

Monday, 11 March 2019

From the Principal

Welcome to Week 7. It's hard to believe we have now only 5 weeks to the end of Term 1. It's gone very quickly and it'll be the end of term before we know it.

Last Thursday all students in Years 4-6 received an information note regarding the Tell Them From Me Survey. This is a totally anonymous survey designed to give us as a school, information from our students in regard to their thoughts about a variety of subjects including curriculum, physical/social environment and learning success. You may of course opt out of having your child participate, however then your child won't have an opportunity to have their say in a safe and anonymous forum.

We will be celebrating Harmony Day on 21st March. This day began in 1999, and is celebrated Australian wide and coincides with the United Nations International Day for the Elimination of Racial Discrimination. Children are encouraged to wear the colour orange and be in 'school appropriate' clothing and closed shoes. No shirts with inappropriate slogans, pictures or brief clothing.

We're very excited about our upcoming Fun Fair with plans getting locked into place. Our planning committee meets fortnightly and after our second meeting last week, many aspects are now prepared. All funds raised will go toward cooling our school hall and we have show bags, rides, stalls, food and much, much more. We're inviting stall holders to have a space to sell their wares, so if you or friends have a market stall, have them get in touch with our P&C President, Scott Matthews, or our school office. Our students will be able to do "Fun Fair Banking" from the beginning of Term 2 allowing them to save money to spend at the Fun Fair. Please look for information in our future newsletters.

We are taking enrolments for this year's Coming Up to Big School (CUBS) program. This proven program for those students entering Kindergarten in 2020 gives children a great head start to 'big school'. Enrolment packages are available from our school office now and the program commences in Term 2. If you know of a family who would like to participate in this program, please encourage them to get in touch.

A few weeks ago I shared the DoE's new policy regarding acceptable behaviours from our community in schools. This charter is what is expected from all of us who are involved in schools. I, and the Department of Education, expect our school staff to be respectful in all interactions and, I and the Department of Education, expect our parent community to be respectful in all interactions. To support this I encourage all school community members who have questions, issues or problems they would like to resolve to make a time to speak to one of our teachers. If your issue is class related please speak to the class teacher. If it relates to the teachers please see the appropriate assistant principal. If they are unable to assist you I am more than happy to meet with you.

Until next week,

Donna Stackman

#iamtenambit #tenambitstrongertogether

PBL Affirmation for the Week

*"I can follow my classroom
PBL expectations"*

School Calendar Term 1 - 2019

Week 7

Wednesday 13 th March	Parent/Volunteer Inductions 9.00am in the office
Friday 15 th March	Athletics Carnival

Week 8

Monday 18 th March	P&C Meeting - AGM
Wednesday 20 th March	School Photos Parent/Volunteer Inductions 9.00am in the office
Thursday 21 st March	Harmony Day Reg Kelly Cricket
Friday 22 nd March	Cross Country

Week 9

Wednesday 27 th March	Parent/Volunteer Inductions 9.00am in the office
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Week 10

Tuesday 2 nd April	Zone Cross Country
Wednesday 3 rd April	Parent/Volunteer Inductions 9.00am in the office

Week 11

Wednesday 10 th April	Parent/Volunteer Inductions 9.00am in the office CUBS Parent information session at 9.00am in the school Library
Friday 12 th April	Easter Hat Parade

Term 2 - 2019

Week 1

Monday 29 th April	Staff Development Day
Tuesday 30 th April	Students return

Week 2

Wednesday 8 th May	CUBS 9.00am – 11.00am
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Tenambit Public School CUBS Program

The 2019 CUBS (Coming Up To Big School) Program will commence at Tenambit Public School on Wednesday 8th May from 9.00am to 11.00am.

This is a school readiness program for children commencing Kindergarten at Tenambit Public School in 2020.

Please register your child at the school office. An enrolment pack will need to be collected and returned to school.



School Photos

School photo envelopes went home last week, please ensure they are sent back fully completed on school photo day (Wednesday 20th March), with correct money or payment made online.

Birthday Cakes

Just a reminder to parents that due to a large number of allergies with students at our school, we have a policy whereby we do not allow any birthday cakes to be brought into school. We apologise for any inconvenience.

High School – Expression of Interest Forms

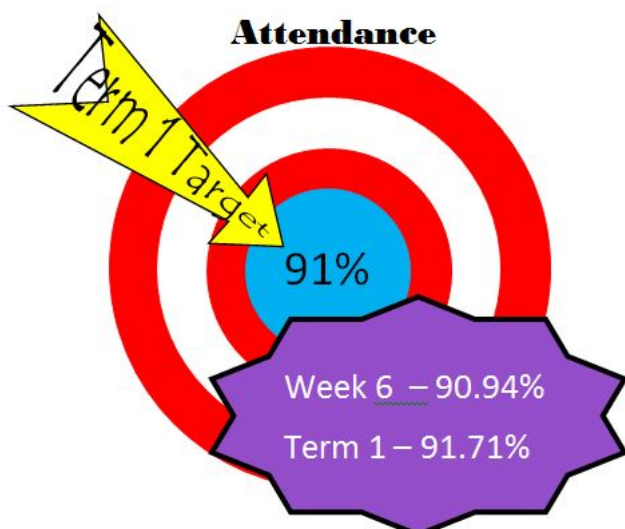
We still have numerous High School Expression of Interest forms that have not been returned for our Year 6 students heading off to high school next year. As these forms were due to the office by last Friday, can you please ensure these forms are returned to the school as a matter of urgency, as the details must be entered into our system.

Stewart House Donation Drive 2019

Stewart House Envelopes were home last week, your donation supports the 1,700 children who attend Stewart House each year. Entry into the draw is only \$2.00 for your chance to win a family holiday valued at \$4,000 to the destination of your choice. Please complete the details on the envelope and return to the school office by the 12th April.



Attendance





As dedicated practitioners, the staff of Tenambit Public School continuously put their students first and sometimes forget to look after themselves. As our amazing school has a strong focus on kindness and wellbeing, Ms Moss and the Executive Team would like to introduce Staff Wellbeing Week.

Staff Wellbeing Week will take place each term and will include a variety of fun and indulgent activities for our staff, including staff dress-up day, BBQ breakfast, extravagant and delectable lunch and dessert options and much more.

This term's Staff Wellbeing Week will take place this week, so please make sure to tell the staff of Tenambit Public School how truly amazing they are.

Let's enjoy this time together!



Tenambit Public School Community Fun Day

We have finalised the date for our Community Fun Day for 2019.

Date: Saturday 14th September 2019

Venue: Tenambit Public School

Time: 9.00am – 2.00pm

ASSEMBLIES

Infants (K-2): Monday 2.25pm

Primary (3-6): Friday 2.25pm

Tenambit Public School P & C Association Annual General Meeting

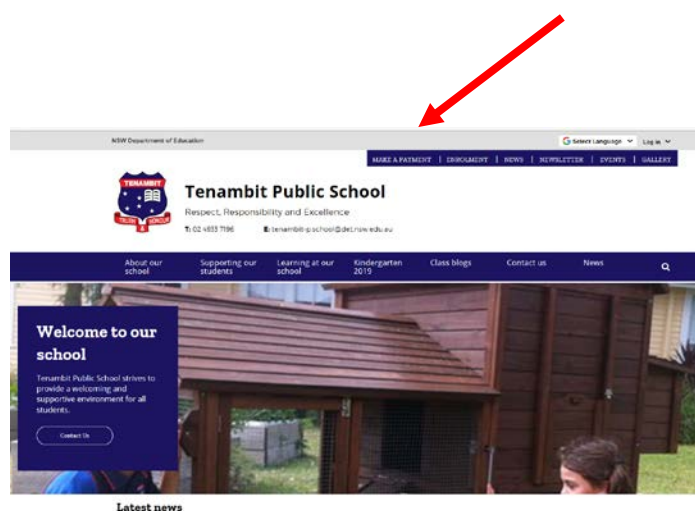
The next meeting of Tenambit Public School P&C Association is the Annual General Meeting. This will be held on 18th March at 6.00pm.

From the Office

Just a reminder it is a **\$10.00 minimum** for any payments using EFTPOS at the school office.

Also, the school does not carry a float, so if paying by cash it would be much appreciated if you have the correct money.

If you would like to make your payments online, please go to the Tenambit Public School website and click on the blue 'Make a Payment' tab along the top.



Follow the instructions and enter your payment details etc. Please note, only fields marked with an asterisk are mandatory to be completed.

Thank you.



Statement of accounts will be sent home in the coming weeks for the 2019 Voluntary School Contributions. Fees set for this year are \$45.00 per student, and if there are more than two students in your family the third child will be \$40.00 and any more siblings will be a nil fee. It would be greatly appreciated if families could finalise these accounts as soon as possible.

Great student work!

James was running and dancing like crazy. He was screaming and had so much energy. He swung his arms. He felt like he was going to explode. WEEF!

Xavier

Fantastic work Xavier!
6.3.

He wouldn't stop screaming all day.

James was shaking uncontrollably. He had been screaming all day. He has lots of energy and his heart is beating fast. He hugged his mum and dad (tightly) and squeezed them tightly.

Fantastic work Beau! Keep trying.

Beau

6.3. ✓✓

Volunteer Inductions

If you would like to be a volunteer at school there have been some changes since September last year. Volunteers need to complete a Working With Children Check NSW at

<https://www.service.nsw.gov.au/transaction/apply-working-children-check>, print out the final page with the application number on it and take it to Services NSW (old RTA) and submit the application.

Once approved, bring the copy of the clearance with you when undergoing the volunteer induction at the school.

Inductions will take place on Wednesday mornings at 9.00am right through to the end of Term 1.

BOOK CLUB ORDERS

Please note that all Book Club orders must be processed online by Monday the 25th March.

Thank you!



say cheese

School Photo Day is

20 March 2019

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

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- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon request
- Please enclose correct money as no change is given.
- Credit card payments are available online - You will need your personalised shoot key located on your child's envelope to place your order online.

For any enquiries, please feel free to contact us

e admin.nhvcc@msp.com.au
p +61 2 4966 8292
f +61 2 4966 8293
www.msp.com.au



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- | | |
|--|--|
| • Salad. | • Tabouli. |
| • Vegetables – lightly grilled or roasted. | • Egg. |
| • Lean meat e.g. roast beef, lean skinless chicken breast or turkey. | • Tasty cheese. |
| • Fish - tinned tuna, salmon or sardines (in springwater or brine). | • Banana. |
| | • Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa. |

Visit healthylunchbox.com.au for recipes & information you can trust.

Eat It To Beat It

SCHOOL OFFICE HOURS

8.30am – 3.15pm

National Action Day against Bullying

To support the National Day of Action against Bullying and Violence (NDA) on Friday 15th March, Stage 3 are participating in an online class presented by the Office of the eSafety Commissioner to build digital resilience. Students will attend the 'Bouncing back from online bullying' in their classrooms on Thursday 21st March at 9.30am. The session is designed to empower students to build personal skills to demonstrate resilience and explore ways to maximise their own and others' safety in a digital environment.

The 2019 Anti-bullying theme is:



To access more information please visit:

<https://bullyingnoway.gov.au/nationalday>

Q&A with the Office of the eSafety Commissioner

To assist with keeping young people safe online, access a recorded interview with Kellie Britnell from the Office of the eSafety Commissioner on cyber safety.

From 4.00pm on Thursday 14th March the interview will be available as a featured video on the department's Facebook page -

<https://www.facebook.com/NSWDepartmentofEducation/>

Kellie answers questions submitted by parents and carers on keeping their children and young people safe online, and addresses key information on preventing and addressing online bullying.

Feel free to watch the interview at your leisure.

National Day of Action against Bullying and Violence

Friday 15 March 2019
www.bullyingnoway.gov.au



Talking about bullying

We know one in four students report being bullied in person, and one in five online. Whether it happens in person or online, bullying can have a devastating and lifelong impact. Not only for those who are bullied, but for those who bully others and who witness bullying.

Knowing what to do if a child talks to you about bullying can be difficult. Find helpful tips, advice and strategies about preventing and responding to bullying at www.bullyingnoway.gov.au

Whether you're a teacher, parent or student, everyone has a role to play.

Tips for students

If it happens in person, try these:

- **Ignore them.** Try not to show any reaction.
- **Tell them to stop** and walk away.
- **Pretend you don't care.**
- **Go somewhere safe.**
- **Get support** from your friends.

If it happens online, try these:

- **Avoid responding** to the bullying.
- **Report and block** anyone who is bullying online.
- **Protect yourself online** using privacy settings and keep records.

If you see someone being bullied:

- **Leave negative conversations.** Don't join in.
- **Support others** being bullied.

If it doesn't stop:

- **Talk to an adult** (parent/carer/teacher) who can help stop the bullying.
- **Keep asking** for support until the bullying stops.

Tips for parents

If your child talks to you about bullying:

1. **Listen** calmly and get the whole story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want you to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find strategies.
5. **Check in** regularly with your child.

Remember:

1. Listen
2. Respect
3. Acknowledge

BULLYING. NO WAY!
www.bullyingnoway.gov.au