

Tuesday, 11 June 2019

From the Principal

Welcome to Week 7 everyone, our term is rushing toward the end and it's going to be upon us before we know it.

I would like to extend a huge thank you to Mrs Johnston, Mr Bourke, Mrs Stephens and Mr McGrady for enabling our Stage 2 students to attend camp at the Great Aussie Bush Camp. Without teachers organising and attending camps and excursions, giving up their own home time to ensure our students participate and enjoy these extra curricula events, a lot of opportunities would not be available to your children. Please extend your thanks to them if you've not already done so. We're very lucky at our school to have school staff who go beyond their job description to allow our kids to have fantastic and memorable experiences.

We have quite a few great things happening at school this week, on top of our everyday activities. On Thursday our K-2 students will participate in our Junior Carnival. This event is within our school grounds and our families are invited to come and cheer your children on. Well supported by our senior students, this great and fun filled carnival is a great taster of activities, showing off the skills and capabilities learned in weekly PE lessons.

Our Star Struck team perform this week, with final rehearsals, the Matinee on Friday and performances over the weekend, our Star Struck team are ready to shine. Our school students attending Friday's matinee will be in awe of the extravaganza on stage. Keep an eye out on our school's Facebook page for updates and pictures.

Our Kinder to Year 2 children will get the opportunity to enjoy a visit from the Responsible Pet Program on Wednesday. This program shares with children the requirements of being a great pet owner and is a highly successful show. I'm amazed each time by the commitment given by this program to sharing with children how to be safer around pets, how to look after

pets and how to love them even more than they do. And one of the best bits is I also get to have puppy pats.

As most of you know, I was struck down by flu last week. Speaking from experience, it's important that if your child is ill, please keep them at home because they will be very unwell. Sending them to school ensures that germs are spread, other children and adults will catch it, your child will be miserable and we'll call you anyway to collect them. We've already many children and school staff who have been unwell. It's been very hard to get replacement teachers, necessitating in classes being split across the school. Stay well everyone.

And finally, a quick reminder for your calendar. Our next P&C meeting is next Monday night. We'd love to see lots of parents there. Come along and share ideas.

Until next week
Donna Stackman

#iamtenambit #tenambitstrongertogether

PBL Affirmation for the Week

*Our PBL playground area this week is
focusing on the fields.*

*"We show responsibility by: playing safely,
wearing hats, keeping it a food free zone."*

School Calendar Term 2

Week 7

Monday 10 th June	Public Holiday
Wednesday 12 th June	CUBS 9.00am – 11.00am Responsible Pet Program K-2 Star Struck rehearsal
Thursday 13 th June	Star Struck rehearsal Infants Athletics Carnival
Friday 14 th June	Star Struck Performance Star Struck Excursion

Week 8

Monday 17 th June	P&C Meeting – 6.00pm
Tuesday 18 th June	Stage 3 Forensic Workshop
Wednesday 19 th June	CUBS 9.00am – 11.00am Debating – Thornton PS
Thursday 20 th June	Camp Quality Puppet Show Leaders: Arbor Day Planting

Week 9

Wednesday 26 th June	CUBS 9.00am – 11.00am
Thursday 27 th June	Jenny Atchison Primary Assembly

Week 10 - NAIDOC Week

Wednesday 3 rd July	CUBS 9.00am – 11.00am
Friday 5 th July	Last day of Term 2 School reports to go home



Star Struck

Star Struck excursion is now open to **all students** who would like to attend to watch the matinee performance on Friday 14th June. The first forty five students to hand in their permission note and pay the \$35.00 will secure their place on the bus!

Debating

On Tuesday 28th May, our Stage 3 Debaters competed in the first round of the Premiers Debating Challenge. Students versed Ashtonfield Public School to debate the topic 'Homework Should be Banned in Schools', with Tenambit arguing on the negative team. Although we lost on the day, students tried their hardest and represented our school with pride. Our Year 6 Debaters will be travelling to Thornton Public School next week to compete in Round 2. Best of luck to the students who will be competing on the day.

Miss Turner

ASSEMBLIES

Infants: Monday 2.25pm

Primary: Thursday 2.25pm

Junior Athletics Carnival

Our Junior Carnival that will be held this Thursday 13th June. The carnival will commence at 12:15pm and run until approximately 2:15pm. Parents are welcome to attend.

Late Arrivers

If your child arrives late to school, even if only 5 minutes, please ensure you come to the office to get a late note to give to the class teacher. A lot of students are going straight to class late when the roll has already been marked and then parents are receiving unnecessary text messages to say their child is absent. Thank you for your cooperation.

Great Aussie Bush Camp

The Stage 2 students had a fantastic time at Great Aussie Bush Camp last week. More information about the camp and what the students participated in will be in next week's newsletter.



SCHOOL OFFICE HOURS

8.30am – 3.15pm

HEAD LICE ALERT

It is that time of year again, and unfortunately several cases of head lice have been detected at school.

We seek your cooperation in checking your child's hair and in those instances where head lice or eggs are found, treating your child's hair early to stop the spread. Please see methods of removal below. Thank you.



Head lice Mechanical removal or 'comb and conditioner' method

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb (available from your local chemist or online)
- Conditioner - buy a cheap brand as you will need a lot of it
- White paper towel

Mechanical removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be done every second or third day until no nits and lice remain, usually about 7 to 10 days. Please see the explanation below for more detailed guidance. This method is the preferred way to detect and treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also presents a low risk of skin irritation. This method also helps manage head lice before they become established on the head. Simply keep a good head lice comb in the shower and every time your family washes their hair use the fine comb through the hair. This will ensure lice are "caught" before they lay too many eggs. If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep a comb handy to where you wash your children's hair and use it every shampoo.

Chemical removal

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice (talk to your local pharmacist to identify the treatments containing insecticides)
- Fine toothed metal lice comb (available from your local chemist or online)
- White paper towel If you choose to use a chemical treatment, remember to follow the instructions carefully. You will also need to comb through the hair to ensure the treatment is working. If you find dead lice it means the product has worked. If you find live lice, the treatment has not worked. Don't be tempted to re-apply or over-apply the same chemical if it doesn't appear to be working. Instead switch to another treatment that uses a different chemical compound or use the 'comb and conditioner method' as described under the mechanical removal. It is very important that you repeat the chemical treatment in seven days to kill any newly hatched eggs as most chemical treatments will not kill the eggs (nits).

Once your child is free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner as described above. Early detection and treatment will prevent re-infestation of other family members and classmates.

Tenambit Public School CUBS Program

The 2019 CUBS (Coming Up To Big School) Program has commenced at Tenambit Public School on Wednesday's 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 before commencement.



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fundraising organisations every year.

SkoolBag 

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

INSTALLATION INSTRUCTIONS

Just search for our school's name in the App Store on your phone and download our app!

Healthy snack ideas for morning or afternoon tea

- Vegetable or fruit platters
- Vegetable sticks with low fat or vegetable based dips, such as hummus or salsa. Try carrot, cucumber, capsicum, celery, broccoli, green beans and snow peas. Check what's in season
- Fresh or canned fruit (in natural juice)
- Frozen fruit pieces, such as frozen banana, grapes or orange quarters
- Oven baked vegetables (not oiled) such as pumpkin, sweet potato, carrot, potato
- Corn on the cob
- Fruit skewers
- English muffins with cheese or lean meat and salad vegies
- Pikelets or pancakes
- Rice cakes with cheese and salads, such as tomato, lettuce, cucumber, avocado, grated carrot
- Rice cakes with slice d/mashe d banana
- Pita bread with hummus or tzatziki
- Fruit bread (raisin toast) with a little polyunsaturate d or monounsaturate d margarine
- Fruit or vegetable based muffins
- Fruit or vegetable based scones
- Rice crackers (check the salt content)
- Cheese and biscuits (choose whole grain varieties, low in salt such as vita-weats)
- Unsalted pretzels
- Plain air popped popcorn (no added fat or salt) - not for children under 3 years due to choking risk
- Pasta with grated carrot, cherry tomatoes, canned chickpeas and reduced fat cheese
- Reduced fat yoghurt (plain or fruit), serve with fresh fruit or untoasted muesli for variety
- Wholemeal toast fingers with baked beans
- Tomato and cheese on toast
- Make savoury pikelets by including grated zucchini, corn and/or carrot. Spread with ricotta or cottage cheese
- Make mini pizzas using the wholemeal english muffins or pita bread, top with chopped capsicum, tomato, pineapple, mushroom and reduced fat cheese
- Miniwheats breakfast cereal, Weetbix/Vitabits or other wheat breakfast biscuits spread with fruit spread or a scrape of some yeast extract (Choose cereal with low sugar content)