla Cup Ice cream</td>
<td>$1.30</td>
</tr>
<tr>
<td>Frozen Yoghurt Tub</td>
<td></td>
</tr>
<tr>
<td>Strawberry/ Fruit Salad/ Passionfruit</td>
<td>$1.80</td>
</tr>
<tr>
<td>Frozen Fruit Tube- Whole</td>
<td>$0.50</td>
</tr>
<tr>
<td>Frozen Fruit Tube- ½</td>
<td>$0.25</td>
</tr>
<tr>
<td>¼ Frozen Orange (also sold @ recess)</td>
<td>$0.15</td>
</tr>
<tr>
<td>Icy Pole</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Orders MUST be placed at the Canteen between 8.30-9.00 am. Please make sure lunch and recess bags have students **NAME AND CLASS** written at the bottom of the bag.

**Recall and lunch orders on separate bags please.**

**All orders must be paid for on the day**

Orders in by 9.00am DAILY

**Online ordering now available.**


**Drinks, frozen items and ‘treats’ WILL NOT be placed in LUNCH bags.** To claim these items children must return their LUNCH bag to the canteen. (The child’s lunch bag is stamped “CANTEEN” if an item is to be collected.)

Mums, Dads and Grandparents volunteer their time to help run our canteen throughout the year. Our volunteers are very much appreciated. However, the canteen ALWAYS needs extra help. Check the weekly newsletter for canteen roster.

All profits from the canteen are put back into the school P&C, for the benefit of the students. Serving our school community healthy food is not the only duty of the school canteen. Teaching the children about ‘monies worth’ in a safe and controlled environment is also important.
**LUNCH**

<table>
<thead>
<tr>
<th>HOT FOOD</th>
<th></th>
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<tbody>
<tr>
<td>Yummy Drummy</td>
<td>$1.00</td>
</tr>
<tr>
<td>Corn Cob</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hot Cheese roll (small)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hot Cheese roll (large)</td>
<td>$2.70</td>
</tr>
<tr>
<td>Hot Chicken roll</td>
<td>$3.70</td>
</tr>
<tr>
<td>Pizza (ham and pineapple)</td>
<td>$2.90</td>
</tr>
<tr>
<td>Chicken Pack <em>(Roasted chicken drumstick, corn cob and slice of bread)</em></td>
<td>$3.60</td>
</tr>
<tr>
<td>Chargrilled Chicken Burger <em>(chargrilled chicken pattie, lettuce, tomato, beetroot and carrot)</em></td>
<td>$4.50</td>
</tr>
<tr>
<td>Roundas (Pizza)</td>
<td>$2.90</td>
</tr>
<tr>
<td>Beefburger <em>(Beef pattie, lettuce, tomato, carrot, beetroot and sauce-tomato or bbq)</em></td>
<td>$4.30</td>
</tr>
<tr>
<td>Cheeseburger <em>(Beef pattie, cheese and sauce-tomato or bbq)</em></td>
<td>$3.60</td>
</tr>
<tr>
<td>Chicken Burger Plain <em>(Chicken pattie, on buttered bun)</em></td>
<td>$2.80</td>
</tr>
<tr>
<td>Chicken Burger <em>(Chicken pattie, lettuce and mayo)</em></td>
<td>$3.30</td>
</tr>
<tr>
<td>Cheesy Chicken Burger <em>(Chicken Pattie, cheese slice, tomato lettuce and carrot)</em></td>
<td>$4.30</td>
</tr>
</tbody>
</table>

Only available in Winter in Terms 2 & 3

| Pies                          | $3.60 |
| Sausage Rolls                 | $2.60 |
| Sauce                         | $0.30 |
| Lasagne – meat                | $4.00 |
| Spaghetti Bolognaise          | $4.00 |
| Macaroni Cheese               | $4.00 |

**SALAD BOX**

| Lettuce, tomato, celery, carrot, beetroot, cucumber, pineapple and cheese | $4.00 |
| ADD chicken , ham or egg                                                  | $5.00 |

**MEAL DEAL**

| Mini Salad box *(lettuce, carrot, capsicum, cucumber, cherry tomatoes, beetroot and cheese)* | $5.00 |

Small water and bag of fresh fruit quarters (seasonal) & icy cup

**BELL TIMES**

8.55 School begins
11.00 Recess
12.45 Canteen Buying

---

**COLD FOOD**

**SANDWICHES (Wholemeal Bread)**

ROLLS and WRAPS (gluten free available)

| Vegemite                    | $2.00 |
| Baked Beans                 | $2.00 |
| Spaghetti                   | $2.00 |
| Egg                         | $2.70 |
| Cheese                      | $2.70 |
| Ham                         | $3.00 |
| Roast Chicken               | $3.20 |
| Tuna                         | $3.00 |
| Tuna Salad                  | $4.00 |
| Salad-lettuce, tomato, cucumber, carrot and beetroot | $3.00 |
| Cheese salad                | $3.70 |
| Lettuce, tomato, carrot, cucumber | $3.70 |
| Egg, lettuce, mayonnaise    | $3.10 |
| Chicken and salad           | $4.20 |
| Ham, cheese and pineapple   | $3.90 |
| Ham and Salad               | $4.20 |
| Ham, cheese, tomato         | $3.90 |
| Ham and cheese              | $3.70 |
| Add extra on rolls          | $0.50 |
| Add extra on wraps          | $0.50 |

**Extras:**

Mayonnaise, mustard, pickles $0.20
Tomato and Beetroot $0.20
Cheese $0.70
Egg $1.00

**TOASTIES**

(TOASTED SANDWICH) Available all year round

| Cheese                  | $2.90 |
| Spaghetti               | $2.20 |
| Baked Beans             | $2.20 |
| Ham, cheese, tomato     | $4.10 |
| Cheese, tomato          | $3.10 |
| Ham                     | $3.20 |
| Ham and Cheese          | $3.90 |
| Chicken and Cheese      | $4.10 |

**SUSHI WEDNESDAY**

Supplied by CRAVE SUSHI CAFE TERRIGAL

| Teriyaki Chicken and avocado | $3.00 |
| Tuna and Cucumber           | $3.00 |
| Avocado and Cucumber        | $3.00 |

*PRE ORDER AND PAY ON TUESDAYS*

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**If your child has a food allergy, please inform the office and the canteen.**

Revision date September 2012
STUDIO M
SCHOOL OF DANCE
AVOCA BEACH • COPACABANA • NORTH AVOCA
and now at ERINA

• Jazz
• Hip Hop
• Tap
• Contemporary Lyrical
• R.A.D Classical Ballet Exam and Open Classes
• Tiny Tot Jazz Ballet Morning and Afternoon Classes
• Boys Only Classes
• Theatre
• Eisteddfod and Performance Opportunities

TRY A CLASS FOR FREE!

Contact Emma
M: 0408 277 559
P: 02 4382 2789
E: studiom5@bigpond.com
www.studiom.net.au

Supporting Our Community!

Property Central is proud to support our local schools through our School Support Program.

How does our School Support Program work?
If you sell or buy a property through Property Central, we will donate $110 to Terrigal Primary School on settlement. Please remember to inform us to donate when you exchange contracts so your school doesn't miss out!

Coastal Castles
& Party Hire

Jumping Castles
Tables & Chairs
for birthday parties,
special occasions,
fetes, markets etc

Contact us today!
Amanda - 0419 244 276
Darren - 0423 845 874
ABN: 96 575 116 154
enroll Term 1 art classes after school at Terrigal Primary
Wed 3:15pm & 4:15pm $15 per hour
ENQUIRIES…
Russell & Helene
0405 441 726
rosanove.way@bigpond.com
art.tank.australia
mobile studio events parties

Terrigal Grove Preschool
Quality Preschool Education
Affordable Fees
43852808

The banks are at war for your home loan.

Make an appointment for a free home loan health check and we will donate $50.00 to the school for sporting equipment.

Aussie
Call Judith McGuiggan
02 4322 6031
0414 709 868

It’s smart to ask.
Come to Terrigal Vacation Care, make new friends and have days filled with fun.
Excursions include: Movies, Taronga Zoo, The Entrance skate park plus lots of fantastic in house days.

Please bring: Hat, sunscreen (Please apply in the morning before your child attends) and wear sun safe clothes and enclosed shoes.
The children will need a drink bottle, morning tea, lunch, afternoon tea. Please supply healthy food options and no fizzy drinks. We are a nut free centre.
Cost $45.00 per child on in house days
   $60.00 per child on excursions.

There are no additional costs and the fees are subject to a Centrelink rebate for most families, plus a 50% rebate of the gap fee for all approved families.
Two weeks notice to cancel or full fees will apply. Fees paid in advance.
Please do not send any spending money with the children.

We are closed on Thursday 25th April
<table>
<thead>
<tr>
<th>Monday 15 April</th>
<th>Tuesday 16 April</th>
<th>Wed 17 April</th>
<th>Thurs 18 April</th>
<th>Friday 19 April</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MUSIC AND DANCE DAY</strong></td>
<td><strong>AQUAMUSE</strong></td>
<td><strong>ANIMAL DAY</strong></td>
<td><strong>THE ENTRANCE</strong></td>
<td><strong>SPORTS DAY</strong></td>
</tr>
<tr>
<td>A day of music and dance. You will have the opportunity to use all our musical instruments and Sing Star. There will also be Niki, a dance teacher, available for five hours to assist you with your routines. Then a So You Think You Can Dance competition.</td>
<td>Always a popular day. Join us as we travel to Avoca Lagoon to play on the kayaks, canoes and water bikes. Lunch under the shade of the trees. Leave 10.00AM Return 3.00PM</td>
<td>Kindifarm are coming today Hooray!! Bottle-feed their calf, lambs and kids. Hold and pat chicks, rabbits and ducks and watch a farmer do a stock whip cracking demonstration.</td>
<td>Off to The Entrance skate park today. Bring your scooters and skateboards. Don’t forget helmet, knee and elbow pads. You will not be allowed to skate without. For those who do not want to skate we will play games and go to the park. Lunch watching the entertainment at Memorial Park stage Leave 9.30AM Return 2.30PM</td>
<td>Sports day today. Loads of different team activities. Which team will be the winner? There will be plenty of time to relax and enjoy doing your own thing as well as great craft activities.</td>
</tr>
<tr>
<td>Monday 22 April</td>
<td>Tuesday 23 April</td>
<td>Wed 24 April</td>
<td>Fri 26 April</td>
<td>Mon 29 April</td>
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<tr>
<td><strong>WATER DAY</strong></td>
<td><strong>RECYCLE DAY</strong></td>
<td><strong>TARONGA ZOO</strong></td>
<td><strong>PARTY DAY</strong></td>
<td><strong>MOVIES/INTENCITY</strong></td>
</tr>
<tr>
<td>Bring your water pistols and cool off at vacation care. Loads of water games (Tank water) we will provide a giant, two lane slide Come here and get soaked. Don’t forget spare clothes and wear enclosed shoes so you don’t fall over.</td>
<td>Back by request, another recycling day. We will use a variety of materials to make functional items. Bring pantyhose and cardboard boxes please.</td>
<td>It’s off to Sydney to visit the wonderful Taronga Zoo. See Jarrah the Quokka joey and check on the progress of Taronga zoo’s baby pygmy hippo called Kambiri and the baby Asian elephant. Sooo cute!! Leave 7.30am Return 5.30pm</td>
<td>Join us for our traditional party day. Always a favourite and always fills up quickly. Enjoy yourselves on the giant jumping castles and we will entertain you with our party games. Lunch provided</td>
<td>A double today. A movie and two hours of unlimited play at Intencity plus $5.00 to play on the ticket games. We will split the groups to enable them to watch age appropriate movies. TBA when Hoyts have completed their program Leave at 9.00AM Return 3.30PM</td>
</tr>
</tbody>
</table>
Bully-proofing kids

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that’s still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child’s right to feel safe and secure. It can adversely affect children’s learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn't be confused with bullying.

Bullying is selective and intentional. It’s also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

1. Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
2. Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
3. Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don’t have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. Listen to their story: It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.
2. Get the facts: Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child’s school.
3. Recognise & validate their feelings (anger, fear & sadness are common): Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.
4. Give them some common coping skills & defense mechanisms: Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
5. Get the school involved: If your child continues to struggle with bullying contact your child’s school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.
6. Help build your child’s support networks & their self-confidence: Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Learn more about managing bullying. I’ve set up a bullying section on the Parentingideas website with more information to help you prevent bullying, and manage it if it happens. Visit www.parentingideas.com.au/parents

Share your ideas and experience with other parents about managing bullying on my Facebook page. Visit Facebook.com/michaelgroseparenting and go to the Discussion page and look for the section on Managing Bullying.
Dear Parents and Caregivers,

Terrigal Primary School has for the last few years had a biennial fundraiser previously known as the Festival of the Whale.

This year following a school competition it has been renamed the Terrigal Family Fun Fair. Money raised from the fundraiser has enabled the provision of smart boards in all the classrooms. This year we are raising money to improve the playground and provide extra technology in the classrooms.

It will be a great day out, with rides, kids’ zone, gifts and stalls, food and much more. The kids love it.

The Terrigal Family Fun Fair is being planned for Saturday 12th October 2013 from 10 am – 4 pm.

To enable this to happen we need your help. We are looking for a volunteer (parent, grandparent, aunt etc.) from your class to manage a stall at the Terrigal Family Fun Fair.

Below is a list of stalls available and what is required to manage them. Most stalls will require you to organise volunteers from your class to work on the stall, set up and pack away on the day. Some stalls require a small amount of extra work. You may need to attend one or two meetings but if you are unable to commit to meetings we can work around that.

**Slushies**

**Ice cream** - The lady who organised this stall at the last event is willing to provide advice and help.

**Pancakes** - The food coordinator will provide help and advice for this stall.

**Hoopla** – You will need to wash the donated soft toys for this stall. Maybe you could get some of the other class parents to help with this.

**Transformation Tent** - Hair spray and nail painting

**Sand Art**

**Sandy Candy (edible sand art) and helium balloons**

**Ride tickets and Show bags**

**Fairy Floss and Popcorn**

**Cake Stall**

We also need a: **Tent Coordinator, Entertainment Coordinator**

For further information, or to nominate yourself to be a Terrigal Family Fun Fair stall manager please complete the tear-off slip below, hand in to the office and we will contact you or phone Sally on 0420958358.

----------------------------------------------------------------------------------------------------------------------------------------------

I would like to be a Terrigal Family Fun Fair stall manager:

NAME: ____________________________________________________________________________

CONTACT EMAIL: ___________________________________________ PHONE: __________________

CHILD’S NAME: ___________________________________________ CLASS: ____________
Come along to a FREE outdoor screening of the film, Bag It - a witty and thought provoking look at our increasing dependence on plastic.

Suitable for those aged 8 - 100!

Sit back under the stars, watch the movie and explore ways you can help look after the environment.

Hear about how local groups such as Take 3 are doing their bit to protect our marine environment. Tim Silverwood, local surfer and passionate environmentalist will talk about the Take 3 movement and help you identify how to make change.

FREE guided tours of the Central Coast Marine Discovery Centre between 5 - 6 pm.

This is a waste wise event - please think when preparing your picnic.
CARES bicycle safety
10 – 14 years. This program will develop your child’s road sense and set the foundation of road safety they need right through life. Palmdale. 18 April. Cost $10.

Canoe/Kayaking
10-16 years. Experienced guides will ensure safety is the number one priority, followed closely by lots of fun. Kayaks, paddles and life jackets are provided. Participants must be able to swim 50 metres. 15 April. Cost $33.

Circus stuff with an intro to Aerial
6 – 11 years. This is an action-packed workshop. Have a go on the static trapeze and the aerial hoop, try riding a mini clown bike, spin a plate on a stick, use a flower stick, have a juggling lesson, walk the tight wire, and more! Make your own balloon animal or flower to take home. CCYC, Niagara Park. 16 April. Cost $40.

Circus Stuff – AERIAL WORKSHOP (12-17 years)
Aerial skills are great fun and in this workshop you will get to have a go on the aerial hoop, the static trapeze and the silks. Your trainers are professional performers who teach at Young Talent School Central Coast. Participants will be grouped according to age. All participants will need to arrive on time to join in warm-up and basic tumbling skills before participating in the aerial skills. CCYC, Niagara Park. 16 April. Cost $31.

Kids’ multi-sports
6 – 13 years. A jam-packed day including trampolining, indoor hockey, indoor volleyball, soccer, the jump pit, wheelchair basketball and lots more. Includes sausage sizzle and an ice block for lunch. Central Coast Youth Club, Niagara Park. 19 or 24 April. Cost $25 first child and $20 for additional family member(s).

Saddleclub (Entry or Intermediate Level)
7 – 16 years. Come and get saddled up and experience all the fun of owning and looking after a horse. All parents are requested to vacate the premises after dropping off participants due to insurance reasons and return to pick them up again at the designated time. Please indicate your preferred group at time of booking. Marena Stud, Wyong. 24 April. Cost $47.

Saddleclub
7 – 16 years. This program will develop your child’s road sense and set the foundation of road safety they need right through life. Palmdale. 18 April. Cost $10.

Surf Life Saving
5-13 years. Kids will learn about beach and water safety and develop skills and knowledge in beach and surf recreation whilst having loads of fun. Terrigal Beach. 23 April. Cost $20.

Surfing (three-day program)
7 years+. Learn to surf with Central Coast Surf School in a fun, safe environment with professional experienced instructors. Soft surfboards, wetsuits, rash vests and sunscreen are supplied. You’ll be stoked with your progress in our 3-day course. Avoca Beach – 17, 18 & 19 April. Umina Beach – 24, 25 (Anzac Day) & 26 April. Cost $95.

Stand Up Paddle
11-16 years. It’s fun and easier than you think. Within just one lesson, we will have you up and paddling. This program is jampacked with useful tips and techniques so you quickly gain skill and confidence. Avoca Lagoon. 18 April. Cost $33.

Tennis (Gosford - three-day program)
5 – 16 years. Learn stroke production, forehand, backhand and volley and serve as well as match play and scoring. Lunch can be ordered at the Centre on arrival. Suitable for beginners to advanced. 17, 18 & 19 April. Cost $130.

Tennis (Wyong – three-day program)
6 – 18 years. Catering to all levels, this program covers all aspects of the game including court etiquette, technique and rules of the game. Play games, mini-tournament and includes a small party on the last day. 15, 16 & 17 April. Wyong Tennis Club. Cost $67 (inc GST) (third sibling free).

Trampoline (two-day program – beginners)
5 – 15 years. This program will include safety and equipment familiarisation, basic landing positions, aerial positions and supervised practice. Central Coast Youth Club, Niagara Park, 22 & 23 April. Cost $32.

Trampolining for kids with a disability
7 – 17 years. Learn basic trampolining techniques with some of the best coaches on the Coast. Suitable for kids with intellectual and mild physical disabilities. Central Coast Youth Club, Niagara Park. 22 April. Cost $5.

All prices include GST. To avoid disappointment, pre-bookings are essential. Times vary between programs and programs are subject to change, for more information or to make a booking call 13 13 02 or (02) 4362 3184 or visit www.dsr.nsw.gov.au
Mother’s Day Stall – Friday 10th May 2013

For those of you new to the school this is a fundraiser for the P&C that enables children to buy their Mum a gift for Mother’s Day on the 12th of May.

How does it work?

If you want your child to purchase a gift on the day you need to donate a gift, (If your child is buying 2 presents you need to donate 2 gifts). This year to try and avoid disappointments, we are asking that your child please hand in their donations to their teachers, where they will mark down that your child has made a donation. It would be a great help to the volunteer wrappers, if you are able to wrap the present in clear cellophane.

IMPORTANT Please note: There will be NO Mother’s Day box for donations in the office, if you wish to hand in a gift to the office, please hand it to the ladies at the front desk and leave your child’s name and class with them.

On Friday 10th May 2013, remember to give your child money to spend at the stall. We are hoping to price the gifts at $2, $5 & $10. Each class visits the stall (in the mezzanine) in turn to purchase their gifts and you get a nice surprise on Mother’s Day!

There is not much time after school returns from the break before Mother’s Day, so we thought to send this note out so that you are able to pick something up during the holidays!

If you are able to volunteer your time to help with the wrapping and sorting of the donations, or to help at the stall, helpers are needed on Thursday the 9th of May and Friday the 10th of May. Please contact Sally Carr at sally@geecarr.net for further details.

In short

- Gifts wrapped in clear cellophane & given to the class teacher (there will be no box in the office)
- Remember to give your child money on Friday 10th May 2013.
- If you wish to help email sally@geecarr.net or leave your details at the office