



TEPS NEWSLETTER

Term 3 Week 6

26/8/2022

Principal: Mrs Kristy Haggett

Harris Road, Constitution Hill 2145

Darug Country

Email: toongabest-p.school@det.nsw.edu.au

School website: www.toongabest-p.schools.nsw.edu.au

Important Dates

Term 3

Breakfast Club every Tuesday, Wednesday & Thursday

Canteen every Tuesday & Wednesday

Zones of Regulation every Monday (Goodes and Lingiari)

Week 7

31st Pathways Program (Mabo & Lingiari)

2nd Cultural Group (odd weeks)

2nd Chess Tournament

Week 8

5th - 9th SASS Recognition Week

7th Chris Lamb Chief People Officer Visit

7th Pathways Program (Mabo & Lingiari)

8th Chess Training

9th Chess Tournament

Dear Families,

I have had the pleasure of visiting a number of classrooms the last few weeks and have been impressed by the quality of lessons and student engagement. Students have been working hard on persevering with their learning and this is evident both in the classroom and in their improved academic results.

As a school we have implemented many activities and initiatives to support students in understanding our CALMS behaviour management system. I ask if families could please discuss the below qualities with your children. When children are Co-operative, Assertive, A Learning, Mindful and Safe (CALMS) they are able to learn and achieve more.



We held our annual Athletics Carnival and it was so lovely to see such a great family presence onsite. Students participated in the many events and had a fantastic day. Best of luck to students who made it on to Zone! As long as you do your best, you are winners.

I would like to thank Mrs Cutri for working tirelessly to organise and oversee the Dental Bus visit to TEPS. This initiative saw more than 80% of students receive free

dental check-ups and other minor services they required. The dentists were all lovely and took time to teach children about the ongoing importance of dental hygiene.

Father's Day is fast approaching and our wonderful P&C will be holding a Father's Fay stall This will occur on Friday, 1st September. Gifts will range from \$1-\$10 each. Stay tuned for more details to be shared on our school Dojo page.

In 2015, the government agency, eSafety Commissioner was started. It is dedicated to keeping people safe online. Since that time it has become imperative for parents to learn about the online world, a world in which your children are citizens. The website includes some important information for parents and carers.

Advice includes:

- Keep the computer or device in an area of your home that can be supervised. Check in regularly with your child to see what they are viewing.
- Stay engaged with their online activity. Consider setting up your own accounts with the sites they use most so you can see how they work and understand the risks.
- Explore the online world with them to help establish that this is not just a solitary activity.
- Think about social media readiness. Most social media sites require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13.
- Encourage respect and empathy. Teach them to avoid sharing or posting things that may upset others.
- Be clear about how much time they can spend online, the apps they can use, the websites they can visit and what they can share or post online.

We will be running Cyber Safety lessons again this year, where all students will have an opportunity to learn about age-appropriate safety measures to keep them safe whilst using online devices.

Wishing families, a restful weekend.

Take care,

Mrs Kristy Haggett

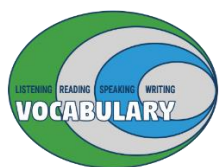
Principal

Speechie Corner

Building Strong Vocabulary

How do we build strong vocabulary in our young children? In the early school years, children absorb new words and concepts like little sponges. They build vocabulary through engaging in books, hearing stories and listening to conversation. That is why engaging students directly in conversation, storytelling, and talking about words is vital.

Promote curiosity by encouraging your children to ask when they do not understand. Talk about their interest topics so they have opportunities to learn and use new vocabulary. Encourage your child to describe what they observe, recount stories or experiences. Explain and model new words and concepts repeatedly. All these daily strategies help students build vocabulary in the early years of school.



Ms Buckman

Speech Pathologist

News From Mabo

It is hard to believe that we are already halfway through Term 3. Mabo have been busy participating in many exciting activities. In music, we have been looking at rhythm and how we can make music through a range of different instruments.

In English, we have been learning how to create informative texts on a range of Australian topics from native animals to landscapes. Our math lessons are filled with great learning around several topics including time, 3D shapes, multiplication and division. This week our students presented a speech about life cycles, a topic we have been covering in class over the last couple of weeks.



Mr Tyson Smith

Classroom Teacher

Cultural Groups

Last week was the start of Cultural Groups run by Charlie from Koori Kinnections. Our Aboriginal and Torres Strait Islander students watched and participated in traditional dances, played the didgeridoo, ate damper and learnt about the important connection our First Nations People have to Country. If your child is involved and you or a family member wish to share in these amazing sessions, please feel free to join, have a yarn with other community members and enjoy a nice warm cuppa.

Session Times:

K/2 – 11:45 – 12:30pm

3/6 – 12:30 – 1:30pm



Rabbitohs Wellbeing Workshop

Last Wednesday the South Sydney Rabbitohs Wellbeing Workshop was onsite. Our 3-6 students participated in the program where they learnt about the importance of healthy relationships and the power of gratitude through games and discussion. Prizes and tickets to the Rabbitohs game we handed out on the



Dental Bus

This week the TEPS students had a very important visitor, the dentist! The NSW Health Primary School Mobile Dental Bus was onsite Wednesday and Thursday. Students had their teeth examined and if extra treatment was needed, they were treated inside the Dental Bus. Students also learnt about the importance of dental hygiene and were provided with a gift bag to support their dental health at home.



Athletics Carnival

After postponing our first date due to rain, our Athletics Carnival took place and was a great success. Students participated and made some impressive times. Great sportsmanship was seen by students as they happily cheered on their peers. It was wonderful to see so many families in attendance.

A big thank you must go to Mr Brock for his work in organising this event for our school.



Kindergarten Enrollments

We are currently accepting 2023 Kinder enrolment applications! All applications can be completed online via the following links or by visiting the front office.

<https://education.nsw.gov.au/content/dam/main-education/public-schools/going-to-a-public-school/media/documents/enrol-k12.pdf>

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/enrolment-application>

Please also let your friends, family and neighbours know about our wonderful little school and pass on the below information!

School Tours

We will be holding school tours for families looking to enrol at our school. Please call 02 9631 3996 and make a booking.

School tours will be held on the following dates:

Term 3

- Wednesday 24 August 9.30-10.30am
- Tuesday 31 August 9.30-10.30am
- Tuesday 14 September 9.30-10.30am

Kindergarten Orientation

Parent Information Session

Thursday 21 September 7.00 – 8.00pm Online via Zoom

Term 4

Enrolment Meetings

Each family will need to book a meeting time

Monday 17 October – Friday 4 November 2022

Zone Carnival

An impressive group of athletes represented our school at the Zone Athletics Carnival. The carnival is a two-day event held over Thursday 25th and Friday 26th August. We would like to thank our students for proudly representing our school and getting this far! Thank you, Mr Brock, Mr Craig and Mrs Nation for all your hard work on the day.



Police Patrolling School Zone

Police have been outside the school gates lately giving warnings to those parked illegally. Please make sure you are not parked in a no stopping zone or illegally as the police have notified the school, they will be carrying out regular checks.

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:

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:

- Controlled breathing
- Taking space
- Talking with someone who can help
- Challenging my thoughts

Distracting myself e.g. Mindfulness resources

PARK LEGALLY IN SCHOOL ZONES AND KEEP OUR KIDS SAFE



STOPPING OR PARKING IS NOT PERMITTED within the direction of arrows at any time or during the time indicated.

DO NOT set-down/pick-up passengers.

Penalty exceeds \$337 and demerit points apply.



You **CAN** stop to set-down / pick-up passengers / goods within a 'No Parking' restriction for:

- A maximum stay of 2 minutes and
- The driver must stay within 3 metres of the vehicle

Holders of a Mobility Parking Scheme permit are able to stay for 5 minutes.

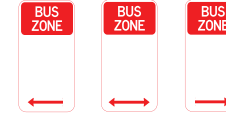
Penalty exceeds \$187 and demerit points apply.



STOPPING OR PARKING IS NOT PERMITTED ON OR WITHIN

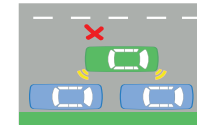
- 20 metres before or
- 10 metres after a pedestrian crossing

Penalty exceeds \$448 and demerit points apply.



STOPPING OR PARKING IS NOT PERMITTED within the direction of the arrows at any time or during the time indicated unless you are driving a bus.

Penalty exceeds \$337 and demerit points apply.



A driver must **NOT STOP** on the road adjacent to another vehicle at any time.

Passengers should not leave a vehicle that is double parked.

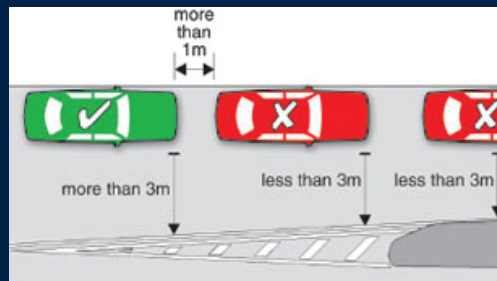
Drop your child and passengers to the kerb only.

Penalty exceeds \$337 and demerit points apply.

CITY OF PARRAMATTA SCHOOL SAFETY PROGRAM

QUESTION: Can I park near double centre linemarking?

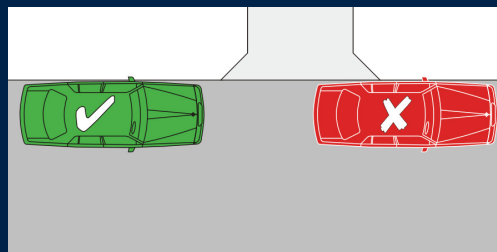
Please note that in accordance with the Road Rules 2014 (No.208 Part 6) it is illegal to park a vehicle within 3 metres of a double centre line marking or dividing strip.



*Penalty \$263 or \$337 and Demerit Points in a School Zone

QUESTION: Can I stop on or across a driveway?

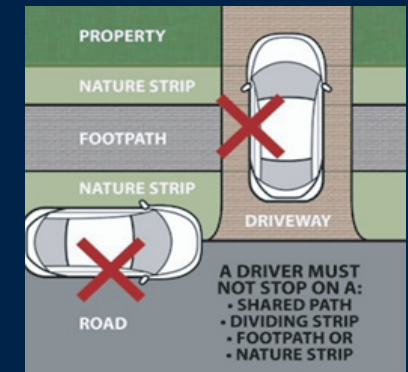
A driver must NOT stop on a road in a position that obstructs access by vehicles or pedestrians to or from a footpath ramp or a similar way of access to a footpath, or a bicycle path or passageway.



*Penalty \$263 or \$337 and Demerit Points in a School Zone

QUESTION: Can I stop on a path or nature strip?

A driver must NOT stop on a driveway, bicycle path, footpath, shared path, dividing strip or a nature strip adjacent to a length of road in a built-up area.

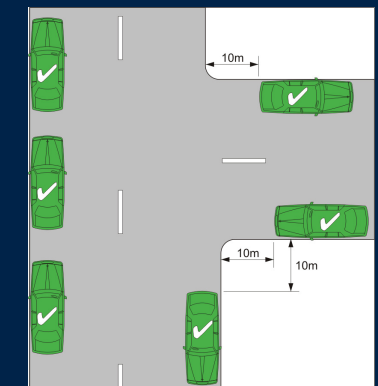


*Penalty \$263 or \$337 and Demerit Points in a School Zone

QUESTION: Can I park near an intersection?

The Road Rules 2014 (Rule 170 part 3) states: "A driver must not stop on a road within 10 metres from the nearest point of an intersecting road at an intersection without traffic lights..."

*Penalty \$337 & Demerit Points or \$448 & Demerit Points in a School Zone



*Note penalty subject to change

Toongabbie East Public School
P&C Association



**Come buy a gift for your
Dad, Stepdad, Grandad,
Uncle or Carer at our school**

Father's Day Stall



Friday 2nd September 2022

In the School Library

Gifts ranging from \$1 to \$10

Healthy Family Bulletin

Tips to shop healthy and save money

With the cost of living rising, it can feel like a real challenge to maintain a healthy and balanced trolley at the shops without breaking the bank. The good news is there are a lot of handy tricks to cut costs while still purchasing products from the five core food groups recommended for a healthy diet (vegetables, fruit, grains and cereals, meat/meat alternatives and dairy/dairy alternatives). The Cancer Council has put together some creative tips to shop healthy and save money including buying in season, making healthy swaps, planning your meals and more. For the full article, [CLICK HERE](#)



Physical Activity



Being active helps us stay healthy. Check out these tips to get kids active:

- Toddlers can walk instead of using a stroller.
- Walk, ride a bike or scooter to school (or park and walk).
- Choose toys that help kids move.
- Limit screen time each day and choose active play instead.
- Encourage kids to try a range of sports.
- Show your kids you like being active too.
- Outdoor play is best - keep indoors activities for when it's hot or raining.



For more information, click [here](#).

