



Monday, 16 November 2020

From the Principal

Welcome to Week 6 and our Tenambit Staff Wellbeing Week. Wellbeing is front and centre of most things we do at Tenambit, for our kids, families and staff, to create a true community, recognising the impacts each day and shifting practices accordingly. Wellbeing and our Kindness philosophy are strongly linked in what we do, our programs we deliver and our expectations of success for our kids.

This Wednesday our 'Almost Kinders' will visit school for the first time and spend some time in classrooms with next year's Kinder teachers, Miss Johnson, Miss Hamilton and Mrs Veale. There's been a huge shift in what we do due to COVID restrictions and our CUBS and Kinder Orientation practices are just one of those shifts. I'm really excited to meet all of our kids and share the Orientation Days with them. Please refer to the information on our Facebook for the latest details.

We are putting our final touches to our plans for the end of year events. Again due to restrictions, these will look very different this year to previous years. We have strict guidelines to follow and spacing requirements must be adhered to. Our Year Six Farewell will be Year Six attendees only, with lots of fun activities planned for and with our kids. As always, our Year Six students have a lot of say in the planning of this event and it is always a lovely evening.

And finally, a huge thank you to Mrs Van Der Wel for planning all the activities in celebration of last week's Book Week and congratulations to our competition's winning children. Monday was a lot of fun and thanks to all for the waves as I was at the front gate in the morning in full unicorn costume.

Until next week,

Donna Stackman

School Calendar Term 4	
Week 6	
Wednesday 18 th November	Kinder Orientation 9.00am – 10.00am
Wednesday 18 th November	K-2 2 nd PBL Badge Presentation
Thursday 19 th November	3-6 2 nd PBL Badge Presentation
Week 7	
Tuesday 24 th November	Year 5 Speeches and Voting
Wednesday 25 th November	Kinder Orientation 9.00am – 11.00am
Week 8 – NAIDOC WEEK	
Monday 30 th November	Sport Captains Elections
Week 9	
Tuesday 8 th December	K-2 Presentation Day
Wednesday 9 th December	3-6 Presentation Day
Thursday 10 th December	Year 6 Farewell K-2 Final PBL Badge Presentation 3-6 Final PBL Badge Presentation
Friday 11 th December	Party Day
Week 10	
Wednesday 16 th December	Last day of Term 4

SCHOOL OFFICE HOURS

8.30am – 3.15pm



A note from our new P&C President

G'day! My name is Jessica Mortimer and I'm extremely humbled to be the next voice of our P&C committee here at Tenambit! You've probably seen me around school wearing a baby in a teal coloured wrap! To start off, I'm passionate about nature play and I'm a Children's Rights advocate. I am an early childhood educator and operate a nature based, Steiner inspired family day care service from my home.

I'm a mum of three - Jack (11), Isla (6) and Holly (6mo); 2020 is our first year here at Tenambit and we are loving it! I am a budding gardener, book lover and knowledge seeker. I endeavour to lead a sustainable lifestyle where I can and always strive to empower others around me. I look forward to seeing you around our school community, and working with you to support our students. Take care - Jess.

STUDENT WATER BOTTLES

Due to protocols in the current situation please ensure your children bring their own water bottles to school daily, as they are currently unable to use the water bubblers. Students are only able to fill up their bottles from the water fill station.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...







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Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight 	= 4 weeks 	= Over 1 year missed
1 day per week 	= 8 weeks 	= Over 2.5 years missed

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TENAMBIT PUBLIC SCHOOL

ENROL NOW FOR 2021

NOW TAKING ENROLMENTS FOR KINDERGARTEN 2021

PLEASE DOWNLOAD AN ENROLMENT FORM and email it to: tenambit-p.school@det.nsw.edu.au

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The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

Further information about online enrolment can be found on our website [here](#)

Chaplain's Corner



Hi students,

This week I would like to encourage you to take some time to simply laugh! Laughter really is the best medicine! Laughing helps to reduce stress, anxiety, and other negative emotions. Laughing helps us to feel good and makes others feel good too.

Laugh Often!

PHYSICAL HEALTH BENEFITS OF LAUGHTER

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease



MENTAL HEALTH BENEFITS OF LAUGHTER

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

SOCIAL BENEFITS OF LAUGHTER

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding



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