

## Trevallyn Primary School

### UPCOMING EVENTS

**Saturday 27 & Sunday 28 October**  
Grade 5/6 School Basketball Tournament

**Monday 29 October**  
Last day for Scholastic Book Club orders

**Tuesday 30 October**  
Grade 3 - 6 Assembly  
Host - 5 Partridge/3 de Boer  
2:10pm - Max Fry Hall

Prep TALK - Riverside Primary School  
7:00pm

**Thursday 1 November**  
Be Brave and Shave  
9:40am - Max Fry Hall

**Friday 2 November**  
**Student Free Day**

**Tuesday 6 November**  
Prep - Grade 2 Assembly  
Host - I Reid/O'Brien  
2:10pm Multi Purpose Room

**Thursday 22 November**  
**New Date** - 5/6 Swimming Carnival  
Riverside Pool

**Wednesday 28 November**  
Grade 6 Orientation Day  
Riverside High School

**Thursday 13 December**  
Grade 6 Presentation Evening  
7:00pm Max Fry Hall

**Monday 17 December**  
Grade 6 Leavers' Dinner  
5:30pm Tailrace Centre

### FROM THE PRINCIPAL

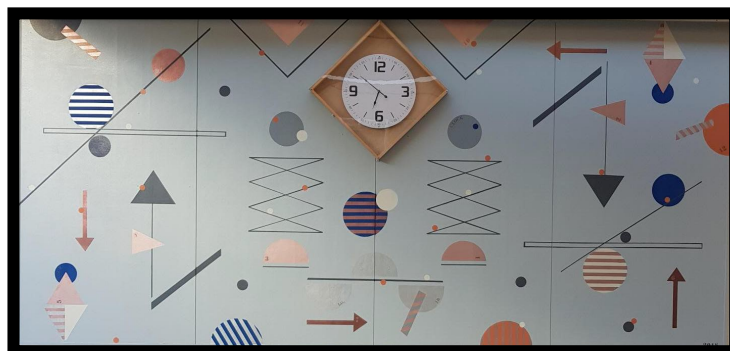
#### A Time of Great Sadness

Those of our school community who knew Vicki Symes during her time as School Business Manager will share with all staff who are deeply saddened by the loss of a much loved and valued former staff member, colleague and friend.

Vicki worked at Trevallyn Primary School from 2011 till 2016 and was known and admired as someone who was great fun and had great concern for and love of children and families. It was always obvious that she loved TPS and she used any opportunity to be an advocate and promoter of our school. Vicki developed many friendships with parents and families. She planned and coordinated considerable changes to the grounds and buildings and the impact was significant.

We offer condolences, thoughts and love to Vicki's husband Mark and Kate, who is a valued former student of our school.

#### Clock Wall Painting



Lilly Gunn's entry in the Clock Wall Painting Competition has been selected by the panel as the winning entry to inspire the design. Congratulations Lilly!

How fortunate are we to have our own resident art expert in Jo Beswick to organise and conduct this project!

We appreciate all that you do Jo!

## FROM THE PRINCIPAL CONTINUED

### Information Evening for Parents - MYTERN

Please keep November 7 free from 7-8:30PM. Dr Jane Foster, founder of MYTERN is presenting to parents. Please see more details on page 3. This session is highly recommended.

### The Magic of Annalise

Recently the Examiner and St Giles featured articles about the wonderful contributions that Annalise Shearing (Grade 3) has made by raising \$1000 through making and selling scarves and glitter slime. This enabled the purchase of a wheelchair. The Chief Executive of St Giles refers to the "Magic of Annalise." We agree. Her act to help other children will not be forgotten in a hurry. TPS is very proud of you Annalise. You are proof of our value – We Care!

The excitement is really building for **Be Brave and Shave** next Thursday. Please consider how you can be involved, in any way. CANTEEN is such an outstanding cause.

All the best to our **Grade 5-6 basketballers** this weekend. Go Trevallyn!

I am sure you will be impressed with **Indra's** dancing achievements that are outlined on page 4.

### State Selection – Oskar Small

Congratulations to Oskar Small for his outstanding selection in the Tasmanian U15 golf team. There are more details from Oskar on page 4.

### Wednesday Stop Work Meeting

A sincere thankyou is extended to our school community for the supportive and respectful manner in which our early dismissal occurred, enabling staff to attend the Union Meeting.

### A reminder: Prep Parents/Carers

1. Tuesday 30 October 2-2:20pm Prep parent Workshop
2. Prep Open Classrooms Tuesday 30 October 2:20-3:00pm
3. Parent Workshop Tuesday 30 October - 7pm at Riverside Primary School



**Annette**

## PREP - GRADE 2 PRIMARY CLASS AWARDS - TUESDAY 23 OCTOBER

**P-B** Ethan F and Louie A

**P-S** Kai M and Hamish S

**P-I-WG** Isla S and William S

**I-H** Riley M and Jaylen F

**I-RO** Angus M and Joshua S

**I-2-A** Charlie M and Ellis V

**2-A** Sofia B and Jack H

**2-BO** Ethan S and Alexander R

***Congratulations to all these students.***

## BE BRAVE AND SHAVE ASSEMBLY VOLUNTEERS NEEDED

If you are able to assist in the cutting and shaving of our students hair please contact Jane Hudson either by email [jane.r.hudson@education.tas.gov.au](mailto:jane.r.hudson@education.tas.gov.au) or via the school office on 63319657. Thank you.





## **Dr Jane Foster presents MYTERN**

**An information evening for parents, teachers and members of the  
Launceston community – suitable for first timers as well as those  
experienced in MYTERN**

**When: 7pm – 8.30pm Wednesday November 7<sup>th</sup>**

**Where: East Launceston Primary School**

- **Why:** The need for adults and children to increase their levels of resilience and develop emotional intelligence has never been more crucial.

The destructive culture of believing that:

- the only good emotion is 'happy'
- you are failing if you are not 'happy'
  - you always have to be perfect
  - anger is a 'bad' emotion
- you have no control over how you feel

**is damaging the lives of both children and adults.**

### **How can we change this?**

Language influences the way you think, which then influences the way you behave. So, in order to bring about cultural change, we need to first change the language. MYTERN provides that language and has proven that it can alter a whole community's culture.

### **What is MYTERN?**

MYTERN (Take Emotional Responsibility Now) is a language based on neuroscience. It has been scientifically proven to help change the destructive pattern of blame, judgement and retaliation, and replace it with responsibility, empathy and respect.

### **Who is it for?**

The beauty of the language is that it encapsulates the complexities of emotional intelligence/resilience in a simple metaphor which is suitable for all ages. It has been implemented across the community in the areas of education, business, health and sport.

**MYTERN is for everyone and belongs everywhere!**

**Come along, support your community and be a part of the exciting change that is**



## STUDENT ACHIEVEMENTS

I started dancing at the age of two, never really knowing what would happen in the years to come. I have always had a passion for dancing and have committed myself to trying my best and I am really proud of my achievements so far.

Last year I took part in an audition for The Australian Ballet School in Melbourne for the Interstate training program for 2018. I never really imagined that I would be accepted. The successful audition really made me confident in my abilities.

Every year as a minimum I compete in two competitions. I recently competed in the Launceston Competitions and was also successful in winning my Junior Champion Classical Solo as well as my other solos. I want people to always push for their goals and do their personal best.

Trevallyn Primary and Dance Pointe Academy really have supported me and I am so thankful for everything they have given me.

**Indra Gurudoss**



Recently, I was selected to represent Tasmania in the U/15 Jack Newton Golf Championship.

The team consists of 4 boys and 4 girls, I am the youngest member of the team. The tournament is played at the Coast Golf Club in Sydney from the 12th to the 15th of November. I also get to go to the Australian Open for a day!

**Oskar Small**



## SCHOOL MAGAZINE PRE ORDER

### 2018 SCHOOL MAGAZINE PRE ORDER AND PAYMENT OPTIONS

(Please return completed form to the school office in an envelope or zip lock bag please)

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

☐ Cash \$25 enclosed ☐ Cheque (payable to Trevallyn Primary School)

☐ Credit Card Payment

Card Number:

Expiry Date:     CCV:  Amount: \$25.00

Name of Cardholder: \_\_\_\_\_

# Trevallyn Primary School Be Brave and Shave CanTeen Australia Fundraiser

Thursday 1st November - 9.40 in the Max Fry Hall

These amazing and compassionate students will be losing their hair on Thursday 1st November. If you would like to donate to the Trevallyn Primary School students who are shaving and cutting off all of their hair to raise money for CanTeen, a charity that supports young people with cancer please go to [www.raiseit.org.au](http://www.raiseit.org.au) and search for Trevallyn Primary School and donate today or find one of our compassionate, caring students to donate directly.

Student Leaders will be selling bandannas from Wednesday 17<sup>th</sup> to Wednesday 31<sup>st</sup> October. Bandannas are \$5 each and students may wear them at school throughout the 2 week lead up to the Be Brave and Shave on Thursday 1<sup>st</sup> November.

National Bandanna Day is CanTeen's largest annual fundraiser. This year, we have 45 students and one staff member participating in our annual Be Brave and Shave event to raise money for CanTeen to support children who have to deal with the challenges of cancer. We would love to see as many students as possible wearing their bandannas to this event in support of those losing their hair.

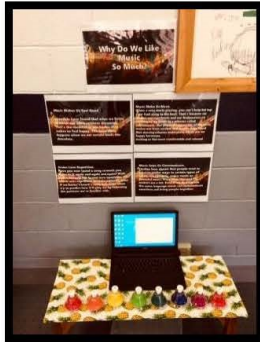




## STEAM Expo and Open Evening

Our event was a great success with classes participating in Art, Technology, Science and Mathematics. Kinders especially liked talking to Simon 'the bug man' and brought along creatures to show him too. There was such a variety of activities to do!

Thank you to teachers and classes for sharing your amazing work.



# BE BRAVE AND SHAVE

## MORNING TEA CELEBRATIONS

To celebrate the success of the Be Brave and Shave and to support CanTeen Australia, cupcakes will be on sale after the Be Brave and Shave Assembly at recess on Thursday 1st November.



Come along and enjoy a cupcake. Cupcakes are on sale for \$2 each and will be sold out of the Multi-purpose Room at recess.

All money goes directly to the Be Brave and Shave Fundraiser!

A huge thank you to the Walker family for organising this fundraiser and supporting our students to raise even more funds for our Be Brave and Shave campaign.

\*Gluten free and dairy free cupcakes will be available for purchase.



# We have been creative in Grade 3 Rodrigues







# Canteen Menu – Term 4

Canteen opening hours Wednesday - Friday

## RECESS – SELECTION FROM

Fresh Fruit	\$0.50
Fruit Salad Cup - variety seasonal fruit	\$1.00
Peaches and Custard	\$1.00
Savoury Cup - crackers, hummus, vegie sticks	\$1.50
Popcorn	\$0.50
Pikelets	\$0.50
Mini Muffin	\$0.50
Scone	\$0.50
Small Savouries	\$0.50

## EVERYDAY LUNCH OPTIONS

Quiche and Garden Salad	\$4.50
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## Salad Wrap

Vegetarian	\$4.00
Ham or Chicken	\$4.50
(lettuce, cheese, tomato, cucumber, carrot)	
Mayonnaise	\$0.20

## Salad Roll - wholemeal or white

Vegetarian	\$2.50 small
	\$4.00 large
Ham or Chicken	\$3.00 small
	\$4.50 large
(lettuce, cheese, tomato, cucumber, carrot)	
Mayonnaise	\$0.20

## Sandwiches – wholemeal or white

One filling	\$2.50
Extra Filling	\$0.50
(chicken, ham, lettuce, cheese, tomato, cucumber, carrot, egg, pineapple, beetroot)	
Curried egg and lettuce	\$3.50
Creamy Tuna, cucumber and lettuce	\$3.50
Mayonnaise	\$0.20

## Toasted Sandwiches – wholemeal or white

Chicken and Cheese	\$3.50
Ham and Cheese	\$3.50
Cheese	\$3.00
Extra Filling	\$0.50
(tomato and pineapple available)	
Mayonnaise	\$0.20
Hot Cheese Roll	\$2.50

## Salad Bowl

Vegetarian	\$4.00
Ham or Chicken	\$4.50
(lettuce, cheese, tomato, cucumber, carrot, egg, pineapple, beetroot)	
Mayonnaise	\$0.20

## Drinks

Flavoured Milk, Caramel, Chocolate, Strawberry or Plain	\$2.00
Water 600ml	\$1.50
Just Juice Fruit Boxes	\$2.00
(Apple & Blackcurrant or Paradise Punch)	

## SPECIALS

### Wednesday

Large Pie	\$4.20
Small Pies	\$1.70
Sausage Roll	\$2.50
Tomato Sauce	\$0.30
Pasta Bolognese small \$3.00 and large	\$4.00

All pastry items sourced from the Trevallyn Bakery

### Thursday

Beef Burger	\$3.00 small
Beef Burger	\$4.50 large
(lettuce, tomato, cheese and tomato sauce)	
Pizza ham and pineapple	\$3.50

### Friday

Fried Rice	\$2.50 small \$3.50 large
Fried Rice and 3 Chicken Wedges	\$5.50
Chicken Breast Wedges	\$1.20

Chicken Burger	\$4.00
(lettuce, cheese and mayonnaise)	

Lunch Pack	\$5.00
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(2 ham and salad pinwheels, fruit salad, crackers, cheese and vegies comes with an ice cold 250ml water)



Icy poles and Vege Chips available at lunch time \$1.00

**All orders to come to school in an envelope with name, class and order written on the outside.**

## STUDENT FREE DAY



Abacus OSHC will be open

on:

Friday 2<sup>nd</sup> November 2018

8.30am – 5.30pm

Please call: 6331 0982 or email

[admin@abacuschildcare.org.au](mailto:admin@abacuschildcare.org.au)

to secure your booking.

## ALL SCHOOLS 5/6 PRIMARY BASKETBALL TOURNAMENT

This weekend we have 4 teams participating in the 5/6 basketball tournament at Elphin Sports Stadium, St Patricks College and Newstead College. We wish them enjoyment, fun and good luck throughout the tournament.



## PREP TALK

A parent workshop is being held which is relevant for parents of Prep children.

This workshop will be held on **TUESDAY OCTOBER 30 7PM AT RIVERSIDE PRIMARY SCHOOL.**

It will be presented by Sally O'Donnell an experienced Speech and Language Pathologist. There will be lots of tips and ideas shared, along with the opportunity to ask questions.

## COMMUNITY NEWS

- Sound of Peace celebration - 11 November
- Get into Hockey - 31 October to 28 November

Information available at the school office

## UNIFORM SHOP OPENING HOURS

Monday afternoons 2:30pm – 3:30pm and

Tuesday mornings 8:30am – 9:30am

## CANTEEN OPENING HOURS

Wednesday, Thursday and Fridays

## TPS SCHOOL ASSOCIATION UPDATE

The TPS **School Association meeting** was held on 18 October where the committee received updates on a range of matters relating to the school including the Uniform Shop, the Canteen, new parent information packs, Grade 6 pavers, the proposed area intake review and a summary report from the school captains.

We also **need your help** – we are a small committee which need your assistance and ideas. Let us know if you're interested in being involved in the 2019 **Taste of Trevallyn** or would like to consider being part of the 2019 TPS School Association.

Please don't hesitate to reach out to the School Association parent representatives Kim Beasy, Jaewon Chae, Ange Shipp or Nicole Willcox if you have any queries at all.

The next meeting will be on **Thursday 6 December at 7pm** – we'd love to see you there or let us know your ideas and we'll pass them on.

### Nicole Willcox - Secretary

Recently, I had the privilege of assisting Mel in the canteen as a volunteer. The canteen provides an outstanding service to our community with the School Association managing operations from a financial perspective.

Plainly, we are seriously short of volunteers, which puts operations in jeopardy.

If you can spare a two hour block at any time, please contact the office and place your name on the roster. As an incentive, those who volunteer will receive a free lunch order in appreciation of the work completed.

### Brian Wightman Canteen Sub-committee Chair

## TREVALLYN 5/6 SPORT - FRIDAY 2 NOVEMBER

**No 5/6 Sport  
Due to Student Free Day**



**Trevallyn Primary School**

## CONTACT DETAILS

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