

## Trevallyn Primary School

### UPCOMING EVENTS

#### Monday 25 March

Brixhibition Competition  
Scholastic Book orders - last day

#### Wednesday 27 March

Prep - Grade 2 Assembly  
Host - 2 Andrew  
2:10pm Multi Purpose Room

#### Thursday 28 March

School Association AGM - Staffroom 7:00pm

#### Wednesday 3 April

Grade 3 - 6 Assembly  
Host - 5 Johnston/Fassett  
2:10pm Max Fry Hall

#### Thursday 4 April

LSSSA Athletics Carnival  
St Leonards Athletics Track

#### Monday 8 to Thursday 11 April

Parent Teacher Meetings

#### Thursday 11 April

Last day of Term 1 for Students

### TERM DATES 2019

#### Term 1

Wednesday 6 February - Thursday 11 April

#### Easter

Friday 19 April - Tuesday 23 April

#### Term 2

Monday 29 April - Friday 5 July

#### Term 3

Tuesday 23 July - Friday 27 September

#### Term 4

Monday 14 October - Thursday 19 December

### 2019 Student free days

#### (Professional Learning Days)

Friday 12 April

Monday 22 July

Friday 1 November

### FROM THE PRINCIPAL

We are so proud of **Lily and Shona in Grade 5**. They have, of their own initiative, applied for **Australian Association for Environmental Education Youth Advisory Board** membership and been successful. They will be great “thinkers” and “doers” in this role. Congratulations and we look forward to hearing about your involvement.

**Primary Progress Reports** went home with students on Wednesday afternoon. You are most welcome to make contact with Class Teachers if there are any associated questions.

This week there has been a real buzz throughout the school in anticipation of the fun and gathering on Friday evening at the **TASTE**. The run of beautiful weather is forecast to continue. Have you viewed the wonderful Facebook film offering advice about rubbish disposal on the evening? How fortunate are we as a community! We can't wait to see you all there!

**Annette**

**TASTE of  
TREVALLYN**  
**Friday 22 March**  
**4:30-8pm**



## PARENT TEACHER MEETINGS - MONDAY 8 TO THURSDAY 11 APRIL

Parent-Teacher Meetings are an important opportunity to discuss your child's progress at school. This year, Parent-Teacher Meetings will be held throughout the last week of Term One from **Monday 8 April to Thursday 11 April**.

Parent Teacher Meeting times are conducted during Term One so that we can share learning goals and future focus areas earlier with parents and be working towards the best outcomes for students right from the initial stages of the school year. The comprehensive mid-year reports will still be sent home in Week Ten of Term Two.

We will be booking our parent/teacher meetings through the online system School Interviews. Below is all the information you will need to make the required appointment with your child's teacher.



THE EASY WAY TO BOOK

## SCHOOL INTERVIEWS

Parent/Teacher Meetings will be held shortly. Bookings must be finalised before **Thursday 4 April** at 4:00pm, when bookings for this event will close.

For parents who do not have internet access, computer access will be available at the office from Friday onwards, for parents to make their own bookings. Parents may also phone the school on 6331 9657 to make a booking.

Interviews are strictly 15 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Now you can book school interviews for the times that suit *your family*.

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

Go

Simply enter the code and press "Go"



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your confirmation email please contact the school.

Code for Trevallyn  
Primary School is  
**59yey**

You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until the bookings close on **Thursday 4 April at 4pm**.

You may change your bookings, any time prior to the closing date, by re-visiting the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the event code. Remember to use the same name and email address you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on 6331 9657.

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and leave some feedback - anonymously if you wish, but please include the school's name and suburb.

If you have any questions or need any support in this process please, don't hesitate to contact the school office on 6331 9657 or [trevallyn.primary@education.tas.gov.au](mailto:trevallyn.primary@education.tas.gov.au)

## **PARENT TEACHER MEETINGS CONTINUED**

### **PARENT TEACHER MEETINGS PROVIDE:**

Opportunities to share information about your child's progress, interests and needs.

Opportunity to foster positive and respectful relationships between home and school.

Information and knowledge shared may support greater learning outcomes and assist in the overall success of students.

### **BEFORE THE MEETING:**

Make a list of any specific questions you want to ask your child's teacher(s).

Ask your child what he/she would like to ask or tell his/her teacher.

Think about any specific information or special things you will need to let the teacher know, e.g. any health issues or changes that have had an impact on your child.

Look at the current and previous reports and compare.

Take a pen and paper to take notes if required.

Some teachers may take notes and provide a copy for you at the end of the meeting.

### **DO YOUR BEST TO BE ON TIME:**

In order to fit everyone in, teachers have to stick to a fairly tight schedule during the meeting hours.

If you have to cancel your appointment, phone the school to let them know and you can re-book for another meeting date. If you need additional time, do not hesitate to make an additional meeting time with your child's teacher.

### **AT THE MEETING:**

Parent-Teacher meetings involve the sharing of information about learning outcomes and collaboration through open communication.

Begin on a positive note. Mention something that your child enjoys about the school or the particular classroom they are in.

Try to keep your body language positive.

Let the teacher know your child's interests, hobbies, strengths and areas where they may need extra encouragement.

Ask the teacher about the classroom rules and discipline, homework procedures and overall expectations for students.

Check up on your child's social interactions at school as well as their academic progress.

Ask about your child's work habits, behaviour, participation and learning style.

How do they get along with others? Is there anything you should know about their social/ emotional progress?

If the teacher raises concerns, don't get angry or defensive.

Remember that talking about concerns is the best way to make sure these are addressed before they grow bigger and that your child has the support he/she needs to make improvements.

Ask the teacher what is the most important thing I can do at home to support my child's learning? Ask questions, listen and share ideas that may have worked for you at home and be an active part of planning ways to help make things better.

End the meeting on a positive note, by shaking hands and thanking them.

### **WHEN YOU GET HOME FROM THE MEETING:**

Speak honestly with your child about the discussions you had with their teacher.

Let them know both the positives and any problem areas that were discussed, as well as plans that you and the teacher made to help your child make improvements.

Start right away on any plans for improvement and be consistent. This helps show your child that you consider them important and that everyone (parent, teacher and child) can work together to make positive changes. It also works as a model for your children on how to take on problems and turn them around.

If you have a partner or spouse who was unable to attend the meeting, fill them in on the information as soon as possible.

Keep in regular contact with the teacher. A follow-up phone call, written note or email extending an invitation for the teacher to call you at any time to keep in touch, you could also include a thank you for any recommendations made. If required, phone the teacher and organise a follow-up meeting where you can check up on how things are going.

Parents - the essential element!

*Information provided by Tasmanian Association of State School Organisations TASSO*

## LEARNING ABOUT NUMBERS IN THE EARLY YEARS OF SCHOOL

Learning numbers is arguably the most important strand of Mathematics, as an understanding of number underpins all mathematics through the rest of school and throughout life. For this reason, developing strong understanding of the number system is a priority in the early years of learning.

During the next few weeks we will look at early counting skills and learning place value.

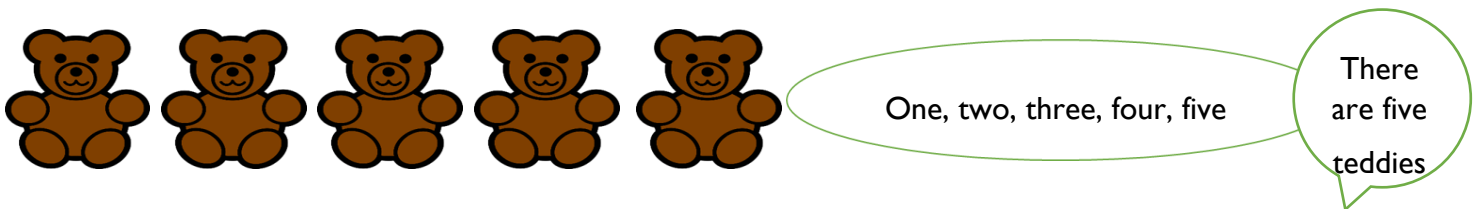
### Knowing the number order

When children are first learning to count, they will often say the names of numbers in the wrong order. So while they might understand that each item has to have a number name, they may not realise the order of the number names must be the same. They may count like this: one, two, five, three, four instead of one, two, three, four, five.

So the next important skill to be developed is that of counting numbers in the correct order. Teachers call this stable – order principle.

### Activities to do with your child

Create opportunities for lots of counting - counting as you put things away, counting the forks and spoons, counting the biscuits in a packet.



## READING ALOUD

Reading aloud is one of the most important things parents and teachers can do with children. Reading aloud builds many important foundational skills, introduces vocabulary, provides a model of fluent, expressive reading, and helps children recognize what reading for pleasure is all about. The following outlines the '10 Benefits of Reading Aloud to Children' - a continuation of a three part series that was started in the previous week's newsletter.

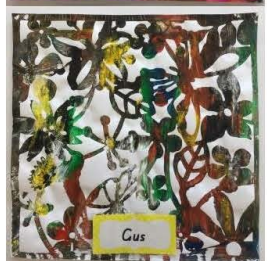
## 10 Benefits of Reading Aloud to Children

7. **Increases chances of later success** – children who read for pleasure end up being better readers. To foster a genuine interest and love for reading, parents should celebrate book choice and variety, allowing children to be adventurous with their selections.
8. **Helps develop communication skills** – research shows that one in five children starts school in Australia 'developmentally vulnerable' in at least one area such as language, cognitive skills or communication. Reading to them from an early age can help boost their learning power and emerging language skills. Discussing stories and learning new vocabulary helps children improve their communication skills.
9. **Builds self-esteem** – Reading stories about new and challenging experiences, like the first day at school or a new baby in the family, can help to lessen a child's anxiety. This can help them talk about their worries and make the transition easier. Essentially, reading to your children can help boost their confidence.
10. **Deepens family connections** – Spending time with one another, reading, and talking, can bring you closer to your children. For parents who work, or have a busy lifestyle, relaxing with your child and simply enjoying each other's company while reading can be a great way for you both to wind down, relax, and bond. Setting aside time every day to read together is a great way to bond over a much-loved story. When you explore new and favourite books by reading aloud, it fosters an emotional connection that allows your child to discover and appreciate the wonder that books can provide!

*Fiona Cramp - Learning Support Teacher*



# Prep-One Walker/Clark Flower Prints







Scoliosis  
Australia

## ADOLESCENT SCOLIOSIS SPINAL CURVATURE

### The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM  
RECOMMENDED BY THE SPINE SOCIETY  
OF AUSTRALIA. THE PROGRAM IS  
ENDORSED BY THE PAEDIATRICS AND  
CHILD HEALTH DIVISION OF THE ROYAL  
AUSTRALASIAN COLLEGE OF PH

## How to detect Scoliosis.

*Helpful information for  
schoolgirls in years 5 and 7  
and their parents.*

### What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

### What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

### Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

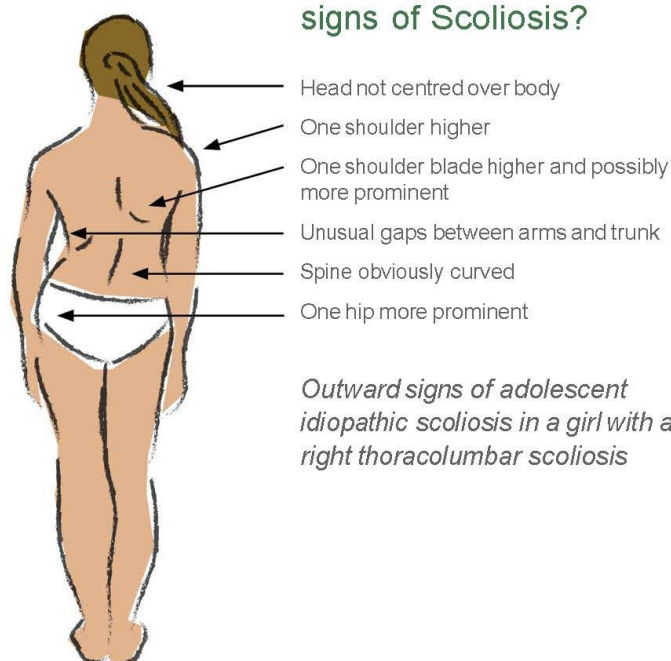
### The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis.

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the *Self-Detection Fact Sheet* from [www.scoliosis-australia.org](http://www.scoliosis-australia.org) and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

### What are the outward signs of Scoliosis?



*Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis*



## How Scoliosis is detected.

*Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.*

*This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.*

*In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.*

*If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.*

*This is called torso asymmetry and is of no significance.*

## What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

## Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

## What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

## How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis  
Australia

Scoliosis Australia is a project of  
the Spine Society of Australia



The Scoliosis Australia website  
is supported by a donation  
from Evolution Surgical



Visit our website [www.scoliosis-australia.org](http://www.scoliosis-australia.org)

## GRADE 3 - 6 PRIMARY CLASS AWARDS - WEDNESDAY 20 MARCH

<b>3-dW</b>	Lily B and Holly L	<b>3-R</b>	Evelyn H and Charlie W	<b>4-R</b>	Dante P and Sarah S
<b>4-T</b>	Harry B and Phoebe S	<b>4-5-P</b>	Ethan B and Millie S	<b>5-B</b>	Carmen D and Layla D
<b>5-JF</b>	Charlotte M and Eddie T	<b>6-PF</b>	Sophie W, Sam W, Lucy S and McKenna S		
<b>6-SR</b>	Joe F and Addison H				

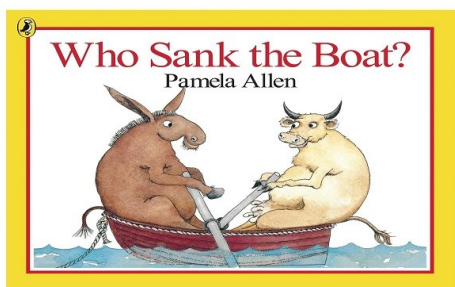
*Congratulations to all these students.*

## LAUNCHING INTO LEARNING



Launching into Learning  
Friday March 29  
9am—10:30 am

Kindergarten Classroom  
Birth—4 years  
This week's theme is



Come and join in the fun!!!

## SCHOOL LEGO COMPETITION

**Date:** Monday 25 March

**Time:** 8:30am - 9:00am entries to be dropped off

**Place:** Multi Purpose Room

**Please collect entries on the same day between 2:45pm - 3:15pm.**

**Two divisions:** Kinder - Grade 2 and Grade 3 - Grade 6

**Prizes:** 1st, 2nd and 3rd for each division and one overall entry to represent the school in the Brixhibition.

Looking forward to seeing some amazing entries again this year. Remember please do not incorporate any valuable Lego pieces or figures into your creation, best to keep them safe at home. This year there will also be a table for parents and teachers who might like to display a creation as well. If you hold a current Working with Vulnerable People Card and would like to help on the day, it would be greatly appreciated. For further information please contact Joanne Beswick on 0432040081.

**Joanne Beswick**



## TREVALLYN 5/6 SPORT - FRIDAY 29 MARCH

Sport	Versus	Venue
Orienteering		Trevallyn Reserve
Master Blaster	East Launceston	NTCA Ground
Master Blaster	Riverside	NTCA Ground
Basketball	Summerdale	Summerdale
T Ball	East Launceston	Trevallyn
Speedball	Punchbowl	Punchbowl

**Cancellation of 5/6 Sport will be notified  
via Skoolzine**



**Trevallyn Primary School**

## CONTACT DETAILS

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