

Monday, 28 November 2022

From the Principal

Welcome to Week 8, with only three weeks left of school for our students. Tomorrow the majority of our Year Six students will have their first formal Orientation Day at Maitland High School. Mrs Freund, Miss Gibbs and Miss Coutts will accompany students as they are immersed in activities and get to know their way around the high school. Of course, some of our children have already had visits to the high school as part of an intensive early integration program.

We are busily getting ready for the end of the year. Reports are being finalised, we are looking forward to listening to the speeches by the students who are vying for the 2023 Student Leadership Team, putting the final touches to our plans for our Presentation Days and much, much more. In between all of this, we have our final Kindergarten Orientation Day tomorrow, Healthy Harold visits, the final organisation of class lists for next year and the everyday delivery of high-quality teaching each and every day, in each and every classroom and learning space.

We are running our Toy and Food Drive again for families who need a little support. If you can donate items for hampers, please drop them into the office, it would be much appreciated.

And to finish off, I'd like to invite parents to join a Consultative Group for our school for 2023. This group will help form practice documents for our school, consult around procedures and practices and help grow our school performance. If you are interested, please get in touch by 9th December, 2022.

Until next week,

Donna Stackman

School Calendar – Term 4

Week 8 (Healthy Harold Visit Tues 29th – Fri 2nd)

Tuesday 29 th November	Kindergarten Orientation 9.00am – 11.00am
Wednesday 30 th November	Book Club Due
Thursday 1 st December	TASH Homework Club
Friday 2 nd December	Assemblies: K-2 at 12.00pm 3-6 at 1.30pm

Week 9 (Healthy Harold Visit Mon 5th – Tues 6th)

Thursday 8 th December	TASH Homework Club
Friday 9 th December	Assemblies: K-2 at 12.00pm 3-6 at 1.30pm

Week 10

Monday 12 th December	Presentation Day: K-2 @ 9:30am 3-6 @ 12.30pm
Tuesday 13 th December	Colour Run
Wednesday 14 th December	Uniform collection: 9.00 – 10.00am Class Party Day Reports sent home
Friday 16 th December	CANTEEN CLOSED Year 6 Clap Out Year 6 Farewell Last day of school for Term 4

Week 11

Monday 19 th	School Development Day
Tuesday 20 th	School Development Day

Term 1 – 2023

Week 1

Tuesday 31 st January	Students return to school
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PBL FOCUS – WEEK 8

“I can finish what I start”

CANTEEN CLOSED

**FRIDAY 16th
DECEMBER
(Last day of school)**

**Please ensure you pack your
child's lunch and recess.**

**THERE WILL BE NO FOOD
AVAILABLE.**

Kinder Orientation

Tomorrow will be our final Kindergarten Orientation session for the year. We are looking forward to seeing as many of our 2023 Kindergarten students as possible come along and join in the fun in a kindergarten classroom. A reminder to parents that tomorrow we will meet in the hall at 9.00am to drop off and then parents will return, ready for collection at 11.00am. We look forward to seeing you all then.

Christmas Countdown - 27 Days till Christmas

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.

Nambit the Elf has arrived! Please keep an eye on our school Facebook page so that your child can keep up to date on what Nambit has been up to around our school!

**EVERY
SCHOOL DAY
COUNTS**

School Uniform Collection Days

We will again be holding our uniform stall as a 'click and collect' service over the summer break. Parents are asked to order their child's uniform via flexischools and it will be ready for collection, from the school at the following times.

Wednesday 14 th December	9:00am – 10:00am
Friday 27 th January	9:00am – 10:00am
Monday 30 th January	2:30pm – 3:30pm

Uniform sales will also continue as normal with deliveries to classes Monday and Wednesdays until the end of term. If you have any questions or concerns, please contact Scott Matthews-Wall at the office.

Lost Property

We have an abundance of lost property at the moment that have no names on items. If your child has lost any clothing, lunch boxes or drink bottles, please ask them to come to the office to see if their missing items are there.

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

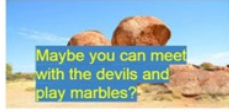


for more info visit skoolbag.com.au

SkoolBag

Stage 2 News

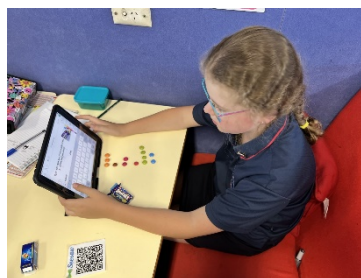
As part of our Geography studies about Australian states and territories, 3/4 Red were researching, planning, writing, revising, editing, and publishing a tourism ad for the Northern Territory in Weeks 5 and 6. Here are some of our finished ads, published using an iPad, iMovie and a green screen, or Google Slides.

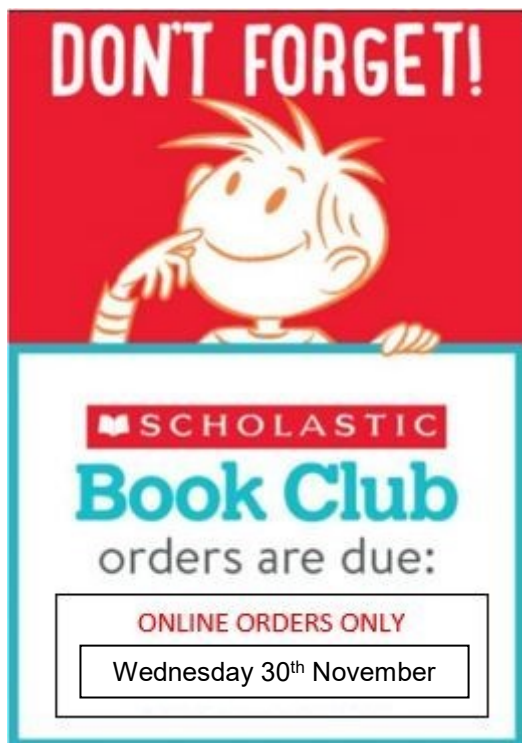


3/4 White working on their group Geography projects that involve researching Australian states and creating a STEAM build to represent their state.



3/4 Green have been enjoying some 'hands on' Maths activities investigating Chance and Data. They collected data on the amount of different coloured cars that drove past the school and then had to construct a pictorial graph to represent their data with smarties. They definitely enjoyed consuming their smarties when they were finished.





Flexischools – Ordering School Lunches and Uniforms

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.



10 years supporting the school community



Committed to healthy eating



Over 1,500 happy schools

flexischools

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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.



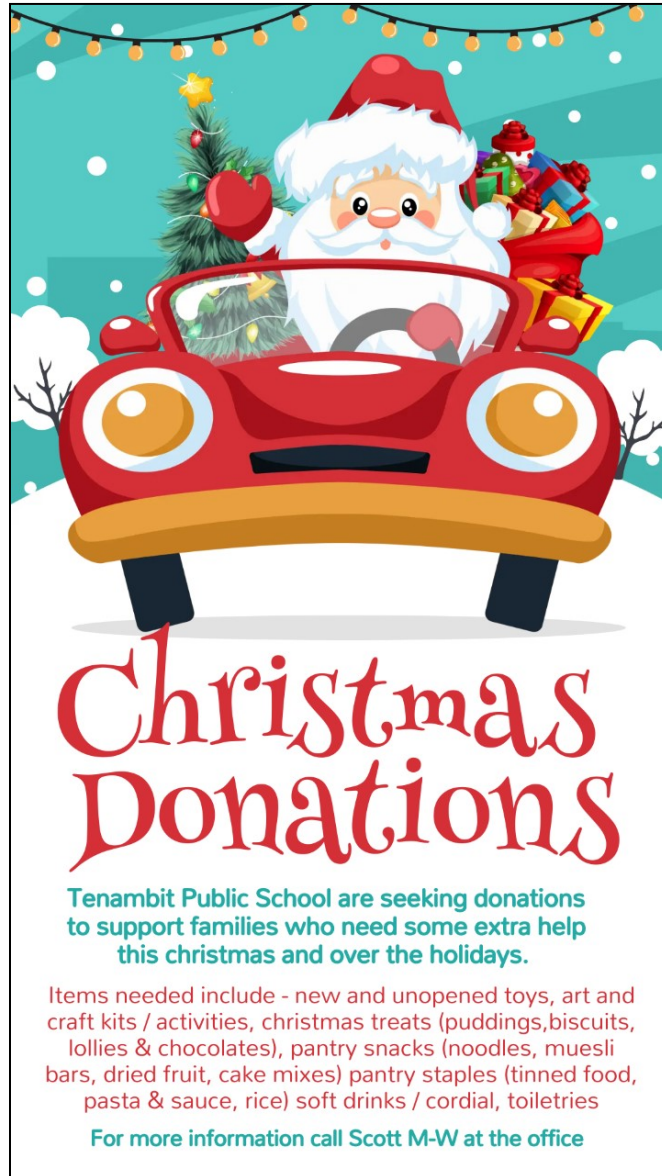
Check your email for a copy of the receipt of payment



Education

SCHOOL OFFICE HOURS

8.30am – 3.15pm



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





Maitland High School Primary School Dance Ensemble

Maitland High School is looking for keen dancers from Year 5 & 6 to join our Primary School Dance Ensemble in 2023.

We are inviting local primary students in Year 5 & 6 (2023) to take part in the MHS Primary School Dance Ensemble.

Students will attend workshops at Maitland High School run by our talented dance teachers. Students will engage in a variety of dance-based activities focusing on a range of dance styles and techniques, with a large focus on safe dance practice.

Students will learn and perform at least two items at Maitland High School's Annual Dance Night held on Tuesday 4th April 2023.

Please Note: The ensemble is NOT auditioned based. We cater for all skill levels and encourage all students who LOVE dance to register.

Performance Date: MHS Dance Night, Tuesday 4th April 2023 at Maitland High School MPC.

Workshop dates: Details regarding workshop and rehearsal times will be emailed directly to parents/carers by late January 2023, with rehearsals commencing early term 1, 2023.

Cost: No upfront cost.

Costumes: Maitland High School prides itself on making dance affordable. All costumes are provided for the students to use at no cost. Students are only responsible for purchasing a black leotard (exact details to be provided close to the performance) and ¾ tights (girls) and black T-shirt and shorts (boys). All costumes will be based around these items.

This ensemble will be a great opportunity for Primary School students to get involved with wonderful Dance program at Maitland High School and work with students from other local schools.

Please complete the online registration form via the link:

<https://forms.gle/kYZJKKy2DWaGaPkd9>

Registration is due by: Friday 16th December 2022

Please email sarah.gambrill@det.nsw.edu.au for any queries.





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National Youth Mental Health Foundation

Anxiety



What is anxiety?

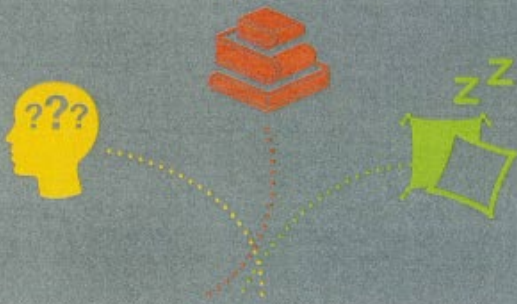
Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert.

Anxiety can become a problem when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.

What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:

- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.



What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.



Anxiety



Types of anxiety disorder

Anxiety problems are classified into different types, referred to as disorders. Here are descriptions of some common anxiety disorders:

- **Generalised anxiety disorder:** Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries seem out of control and you feel tense and nervous most of the time.
- **Social anxiety disorder:** Experiencing intense anxiety in social situations because you're terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties, being the centre of attention, meeting new people.
- **Panic disorder:** Having repeated panic attacks and worrying about having another panic attack.
- **Specific phobias:** Intense fear of a particular situation or object (like small spaces or spiders) that leads you to avoid the situation or object.

Helping someone with anxiety

A person with anxiety problems needs understanding and support. Anxiety problems can interfere with a person's ability to live a full life so the earlier they seek help the better. Do your best to encourage the person to seek professional help.

Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down'—it's not that easy.

Other problems



Many young people with anxiety problems may also have symptoms of depression. Some people with anxiety may also drink alcohol or take drugs to ease the discomfort or make them feel more confident. Relying on alcohol or drugs however can make things much worse in the long run and cause long-term physical and mental health problems.

Getting help for anxiety problems

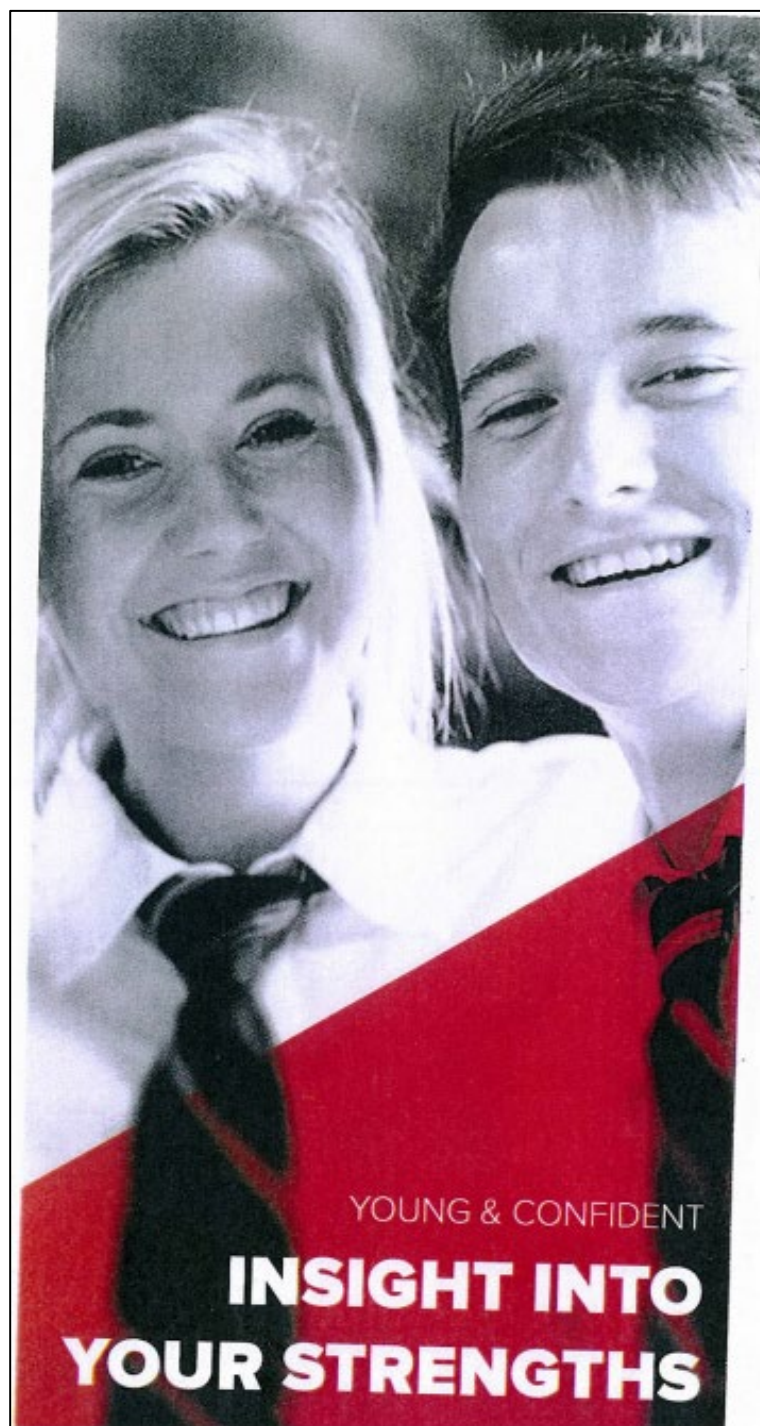
- If you're experiencing anxiety it's a good idea to talk to someone that you trust about how you are feeling. You might choose to talk with your family or friends. They can help you to work out what is going on and what support or help you might need.
- It is also useful to take care of yourself as best you can; eat well, exercise and find ways to relax by listening to music, meditating, doing yoga and doing activities that you enjoy.
- If your anxiety continues without any improvement you can get help from your general practitioner (GP), a psychologist or a counsellor.
- There are health professionals at **headspace** centres and **eheadspace** (online and phone support) who can help. Treatment might involve counselling sessions to help you learn anxiety management skills, practice relaxation techniques and gain confidence to cope in stressful situations.
- For some people medication is helpful as well. The good news is that most young people with anxiety disorders respond well to treatment. With support you can continue to achieve your work, study, professional or personal goals.



headspace

National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au



CONFIDENCE

People with the Confidence talent feel sure about their ability to manage their own lives. You possess inner strength and a sense that your decisions are right. You know you are capable – able to take risks, able to meet new challenges, able to perform. You thrive on responsibility and are not shy in making decisions. You feel accountable for your own life and know that in the end, no one else can be blamed. You will enjoy leading and others will follow. Your self-assurance may be quiet or loud, depending on your other themes, but it is solid.

KEY WORDS

Self assured / Capable / Certain

CONFIDENCE MEANS

I am	→ Self-assured
I will	→ Influence others rather than be influenced
I bring	→ Certainty and strength
I need	→ Freedom to choose for myself
I love	→ Being in control of my own destiny
I hate	→ Others telling me what to do
Your metaphor/image	→ Where there's a will, there's a way
How you might seem	→ Arrogant, over-confident, self-sufficient

CONFIDENCE SOUNDS LIKE

Bronte, 15yrs: "I didn't know much about the job, but when they asked if I thought I could do it, I just told them I could! How hard could it be? So I just had a go and was able to learn quickly and get it done."

Dan, 16yrs: "I'm no bully, but I certainly won't be bullied by others. I'll put people in their place if they knock me. In fact, I tend to stick up for others too, even if I'm on my own. It doesn't bother me, I know I'll work it out."

INSIGHTS – WHAT MAKES YOU GREAT

- ☐ You are confident in your ability to manage your own life.
- ☐ You are usually upbeat and able to bounce back from disappointments and crises.
- ☐ You are determined to succeed and even when there are risks ahead, you instinctively feel like you can pass the test.

PUTTING YOUR STRENGTH INTO ACTION

- You will excel in roles where you are able to make many decisions, especially if you are in control of the final result. You may not be the most qualified person in the room, but people will look to you for a strong decision and you are happy to make it. Leadership, sales, legal and entrepreneurial roles would suit you.
- Your confidence will be contagious and will help those around you grow. You will keep things moving forward by making decisions that others stall on.