



Talbingo Public School

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Senior Excursion

Just a quick reminder that the ALPSS senior excursion to Narrabeen is going ahead this term in **Week 7 (Sunday 22nd November – Friday 27th November, 2020)**. We wanted to thank all our parents for their prompt responses to the online form needed for the camp – we're almost all set to go! In the next few weeks be sure to highlight the bus departure and arrival times from the provided excursion note (contact the office if you need another), and talk your child through what you have packed for them, probably as you pack. Any inquiries at all, please contact Mrs Levey 😊



School Photos!

It's that time of the year again! Brush that hair and be sure to wear matching socks, because next week, on **Tuesday the 17th November, 2020** and **Thursday the 19th November, 2020**, school photos will be taking place! Two days have been selected as group and individual photos will be done separately due to unavailable staff. We are really looking forward to seeing everyone's smiling faces.



96.3 Sounds of the Mountains

All Talbingo Public School students will be on the air @ **2.40pm Wednesday 11th November**. Students will be presenting a special Remembrance Day 'Readers Theatre'; a fantastic way to enhance students reading skills and confidence, making learning fun and entertaining. Tune in to hear our fun!



Got It!

Each week our Got It! Clinician provides our school with newsletter flyers designed to compliment the "Exploring Together" program currently running in our school each week. This week, the children are exploring safe spaces and 'reward' systems. Below, some recommended ideas to discuss in your household.

If there is anything you'd like to discuss, please contact Mrs Levey 😊

MY CALMING SPACE

Assisting your child to create a calming, fun and interesting space at home allows them to physically move away from a problem state of mind. It helps to boost optimism, self-regulation and allows your child to have control over their own feelings.

IDEAS FOR A CALMING SPACE

Tree house or cubby house

Chair in the garden

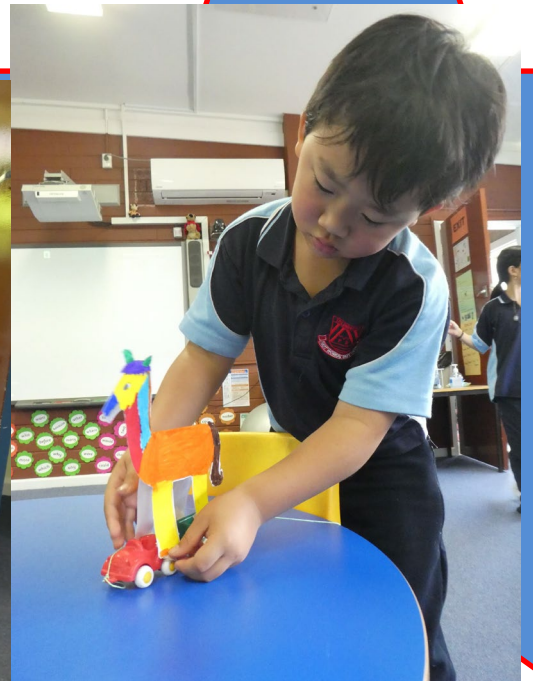
Painted box or tee-pee in room

Your ideas

Move your child to their calming space if they are becoming overwhelmed. Stay with them until they are calm and talk about how they were feeling. Allow them to stay in their calm space until they feel they need to move away.

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN

IMPORTANT DATES	
Wednesday 11 th November	<i>Sounds of the Mountains</i>
Tuesday 17 th and Thursday 19 th of November	<i>School Photos</i>
Wednesday 18 th November	<i>Friends Program</i>
Sunday 22 nd Nov – Friday 27 th Nov	<i>Senior Excursion</i>



An Afternoon at the Races!

