

PBL FOCUS – WEEK 7

“I can control what I do and say”

Year 6 – 2022

The Year 6 students group photo will be appearing in the Maitland Mercury on Wednesday the 23rd November, if you would like to get a copy.

Kinder Orientation and Expo

A reminder for all of our parents who have children commencing Kindergarten in 2023 that tomorrow is the beginning of our Orientation sessions. For our Kinder 2023 students, this will mean time in a Kindergarten classroom with a Kindergarten teacher, away from Mum and Dad. We will start and finish our Orientation sessions as a large group in the hall. Please remember that these sessions will run from 9.00am – 11.00am.

Tomorrow will be our Kindergarten Expo where we will have lots of information to share with you all about what to expect next year as well as how to purchase uniforms, order from the canteen and much, much more. We look forward to seeing you all then.

Christmas Countdown - 34 Days till Christmas

Christmas is approaching very fast and it will be December before we know it. We are still doing a call out for support of our "Food and Toy Drive". If you are in a position to contribute, please consider doing so. Please see the flyer attached for ideas and suggestions.

Our Santa's mailbox is being filled each day with letters to Santa. These are being forwarded to the North Pole for a response. If you know of any children sending a letter to Santa via our special post box, please encourage them to put their full name (and possibly class) so that the North Pole knows where to send replies.

We have received official word from the North Pole that Nambit the Elf will arrive next week. As you may know, Nambit has been the official elf assigned to Tenambit Public School, getting up to all sorts of mischief while he is here. Keep an eye on our school's Facebook page to keep up with what Nambit is up to.

Parenting Programs 2023

We are busy finalising our Parenting Program calendar for 2023 and hope to have some information out by the end of year to help parents plan for the programs they would like to attend. We will see the return of No Scaredy Cats as well as Tuning Into Kids and Bringing Up Great Kids - Parenting Adolescents. Each of these programs will be offered to our parents for free.

One of the programs that I would like to give a little more information about is 'No Scaredy Cats', a program to help parents of children who may be anxious, highly nervous or need help building some resilience.

No Scaredy Cats looks into the cause of anxiety and fear behaviours in children, what this looks like and how we (as parents) can support them to develop skills to minimise its impact.

One of the places we have seen anxious students this year is in the transition back to school following each holiday. This is something we have seen a bit more in 2022, which is not surprising given that it has been our first year without a covid lock down. Many of our students are still trying to make sense of what happened with covid and during the holiday breaks, many of them get to spend dedicated time with their parents/carers, the people who they feel safest with in the world, something that is extremely comforting to them. It is natural then, that they are reluctant to leave the safety of those relationships and return to their school setting. This is going to be even more true when we look at returning in 2023 after a long summer break.

If you think this may be an issue for your child, please consider having conversations with them now and all through the break about what the return to school will look like. One of the things that 'No Scaredy Cats' teaches us, is that we need to continually develop our children's ability to face situations where they are nervous/anxious so that they can work through the discomfort when needed. This is a skill just like any other. Ways that you can support next years transition now include:-

- Practicing mindfulness activities.
- Discussing/recording the things about school they enjoy.
- Start a countdown calendar for return to school.
- Make a collage/scrapbook about the highlights from this year.
- Start engaging in physical activities, make them a part of each day.
- Talk about times when you are nervous/anxious and how you deal with these feelings (role modelling).

Please keep an eye on our newsletter in the upcoming weeks for more information on our parenting support programs.

Mr Matthews-Wall

How to install the SkoolBag app

instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users



for Android users



for more info visit skoolbag.com.au



DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:

ONLINE ORDERS ONLY

Wednesday 30th November

Flexischools – Ordering School Lunches and Uniforms

EVERY
SCHOOL DAY
COUNTS

Set up your account

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.

2 Login/Register

• **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.

• **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

3 Top Up Your Account

To make ordering fast and simple, you can set up automatic top ups in your 'User Profile'.

Order

1 Place your Order

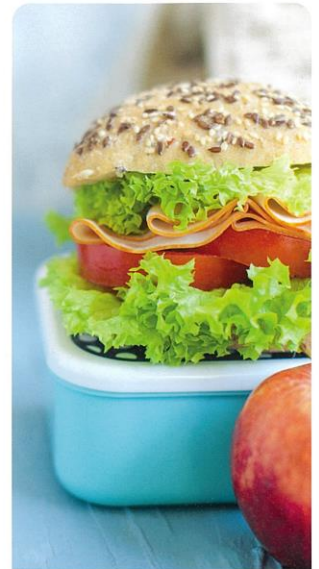
On the app home screen, scroll down to view your school services such as canteen and uniforms. Then **swipe left and right** to view all available services.

2 Make your Selection

Find the service and press 'Order', then select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.



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From the Office

If sending cash in with your child to make a payment at the office, please ensure you send the correct money as we do not carry a float.





Our preferred payment option is via our online payment system on our website. 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, you are not required to enter the student registration number.** Contact the office if you need assistance or have any enquiries. Thank you.

Please note when paying by EFTPOS at the school office, there is a minimum transaction amount of \$10.00 due to fees charged to the school.

Our school has a new look [online payment page!](#)

We're now accepting payments for Tenambit Public School via the school's website. To make a payment, simply:

-  Visit our school website on your mobile, tablet or desktop computer
-  Select 'Make a payment' from the main page menu
-  Enter the required student, contact and payment details
Note: You are NOT required to provide the 9-digit Student Registration Number.
-  Check your email for a copy of the receipt of payment



SCHOOL OFFICE HOURS

8.30am – 3.15pm

THORNTON THUNDER NETBALL CLUB'S

Netball Open Day

SATURDAY 3RD DEC
10am - 12pm

Come and Try some netball. Learn some skills and fall in love with the sport.


We want our members to enjoy playing netball and to flourish through enjoyment and making new friendships.

LOCATION:
Thornton Netball Courts (behind Thornton Library on Taylor Ave.)

ALL WELCOME

MORE INFO:
CONTACT JESS NORTHEY
0483 815 169

OR MESSAGE US ON OUR FACEBOOK PAGE



Christmas Donations

Tenambit Public School are seeking donations to support families who need some extra help this christmas and over the holidays.

Items needed include - new and unopened toys, art and craft kits / activities, christmas treats (puddings,biscuits, lollies & chocolates), pantry snacks (noodles, muesli bars, dried fruit, cake mixes) pantry staples (tinned food, pasta & sauce, rice) soft drinks / cordial, toiletries

For more information call Scott M-W at the office

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**School starts at
8.55am
DON'T BE LATE!**



IMPORTANT ANNOUNCEMENT

The last day of school for students is now
FRIDAY 16-12-22