



TREGEAGLE PUBLIC SCHOOL

Newsletter

Date: Thursday 20 February

Term 1, Week 4

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
T1 W5	24/2 Stage 2 Camp-Coffs	25/2 Stage 2 Camp-Coffs Zone Swimming Carnival	26/2 Stage 2 Camp-Coffs	27/2 Yrs 3-6 Swimming scheme	28/2 9:15 Captain and SRC Assembly
T1 W6	2/3	3/3	4/3	5/3 Yrs 3-6 Swimming scheme	6/3 2-3pm Junior Landcare
T1 W7	9/3	10/3	11/3	12/3 Yrs 3-6 Swimming scheme	13/3 2:30 Assembly 3/4/5A
T1 W8	16/3 School photos	17/3	18/3	19/3 *SCCoCC General knowledge day *Yrs 3-6 Swimming scheme	20/3 Harmony Day Junior Landcare

Birthdays



Sienna, Ella , Lulu

Principals Message, Rebecca Fletcher

Bundjalung Classes

Last Thursday at TPS, our Bundjalung Aboriginal Language and Culture Nest program has begun for the year. Every Thursday, Mr Elliott Knight will be joining our Tregeagle team as our Bundjalung Aboriginal Language Tutor. He also works at Larnook, Wyrallah, Lismore Heights and Wollongbar schools in this role as well. Uncle Elliott will provide a 1/2hr lesson to each class and will be educating students and teachers on Bundjalung language, culture and histories.



Junior Landcare 2020

We have another eager bunch of green thumbs signed up for Junior Landcare 2020 at Tregeagle PS. This Friday, 21 February from 1.55-3.10pm, will be the first meeting of Junior Landcare and we would love to see as many family helpers as we can to get our program up and running for the year.



Be Safe, Be Respectful, Be a Learner



Cyber safety

Today, TPS students in Years 4, 5 & 6 participated in a live virtual classroom event called 'Keeping Safe in the Game'. It's main aim was to empower students to keep safe when gaming. Students explored skills for creating safer gaming environments including; balancing time online, dealing with abuse and cyberbullying, managing in-app purchases and accessing help and support. This valuable experience was provided on by the 'esafety commissioner'.



Tregeagle PS Drop off/ Pick up times

- Morning duty starts - 8.40am
- Morning Bell - 9.10am
- Afternoon Bell - 3.10pm
- Afternoon duty finishes- 3.40pm


Students can be dropped off at school from 8.40am in the mornings. They are to remain seated under the eating area COLA until the teacher on duty arrives.

The afternoon bell rings at 3.10pm. All students assemble under the large COLA area in lines. We ask the parents picking up please wait inside the side hall gate and walk to the pick-up line to collect their child/ren. The latest that your child/ren that can be collected from school is 3.40pm.

Note: If changes to your child's pick up person or arrangements, please contact the school office before 3pm.

Attendance

This year at Tregeagle PS, we have a strong focus on high, school wide attendance levels. A high attendance rate is important because students are more likely to succeed in academics when they attend school consistently. They also develop a strong sense of belonging.




EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**Check the time
your school
starts.
DON'T BE LATE!**



Too sick for school?

Generally if your child feels unwell, keep them home from school and consult your doctor. The link below has information for parents about common childhood illnesses and recommended periods of exclusion from school. This information is not intended to take the place of a consultation with your doctor, but is good advice for parents. Absences over 2 days should be validated by a medical certificate.

<https://www.randwickpublicschool.com.au/wp-content/uploads/2019/03/Too-sick-for-schoolFINAL-1.pdf>

Requesting an NDIS-funded therapy service for your child at a NSW public school Information for parents and carers

There are 4 key steps for parents and carers who want an NDIS-funded service delivered in school (Speech Therapy, Occupational Therapy, Physiotherapy):

1. Ask the school in writing
2. Meet/ring school staff to discuss details
3. The principal considers your request, taking into account the needs of your child, other students and the operations of the school
4. The principal lets you know whether or not the provider can deliver their services at the school.

Tregeagle PS 2020 School Captains and Vice Captains

Violet, Chloe, Akira and Tommy



Teacher Information/Class News

[Mrs Andrews](#) –

Stage Two Excursion

Coffs Coast Adventure Centre is next week, Monday to Wednesday. Please check your 'What to Bring List' and **label** all your belongings.

[Ms Braddon](#) –

Fitness

During the past few weeks, on Wednesday, Thursday and Fridays, our Year 6 leaders have coached our younger students in fitness groups. Fitness promotes healthy growth and development, building strong bones and muscles, improves balance, co-ordination & strength.



Look how beautiful our green grass is at the moment from all that rain!



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[Mrs Collins](#) –

Enrichment Program - Semester 1 2020

Semester 1 Enrichment group have been working hard on creating artworks for the Alstonville Police Station. We have also been down to Boggy Creek to pose some problems and solutions for our entry into the 2020 Green Innovation Award.

We are still requiring metal bottle tops for our artwork. Please send them in ASAP.



Class Page

School holidays should be longer

By 2/3B

School holidays must NOT be longer. School is a great place to learn and be with your friends. Plus, you don't have to be annoyed by your siblings!

Firstly, on the holidays you don't get to see your friends every day. This leads to kids feeling bored, sad and lonely. At school you see your friends all the time!

Secondly, people get even more addicted to technology. While family members are playing with technology, they aren't playing games together. Too much screen time is terrible for your eyes and you aren't learning important skills.

Finally, parents must work otherwise families won't have money to buy food. When parents have to go to work, we have to spend time with other people. Being at school with our friends is a much better idea.

As you can see, holidays are long enough already! Kids are using too much technology and annoying their parents. School is important for learning and having lots of fun with friends.



2/3B and 3/4/5A
collaborating
during hands-on
science
activities



Open-minded
Flexible
Risk-taker
Resourceful



Patient & Persistent
Ubiquitous learner
Reflective



PBL/Certificates

Tregeagle Eagle Award

Be Safe, Be Respectful, Be a Learner



Recipients Week 2

Aryah – KS, Poppy – 1/2G, Sarah – 2/3B, Ronan - 3/4/5A, Jesse – 5/6B

PBL this week is Classroom Setting



Classroom



Be Safe

- Hands and feet to yourself
- Walk on hard surfaces
- Walk
- Sit on seats
- Use equipment for its purpose
- Hang bags on hooks

Be Respectful

- Use school talk
- Wear school uniform
- Use quiet voices
- Take turns
- Hand notes and money to your teacher

Be a Learner

- Follow staff instructions
- Be an active listener
- Be organised
- Complete set tasks
- Use learning time effectively
- Persevere
- Seek and apply feedback



Tregeagle Eagle Award

Be Safe, Be Respectful, Be a Learner



Recipients Week 3

Matteo – KS, Leilani – 1/2G, Kezia – 2/3B, Lily – 3/4/5A, Jessica – 5/6B
PBL this week is Transitioning



Transitioning



Be Safe	Be Respectful	Be a Learner
<ul style="list-style-type: none"> • Hands and feet to yourself • Walking on hard surfaces • Go directly to your destination • Stay in bounds 	<ul style="list-style-type: none"> • Use school talk • Wear school uniform • Use quiet voices • Stay on the left 	<ul style="list-style-type: none"> • Follow staff instructions • Be an active listener • Stay with your class • 1st Bell- Toilet and drink • 2nd Bell- Sitting in lines





Madden

Fantastic learning and focus during literacy activities.



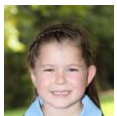
Sophie

Being a kind and caring friend to others.



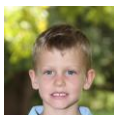
Erin

Being a great learner by displaying excellent listening skills.



Indy

Using her knowledge and sounds to spell and read unfamiliar words.



Lawson

Being a mature and responsible class member.



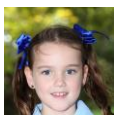
Mila

Her extensive answers during open-ended maths questions.



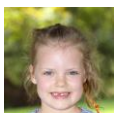
Samara

Promptly beginning all learning tasks with enthusiasm.



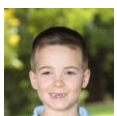
Lucia

Her persistence and cooperation during science group activities.



Xanthia

Her perserverance in using the split strategy in adding four digit numbers. Well done!



Jackson

His thoughtful responses to PDHPE in relation to feelings and emotions.



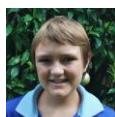
Mia

Attentive listening and engaging conversation during Uncle Elliott's lesson.



Sienna

Being a wonderful member of 5/6B and Tregeagle Public School. Welcome Back.



Jacob

Being kind, friendly and cooperative throughout all daily activities. Welcome back to Tregeagle P.S



Izaak

Excellent management of students and leadership during fitness sessions.

Administration, Mrs Benson

Intensive Swimming Program – Years 3-6

Please return permission notes and monies by Friday 21 February. This is required so we may anticipate the numbers and book the appropriate size bus. Thank you.

Bookclub

Bookclub orders are due tomorrow, Friday 21. You may order by returning the order form with monies, or by using the LOOP app on your phone.

[LOOP for Apple phones](#)

[LOOP for Android phones](#)

School photos

Tregeagle Public School has scheduled school photos to be taken on Monday 16 March. Order envelopes will be sent home tomorrow, and must be **returned by Friday 13 March**.

To order online click the link [School Photos](#) and follow the prompts. Each student will have a unique code to enter.

Bus Pass

If you have not already completed an [online form](#) for a bus pass, please complete one. This is for new students only, or students who have started to catch the bus and have not previously applied for one. We do not get issued with a bus pass as the bus run only carries Tregeagle PS students. There will be a question regarding the bus service, please select other, and type in Sodhi Bus Service.

P & C including Canteen and Events

Lunch Wallets

Please remember write your child's new 2020 classroom on their lunch wallets. We have had students needing to go look for their lunches as they were not in the right tub.

P&C Meeting

Friday 21 February – 9.10am. Everyone welcome and encouraged to come along. Meeting to be held in the staffroom.

Disco

Save the date. Our first disco for 2020 will be on Friday 3 April. We ask if parents could assist in the kiosk to sell items. And ask for donated baked goods. More information will be available closer to the date. Please see Niki if you are able to assist on the night. Our music entertainment will be delivered by Audible Vibrations.

Community Noticeboard



THE RIVERS
SECONDARY COLLEGE

The heart of secondary education for Lismore

A GREAT WORLD OF OPPORTUNITIES AT THE RIVERS

College Roadshow

Inviting all Year 5 students on

11, 18 and 25 March 2020

One college, three days, six locations – Bringing the college experience to Year 5 students across the region



Wed. 11 March

9:20-11:30am South Lismore PS

12:30-2:30pm Goonellabah PS



Wed. 25 March

9:20-11:30am Lismore PS

12:30-2:30pm Wyrallah Road PS

Wed. 18 March

9:20-11:30am Wollongbar PS

12:30-2:30pm Lismore Heights PS



Teachers from each campus are visiting primary schools in our local community, to give Year 5 students a taste of high school. They will deliver a broad range of experiences and activities that reflect what students today can expect from The Rivers Secondary College. All three campuses provide excellence in education by delivering quality, innovative curriculum, student leadership opportunities and inspired teaching and learning.



Do you want to play Soccer this year?

Are you looking for a Friendly, Affordable, Family Orientated, and Conveniently Located Club to join?

Come visit us at Lismore Workers Football Club.

Registrations for the 2020 season for all ages are now open.

Sign on at our clubhouse located at 52 Brewster Street next door to Lismore Square Thursday afternoons between 5.30-7.30pm or Saturdays 9.30-12.30am.

Fees for the 2020 season are as follows
U/5-U/11 \$100 includes socks and shorts.

U/12-U/16 \$150.

U/17-U/18 \$200.

Active Kids Vouchers accepted.

Seniors \$320.

All people welcome.

For further information contact Senior Club President Wayne Marchant on 0427 874 568 and snrpresident@lismoreworkersfc.org or Junior Club President Megan Craggs on 0405 152 630 and jnnpresident@lismoreworkersfc.org.au

We look forward to meeting you soon.



STARTS SATURDAY 4 APRIL
All Junior Baseball is held at
Albert Park Baseball Complex Lismore
**COME & TRY
+ SIGN-ON DAY**
23 February 2020 from 10am - 12pm



BALLINA SHARKS Contact 0400 676 696
ballinasharks@inet.net.au



LISMORE WORKERS Contact 0414 226 497
workersbaseball50@gmail.com



MARIST BROTHERS Contact 0408 738 442
maristbrothersbaseball11s@gmail.com



NORTHS BEARS Contact 0458 122 455
northsbaseball@gmail.com



EAST REDBIRDS Contact 0431 021 085
redbirdsbaseballclub@gmail.com

Fees available at Come & Try + Sign-on. All clubs accept Active Kids vouchers

FNCBA T-BALL
AGES 7, 8 & 9
Saturday: 10am - 11am
\$55 + ACTIVE KIDS
VOUCHER
(\$155 without voucher)

INCLUDES: Backpack, glove,
hat & shirt. Skills development
and T-Ball competition through
till mid September.

Alstonville Hockey

Come & Try/ Sign On/ Pre season Training Evenings

All Ages Welcome 4 years +

Tuesday 11th Feb 2020- 4:30-5:30pm
 Tuesday 18th Feb 2020- 6:00-7:00pm
 Tuesday 25th Feb 2020- 4:30-5:50pm
 Tuesday 3rd March 2020- 5:00-6:00pm

Follow us on facebook "Alstonville Hockey Club" or at <https://www.revolutionise.com.au/ahc/>





Lismore Library in conjunction with Byron Writers Festival & StoryBoard PRESENT

Creative Writing MASTERCLASS

Cultivate your creativity and hone your craft with help from well-known authors and industry professionals.

A primary & a high school group.
 For young writers from 10 to 18 years.
 New writers always welcome.
 Pizza provided!
 These masterclasses are free!

Lismore Library
 Every second Thursday during school terms
 Term 1 dates
 Thursdays 6 & 20 Feb, 5 & 19 March, 2 April
 from 5pm to 6.30pm

Richmond Tweed Regional Library Connect. Discover. Escape. byron writers festival StoryBoard Lismore Library 02 6621 2464

Toddler Time

Action songs, interactive games and board books for busy toddlers with their parents/carers.

This 20 - 30 minute program is designed for toddlers who are on the move. Engaging and enjoyable activities and games to further enrich your child's early literacy journey. Relax in a welcoming, child-friendly space.

10am
 Lismore Library - Monday
 Goonellabah Library - Friday

BABY BOUNCE

Songs, rhymes and board books for 'new-borns to learning-to-walkers' with their parents/carers.

This 20 - 30 minute program will help to introduce your child to the rhythm & rhyme of language through gentle songs, finger-plays & stories. A great opportunity to get out and meet others with young children.

11am
 Lismore Library - Monday
 Goonellabah Library - Friday

STORYTIME

Action songs, stories & craft for pre-schoolers with their parents/carers.

This 40 - 60 minute program aims to stimulate a child's interest in reading and learning through songs, rhymes and stories. Jump, wriggle & roar your way through the morning! A great social outing for you and your child.

10.30am
 Goonellabah Library - Tuesday
 Lismore Library - Wednesday & Thursday

All sessions are free & there is no need to book. Just come along and join in!

Richmond Tweed Regional Library
 Connect. Discover. Escape.

STUDENT DISCOUNTS

to all Gym Memberships

Join for 3 months & receive \$50 OFF	Join for 6 months & receive \$75 OFF	Join for 12 months & receive \$100 OFF
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GET IN NOW & SAVE \$\$\$
 Promotion expires March 31st

SWITCH

Give your child a Breakfast Boost!

A recent report from the Australian Bureau of Statistics found that about 1 in 7 Aussie children are skipping breakfast, although some research suggests these rates may be even higher.

Eating breakfast is very important for school aged children, as students that regularly eat breakfast have:

- Improved classroom behaviour
- Are better able to socialise
- Improved test results (Maths, English and Science in particular)
- Better memory and concentration (reduces the "brain fuzz" that many people that skip breakfast feel)

Breakfast gives children an opportunity to refuel and eat what they need for the day ahead. When it comes to breakfast foods some are better than others, especially those that take us longer to digest (low glycaemic index (GI) foods) as they improve concentration for a longer period of time. Some great ideas to base breakfasts around include grainy breads, wholegrain cereals, fruit and milk or yoghurt. You can even try some of these recipes – they store or freeze well and can be eaten on the run.

