

FROM THE PRINCIPAL

This week we have welcomed Scarlett, Finlay and family to Grade 5 and 6. It is great that you have joined our school family.

All the very best to Charlie H, Lily G, Charlotte M, Sophie R and Lucy M as they represent us at the LSSSA next Friday.

Please see below a calendar for the remainder of this term:

May	
15	Grade 3 - Grade 6 Assembly Host - 4 Radosavljevic 2:10pm - Max Fry Hall
15 - 17	NAPLAN Grade 3 and 5
17	Kinder Excursion
22	Trevallyn Cross Country Grades 3 - 6
22	Prep - Grade 2 Assembly Host - I Reid/Petrohilos 2:10pm - Multi Purpose Room
24	Nude Food Free Dress Day Gold Coin Donation
29	Grade 3 - Grade 6 Assembly Host - 4 Johnston/Martin 2:10pm - Max Fry Hall

June	
4 - 15	Grade 3 - 5 Swimming Orientation Grammar Pool
11	Public Holiday Queen's Birthday
20	Kinder Reports go home
21	Kinder Reports go home
27	Prep to Grade 6 Reports go home
29	Readers' Cup Inter-School Challenge Summerdale Primary School

July	
6	Last Day of Term

2018 TERM DATES

Term 1

Wednesday 7 February - Thursday 12 April

Easter Break

Friday 30 March - Tuesday 3 April

Term 2

Monday 30 April - Friday 6 July

Term 3

Tuesday 24 July - Friday 28 September

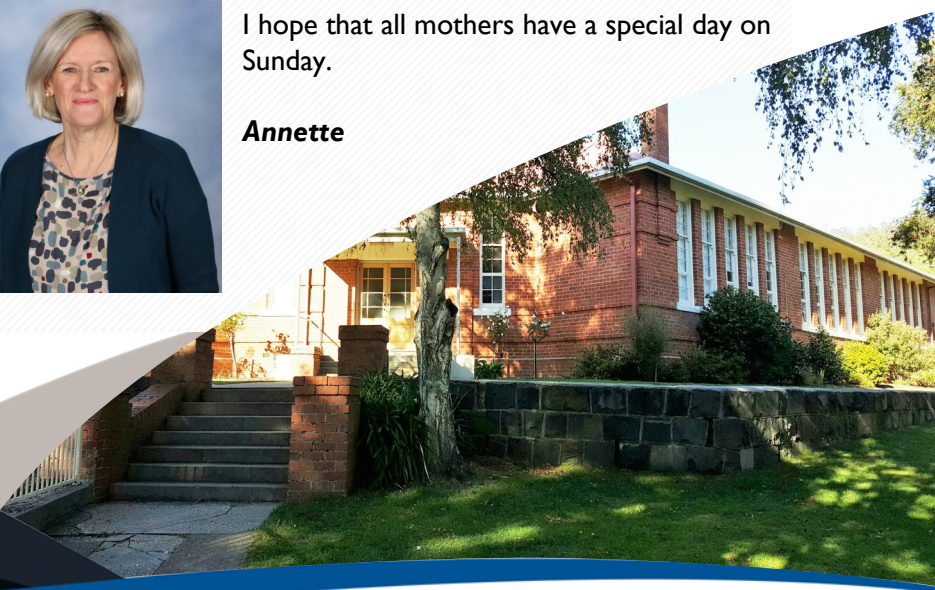
Term 4

Monday 15 October - Thursday 20 December



I hope that all mothers have a special day on Sunday.

Annette



PATTERNING IN THE EARLY YEARS OF SCHOOL

Learning about patterns is another important strand of Mathematics, for children to understand. Sorting, classifying and recognising patterns is a way that children make sense of the world around them and is an essential skill for future work in data analysis and Science.

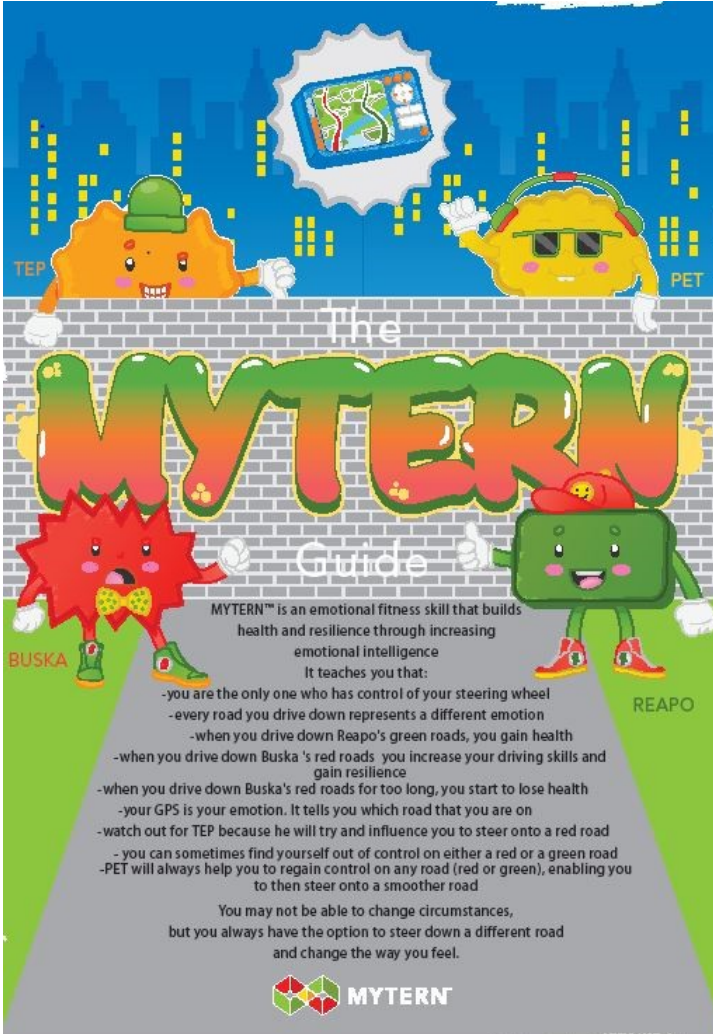
Sorting

One way children make sense of their world is by putting things into categories (groups). When they first do this they classify things by one characteristic alone. For example, they might divide up a group of animals by whether or not they have two legs or four legs. As they get older they become able to classify things by more than one characteristic.

Activities to do with your child

- Button sorting (colour, number of holes, size etc)
- Sorting cutlery into spoons, forks and (if not sharp) knives before putting away in the drawer
- Sorting blocks or other toys as they are put away – for example: all the red ones, all the small things etc
- Supermarkets are a great way to learn about classification. What is in each aisle? Can we guess where the muesli bars may be – in with the cereals, the biscuits or somewhere else?
- How do you organise your shopping at the checkout to be bagged? Do you put all the cold things together, all the fruit and veg etc?
- What about their clothes? Do all the t shirts go in one drawer and socks in another?
- In the car you can play games about the number of cars of certain colours they see. How many trucks, how many sedans etc?

MYTERN (TAKE EMOTIONAL RESPONSIBILITY NOW)



TEP **PET**

THE MYTERN

Guide

BUSKA **REAPO**

MYTERN™ is an emotional fitness skill that builds health and resilience through increasing emotional intelligence

It teaches you that:

- you are the only one who has control of your steering wheel
- every road you drive down represents a different emotion
- when you drive down Reapo's green roads, you gain health
- when you drive down Buska's red roads you increase your driving skills and gain resilience
- when you drive down Buska's red roads for too long, you start to lose health
- your GPS is your emotion. It tells you which road that you are on
- watch out for TEP because he will try and influence you to steer onto a red road
- you can sometimes find yourself out of control on either a red or a green road
- PET will always help you to regain control on any road (red or green), enabling you to then steer onto a smoother road

You may not be able to change circumstances, but you always have the option to steer down a different road and change the way you feel.

MYTERN

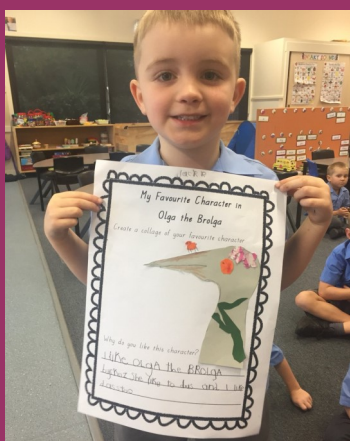
Class of the week- Prep Bolzonello



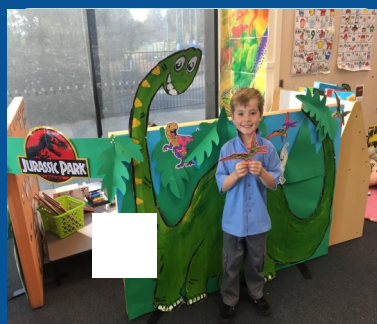
Building boats



Playing at the City Park



Proud of our work



Dinosaur dramatic play



Our Taste of Trevallyn stall



Looking at Lego creations



Science experiments



Rainbow collage

Inside Out 4 Kids is an organisation which aims to assist children through the grief process when confronted with a painful loss or transition in their lives and/or families. When something significant happens in a family, everyone is affected, including the children. Because of young age and short life experiences, children often find it difficult to verbalise their feelings. The **Inside Out 4 Kids** is specifically designed for primary and high school students and is a peer support, harm-prevention program, offering a safe place to understand and share their feelings. Small groups of students meet with a trained adult facilitator once a week for 45 minutes during school hours and participate in activities including stories, talking, sharing, and craft. The following topics are covered:

- Week 1 – My Story – We are all unique
- Week 2 – Emotions and Feelings – We all have feelings
- Week 3 – Emotions, Feelings and Anger
What makes you feel angry, directing anger appropriately.
- Week 4 – My Heart, Grief & Loss- What’s inside my heart, share our changes or loss
- Week 5 – Memories & Moving on- Growing around the loss, share memories
- Week 6 – I Belong, A Sense of Self Identity – Where do I belong, Who am I?
- Week 7 – Courage & Resilience – What worries do I have, How to build resilience
- Week 8 – New Horizons, Hope & Helping Others- Help with problem solving & change, learn to have hope and happiness, help ourselves heal and grow

Week 8, being a celebration, often includes a small morning tea or lunch, a gift and a certificate. As the program is sponsored by Launceston City Mission, there is no financial cost to you or the school.

If you feel your child would benefit from being part of this program, please complete the attached form and return it to the school in an envelope marked Confidential –Inside Out 4 Kids. For more information, please contact the school.

✂.....

INSIDE OUT 4 KIDS

Name of child: _____ Age ____ Gr _____

Signature: (parent/guardian) _____

My child/ren will participate in the Inside Out program for the following reasons (please tick):

- Parent/sibling has died
- Parents divorced/separated
- Other significant loss (Please provide brief explanation):

(All information will be kept confidential)

ENTERTAINMENT FUNDRAISER

The Entertainment Fundraiser is one of our favourites at Trevallyn Primary School. Last year we raised over \$1600.00 – this year we want to do even better. The memberships sell for \$65 and the school receives \$13 for every book sold.

By purchasing a 2018/19 Entertainment Membership you'll be supporting your School and saving BIG with more than \$20,000 worth of value on:

- Dining • Shopping • Travel • Attractions and activities

To order your Book or your Digital membership securely online visit: <http://www.entbook.com.au/240m587> or return the yellow form sent home this week to the school office.

Books will be sent home with students next week. If you do not wish to purchase the book, please return in the envelope provided to the school office by Friday 18 May.



40+ Contemporary Dining Offers!	\$45 value	\$40 value	\$40 value	\$50 value	\$55 value	\$35 value <i>and many more...</i>
100+ Casual Dining Offers!	\$30 value	\$20 value	\$35 value	\$30 value	\$25 value	\$20 value <i>and many more...</i>
115+ Takeaway and Attraction Offers!	25% off	2 for 1	25% off	2 for 1	25% off	2 for 1 <i>and many more...</i>
2,000+ Retail and Travel Offers!						<i>and many more...</i>

Up to 50% off Retail, Travel, Leisure and Accommodation

HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

STEP 2

Select your fruit

Apple	Berries
Orange	Fruit Salad
Banana	Pear
Grapes	Mandarin
Watermelon	Kiwi Fruit

STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

STEP 4

Dont Forget Hydration!

Fill your favourite reusable drink bottle with filtered or tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!



Join the Nude Food
MOVEMENT



Keep
Australia
Beautiful

WHAT TO PACK MY NUDE FOOD LUNCH IN



Now you have your Nude Food Lunch planned you need to find something to pack it in.

STEP 1

Will you be using an all in one lunchbox, or packing items separately?

Please see all in one lunchbox options below or if you're packing items separately skip to Step 2



Check out our Coolskins/Light Lunch Bags to effortlessly insulate your lunch!*



Don't have a Rubbish Free Lunchbox? Don't despair! You can use smaller products in steps 2-4 to pack your lunch.

*An insulated lunch box or bag is a great way to keep all your lunch items together

STEP 2

Products to store your lunch!



STEP 3

Products to keep your fruit in shape and fresh



STEP 4

Buy your favorite Nude Food Snacks in bulk and send them to school using these handy containers



SUCCESS! You have packed a healthy, rubbish free lunch that will not only save you money but help save the planet!

* You can find Nude Food Movers products at major supermarkets and retailers all around the world! Go to www.nudefoodmovers.com.au



Join the Nude Food
MOVEMENT

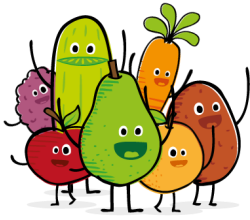
Nutrition
Australia



Keep
Australia
Beautiful



NUDE FOOD FREE DRESS DAY



Nude Food Free Dress Day

Thursday 24 May 2018



Trevallyn Primary School is getting behind the Nude Food Movement!! We are inviting you to come to school on Thursday 24 May with a completely nude (plastic wrap, foil or package free) lunch box. To celebrate our Nude Food Day you can also wear free dress clothing for the day! We are asking in return, to please bring in a gold coin for collection. With your donation, the Student Leaders, led by Alella, will be purchasing materials to make beeswax reusable sandwich wraps to then give to every student in the school so we can rid plastic in our lunchboxes forever!!



TREVALLYN 5/6 SPORT—FRIDAY 18 MAY 2018

Hockey vs Norwood @ St Leonards with Mr Partridge

Netball vs Norwood @ Trevallyn with Mrs Bransden

Soccer vs Riverside @ Trevallyn with Mr O'Brien

Football vs Norwood @ Trevallyn with Mr Ralph

Bootcamp @ Royal Park with Mrs Price

THE NAPPY COLLECTIVE

Trevallyn Primary School is getting behind The Nappy Collective. Bring in any unused disposable nappies to the school office by Friday 18 May and they will be distributed to organisations that support families in crisis or need.



TREVALLYN CRICKET CLUB - PARKING

Trevallyn Park wish to advise that parking at Trevallyn Cricket Club carpark will be limited on Monday 14 and Tuesday 15 May and possibly Wednesday due to redevelopment.

UNIFORM OPENING HOURS

Monday afternoons 2:30pm – 3:30pm and
Tuesday mornings 8:30am– 9:30am



Trevallyn Primary School

CONTACT DETAILS

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