

Monday, 29 May 2017

## From the Principal

### Thank you!

I'd like to start this week off by saying a very big THANK YOU to two great organisations who continue to sponsor our fabulous school. Last Monday I was very happy to receive a cheque from the Maitland Region Society of Artists for \$2, 408.47 which was raised from this year's Art Show.

On Wednesday, some of our students received a cheque from the Newcastle Permanent Building Society for \$600 because a home loan customer nominated our school as a recipient. We're told more funds will be coming our way via another home loan customer soon.

These funds will be added to our school's programs, enabling us to purchase resources for your children and we'd like to thank both organisations for their support.



### School Calendar Term 2

#### Week 6

Wednesday 31 <sup>st</sup> May	CUBS Program 9.00am-11.00am
Thursday 1 <sup>st</sup> June	Playgroup 9.00-11.00am
Friday 2 <sup>nd</sup> June	K-2 Athletics Carnival

#### Week 7

Wednesday 7 <sup>th</sup> June	CUBS Program 9.00am-11.00am
Thursday 8 <sup>th</sup> June	Playgroup 9.00am-11.00am Junior Boys Knights Knockout

#### Week 8

Monday 12 <sup>th</sup> June	QUEENS BIRTHDAY HOLIDAY
Wednesday 14 <sup>th</sup> June	CUBS Program 9.00am-11.00am
Thursday 15 <sup>th</sup> June	Playgroup 9.00am-11.00am
Friday 16 <sup>th</sup> June	Star Stuck Excursion

#### Week 9

Wednesday 21 <sup>st</sup> June	CUBS Program 9.00am-11.00am
Thursday 22 <sup>nd</sup> June	Playgroup 9.00am-11.00am Primary Athletics Carnival
Friday 23 <sup>rd</sup> June	Naidoc Week Performance Girls Rugby League

#### Week 10

Wednesday 28 <sup>th</sup> June	CUBS Program 9.00am-11.00am
Thursday 29 <sup>th</sup> June	Playgroup 9.00am-11.00am
Friday 30 <sup>th</sup> June	Last day Term 2

### Oh No ! I'm Lost

As the days are starting to get cooler and cooler, we'd like to ask parents make sure all jumpers and long pants are clearly named as we find more items left behind at the end of the day with no way of returning them to their owners as there's no name labels. Please ensure our kids come to school in school uniform, while we do understand that sometimes jumpers may be in the wash with no spares, it's important to make sure we represent our school with pride.

## Great Aussie Bush Camp

It was great to see our Stage 2 students enjoying their time at the Great Aussie Bush Camp last week. This is a great camp for students, with lots to do, working on team relationships, courage and resilience. Every year kids come back from camp, tired but extremely happy.

## Let's stamp out Bullying

An extended family circle is also beneficial. Many children aren't comfortable talking to their parents about certain things, but they may have a relative or family friend who they trust, and that relationship should be allowed to flourish. The same holds true for their friendships with kids who have a positive influence on them. If a friend exhibits traits we would like our child to have, we should nurture and encourage that relationship.

Even a child who is isolated from peers will do much better with family support. As he or she struggles to make friends, we can be helpful by exposing them to positive social situations: i.e. volunteering with them, taking them to community events, or participating in activities with friends of ours who have kids around the same age. It is important to facilitate the forming of these social connections without being critical or providing too much pressure.

Do Find an Area of Interest- Helping our kids to find an area that interests them and that they can excel in is a gift that can shape their lives. Get them involved in activities that help them feel good about themselves. Provide them with a variety of opportunities to find what specifically appeals to them. In doing this, we should be flexible in our expectations of children. Even if they prefer sketching cartoons, when we'd prefer they were playing football, it is important to support them in their excitement. It is also important not to confuse false praise with encouragement. Kids can tell the difference, and they often feel confused when our compliments don't match their accomplishments. When encouraging their interests, we must also be sure to give children the chance to be physically active. Physical activity is not only enjoyable, but it calms our bodies and makes us more resilient. It also helps us to not develop symptoms when we are stressed.

Do Promote Problem Solving Skills - To equip our kids with invaluable problem solving skills, we must show them how to be flexible in their responses. If a child faces a challenging situation, it is important to sit down with them and encourage them to think about the many possible courses of action available and which will be the most beneficial for them. If, for example, they endure teasing from a friend, what can they do? Is revenge really the best option? Can they joke back and not "take the bait?" Does ignoring it really solve the problem? Should they talk directly to the friend about how the teasing makes them feel? Is it better for an adult to be present in the conversation?

By demonstrating cognitive flexibility in our own reactions, we teach kids not to look at a problem one way, and instead, to see many ways to solve it. We can teach

our kids to always ask themselves, how can I seek help? How can I get more social support? And remember, the more adaptive we are in dealing with our own problems, the more adaptive they will be with theirs.

*And probably the most important of all.....*

Do Lead by Example - In each of the previous suggestions, it is vital to lead by example. Our telling our kids what to do and how to behave will rarely influence them as much as our showing them how to handle difficult situations. Exposing them to the constructive approaches we take in finding solutions to problems in our lives encourages them to handle matters in a similar way. If we come home complaining about our responsibilities or feeling victimised by our boss, or slamming others on social media, we encourage kids to take the same attitude toward their own challenges. We should always aim to act in a way that is consistent with our values and provide our kids with a positive model to do the same.

Until next week,

Donna Stackman

## Tenambit Public Prosecutors Debating

Tenambit Public Prosecutors Debating team's next debate against Bolwarra Public School will be Tuesday 30<sup>th</sup> May in the Tenambit school hall at approximately 12.30pm. Parents and carers are of course welcome.

Unfortunately we lost out to Rutherford in our debate last week, however I believe that with all the positive feedback received the team will become stronger and improve with each future debate.

Debbie Manners  
Debating Coach

## K-2 Athletics Carnival

A reminder to K-2 parents/carers that the Athletics Carnival will be held at school on Friday 2<sup>nd</sup> June at 9.15am concluding with a BBQ lunch at 11.15am.

Parents/carers are welcome to attend.

## Canteen

Just a reminder that BBQ notes for lunch for the K-2 Athletics Carnival need to be returned to make sure enough food has been ordered.

Parents/carers wanting to order lunch for the day can add their order to their child's order form.

## Positive Behaviour for Learning PBL

**PBL Affirmation for the Week**  
***"I can get along with others"***



## School Uniform

Just a reminder to parents with the cooler weather now upon us that students need to wear full school uniform including jackets, long pants/stockings or trackpants.

The uniform shop has a full stock of the school uniform in all sizes. These can be purchased from the school office.



## Notes in Circulation

- **Star Struck Excursion Note**
- **Shopping Fundraiser**

## Congratulations!

Congratulations to Alliyah Hansen on her acceptance into Hunter School of the Performing Arts, commencing in 2018. This is a great achievement Alliyah!



## Star Struck Excursion

The Star Struck excursion will be taking place on Friday 16<sup>th</sup> June (Week 8). Notes have gone home to interested students, and spare notes are available from the office. Cost of the excursion is \$35.00, and is open to the first fifty six students to bring their notes and money into the office as soon as possible.



## Shopping Fundraiser

Don't forget our great shopping trip to Sydney that has been organised as a fundraiser for Tenambit Public School. We'll visit six factory outlets that sell a variety of goods including clothes, accessories, homewares, toys and much more.

Please ask your friends and family to come along as the more seats we fill the more money we will raise for our school!

**When:** Saturday 14<sup>th</sup> October 2017  
**Cost:** \$65.00 (includes luxury coach travel, hostess, lunch, morning/afternoon tea)



***Please hand note into the office with your deposit as soon as possible.***

## MAKE A FACE 2017

Congratulations Dominick Davis and Maddy Boyle whose art works have been selected for inclusion in this year's **Make a Face** exhibition at the Maitland Regional Art Gallery from Saturday 3 June - Sunday 10 September.

**Make a Face** is not a competition but a curated exhibition that gives the gallery audience an opportunity to see the wonderfully creative artworks made by young local artists. This year 33 local primary and preschools are represented.

I would encourage everyone to visit the gallery and enjoy this wonderful display of local talent from across our region.



*Box Head* by Dominick Davis



*Face to Face* by Maddy Boyle

### New Office Finance System Transition

Tenambit Public School will transition to the new NSW public schools' finance system and a new bank account on 24<sup>th</sup> July 2017.

**To ensure a smooth transition, there will be changes to the way we accept parent or carer payments.**

1. Direct deposits: We no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one.
2. EFTPOS payments: We will not be able to accept EFTPOS payments between 17<sup>th</sup> July and 24<sup>th</sup> July 2017. Please ensure that you have made any outstanding EFTPOS payments before 17<sup>th</sup> July 2017. From 25<sup>th</sup> July 2017, EFTPOS payments will be accepted as before.
3. Cash and cheque payments: Between 17<sup>th</sup> July 2017 and 24<sup>th</sup> July 2017, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before 17<sup>th</sup> July 2017. From 25<sup>th</sup> July 2017, cash and cheque payments will be accepted as before.

Thank you for your patience and understanding as we transition to our new finance system. If you have any questions, please contact our office on 4933 7196.

Canteen Roster		
Week 6		
Tuesday	30 <sup>th</sup> May	Karleigh, Pieta
Wednesday	31 <sup>st</sup> May	Karleigh, Molly
Thursday	1 <sup>st</sup> June	Liane, Kaye, Victoria, Rebecca, Natalie
Friday	2 <sup>nd</sup> June	Liane, Samantha, Nicole, Luke
Week 7		
Monday	5 <sup>th</sup> June	Liane, Belinda, Molly