

Tuesday, 1 May 2018

From the Principal

Hello everyone and welcome to a brand new term. This term we watch proudly as our Student Leaders conduct our ANZAC Assembly, cheer our students in Kinder to Year 2 in their Sports Carnival, encourage our kids in Years 3 and 5 as they sit the NAPLAN testing, ensure our kids are kind to each other and laugh, smile and enjoy each and every day with our kids.

It was lovely to see so many of our students and their families join us for the ANZAC Day march last Wednesday, acknowledging the sacrifices those past and present make for us.

Last week we placed a poll on our school's Face Book page to ask your opinion as to the time of our school's disco. It was suggested that we hold our disco in school time, enabling all of our students to participate as it's often difficult for parents to bring their children to an afterhour's event. Please vote if you haven't already. Our students will also be asked for their opinions in the next couple of weeks and a decision will then be made after all stakeholders have been surveyed.

I will be taking some long service leave for the next three weeks and Mrs Zoe Dyall will be relieving Principal in my absence, supported by our very capable Assistant Principals and school teams. I love the fact that our teams support each other and our students so very well and we are truly lucky to have such a strong and professional staff, ensuring our school continues to grow from strength to strength.

This week our students are assisting on the creation of the first of our Kindness Tree murals. All stage three students will be participating in the painting of the mural and all students and school staff will place their own names on a leaf of the tree. It is anticipated that the mural creation will take up to three weeks and it will be installed on the back wall of our library, facing into the COLA area. As you know we are focusing on kindness to each other, to our

families and to our community. This will be evident in the way we conduct ourselves, in the language we use, in the way we use social media and communication and through this change in culture we will see a stronger and more mature way of interaction. We encourage you to follow this at home in your own everyday life and with those interactions with your children, and your own families.

And finally, please join us on Friday for our ANZAC Day Assembly led by our wonderful Student Leaders.

Until my return,

Donna Stackman

PBL Affirmation for the Week

***" I can demonstrate Respect,
Responsibility and Excellence"***

Tenambit Public School CUBS Program

Our first intake for our CUBS Program will commence on Wednesday 9th May from 9.00am to 11.00am.

Please make sure you have registered your child at the school office and collected an enrolment pack.

ASSEMBLIES – WEEK 2

Infants: Monday 2.25pm

Primary: Friday 2.25pm

School Calendar Term 2

Week 1 – Term 2

Thursday 3 rd May	Knights KO Under 10's
Friday 4 th May	Anzac Day Assembly – 10am PSSA Netball

Week 2

Wednesday 9 th May	CUBS Program begins 9.00am – 11.00am
Thursday 10 th May	Mother's Day Stall
Friday 11 th May	Mother's Day BBQ Breakfast

Week 3

Tuesday 15 th May	NAPLAN Language & Writing
Wednesday 16 th May	NAPLAN Reading CUBS 9.00am-11.00am
Thursday 17 th May	NAPLAN Numeracy
Friday 18 th May	

Week 4

Monday 21 st May	MLC Leadership Day P&C Meeting at 6.00pm
Wednesday 23 rd May	CUBS 9.00am-11.00am
Friday 25 th May	Junior Sports Carnival

Week 5

Tuesday 29 th May	Knights KO – Opens
Wednesday 30 th May	CUBS 9.00am-11.00am

School Band

We would like to invite students in Years 3 – 6 with an interest in music and instruments to express their interest in reforming our school's band. Students will have to commit to giving time for practice at home, meeting for band sessions in play times, and will need to be supported by parents to allow for home time to hone skills.

We are hoping to form a band in the coming weeks and look forward to lots of interest from our students. Students may see their class teachers or Mrs Dyll for further information.



Mother's Day Stall

Our Mother's Day stall will be held on Thursday – 10th May 2018. We are asking for donations to assist us with Mother's Day gifts for our students.

Donations of mugs, soaps, photo frames, chocolates, lollies or any gift items suitable for mothers or female carers would be greatly appreciated. Please leave them at the school office.



Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It

Small changes, big differences.



FREE Pathways Program

This program is designed for parents with children aged 2-12, parents may have already attended other parenting programs and feel they need more intensive support around parenting their children.

Pathways builds on the Triple P Group Program and focusses on:

- Avoiding Parent Traps - this will help you work out why you get angry and upset with your child, and help you think differently about how those situations occur
- Coping with Anger - this gives you a choice of personal tools to use when you get stressed or upset with your kids.
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When: 14th May, 21st May, 28th May, 4th June, 18th June, 25th June

Where: Telarah Public School, Raymond St, Telarah NSW 2320

When: 9.30 – 11.am

Cost: FREE – Morning tea provided

RSVP: Registrations essential: Please contact Family Insight by phone on 4961 0700 or email sara@familyinsight.org.au.



Unfortunately child minding is **NOT** available for this program; please make alternate arrangements for your children.

