

Thurgoona News



Excellence, innovation, opportunity-student success in a caring environment.

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Principal: Theresa Kane

Term 1 Week 1

31 January 2018

Providing the foundations for life-long learning

Principal's Message

Welcome to the 2018 school year!

There are a large number of new families joining our school community along with many new staff members. All families are encouraged to be actively involved in all activities and opportunities at the school.

I welcome and congratulate Jodie Cunningham, Kelly Grohmann, Shannon Jacobs and Stephanie Stow on their permanent teacher appointments at Thurgoona Public School. Janet Conibear, Stephanie Stow, Nadene King and Jo Barber join the executive team as relieving assistant principals.

Lara Obbink, Lynda Joyce, Sandi Hunkin, Lyndall Brain and Tayla Carrol join the teaching team. In the office, we welcome Karin Tanner and Judith Mullins. Renee Jeffs and Brennan Maguire join the team of staff supporting teachers in the classrooms.

Attached to this newsletter is information relating to the introduction of a Support Dog at Thurgoona Public School. Sasha, the pup who will be involved in the project, is a Golden Retriever. Sasha is attending training to ensure she is prepared to be in a school environment. Please read the information and contact the school if you have additional questions or any concerns related to this project.

We look forward to the annual school swimming carnival that is being held next Monday 5 February. If you are available to assist and have not notified the school please contact the office as soon as possible.

No late entries will be accepted after Thursday. The carnival organisation must be completed prior to the day.

Please do not hesitate to contact your child's teacher or myself if you have specific questions.

Theresa Kane

Principal



Notes Home 2017

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|------------------------|--|
| Swimming Carnival 2018 | |
| | |

Important Dates 2017

| | |
|---|--|
| Swimming Carnival Entries close Thursday 1 February | P & C Meeting Monday 12 February —7:00pm Library |
| Swimming Carnival Monday 5 February | |

Traffic Congestion

Please take care when dropping off and picking up students at the school and ensure that you follow all road rules.

Be aware of the **NO STOPPING** areas on Bottlebrush Street. To ensure the **safety** of all students if you are dropping them off in the car park, please ensure that they only get out of cars in the area identified by **YELLOW LINES**.

**The Uniform Shop will
open...**

**Thursday 1 February
8:30am—9:00am**

Lost Property

Lost property is located inside the front entrance of the school.

Please label all items clearly and check the basket if you are missing any items.

P&C News

Welcome to all the new families and welcome back to those returning for another big year .

The P & C Committee invite you to attend our first meeting for 2018 which is being held Monday 12 February at 7:00pm in the school library.

Everyone is welcome no need to be a member however if you would like to join it is \$1.00.

2018 Calendar

| Term 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---|---|--|--|
| Week 1 January 2018 | 29 Staff return | 30 Year 1 to 6 students return Best Start Testing 2018 Kindergarten | 31 Best Start Testing 2018 Kindergarten | 1 Best Start Testing 2018 Kindergarten | 2 Kindergarten students commence |
| Week 2 February 2018 | 5 TPS Swimming Carnival Albury Pool | 6 | 7 | 8 | 9 |
| Week 3 February 2018 | 12 P & C Meeting 7:00pm Library | 13 | 14 | 15 | 16 |
| Week 4 February 2018 | 19 | 20 | 21 | 22 | 23 |

Community

News

THURGOONA TENNIS PROGRAMS

After School Weekly Lessons - during school terms



- Introductory and development programs coordinated by a qualified coach
- Registered Provider of Hot Shots Tennis and NSW Active Kids Program
- Fun innovative teaching methods
- Low compression tennis balls, smaller racquets and mini nets, all provided
- For kids all abilities aged 4 years & above
- Register now – limited places available! Group lessons from \$100 per term
- Term 1 program (8 weeks) starts week commencing Monday 5th February.

Free Trial for newcomers

- This Saturday morning 3rd February – times depend on age and ability
- Bookings essential! Register now!

Saturday Morning Hot Shots Match Play

- Learn tennis match play and scoring in a friendly junior competition environment
- Played Saturday mornings during school terms – restarts 10th Feb. 9:30am to 11:30am approx.
- \$10 per player each week

School Holiday Clinics

- Held during school hols, dates TBA
- Bookings essential! Register early!



Join the fun!
All abilities welcome!
Located at Thurgoona Tennis,
Thurgoona Country Club Resort



Download more information and register online:
www.thurgoonaresort.com.au/1267

Email: tennis@honeybee.net.au Phone: Barb 0438 130 100

Thurgoona Touch Football



Looking for something to do? Get in touch with Touch Football!

| | |
|--------------------|---|
| Start Date: | Tuesday 27 th February 2018 4.30pm - 5.45pm |
| Training Sessions: | 6 th March, 13 th March, 20 th March, 27 th March Daylight savings ends new time 4.15pm – 5.15pm 3 rd April, 10 th April, 17 th April |
| Where: | Ernest Grant Park |
| Who can come: | Boys and girls aged between 9 -13yrs |
| What to Bring: | Drink bottle with plenty of water |
| Further info: | Mandy Wilson on 6023 8295 or 0409 468 848 |
| Cost: | FREE |



Thurgoona Public School



Meet Sasha, our Support Dog Project

Animals in the classroom can be used to calm fears, relieve anxiety, and teach skills. Our Support Dog project aims to support students in their educational endeavours. Linked with our Wellbeing programs and policy, the Support Dog project supports student's psychological and emotional development.

Thurgoona Public School will manage Sasha on the facility, giving the students opportunity to interact with close guidance and support. Over the years, numerous research studies have been undertaken to validate the benefits of animal assisted activity and in particular the contribution of therapy dogs. Empirical evidence has shown that therapy dogs can enhance children's psychological development, improve social skills, and increase self-esteem among other benefits. Dogs can also teach responsibility, compassion, and respect for other living things. Dogs in the classroom can be used to calm fears, relieve anxiety, and teach skills.

Here is a summary of potential benefits (Data adapted from the Australian Companion Animal Council):

- Physical – interaction with a furry friend reduces blood pressure, provides tactile stimulation, assists with pain management, gives motivation to move, walk and stimulates the senses
- Social – a visit with a dog provides a positive mutual topic for discussion, promotes greater self-esteem and well-being, and focused interaction with others
- Cognitive – companionship with a dog stimulates memory, problem solving and game playing
- Emotional – an adorable four-legged visitor improves self-esteem, acceptance from others, and lifts mood often provoking laughter
- Environmental – a dog in a facility lifts mood and this continues after visit research has demonstrated that therapy dogs properly managed in the school setting can not only make a measurable difference in terms of gaining various skills such as reading enhancement, but also in contributing critically to emotional and relational development.

School counsellors are finding that the presence of a therapy dog can decrease anxiety and enable students to work through issues such as anger management, bullying tendencies and others psycho/social problems. Attendance rates have increased with a facility dog in place.

The introduction of a non-threatening therapy dog can serve as a catalytic vehicle for forming adaptive and satisfactory social interactions. Guided activities and group discussions help teach students how to handle interpersonal conflicts and develop constructive responses.

At Thurgoona Public School Sasha will be the responsibility of Mrs Maguire, Assistant Principal Wellbeing and selected handlers. A quiet area will be supplied for Sasha in which to escape the students and have quiet time. When she is in areas where children are she will always be under the close supervision of a staff member. Food and water will be supplied on demand and is the responsibility of the handler.

Allergic reactions.

Understandably, parents and educators may be concerned about potential allergic reactions to dogs within the school environment. However, the school is required to meet cleanliness and grooming requirements minimizing allergic contact. Sasha will only be put in situations where students voluntarily participate, thus avoiding risky contact.



Thurgoona Public School



Animal maintenance.

Thurgoona Public School will ensure Sasha has regular training sessions, and veterinarian checks ups, along with regular evaluations of the project. All staff handling Sasha are competent, having been trained to watch for potential harm to either a child or the dog and are primarily responsible to manage her when on site.

Fear of Dogs

We understand that some children have had very traumatic experiences with a dog and thus have a severe fear of contact. Because the Support Animal program is implemented by permission or voluntarily, and only in areas where unwanted contact with her can be avoided, the fear issue can be minimised. Experience and research has also shown that with proper guidance and handling, children can learn to overcome their fear of animals and with it, grow in respect and appreciation of them.

What are the goals of the Educational Support Animal program at Thurgoona Public School?

While Educational Support Animals have been used fairly widely in recent years for reading enhancement, an educational support dog program can contribute much more.

Here is a summary of the areas where the proper use of educational support dogs in a school setting can contribute significantly and help to achieve important goals in student development:

- Animals can assist handlers working with students who have anger management issues, bullying behaviour and other anti-social conduct.

GOAL: Increase empathy/compassion.

- Animals can assist handlers with students who are victims of bullying and related behaviours.

GOAL: Decrease retaliatory violence and improve self-esteem.

- Animals can assist handlers with students who are socially disconnected from the mainstream student body.

GOAL: Help the student stay connected with social networks.

- Animals can help in the reduction of stress and anxiety among children in social settings that are stressful:

GOAL: Reduce anxiety levels and help children to decompress after traumatic circumstances.

- Animals can contribute to the improvement of reading and comprehension skills of students having difficulties.

GOAL: Improve reading skills, comprehension and increase confidence and literary interest.

- Integrating an Educational Support Animal into the emergency preparedness and response plans of a school system, when a critical incident occurs, can have major benefits.

GOAL: Lessen the emotional trauma of a critical incident/event for students, teachers and staff.

The above programs have been increasingly used in recent years with documented results.

Thurgoona Public School will have completed policies, risk assessments, incidence reporting procedures and program structures in place to enhance all Support Animal activities.



Support Animal project proposal

Animals in the classroom can be used to calm fears, relieve anxiety, and teach skills. The Educational Support Animal project aims to support students in their educational endeavours. Linked with our Wellbeing programs and policy it also aims to support our student's psychological and emotional development.

Thurgoona Public School would manage a dog on the facility giving the students opportunity to interact, with guidance and support. Over the years, numerous research studies have been undertaken to validate the benefits of animal assisted activity and, in particular, the contribution of therapy dogs. Empirical evidence has shown that therapy dogs can enhance children's psychological development, improve social skills, and increase self-esteem. Dogs can also teach responsibility, compassion, and respect for other living things. Dogs in the classroom can be used to calm fears, relieve anxiety, and teach skills.

Student's name- _____ Class- _____

1. Would you be happy for the use of a dog at school as a support/therapy animal?

☐ yes ☐ no

2. Does your child have any allergies that would impact on their involvement with support/therapy pets at school?

☐ yes ☐ no

3. Does your child have a fear of dogs?

☐ yes ☐ no

4. Would you be comfortable with your child to pat and socialise with a support/ therapy dog at school?

☐ yes ☐ no

5. Do you have an issue with a dog on the school facility in a working capacity?

☐ yes ☐ no

If we do not hear back from you, we will presume you are Ok with our proposal to have a fully supervised and highly trained dog at school for educational support and therapeutic purposes.

Theresa Kane

Principal

Alison Maguire

Assistant Principal Wellbeing, Learning and Support