

TORRENS PRIMARY SCHOOL **Ritchie Street TORRENS ACT 2607**
Phone: (02) 6142 0777 Email: admin@torrenspss.act.edu.au Web: www.torrenspss.act.edu.au



Dates to remember:

- * **Thurs 20 Dec** - Yr 6 Graduation Assembly **2pm sharp**
- * **Thurs 20 Dec** - Yr 6 Graduation Dinner Dance 6.30pm
- * **Fri 21 Dec** - Yr 6 Hoyts and iPlay
- * **Fri 21 Dec** - Last day of Term 4 2018
- * **Wed 27 Feb - Fri 1 Mar** - Yr 5 Cooba Camp 2019

More dates and latest news can be found at:
www.torrenspss.act.edu.au

Things due:

- * **Fri 21 Dec** - Yr 5 2019 Cooba Camp expression of interest

School Dates

Start of Term 1 2019:

Monday, 4 February (Kindy, Stripes and Chifley Preschools)

Tuesday, 5 February (Year 1-6 students)

Wednesday, 6 February (Pearce and Spots Preschools)



From the Principal

Last week we farewelled a number of teachers who are leaving to teach in other schools next year.

Since then, Cissy Lu, our Mandarin teacher has advised us she is returning to university to retrain as a college maths teacher! Please join me in wishing Cissy all the best with her future endeavours.

Cissy has made so many contributions to the Torrens Primary community, including: building up the Mandarin resources at Torrens; running the Panda Competition each year; organising excursions to Sydney's China Town, Canberra's Peace Bell, the Art Gallery and Chinese Embassy; running the Language Perfect lunch time club and groups at the Spring Fair. Cissy has also tutored students on weekends, coaching and entering them in Level 1 and 2 Chinese exams; introduced Dragon Day to Torrens, organised Harmony Days and multiple charity events, and the list goes on! Cissy is leaving big shoes for our next Mandarin teacher at Torrens to fill!

Enjoy a safe and relaxing summer holiday.

Rachel Matthews



Technology provides our children with an avenue for play but it is surprising how many toys or devices are Internet-enabled including drones, smart teddies, tablets and wearables. Even those used by young children can have unexpected safety risks.

The eSafety gift guide, from the Office of the eSafety Commissioner, suggests some simple tips to manage this, including deactivating voice or recording features, using parental controls and activating privacy settings.

Visit <https://www.esafety.gov.au/giftguide>

First Aid and Medication lodged in Sick Bay



If you have lodged medical Action Plans and medication in Sick Bay for your child during 2018, please take the time to come in and check that plans and medication remain up to date. You can update plans, lodge new medication or take medication home for the break as necessary. All medical plan proformas are available on the website at:

http://www.torrenspss.act.edu.au/our_school/general_medical_information

Please note that medication for Year 6 students will be returned to them after the excursion on Friday.



LEAVING TORRENS? If you have not already done so, please advise the Front Office if your child/ren will not be returning to Torrens Primary School in 2019 (excluding Year 6 students).



BACKYARD LIFEGUARD

KEEP OUR KIDS SAFE THIS SUMMER.

The home swimming pool is the most common location for injury and drowning death for children under five. We can all work together to protect children in our community.

- Closely supervise kids at all times
- Learn how to resuscitate
- Check your pool barriers meet the current safety standards
- Keep your barriers clear of objects and plants that kids can use to climb into the pool area
- Teach your kids to swim and be safe around pools
- Ensure your pool gate is shut at all times

ACT Government SUPPORTED BY:  HOW SAFE IS YOUR POOL? Find out with our free pool barrier safety checklist. Pick up a copy from your local library or visit www.act.gov.au/backyardlifeguard

Before & After School Care - 2019 Enrolments

Woden Community Service operates a Before and After School Care Program at school. Hours are from 7.30 - 9.15am and 3.15pm - 6pm. To enrol, phone 6147 3318 or send an email to enrolments@wcs.org.au

2019 Stationary Orders

Please note that if you order your 2019 Stationary supplies through OfficeMax, items will be delivered to *your* home or place of work. Please **do not** nominate Torrens Primary School as the delivery address for your order. Remember the school's ordering code is: **9XZ3Q**



School Board Elections - 2019

The Torrens Primary School Board has three parent vacancies for 2019. These vacancies are all for two-year terms.

Nominations open **Monday, 4 February 2019 at 11.00am** and close **Monday, 18 February 2019 at 11.00am**.

Under the *Education Act (2004)*, the Board has the following responsibilities:

- deciding on school policies, within Directorate guidelines;
- approval of the school budget;
- overall direction of the school curriculum and development of the School Plan; and
- presenting an annual report to the Directorate and community


Nomination forms will be available from the Front Office from Monday, 4 February 2019.

Christmas greetings! We invite you to celebrate and discover the birth of Jesus with a local church this Christmas.

St George's Anglican Church
67 Pethebridge St
PEARCE

MON 24th
6.00pm
Family Carols

TUE 25th
9.30am
Traditional Service
with Holy Communion



Canberra Austral-Asian Christian Church
36 Ringrose Cres
ISAACS

TUE 25th
9.15am
Contemporary Service



Cool Kids: a program for children aged 7-9 years and their parents and carers

Cool Kids is a group program for children aged 7-9 years with anxiety, which children and their parents/carers attend together. The program uses Cognitive Behavioral Therapy to help children and their carers to better understand anxiety, and develop strategies to manage anxiety.

Both children and carers must be able to attend 10 weekly sessions (after school hours) in a group of approximately 6 families led by two clinicians from CatholicCare.

Cool Kids has been developed for children who experience anxiety for a range of reasons. However, the program is generally not a suitable option for children who have experienced trauma, or who have additional mental health difficulties that could impact their ability to take part in the group.

Interested in attending? Please call CHN on 02 6287 8066 to book an assessment. If your child is found to be suitable for the group you will need to get a mental health plan from your GP before the group starts.

The program will run for 10 weeks.

DATES: Thursday 7 February
Thursday 14 February
Thursday 21 February
Thursday 28 February
Thursday 7 March
Thursday 14 March
Thursday 21 March
Thursday 28 March
Thursday 4 April
Thursday 11 April

TIME: 3.30pm –5pm

VENUE: CatholicCare
57 Hicks Street, Red Hill



Cool Little Kids: a program for parents and carers of children aged 3-6 years

Cool Little Kids is an evidence-based, group program for parents and carers of younger children (children do not attend the group). The program helps parents and carers to better understand the causes and consequences of anxiety, and use Cognitive Behavioral Therapy strategies with their children to manage feelings of anxiety.

Parents and carers must be able to attend 6 weekly sessions in a group of approximately 6 families led by two clinicians from CatholicCare.

Cool Little Kids has been developed for children who experience anxiety for a range of reasons. However, the program is generally not a suitable option for children who have experienced trauma, or who have additional mental health difficulties.

Interested in attending? Please call CHN on 02 6287 8066 to book an assessment. If your child is found to be suitable for the group you will need to get a mental health plan from your GP before the group starts.

The program will run for 6 weeks.

DATES: Monday 18 February
Monday 25 February
Monday 4 March
Monday 11 March
Monday 18 March
Monday 25 March

TIME: 9.30am – 11am

VENUE: CatholicCare
Level 2, BlackFriars Building
127 Philip Avenue
Watson