



Tamworth South Public School

NEWSLETTER

Respect for self, others and school

Term 1, Week 10

5 April 2019

Calendar

April

- Thursday 11** **Infants Assembly**
2:00pm Easter Hat Parade - in the Hall
- Friday 12** **Primary Assembly**
2:30pm - Item S3 11
- Friday 12** **Year 4 Major Excursion - Sydney**
1st Installment - \$50.00
- Friday 12** **Year 3 Major Excursion - Dubbo**
1st Installment - \$30.00
- Friday 12** **Last Day Of Term 1 - April School Holidays**
Monday 15 - Friday 26
- Thursday 25** **Anzac Day**
- Term 2**
- Monday 29** **Staff Development Day - Staff Only**
- Tuesday 30** **Students Return to School**
- Tuesday 30** **Year 5 entry to an opportunity class in 2020**
Application website opens and parents apply online
Note and Information to follow

May

- Wednesday 1** **Year 5 opportunity class in 2020**
Advertisement announcing availability of application information in the Sydney Morning Herald and Daily Telegraph. Advertisements also on Facebook and Twitter
- Friday 3** **Year 6 Major Excursion - Canberra**
2nd Installment - \$100.00
- Friday 3** **Year 5 Major Excursion - Point Wolstoncroft**
2nd Installment - \$60.00
- Tuesday 7** **School Photo Day**
Full Winter School uniform to be worn including ties
- Wednesday 8** **School Photo Day**
Full Winter School uniform to be worn including ties
- Wednesday 8** **Canteen Meeting**
2:00pm in the Canteen
- Thursday 9** **Mothers Day Stall - some information page 7**
- Friday 10** **Mothers Day Stall**
- Friday 10** **Year 4 Major Excursion - Sydney**
2nd Installment - \$50.00
- Wednesday 15** **P & C Meeting**
6:00pm In the Library
- Friday 17** **Year 5 opportunity class 2020**
Application website closes at 5:00pm

PBL Stars of the Month



ES1 35 - Evie McDonald
S206 - Issac Stackman

S1 23 - Remas Ibrahim
S3 12 - Neiji Eddy



Leonie Byrne, Principal

THE IMPORTANCE OF SLEEP

This weekend we move to the end of Daylight Saving. The change from Daylight Saving Time to Standard Eastern Time is often a relief for parents who have struggled with getting their children to bed during the long evenings of summertime.

The necessity of a good night sleep for your child whilst at school is crucial to providing the best educational outcomes. Sleep is critical in the functioning of all body systems. Scientists have identified a distinct connection between our ability to learn and process memories, and our sleeping habits. Too little sleep can be a contributing factor in many physical and mental health issues, including the poor ability to learn.

Memory and learning are enhanced during sleep. Not only does sleep strengthen learning and memories - it also has the ability to prioritise memories by breaking them up and placing them according to their emotional importance.

The more you learn, the more you need to sleep which is why a good sleep is critical to success at school.

The Australian Centre for Education in Sleep (ACES) suggests that primary aged children need around 10-12 hours of sleep per day combined with a healthy sleep routine that includes time to wind-down at the end of the day. Is important to ensure their brain gets enough sleep to consolidate everything they've learnt that day.

According to the Australian Centre for Education in Sleep poor sleep may lead to adverse physiological, emotional and cognitive effects on children including:

- Eating too much, or eating the wrong foods
- Mood swings
- Aggressive, impatient behaviour
- Low self-esteem

Without adequate sleep the children's focus and attention wanders making it difficult to learn.

'Bedtime isn't simply a way for the body to relax and recoup after a hard day working, studying or playing. It's the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day.'

(Dr Frances Jensen)

If you think your child needs more sleep, try small changes to their sleeping routine. Small changes have been shown to be effective in adjusting sleep patterns.

- Be clear about how much time your children spend on their computers and phones - a limit of no more than one to two hours a day is reasonable.
- The light from LED screens can make it difficult for the brain to wind down. Have a no screen policy one hour before bedtime if your children are fighting sleep.
- Take phones out of bedrooms when it comes to bedtime.
- Limit soft drinks, fried food and sweets before bed.
- Being physically active will help burn energy getting children ready for sleep.

Explain to your children the importance of sleep and reward them for complying with bedtime rules.

Easter Hat Parade



Tamworth South Public School will be holding their Easter Hat parade on Thursday 11 April 2019 at 2:00pm in the hall.

All students in Kindergarten to Year two are invited to showcase their home made Easter hats. Any students in the older classes are more than welcome to join their younger friends and siblings.

The Student Representative Council will be on hand to support and guide the students.

All parents and families are welcome to attend for some magical photo opportunities.



The Craft Centre

The Craft Centre will be holding an Easter Bonnet making workshop at their shed, which is located at 109 Peel Street (opposite Northgate), during their monthly market on Saturday 6 April.

For \$5.00 children will be supplied with all the bits to decorate a hat or cap and convert it to fun Easter head wear for their Easter Parade.

The Workshop will run from 8:00am - 1:00pm on this day. Children need to be accompanied by an adult and bring a hat or cap.

We hope this will be of help to busy parents.



Tamworth South Public School

ANZAC Ceremony

Wednesday 10th April 2019

10.00am

Under the Large COLA

Lest We Forget

ANZAC Day Ceremony

Tamworth South Public School will be commemorating ANZAC Day with a school ceremony on Wednesday 10 April 2019 at 10:00am under the COLA.

This is a very solemn ceremony, teaching the students the importance of respecting the past and present wartimes. It also emphasises how lucky we are to be living in Australia and the wonderful lifestyle we experience.

We look forward to your attendance. The students are well prepared, learning songs, poems and how to lay a wreath. Another important event for our community.

ANZAC Day March

The ANZAC Day March is held in the school holidays on **Thursday 25 April 2019**. We encourage as many students as possible to join the school as we march down Peel Street. Students are to wear their full **WINTER school uniform**, this includes school ties and school jackets for both boys and girls.

We will meet in **Bourke Street at 9:30am** on **Thursday 25 April 2019**. We appreciate your support in showing our respect and showcasing our amazing school spirit.

Mrs Meppem's Year 5 have been learning about ANZAC Day. We have been reading and writing some ANZAC Poems. We are very proud to share poems written by Lachlyn Waddy and Rachel Cone.

My Poem for Peace

May foster kids find a family
May there be no more wars
May nukes be stopped
May the homeless find a house to rent
May people have a little kindness in their heart
May peace be with you
May people not be bad because heaven is above, not hell
May pollution not be a thing
May people have eternal life in heaven
May angels be with you, ready when you are to go up
May people breathe in peace and kindness
May the ones in the ground be brought back to life
May people in darkness be brought into light
May guns be put down and physical contact be soft
May peace be with everyone with tough lives

by Lachlyn Waddy

My Poem for Peace

May the bombs be unheard
May the ones that have passed have peace
May nature be untouched
May families have fun once again
May homeless have things they need
May guns be no more
May the poppies be a piece of honour
May war be no more
May animals live in peace
May the countries be safe again
May soldiers be seen again by their family and friends
May children not worry
May the world love again
May happy things come back
May war fall and peace rise
May homeless people have a home

by Rachel Cone

Principal's Ribbons

Week 10

Nyteeka O'Leary - S1 23

Fantastic application to work and always showing respect

Rylan Coleman - S1 19

Always respectful

Maddison Marshall - S1 19

Terrific project - The Great Barrier Reef

Kyeisha Barker - S2 06

Helpful and demonstrating initiative



You have been Caught

Catch it Awards

Samuel Johnston - S3 03

Summer Quarry - S1 24

Chaise McMaster - S1 24

Kobi McMaster - S3 01

Tyler Gibbs - S1 24

Chaise Patterson - S2 08

Excursion Reminder:

Year 3 Dubbo Excursion - \$50.00

Year 4 Sydney Excursion - \$50.00

Excursion deposits are still being accepted through the front office.

We would love to see as many students as possible attend and enjoy the wonderful experiences on offer.

Term 1 Assemblies

Week	Infants K-2		Primary 3-6	
11	11 April	Easter Hat Parade	12 April	S3 11

This information is subject to change at short notice

Week 9

Uniform Award
S1 18

Assembly Award
S1 21

Parents/Carers

Family photo envelopes are now available from the front office on request



Week 9 Assembly Awards

Year K-2 Awards

Students of the Week

Baylan White, Cohen Blair, Darcy Morgan, Caleb Damon, Colin Gericke, Janine Doran-Dargin, Azura Keech, Hollie Marshall, Brooklyn Heywood, Electra Nocke-Cameron, Kade Allen.

Achievement Awards

Haven Edmunds, Declan McDonald, Wyett Ward-Petty, Lochlin Thirlwell, Oliver Hull, Lachlan Rickard, Amba Luke, Saniya Maharaj, Olivia Dugan, Bryan Doran-Dargin, Neight Toomey.

Week 9 Assembly Awards

Year 3-6 Awards

Students of the Week

Abbi Bodkin, Nikalas Dunn, Jordan Rowe, Mia Wall, Indiah King, Tarney Robinson, Riley Thirlwell, Tex Baker, Mia Cloake, Kobi McMaster, Jasper Williams, Tyler Withers, Jewels Guy, Emily Abberfield, Kyarla Pacey, Keigan Shepherd.

Achievement Awards

Kathryn Duffy-Hill, Deegan Thurston, Travis Sherman, Jessie Lock, John Kennedy, Gemma Marchant, Chloe Sharpley, Will Mehrton, Zoe Aylwin, James Bailey, Eddie Dietrich, Malaki Creighton, Bianca Woods, Jessy Humphries, Neiji Eddy.



Greenhouses

This term S3 36 have been studying greenhouses. Students were given the challenge to design a greenhouse to effectively grow a vegetable of their choice.



Class
S3 36



NSW Education
High Performing Students Team

Information about applying for Year 5 entry to an opportunity class in 2020

(Parents must read this document before submitting an online application)

Thinking of applying for Year 5 entry to an opportunity class in 2020?

You must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Key dates

Tuesday 30 April 2019
Application website opens

Friday 17 May 2019
Application website closes at 5.00pm
You must apply by the due date.

Wednesday 17 July 2019
Test authority letters sent to applicants

Wednesday 31 July 2019
Opportunity Class Placement Test

Mid-October 2019
Placement outcome information is sent

Application information should be read carefully before applying.
It is on the website at: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Note: The information in this document is available in an accessible format on the website.

Parents* should check this website regularly for updates all the way through the application and placement process. Please check the website and Facebook for up to date information before you contact the Team.

The opportunity class placement process for Year 5 entry is administered by the High Performing Students Team*

Contact details
High Performing Students Team
NSW Department of Education
Email: hps@det.nsw.edu.au Telephone: 1300 880 367 Fax: 02 9266 8435
Postal address: Locked Bag 53, DARLINGHURST NSW 1500
Website: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>
Facebook: <https://www.facebook.com/groups/139042048077550/>

*In this document, the High Performing Students Team is referred to as the Team.
*Parent is defined under the Education Act 1990 as a guardian or other person having custody or care of a child.
A list of the primary schools with opportunity classes is shown on page 2 of this document.

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Sports News

Junior Cricket Blaster News

For the past 5 weeks Tamworth South's young aspiring cricketers have gotten up early on a Saturday morning to have fun. Over the 5 week program they have developed batting, bowling and catching skills and participated in a range of games.

Some of the highlights were meeting the Sydney Sixers mascot and Australian cricketer Josh Hazlewood.

Thank you to Tamworth Junior Cricket Association for the wonderful opportunity.



SCHOOL ZONE ROAD SAFETY

Understanding the road rules



No Parking

A driver must not stop for more than two minutes. You must remain in or within three metres of the vehicle.

Disobey No Parking sign \$187 fine & 2 demerit points



No Stopping

A driver must not stop in this area.

Disobey No Stopping sign \$337 fine & 2 demerit points



Bus Zone

Vehicles other than buses are prohibited from parking or stopping in this area. Hours of operation may apply. Restrictions apply for those times only.

Stop in Bus Zone \$337 fine & 2 demerit points



School Zone

40km/h speed limit during hours of operation. Double demerits apply for speed offences in a school zone.

Stop in Intersection in school zone \$448 & 2 demerit points



Crossings

A driver must stop at the white hold line if pedestrians are waiting to cross. Drivers must remain stationary until the crossing is clear of pedestrians and must obey instructions from School Crossing supervisors.

Stop On/Near Children's Crossing \$448 fine & 2 demerit points

What you can do

Here are a few things you can do to help keep your child and others safer during drop-off and pick-up times during the school week.

- ▶ Always park and turn legally around schools and avoid dangerous manoeuvres like U-turns and three-point turns
- ▶ It's safest for children to get out of the car on the kerb side of the road to be away from passing traffic.
- ▶ Where provided, use Children's Crossings to drop-off & pick-up children.
- ▶ Always hold your child's hand - young children may be easily distracted and wander into traffic.
- ▶ Always give way to pedestrians especially when entering and leaving driveways.
- ▶ Stick to the 40km/h speed limit in a school zone as children are about and can be unpredictable.
- ▶ Make sure your children are in the correct child car seat that is fitted and used correctly.
- ▶ Make sure your child is wearing a helmet when riding a bike, scooter or skating.
- ▶ Look out for buses - a 40km/h speed limit applies which school bus lights flash.

Always meet your child at the bus stop. Never meet them on the opposite side of the road and call them across.

Your child's safety depends on you.
Young children can learn these safe habits from you.

Visit: roadsafety.transport.nsw.gov.au



Tamworth
REGIONAL COUNCIL

Canteen News

Late lunch orders

Due to large numbers of late lunch orders and emergency lunches, the Canteen Committee has decided that any orders after 9:30am will be sandwiches ONLY **NO exceptions.**

NO Phone Orders Accepted:

Unfortunately due to the large numbers of lunch orders the Canteen is unable to process anymore phone orders. All orders are to be placed at the Canteen.

Wednesday 8 May 2019 at 2:00pm in the canteen.

The school canteen runs on volunteers and we are in need of some more volunteers ready for immediate start.

Canteen Roster

8 April - 12 April

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward
Wednesday	Julie Davis, Anne Marie Mitchell Paula Zammit
Thursday	Annette Ward
Friday	Michelle Weber, Kerry Roberts Amanda Claudel

Term 2

30 April - 3 May

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward Michelle Summers - when available
Wednesday	Julie Davis, Anne Marie Mitchell Alison Lock, Paula Zammit - when available
Thursday	Annette Ward, Roberta Boney
Friday	Enas Elbitar, Kerry Roberts Amanda Claudel, Lisina Monk

Chris Knee - Canteen



Parents and Citizens

Our P&C meetings are held in the Library on the third Wednesday of the month at 6:00pm.

Next P&C Meeting will be on

Wednesday 15 May

Which will be held at the NEW time of 6:00pm in the School Library.

All Parents, Grandparents and Guardians are welcome to attend. We welcome new volunteers and members

Clothing Pool

Clothing Pool hours are currently:

Thursday and Friday

8:40am to 9:10am

They will be changing for Term 2

The clothing pool hours will be changing for Term 2. Due to some work changes there will be no set opening hours. If you need the clothing pool, you will need to see Michelle Weber in the school canteen between 8:30am and 2:00pm.

If you have any queries please email us on

tspspandc@gmail.com

or you can leave a message at the office and it will be passed on to the Clothing Pool.

The clothing pool is now stocking short socks in assorted sizes in bottle green, grey and white. They cost \$4.00 a pair.

P & C Mothers' Day Stall

The P&C will be holding its annual Mothers' Day Stall on Thursday 9 May and Friday 10 May 2019. All gifts will be \$5.00 each with a limit of 2 per child.

We are looking for volunteers to help on these days even if its only for an hour or 2, any help is appreciated. If you are able to help please contact Michelle Weber via the Facebook page. (more information to follow)



ANZ Hotshots group tennis coaching

Ages 4-14 years

Free t-shirt for all new signups
Saturday morning coaching
\$10.00 per week

Contact Mitch - 0434 211 461
mitch.power87@gmail.com



Autumn School Holiday Activities



Check out our school holiday activities for primary school students

Get an interactive presentation on the new \$50 banknote and discover banknote security features.

Explore the Museum with a treasure map and learn about the history of Australia.

Autumn Session Times
 Sessions for Kindergarten – Year 2
 Monday, 15 April, 10.00 am – 11.30 am
 Wednesday, 17 April, 10.00 am – 11.30 am
 Sessions for Year 3 – Year 6
 Monday, 15 April, 1.00 pm – 2.30 pm
 Wednesday, 17 April, 1.00 pm – 2.30 pm

Cost: FREE (bookings essential)
 Bookings can be made online via the Museum Website
www.museum.rba.gov.au/events

For more information or assistance with online bookings please contact the Reserve Bank of Australia Museum.
 Email: museum@rba.gov.au
 Phone: 1021 9551 9743
 Ground Floor, 65 Martin Place
 Sydney NSW 2000

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SAY CHEESE


School Photo Day is:

Tuesday 7th & Wednesday 8th May

HAVE YOUR CHILD'S SCHOOL MEMORIES CAPTURED FOREVER!

Please take the time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- Don't seal envelopes inside each other. You can pay for all children in one envelope; however, each child needs to have their own envelope on photo day.
- Family envelopes are available at the school office upon request.
- Family photos will be packed inside the eldest child's individual photo pack.
- Please enclose the correct money as no change can be given.



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