



TEPS NEWSLETTER

Term 2 Week 10

1st July 2022

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Darug Country

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Important Dates

Term 1

- Every Tuesday, Wednesday & Thursday Breakfast Club
- 3/7/22 - 10/7/22 NAIDOC Week
- 19/7/22 First Day of Term 3
- 27/7/22 NAIDOC Week School Celebration
- 1/8/22 – 5/8/22 Education Week
- 1/8/22 - 3/8/22 Book Fair
- 2/8/22 P&C Meeting Online

From the Principal's Desk

Dear Parents and Carers,

The holidays are nearly upon us after an extremely busy and productive term. Students have been engaged in a lot of learning and wonderful experiences. From sporting activities, ANCAC Day, cross country, Life Education, leadership initiatives, Zones of Regulation lessons, Giants visit, SRC fundraiser days, SEDA College sessions, along with all of our usual engaging curriculum lessons. Staff work tirelessly to organise these activities and events as at Toongabbie East Public School we focus on holistically developing the 'whole child' and enhancing student engagement. I am very proud of how hard our students and staff have worked this term. I'm hoping that everyone can take the next two week break to relax and reset, prior to Term 3 and another big term of learning.

This week, our Annual School Report has been published on our school website. It's a great way to acknowledge all the achievements and growth students have made and celebrate our many successes here at Toongabbie East Public School.

We are now accepting enrolments for kindergarten, 2023. The enrolment process is done online, however, the school office staff are only too happy to help you in finding and completing the process. Please pass on this information to any family or friends who

may have a child ready to start school next year. Children may enter kindergarten if they have turned five on or before 31 July 2023. Some children may benefit from being a little older and waiting until the next year, however, all children must start school by their sixth birthday.

Thank you to our wonderful parents and carers for working with us and following the Department's protocols for COVID-19 cases. These are:

- Positive COVID-19 cases should be reported to the school if they have attended school recently.
- Positive RAT (Rapid Antigen Testing) results must be reported through the Service NSW website and Service NSW app.
- Parents and carers are asked to select the name of the school when registering a positive RAT via Service NSW.

Our very own school shop 'The Burrow' has been restocked full of goodies such as Lego, games, stationary and plenty of great toys. We hope students are saving up their Kai Cash for their next visit and purchase. Students earn Kai Cash by following and displaying our CALMs expectations and by being Co-operative, Assertive, a Learner, Mindful and Safe.



Students resume Term 3 on Tuesday, 19 July. Teachers have a Staff Development Day (professional learning) on Monday 18 July.

Wishing families, a lovely holiday break.

Take Care

Mrs Kristy Haggett
Principal

Pyjama Day and Movie

Pyjama Day was an absolute hit! SRC organised our annual pyjama and movie day and it was smiles all around. The students enjoyed munching on their popcorn while watching Monsters Inc with their classmates. Thank you SRC and Mrs Lowery for organising such a fun day. SRC have raised over \$536.80 this year in fundraising money!



Welcome Mrs Cheltzie Hall

A huge warm welcome to Mrs Cheltzie Hall who will be commencing at TEPS from next term. Cheltzie will be working as an Assistant Principal from Monday – Wednesday. Mrs Hall has worked the last 3.5 years as an Assistant Principal and comes to TEPS with a wealth of knowledge and expertise. We are sure our community will welcome her to our wonderful school.

All About Mrs Hall

Fun Fact	Before Mrs Hall became a teacher she was an Olympic Figure skater. She competed at the Vancouver 2010 Winter Olympics.
School Experience	Mrs Hall has a background in teaching students with additional needs and has been an Assistant Principal since 2019.
Favourite Food	Chinese, Thai and Mexican.
Favourite Subject	Maths and PDHPE.
Family	Mrs Hall has a 2-year-old daughter and her grandparents live in the USA.
Something Interesting	At the end of year Mrs Hall will be off to Canada.



NAIDOC Week Celebration Term 3

Our NAIDOC event will be held in Term 3, Wednesday 27 July, 2022. To celebrate this special event, we will be having a BBQ sausage sizzle, cultural experience and workshop which includes dance, didgeridoo performance, art and many more exciting activities. If you would like to purchase a sausage sizzle for your child on the day, please let the office know.

Canteen News

Our school canteen has been operational all term and it could not have been done without the help and support of Kate McWhirter, Pauline Brier, Connie Perrios and Sarah Irani. We are only able to keep the canteen open and offer healthy, good value food because of these parents. We thank you for being so generous with your time, TEPS students and the school are very grateful.

We still require help with the preparing of food next term. If you are able to help out on a Tuesday, please let the office ladies know.

Winter School Uniform

It is a month into winter, and the weather has become much colder. It is important that students are wearing the correct school uniform and colours. Uniforms can be purchased from the office alternately plain blue or maroon jumpers and pants are also available from Kmart, Big W and Best & Less.

If you require support with payment, please speak to the ladies in the office.



Chess News From Mr Fisher

The chess team for 2022 had their best result ever, finishing second in the Parramatta area Rookies Division. Our team achieved this with no reserve players needed and no paid coaching. Benji was outstanding with 5 wins, 1 draw and 1 loss. Not bad for his first time! Brendan, Tania and William all improved on their results from last year and all players deserve credit for their dedication to practices after school and bouncing back after losses. We have a series of matches with some local primary schools coming up in Term 3 and Chess Club is still on during Tuesday lunchtimes.

News From Miss Na - Art Therapist

Hello! My name is Ye Ram Na, the students know me as Miss Grace or Miss Na. I am studying the Master of Art Therapy at Western Sydney University and I am in my last year of studies with a Bachelor of Fine Arts at UNSW.

Since Term 1, I have been doing a few individual art therapy sessions with some students throughout the week and a few group sessions too. During our sessions, we would have a brief chat about our week and make some art for about 20 minutes. The students have the choice to use any art material they want to use. The school and I provide them with paint, colour pencils, soft pastels, clay, coloured papers and some scissors and glue. Through art therapy, I hope for the students to experience calmness and safety, while exploring feelings, stories and greater understanding about themselves and of others.



NSW Health Dental Bus Visit Term 3

We are excited to announce NSW Health, Dental bus will be onsite Term 3 Week 6. This is a free school based dental check-up for all eligible families. Your child will receive the following: a comprehensive examination, dental x-rays, dental clean, fluoride varnish application and fissure sealants. Treatment consent forms will be sent home in Term 3, Week 1. Please ensure they are signed and returned, so your child does not miss out.

Zones of Regulation

This term, Bancroft and Mabo students participated in the Zones of Regulation program run by Anglicare. Students explored different emotions and were able to identify how each feeling is represented in a particular zone. They discussed and learnt strategies on how to move to a different zone. Next term, we hope for Goodes and Lingiari students to participate in the program.



News From Bancroft

We are at the end of Term 2 and what a busy term it has been. In science, we have been looking at all of earth's natural resources. Bancroft students have researched the natural resources needed to make ice cream and tried making our own. It was a great success and delicious!

Zones of Regulation sessions have helped us to identify our feelings and teach us different regulation strategies to use at school and at home. Miss McKibbins, who was learning to be a teacher joined us for 5 weeks. We had so much fun with her and we really miss having her in our classroom.

Well done on a fantastic term, 1/2 Bancroft!



Mrs Molly Lowery

Classroom Teacher

News From Goodes

Students in K/1 Goodes have enjoyed participating in their athletics lessons for the last few weeks. They have enjoyed practising fundamental movement skills such as running, jumping and throwing in a fun and enjoyable way!

We also enjoyed making our collaborative artwork for Reconciliation Week a few weeks ago. Reconciliation means working together and the students did just that to create this beautiful artwork.



Mr Joel Brock

Classroom Teacher

News From Freeman

This term, the mighty Freemans have been mighty busy. We have been dancing, learning and reading our way through the weeks. Everyone enjoyed dance lessons in the hall (we do a great version of the chicken dance!), reading in the library (our class of avid readers love this space) and working hard in class.

Our math skills have multiplied, our reading has taken us around Australia and our writing challenges the top authors (I may be a little biased), but what has impressed me the most from our mighty class are our mighty caring personalities. We have a lovely group of students who want to help others and celebrate group success. We share and take care of each other and support each other's learning. It has been a wonderful term filled with so many memorable moments. We look forward to next term and all the learning it will bring.

Go the mighty Freemans!



Mrs Nerida Duncum

SU Classroom Teacher (AP)

CALMS Behaviour Support Approach

The CALMS Behaviour Support Approach fosters students' learning and development through promoting their cognitive, emotional, social, physical, and spiritual wellbeing. This approach provides students with the opportunity to learn to manage their thoughts, feelings, and behaviours so they can manage the complexities of a school environment.

The Behaviour Support System at Toongabbie East Public School provides students with:

- a calm, safe, predictable environment
- consistency of expectations and language.

CALMS clearly outlines the school expectations for students and staff. School staff use strategies and practices to teach positive behaviour. CALMS outlines strategies and practices to recognise and reinforce student effort and achievement. A core focus of the

CALMS approach is supporting students to identify their emotions and developing strategies and practices to support them with managing their difficult emotions. Students are supported to reflect on their behaviour and use of strategies to regulate their emotions and behaviour.

The CALMS Behaviour Support Approach is based on the following principles:

Safety: creating a place that offers physical safety as well as emotional safety

Connection: Forming a trust-based relationship with key adults who can provide support and be a resource to help the child organise his feelings, calm, soothe and comfort himself.

Emotion control: teaching and supporting children to learn effective ways of managing their emotions and responses.

The CALMS reward system acknowledges effort towards the school expectation and goals in all areas of the school program. Rewards are given consistently, predictably and at high levels of frequency. The reward system consists of levelled awards. Kai Cash is awarded for effort towards the school expectation and goals, and can be used to purchase items from the school shop 'The Burrow'. Merit Awards will be presented at the whole school assemblies in weeks 3, 6 and 9 each term. Two merit certificates will be awarded each week in the mainstream classes and one per week in the support unit classes. Bronze, Silver and Gold Awards are also presented to students in recognition of prolonged effort towards the school expectation and goals.

School Expectation and Goals					
School Expectation:	Behave SAFELY				
Means:	Behaving in ways that help me to manage my safety				
Looks like:	I am CALM				
School Goals:	<table border="1"> <tr> <td>C I co-operate</td> <td>A I am assertive</td> <td>L I am a learner</td> <td>M I am mindful</td> </tr> </table>	C I co-operate	A I am assertive	L I am a learner	M I am mindful
C I co-operate	A I am assertive	L I am a learner	M I am mindful		
School Goals:					
I Cooperate					
Means:	Working together				
Looks like:	Being in the right place Following instructions Staying on task Being mindful of others Taking turns and sharing Taking care of things				
I am Assertive					
Means:	Using words to tell others your needs and wants and considering the needs and wants of others				
Looks like:	Honest and direct speech Using a smooth voice Making eye contact (where appropriate) Having hands and feet relaxed Seeking help when I need it Speaking respectfully				
I am a Learner					
Means:	Working at gaining new skills and knowledge				
Looks like:	Participating in program activities Being curious and asking questions Giving things a go Being persistent and pushing through when things are difficult				
I am Mindful					
Means:	Being aware of your moment by moment thoughts, feelings, bodily sensations and surrounding environment				
Looks like:	Using strategies to manage thoughts, feelings and behaviours. These include: <ul style="list-style-type: none"> • Controlled breathing • Taking space • Talking with someone who can help • Challenging my thoughts Distracting myself e.g. Mindfulness resources				



City of Parramatta Libraries **School holidays**

We have planned lots of fun hands-on activities and workshops to keep your children entertained.

Book online: parra.city/bookable



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NAIDOC Week

City of Parramatta Libraries

Our friends from Koori Kinnections have prepared hands-on activities that will give an insight into Aboriginal and Torres Strait Islander culture.

Age: 7 to 12 years old | July 12 to 14

Book online <https://parra.city/NAIDOC2022>



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