4-6K PIRATE DAY
Medication At School

Whilst staff prefer not to administer medication we recognise that from time to time it is necessary for some students to take medication at school. Our office staff members are able to assist families by administering medication but we need to follow some protocols for the safety of all students and staff.

- Medications are to be delivered to the school office by an adult. They are then locked away until the administration time.
- Medications need to be in their pharmacy labelled container detailing the student’s name and dosage.
- Written instructions from the parent are to be provided about storage, time for administration etc.
- Students are not to have medication in their school bags or on their person. (Except asthma puffers for older students, with written agreement with the school).
- Parents need to sign a consent form for office staff to administer the medication.
- For all ongoing prescription medication a letter is needed from the doctor stating the medication name, dosage and frequency.

Scarecrow Competition Winner!

Congratulations to Mrs King and the environment team on winning the People’s Choice award in the Yarramalong Valley Spring Festival Scarecrow competition. The environment team will receive the $100 prize to help them with their efforts.

Crunch and Sip

As a school we strive to encourage healthy living. Most classes already have “fruito” at 10am to encourage improved concentration and performance by refuelling and rehydrating.

Over the next few weeks we are refocussing our efforts to encourage this practice.

We are renaming ‘fruito’ to “Crunch and Sip”.

Students will be encouraged to bring along some fruit or vegetables to ‘crunch’ on and a bottle of water to sip on at about 10am each morning.

You will receive a pamphlet, via your child today, containing some great suggestions on what to send along. For most of you there won’t be any change as you are already send in a fruit break.

You can use this link to visit the crunch and sip webpage:

**Cyber Safety**

From time to time we have issues at school with interactions between students on social media. At times issues at school continue on social media and at other times issues on social media come into school.

I am seeking parental support to restrict or monitor your child’s access to social media. Most social media sites restrict younger children. If children are using the sites then it is likely they have been fraudulent in stating they were older than their real age.

**Facebook's** conditions of use restricts users to 13 years or older.

**Tumblr's** conditions state - No individual under the age of thirteen (13) may use the services provided by Tumblr

**Instagram** terms and conditions state users must be 13yrs or older.

**Kik** has an age limit of 17years or older.

**Snapchat** restricts their users to 12 years or older.

**Keek** allows 13 years or older to use their service with parental permission but you must be 17+ if you don’t have parent permission.

**Twitter, Youtube** and some other sites don’t have age restrictions but advise young users to seek parental permission to post to these sites.

If your child is using these sites with your knowledge my advice is to set some monitoring rules early. For example they must allow the parent access to their accounts when asked. If they don’t they lose their privilege of access to the computer or other device.

Besides helping reduce the issues between students it also will allow you to monitor who else your child is interacting with on the internet. Many of these sites have few controls on privacy and this allows unknown adults to monitor your child’s activities, have access to their posts and communicate with your child. Likewise if your child has ‘lied’ about their age it is likely that some of the people with which they interact have also lied about their age.

More information on cyber safety can be found by following this link:


---

**K – 2 Athletics Carnival – Let’s Try Again!**

We are aiming to hold our K-2 Athletics Carnival next Monday after several previous attempts. Here’s hoping the weather holds and the carnival can go ahead.

---

**Plovers**

We currently have Plovers nesting in both the top and bottom playgrounds. The nest areas have been marked out and students have been told to stay out of the area around the nests.

---

**School Counsellor, Trish Stephens, is on leave**

Our School Counsellor, Trish Stephens, is on leave for most of this term. Mr Bob Cotterill will take her place, although his timetable may vary to that of Mrs Stephens. If you wish to speak to the counsellor please contact the school office to make an appointment.
Student Leaders for 2015
Our process for selecting student parliament leaders for 2015 will commence shortly. Students in Year 5 will be invited to express interest in being a leader. Those students accepted for nomination will present a speech to students in Years 2-5 and then those students will vote for parliament members.

Movie Night – Thursday 16th
Don't forget our postponed movie night will be held next Thursday evening. The Lego Movie will be shown.

Gulang Festival
Our Aboriginal Dance Group and our K-2 Choir will perform at the Gulang Festival tonight. We wish them well with their performances.

Thanks to Mrs McDonald, Mrs Alvarez and Mrs Woodward for their organisation of these groups.

Disco
We have a school disco coming up on Tuesday 28th October.

Kindergarten Transition Program
Our Kindergarten transition program kicks off in Week 4. We are looking forward to welcoming over 90 new students as they become familiar with our school.

Families should have already received a letter about the transition program. If you haven't received a letter please contact the school office.

If you know of someone that hasn't enrolled yet for Kindergarten 2015 please encourage them to do so straight away so that they can be involved in the transition program.

Michael Burgess
Principal

Parents’ Program

Many of our parents have expressed an interest in these workshops – so they will be held on Tuesday/Wednesday in Weeks 4/5:

✔ Morning Sessions - 9am to 11am - Tues 28/10 & 4/11
✔ Evening Sessions - 6.30pm to 8.30pm - Wed 29/11 & 5/11

Details of venue etc., will be on your confirmation of registration slip.
It is not too late to take advantage of this unique opportunity to understand and help your child a little more.
Contact our Office to be included:
02 43 844 599

Trainer: Janice Wilkinson  Principal: Michael Burgess
**MERIT AWARDS**

### Team 3

6B  Luke Konza  
    Mikayla Davidson  
6C  Alice Aitken  
    Payam Javidi  
6H  Tylah Vajngerl  
    Jordan Bennett  
5/6L  Emily Fitzroy  
    Freya Rose  
5K  Lucas Renteria-Adorno  
    Taj Charlton  
5M  Beau Brodie  
    Wade Mumford  
5N  Taylor Hogan  
    Mitchell Lentini  
4-6K  Kyan Kennedy-Rollason

### Team 2

4D  Ryan Marriott  
    Haylee Attard  
4G  Ella Kemble  
    Ariel Delliser  
3/4W  Charlotte Swain  
    Alizée Dumas  
3D  Sienna King  
    Charlie Williams  
3H  Bradley Gannan  
    Hayley Barlow  
3L  Ashlee Greenwood  
    Tevita Manning  
3-6H  James Roberts

### Team 1

2D  Isabella Atkinson  
    Finn Taylor  
2H  Lauren Bull  
    Midnight Ryan-Cooper  
2K  Nate Williams  
    Lily Watkiss  
2P  Jasmine Kaur  
    Kirra Laing

**Kindergarten**

KG  Sam Hannan  
    Zoe Smith  
KH  Ashlea Inman  
    Ashton Clarke  
KM  Olivia Peacock  
    Kai McMillan  
KS  Joe Longley  
    Ava Williams  
KW  Meihana Gardiner  
    Nellie Ulbricht

**CITIZEN OF THE WEEK**

The Citizen of the Week this week is Tahlia Heinze from 3H.

Tahlia is an outstanding role model. She is caring and considerate of others. Tahlia always tries her best by approaching all tasks both in and out of the classroom with maturity. Well Done Tahlia!
KINDERGARTEN 2015

Enrolments are now being taken for children starting Kindergarten in 2015.

Please see our School Office for an enrolment package. Thank you.

We would like to get as many enrolments in as we can.

Thankyou
Melissa McKay

CRUNCH AND SIP SNIPPETS

Children rarely drink enough during break times at school and often forget to drink unless reminded. Dehydration can cause poor concentration, headaches and irritability. Be sure to pack a water bottle for your child to drink from during Crunch&Sip.

Fresh fruit and vegetables are the best option for Crunch&Sip. Small portions of dried fruit (e.g. 4 dried apricots, 1.5 tablespoons of sultanas) are permitted, but only occasionally, e.g. once a week. Fruit products such as fruit leathers, roll-ups and sticky muesli bars are not permitted, as they are often high in sugar.

PRIMARY CHOIR CELEBRATION

Students in the Primary Choir will be having a special celebration in Week 5.

Mrs Pinsak is collecting photos and video of choir performances from this year to show at the celebration. Parents can assist by sending in photos on a thumb drive which will be returned.

A note will be sent home next week.

BOOK CLUB

Please return Book Club Orders to the office by

Friday, 17th October

Orders should have name and class on both the order and envelope. Thankyou
CANTEEN ROSTER

RECESS (at recess only)

Pikelets ................................................................. 0.40
Fruit Pikelet ............................................................. 0.60
Finger Buns – Whole ............................................... 2.00
Finger Buns – Half .................................................. 1.00
Muffins (fruit, assorted varieties, GF available) .......... 1.00
Half Cheese and Bacon Roll ..................................... 1.00
¼ Fairy Bread (limit of 4 quarters) ......................... 0.10
Muffin Melts (melted cheese/ham on ¼ English muffin) 1.00
Rice Crackers & cheese & Carrot Slices ................. 0.90
Fruit Salad & Yoghurt Cup ..................................... 1.50
Sliced Vegetables (carrot, cucumber, celery) .......... 0.60

CANTEEN NEWS

PLEASE NOTE:
OAK MILK AND UP & GO’S ARE NOW $2.00

***Billabongs are no longer available. The new product is called FAN DANGLES Choc or Pink and cost is $1.60

Please note: FLEXISCHOOLS ORDERS MUST BE PLACED BEFORE 9AM

Thankyou
Deslee Virginia
Canteen Supervisor P & C Committee Leader

Term 4
Week 1
Fri 10  Glenys Drennan, Kerrie Melverton, Jo Way

Week 2
Mon 13  Belinda Tolman, Kim Stamper
Tues 14  Virginia Hunt, Lisa Jarvis
Wed 15  Carolyne O’Brien, Mel Pitcher
Thurs 16  Betty Lawson, Delores Buderium
Fri 17  Cindy Wakemen, Danielle McMillian, Rachel Nelson, Belinda Montague

Week 3
Mon 20  Sophie Gillard & Rosemary
Small Steps is a free anxiety awareness program for NSW primary school teachers and parents.

Did you know?

- An anxiety disorder affects one in ten children.
- Anxiety impacts on a child’s social, family and school life.
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence.
- Children with anxiety are generally not disruptive in class or at home.
- Anxiety disorders can be resolved with timely information, care, treatment and support.

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders.
- Types of anxiety disorders.
- Signs and symptoms of anxiety disorders.
- Our free Small Steps presentations involve:
  - A visual presentation by a speaker from Mental Health Association NSW.
  - Reference materials and information.
  - A recommended reading list.
  - A Question and Answer session.

We’re holding a Small Steps presentation for Parents!

When and Where

Date: Wednesday 15th October 2014
Time: 4.45pm
Location: Terrigal Public School

ALL WELCOME

co-ordinated by The Mental Health Association NSW
with the support of NSW Health and Centacare
Operation Christmas Child 2014

Let’s do it again!

Operate from our hearts and fill as many shoe boxes with small gifts as possible, for the children around the world, who would otherwise miss out at Christmas. We have 100 boxes in the school office ready to go, and more available if need be!

Operation Christmas Child is a unique project of Samaritan’s Purse that brings joy and hope to so many children in desperate situations around the world. In 2011, you generous people in Australia and New Zealand delivered over 600,000 gift-filled shoe boxes to South East Asia and the South Pacific. Globally, Samaritan’s Purse distributed an estimated 7.6 million shoe boxes to children in 105 countries.

Check “The Power of a Simple Gift” on Terrigal Public School Homepage.

Friends and family can be part of the Terrigal Public School contribution. Last year, my 25 year old asked me to bring home a box home, so he could fill it! A suggestion was made last year to collect everything and have a ‘shoe box working-bee’ to fill our boxes. So you could either:

- Pick up a box, go shopping with your child/ren for a certain age boy or girl, and pack lots of small, new, non-perishable gifts with your added love; or
- Deliver a pack of items when we have our weekly drive; or
- Make a financial donation toward the cost of delivery

Boxes are due back ASAP to put under our Christmas Tree, before ‘take-off’ in October. Hence:

Week 7: Please bring in ropes & writing utensils – skipping, elastics, hair ropes, ribbons, clips, friendship bands and bangles.
Week 8: Please bring in balls & toys – tennis balls, hand balls, super balls, marble bags, knuckles, travel games, card packs (and any other clever things you can think of to put in)
Week 9: Things to wear & soft toys - socks, gloves, mittens, scarves, beanies, hats, visors, sunglasses, beads, bears, dolls,

Thank you in anticipation of our usual huge, generous response!

Organiser: Janice Wilkinson  Principal: Michael Burgess
Coastal Valleys Region Girl Guides invite you to
Come, Stay and Play!
At your local Girl Guide meeting
For girls aged 6-18 years

Guides enjoy friendship, adventure, games, camping, outdoor activities, cooking, life skills and more – provided by trained Leaders
Terrigal-Kincumber District has vacancies now. Call 0438 283 247 for more information about coming for a visit.

Our mission is to enable girls and young women to grow into confident, self respecting, responsible community members.
WE WILL DONATE $1,000 FOR EVERY SELLER REFERRAL PASSED ONTO MR PAUL TO HELP SUPPORT OUR SCHOOL "HELP US SPREAD THE WORD!"

WE WANT TO RAISE $10,000 TO HELP THE SCHOOL PURCHASE MUCH NEEDED COMPUTER EQUIPMENT FOR THE AWESOME STUDENTS AT TERRIGAL PRIMARY.

* $1,000 WILL BE PAID TO TERRIGAL PRIMARY SCHOOL FOR EVERY SELLER REFERRAL ONCE THE PROPERTY HAS SETTLED. REFERRALS SHOULD BE PASSED ONTO PAUL GERONIMI.

PAUL GERONIMI
0417 695 700

propertycentral.com.au
INFORMATION NIGHT
Are you a parent, carer, family or friend of a young person 12-25 years?
Who is...........
Showing signs of stress, anxiety or depression
Not coping with day-to-day life
Isolating themselves

FIND OUT ABOUT
Understanding the signs and when to worry
Tips and hints on supporting your young person
Know when and where to get help

Hear from a panel of mental health workers and young people

Join the discussion at headspace Gosford
Tuesday 14th October
5:30pm - 7:30pm
headspace @ ycentral
The Gateway Centre - Level 2, 237 Mann St, Gosford

Limited Seats available, please book by:
Friday 10th October to Natasha McGrath
e  natasha.mcgrath@health.nsw.gov.au
 t:  4328 7350

www.fb.com/headspecegosford
www.ycentral.com.au
www.headspace.org.au/gosford