



Tregeagle Public School

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Term 2 Week 5 2018

31 May 2018

Dates to Remember

Friday	1 June	Assembly – 2:30pm – 3/4B Zone Cross Country – Corndale P&C Bunning's BBQ
Saturday	2 June	Clubs
Friday	8 June	Public Holiday
Monday	11 June	North Coast Cross Country
Wednesday	13 June	P&C Meeting – 9:30am – Staffroom
Friday	15 June	Assembly – 2:30pm – 5/6BC presenting P&C Disco – 5:30 to 7:30pm P&C Working Bee 10am – 2pm
Sunday	17 June	Kindy 2019 Information Night – 6:30 to 7:30pm
Tuesday	19 June	Clubs
Friday	22 June	Tregeagle Athletics Carnival
Tuesday	26 June	Assembly – 2:30pm – 1B presenting
Friday	29 June	



PJ Winter Day Fundraiser

On Wednesday 6 June, 5/6BC will be holding a fundraiser to support their Sunshine Coast excursion later in the year. All students K-6 will be able to wear Pyjamas on the day for a \$2 Gold Coin Donation (school shoes must be worn, no slippers/uggs). Students will enjoy participating in learning activities based around the theme 'Winter' during the day and the canteen will be holding a special Winter Meal Deal.



Queen's Birthday Long Weekend

There will be no school on Monday 11 June as it is the Queen's Birthday long weekend.

PBL Classroom Training

This week, our teachers have been participating in Professional Learning around effective Behaviour Management Techniques. As parents, have you tried 4:1 technique before? Giving 4 meaningful positive comments about your child's behaviour to every 1 negative comment. Watch as your child's behaviour is

shaped by the reinforcement of positive behaviour. The main take home message from our learning is to be: calm, consistent, brief, immediate and respectful when responding to a child's behaviour.

Winter Uniform

It is quite cool of a morning at beautiful Tregeagle Public School at the moment. Please ensure that your children have a labelled school jumper available each school day. The P&C have a number of second hand fleecy royal blue jumpers in all sizes for sale for only \$2.

Rebecca Fletcher
Principal

Yrs 3 and 4 Excursion – Gold Coast Recreation Centre 7 – 9 November

Just a little reminder that the second instalment of \$100 for Stage 2 excursion is due by the end of Week 8. Please feel free to discuss this with either Mrs Benson and myself if you need to. Please aim to keep up to date with payments where possible. All the students are really looking forward to it.

Renee Golding
3/4 Excursion Coordinator

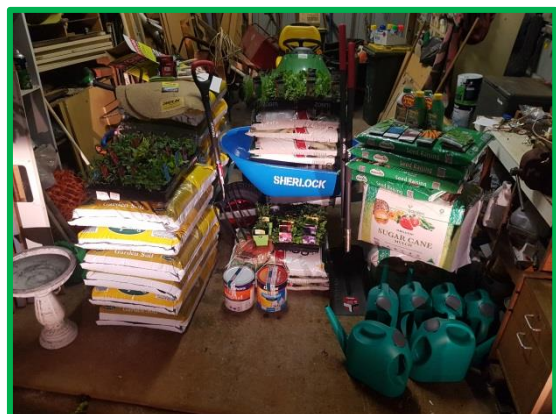
Zone Cross Country – Tomorrow - 1 June

Tomorrow we have a number of students attending Zone Cross County at Corndale Public School. We would like to say good luck to all those students. Mrs Golding will be attending on the day.

Renee Golding
Sports Coordinator

Thank You BUNNINGS!

Tregeagle Public School were thrilled to receive the first of two sustainability packs worth \$600 each, to revamp our beautiful gardens and surrounds. The packs have been provided by Bunnings to a number of local schools as part of a program to help rebuild grounds and gardens due to devastating floods last year. Thank you Bunnings!



Stage 3 Excursion: Sunshine Coast/Brisbane

A reminder that the third instalment of \$150 for the Stage 3 excursion, **is due tomorrow**. Please aim to keep up to date with these payments where possible.

Thank you for your support.

Jessica Brewer-Charles - 5/6 Excursion Coordinator

Tregeagle Eagle Award



Recipients

Jai F – KS, Sarah H – IB Ella D – 2/3G,
Akira O – 3/4B, Matthew B – 5/6 B-C



Assembly



Be Safe

- Hands and feet to yourself
- Walk on hard surfaces
- Carry chairs with legs facing down

Be Respectful

- Use school talk
- Wear school uniform
- Use appropriate applause to acknowledge achievements
- Stand facing the front with hands by sides during school pledge and National anthem

Be a Learner

- Follow staff instructions
- Be an active listener
- Keep hands and feet still



Sorry Day



Thank you to Jimmahl Williams for taking the time out of your day to come and address the whole school.

Last Friday we acknowledged Sorry Day at Tregeagle Public School. Sorry Day is the annual acknowledgement and recognition of the Indigenous people of the stolen generations. Students participated in a rotation of activities that both acknowledged the stolen generations as well as the Aboriginal and Torres Strait Islander cultures.



A massive thank you to Hollie, Mary and Tuscany for all of your fabulous ideas and organisation for the day.



We planted two bottlebrush plants to acknowledge Sorry Day and the long cultural history of the Indigenous people of Australia.





Tregeagle Public School Disco

Tregeagle Hall

Friday 15th June 5:30 -7:30pm

Hot food, drinks and snacks available.

Children are not to be dropped off early as there will be NO supervision. Tregeagle Public School students only.

Glow products for sale.

\$2 entry fee.

Let's LOOK at Lunches

*Inspiration for fresh, fast & budget friendly lunchboxes
from your local health service*

Myths surround healthy eating! This fortnight we look at some common myths & bust them wide open!

Myth: As long as the kids eat their fruit & vegies they can have a treat

Kids definitely need to eat fruit & vegetables everyday but they also need plenty of foods from each of the food groups to remain healthy. When kids eat 'treats' they can replace other foods. Currently only 1 in 20 kids meet the Australian Dietary Guidelines with less than 4% eating enough vegies & under 40% eating enough dairy. Unfortunately over one third of the energy Australian kids eat is coming from treat or 'sometimes' foods. Keep treats for special occasions & get them to snack on healthier options.

Myth: low fat dairy contains too much sugar

To start with we will point out that not all low fat (or full fat) dairy is equal. Some varieties are packed with added sugar to make them sweet & tasty, especially for kids... these often have just as much sugar as chocolate bars! We are not talking about these versions in this myth though. When you compare nutrition panels below of plain low fat yoghurt (left) & plain full fat yoghurt (right) you'll see there a small difference in sugar content (this is because fat has been removed, not that sugar has been added). Look at the ingredients list when buying reduced fat (& full fat) dairy - if sugar is listed, then it has been added & you might like to consider an alternative one.

NUTRITION INFORMATION			
Serving size 100g		Serving size 100g	
Quantity	% Daily Intake*	Quantity	% Daily Intake*
Per serving	Per serving	Per serving	Per serving
Energy	549kJ (131Cal)	549kJ (131Cal)	549kJ (131Cal)
Protein	4.9g	4.9g	4.9g
Fat, total	4.9g	4.9g	4.9g
- saturated	3.9g	3.9g	3.9g
Carbohydrate	6.7g	28%	6.7g
- sugars	6.7g	21%	6.7g
Energy Fibre, total	0.0g	0%	0.0g
Sodium	50mg	1%	50mg
Calcium	275mg (20.4%)	27%	275mg

* Percentage Daily Intakes are based on an average adult diet of 8500kJ. Your daily intakes may be higher or lower depending on your energy needs.
* % Recommended Dietary Intake per serving.
* % Recommended Dietary Intake per serving.
* 100% less fat than Cream Brand Greek Style Yoghurt.
INGREDIENTS: Skim Milk, Cream, Sugar, Milk Solids, Cultures.
SOURCE OF CALCIUM
ALLERGY ADVICE: CONTAINS MILK.
STORAGE: Keep refrigerated.

Fire Brigade Visit!

The fire brigade will be visiting Storytime to talk about fire safety. There will also be an opportunity for a close look at a real fire engine!

Please arrive before the advertised start time to give your child time to settle in.

Please be aware that in the event of a fire emergency a visit may be cancelled without notice.

Goonellabah Library	Tuesday 5 June 10.30am
Lismore Library	Thursday 7 June 10.30am
Lismore Library	Wednesday 13 June 10.30am

Lismore Library in conjunction with Byron Writers Festival & StoryBoard presents

A Creative Writing Masterclass!

Cultivate your creativity with help from published authors.

Thursdays 14 & 28 June 5pm - 6.30pm

2nd Floor, Lismore Library.

For young writers from 10 - 18 years. Pizza served!



Story Board

Richmond Tweed Regional Library
Connect. Discover. Escape.



Pre-schoolers, come along to our special Late Storytime! Wear your PJ's and bring a toy that you can leave for a

TOY SLEEPOVER

at Lismore Library!

Monday, 18 June 4pm - 4.30pm

Bring a USB for photos of all the adventures the toys get up to!

Toys, a 'certificate of bravery', USB and a book that the toy has chosen for the child to borrow, can be collected from the 2nd floor the following day.

Lismore Writers and Illustrators Group

Creative adventures for adults exploring written and visual language.

Connect, share, encourage, set goals, meet kindred spirits.

9 & 23 June, 10am till 12noon at Lismore Library

Enquiries: Ali Rayner
LismoreWIG@gmail.com

Lismore Library lights up again with 'Wonderland' window display for the Lantern Parade.



Shell Questacon Science Circus



Explore hands-on science exhibits and experience spectacular science shows!

LISMORE

Goonellabah Sports & Aquatic Centre

50 Oliver Avenue

Saturday 16 June

Come any time between

11 am - 4 pm