



Monday, 20 November 2023

From the Principal

Welcome everyone to Week 7. We are definitely on the downhill run to the end of year and our teams are busy in the background preparing for a fantastic end to the 2023 year. Please keep an eye on the calendar included in the newsletters as well as our school Facebook page for more information.

This week the PBL focus that we are working on is "I can be part of a team". With this theme in mind, we would like to thank our parents and community for the role that they play as part of the Tenambit team. The support our families give in early morning wakeups, packing lunches, washing uniforms, cheering on our students and supporting our activities, sets a great foundation for our students each day. We appreciate your efforts as part of our team and could not do it without you.

With this weeks theme in mind it is also fitting that we are able to announce that our meeting to gauge interest in re-establishing a P&C Association was met with strong support from our community. A strong P&C as part of the Tenambit team ensures that we have a strong community voice and representation in what we do here at school, as well as creates opportunities for our students. If being involved with the P&C is something you would like to be a part of (but have not had the chance to yet), please contact the school for more information.

Head Lice

You may have noticed that we have some of the head lice notes circulating throughout our community. We know that head lice can be a point of frustration for our families and have been discussing with our local chemist to see how they can help.

The amazing team at Tenambit Pharmacy have ordered in extra bottles of Pyrenel foam that is their most budget friendly treatment. They have also

agreed to supply our Tenambit Public School families with a free lice comb when purchasing a treatment from them.

More information about head lice and treatment can be found at -

<https://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>

Have a great week.

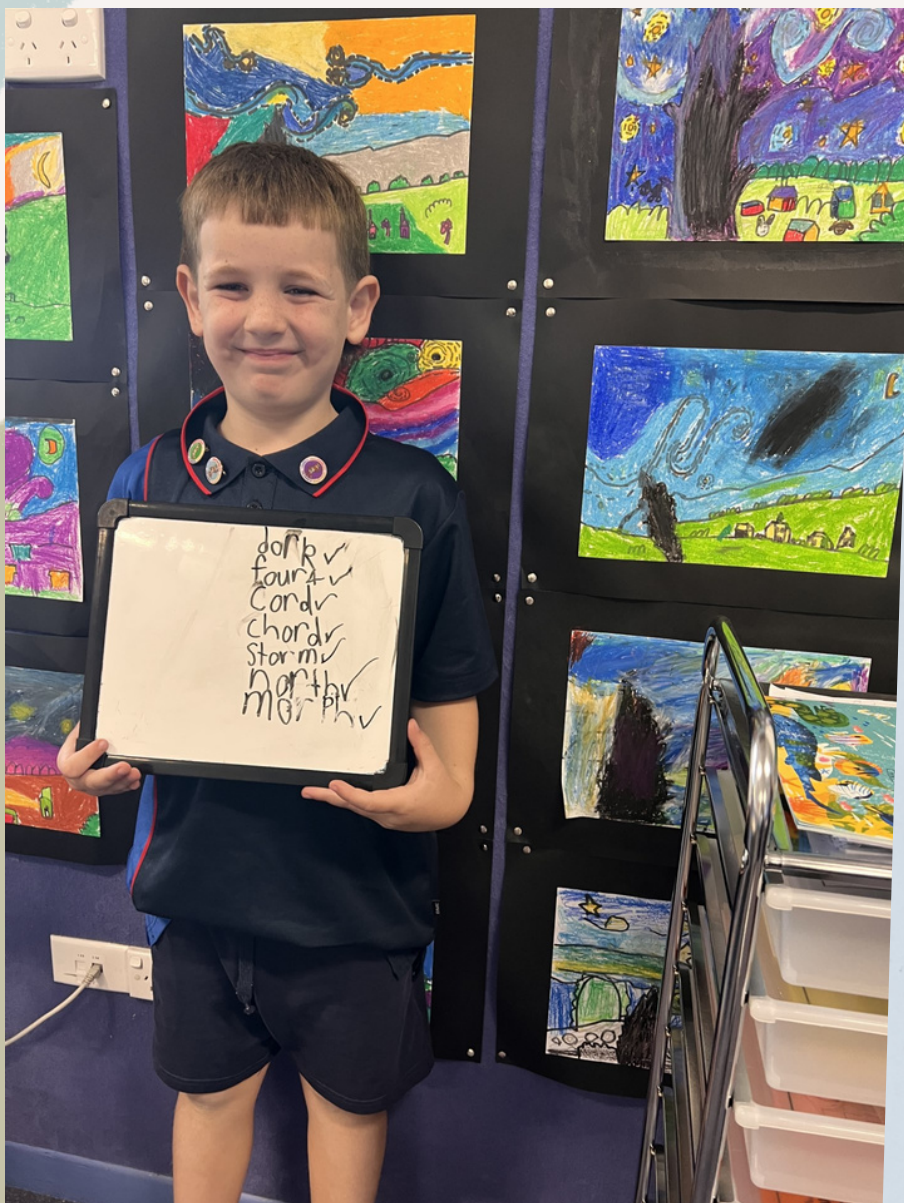
Luke Potts

School Calendar – Term 4	
Week 7	
Friday 24 th November	Assembly: K-6 9.15am
Week 8 – Limited Canteen Menu for the week	
Tuesday 28 th November	Maitland High School Orientation Day – Year 7 2024
Friday 1 st December	Assembly: K-6 9.15am Stage 1 Science Incursion
Week 9	
Thursday 7 th December	2024 Student Leadership Nominees Speeches
Friday 8 th December	Assembly: K-6 9.15am
Week 10	
Tuesday 12 th December	Presentation Day K-2 @ 9.30am 3-6 @ 12.30pm
Wednesday 13 th December	PBL Rewards Day
Thursday 14 th December	Canteen Closed Year 6 Farewell
Friday 15 th December	Canteen Closed Year 6 Clap Out Last day for students



STAGE 1 TERM 4 UPDATE

LOOK AT ALL THE
WONDERFUL WORK
STAGE 1 HAVE BEEN
DOING THIS TERM!



CANTEEN REMINDER

LIMITED CANTEEN MENU

will be available during Week 8 (next week)

PBL FOCUS – WEEK 7

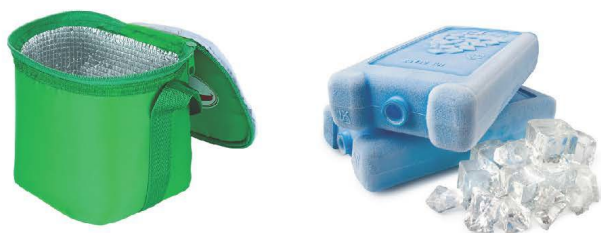
“I can be part of a team”

EVERY
SCHOOL DAY
COUNTS

Nutrition Snippet

FOOD SAFETY

As the weather warms up, it's important to keep food in the lunch box cold and safe to eat.



TOP TIP: Use a cooler bag and ice brick or a frozen water bottle to keep the lunch box cold.

For more info and tips read our [food safety blog](#).

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Good for kids
good for life



Keep an eye on screen time

Screen time and digital technology can be part of a healthy lifestyle when it's balanced with other activities. This includes physical activity, creative play, reading, socialising and getting enough uninterrupted sleep.

Follow these tips to use technology in a balanced and healthy way:

- Make rules about screen time
- Aim for short screen time sessions, with active breaks
- Encourage outdoor play
- Encourage creative activities
- Encourage play with others
- Avoid screen time before bed
- Avoid digital technology in the bedroom, especially at night



Source: Screen time and digital technology use for children 6-11 years: tips for balance (raisingchildren.net.au)



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



Canteen Orders

If your child has an order in and you are not able to send them to school because they are sick, you must ring the office by 9.20am to enable this order to be cancelled, and you will be refunded your money.

After 9.20am it is too late to cancel the order as the food has already commenced preparation and the process of cooking has already started.

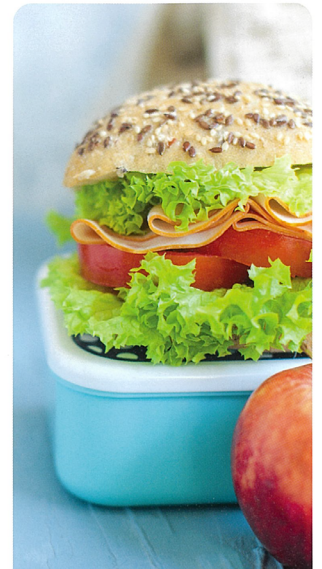
I.O.U.

If the school canteen has provided your student with a lunch order and sent an invoice home for payment, please note you can now log into Flexischools and use the I.O.U function to pay the money owing to the Canteen. If you are trying to do this on the same day – please ensure you choose the date for the following day, (as cut off for everything is 9.15am) and the system will not allow you to enter it for the same date if after 9.15am.

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

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SCHOOL CANTEEN CLOSED

Thursday 14th December
 Friday 15th December

Please ensure your child has lunch and recess packed as there will be no food available.

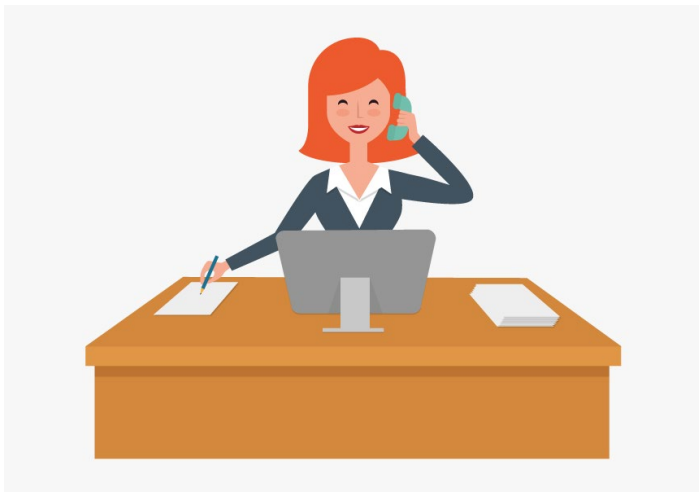


DON'T FORGET!

SCHOLASTIC
Book Club
 orders are due:

ONLINE ORDERS ONLY

30th November



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 the new School Bytes Parent Portal. Instructions for downloading School Bytes has previously been sent home and was available in our previous Newsletters. If you require any assistance, please contact the office.

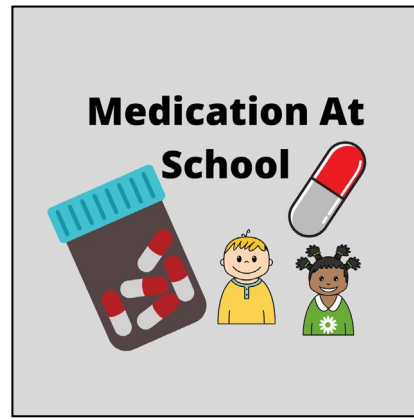
Please note when paying by EFTPOS at the school office, there is a minimum transaction amount of \$10.00 due to fees charged to the school.



REMINDER

A reminder that the administration office hours are **8:30am to 3:15pm.**

There are no office staff in the morning until 8:30am, so please ensure you are visiting during the above hours.



Medication at School

Please note if your child commences medication at school, parents must come into the office to complete an "Administer Medication Form" and must also supply a letter from the Doctor/Paediatrician stating medication dosage and times. Any medication must be supplied in prescribed Webster packs showing students name and dosage.

If your child requires antibiotics at any time, we still require the "Administer Medication Form" completed and signed by parents prior to giving your child the antibiotics.

This also applies for any Asthma Puffers, form to be completed and puffer to have a prescription label on it.

For students having regular prescribed medication at school, **they must bring their own water bottle with them to the office to take their medication.** We do not have the facilities to supply cups for students.

Thank you for your co-operation.

Extended Leave – Students

If you are planning to take your child out of school for a family holiday during the school term, you must contact the school office a week prior to organise completion of a Department of Education Extended Leave Form. This must then be signed by the Principal and a section is given back to you to carry with you during this time.