



Tamworth South Public School

NEWSLETTER

Respect for self, others and school

Term 1, Week 5

1 March 2019

Calendar

March

Wednesday 6	Canteen Meeting 2:00pm at the Canteen
Thursday 7	Infants Assembly 2:00pm Item S1 21
Friday 8	Primary Assembly 2:30pm Item S3 03
Tuesday 12	ES1 Bus Safety 9:10am - 12:00pm
Thursday 14	Infants Assembly 2:00pm Item S1 24
Friday 15	Primary Assembly 2:30pm Item S3 36
Friday 15	National Day of Action Against Bullies
Friday 15	Year 3 Major Excursion - Dubbo Deposit Due \$50.00
Friday 15	Year 4 Major Excursion - Sydney Deposit Due \$50.00
Friday 15	Year 5 Major Excursion - Point Wolstoncroft Deposit Due \$80.00
Friday 15	Year 6 Major Excursion - Canberra Deposit Due \$85.00
Wednesday 20	P & C AGM Meeting 6:00pm in the Staffroom
Thursday 21	Science/Engineering Challenge 9:15am - 3:10pm
Friday 22	SRC Harmony Day Fundraiser



Captain Induction Day Ceremony Photos



Welcoming Guests
Ms Amanda Cook

Acknowledgement to Country

Domanic Vines and
Taylah Bell



Assembly Hosts
Tamworth High School Captains
Giaan White and Sam Pike

Leonie Byrne, Principal

Problem Solving Skills for Life

This week I had the pleasure of visiting Room S1 22(Mrs Smith's class) whilst the children were problem solving in maths. Small groups of children were given the problem around how to determine how they had the correct number of dominoes in their box.

There was a great deal of discussion and the children were able to articulate the "how" and "why" they had decided on a particular approach to a solution. It's wonderful when students 'think outside the box', as it shows that they are not afraid to take risks and think creatively. Well done S1 22, I know your problem solving skills will improve across many areas.

Staff Changes

We extend our congratulations to Mrs Johnson who has been successful in being appointed relieving Deputy Principal at Hillvue Public School for the remainder of 2019. We wish her the very best with her new adventure. Mrs Johnson will take up her new position in week 11 this term.



Stage 1
"The Respect Song"
 Performed by classes
 S1 21, S1 22
 S1 23



TSPS
Student
Representative
Council
SRC



House Captains - Blaxland
 Darius Antony, Ava Clay, Tyson Boney
 and Zoe Aylwin



House Captains - Sturt
 Samuel Mehrton, Maya Patterson, Blake
 Mabbot and Madeline Roser



House Captains - Wentworth
 Ashley Wall, Bridget Stackman, Josiah,
 and Keely Walden

Principal's Ribbons

Week 3

Lachlan Hull - S2 34

Little Red Hen sentence activity.

Braityn Darlington - S3 36

Little Red Hen sentence activity

Coopa Davies - SE 29

Description of a Scorpion that can see into the future

Week 4

Kaliyah Riley - ES1 17

Respect

Lexx Styman - ES1 35

Respect

Caleb Damon - ES1/S1 16

Respect

Ashlyn Holgate ES1 20

Respect

Week 5

Stage 1 students who have learnt about respect and know how to use it.

Ty-Larni Dennis - S1 24

Victor Richards S1 24

Jordan Cubis - S1 21

Izaiah Lace - S1 23

Michael Clarke - S1 19

Matayia-Jane Mood - S1 18

Malaki Creighton - S3 10

Uniform Award
ES1 35
Assembly Awards
S1 18



Term 1 Assemblies

Week	Infants K-2		Primary 3-6	
6	7 March	S1 21	8 March	S3 03
7	14 March	S1 24	15 March	S3 36
8	21 March	S1 22	22 March	S2 07
9	28 March	S1 18	29 March	S2 09
10	4 April	S1 19	5 April	S3 02
11	11 April	Easter Hat Parade	12 April	S3 11

This information is subject to change at short notice

WEEK 4 Assembly Awards

Years 3-6 Awards

Students of the Week

Mia Wilkinson, Johnathan Ross, Thomas Livermore, Keely Walden, Tate Arnold, James Tunbridge, Clare Mackney, Mitchell Piper, Jody Ibrahim, Nikayah Craigie, Georgia Lawlor, Kaleesha Allen-Riley, Aisha Iskafi, Caitlin Solomons-Croft, Samuel Mehrton, Sophie Mackney.

Achievement Award

Nikalas Dunn, Abbi Bodkin, Alinta Morgan, Jazmin Jerrett, Jewels Guy, Riley Delforce, Liam Miller, Issac Stackman, Matilda Shearim, Oliver Ninness-Good, Wolf Woods, Toby Chambers, Izobelah Raymond, Koby Heywood, Bradley Woolley, Jayden Doyle, Coopa Davies.

You have been Caught

Catch it Awards

Week 5

Caitlin Solomons- Croft
S3 03

Maddison King - S1 19

Makenzie Walsh - S1 19

Summer Moore - S3 03

Tyler Gibbs - S1 24

Lily Kotris - S2 08

Assembly Awards

Year K-2 Awards

Students of the Week

Imogen Langford, Matei Paraschiv, Jax Trembath, Madeleine Kensell, Beau Hertslet, Rowan Clark, Ryley Crockett, Bailey Rickard, Ruby-Lei Raymond, Bentley Davis, Janine Doran-Dargin.

Achievement Awards

Braxton Davis, Kobi Bodkin, Olivia Dugan, Pippa Cozens, Daksha Pradeepkymar Nair, Summer Quarry, Emmanuel Field, Nyteeka O'Leary, Maddisyn Nothdurft, Kaidence Toomey, Zoey Dann.

Kindergarten Photos

Kindergarten had their photos taken on Friday 1 March for the Northern Daily Leader.

Keep an eye out towards the end of March to see our little super stars in the paper.

Sports News



WANT TO TRY HOCKEY FOR FREE???

Year 3-6 Primary Hockey Experience

Term 1 2019

- ⇒ **Tuesday afternoons from 4pm**
- ⇒ **Start date 5th March 2019 (amended date)**
- ⇒ **At Hockey Centre**
- ⇒ **Play with your friends from school**
- ⇒ **5 week fun series**
- ⇒ **Sticks provided (bring shinpads and mouthguard if desired)**
- ⇒ **Talk to your school sports co-ordinator to join a team**
- ⇒ **Further information Justin 0431 718 811**



Come & Try Hockey Days 2019

Saturday March 16th

Saturday March 23rd

9am - 10am

Hockey is a great sport - here are just some of the reasons why you should give it a go :

- All the family can play – Tadpoles & Minkey for the youngsters, Junior comps under 9's to High School, Men's & Women's grade competitions right through to Masters.
- Caters for all levels of ability from 1st timers through to international standard.
- Hockey is one of the safest sports to play. New modified softer "Joey" ball.
- Tamworth boasts access to some of the best hockey facilities & best coaches in the country.
- Play in all weather – water based synthetic surface means **NO WASHOUTS**.
- Meet other kids from different schools, build social circles & learn to play in a team environment.
- Hockey is great for fitness.
- Come & try days are **FREE** & you can borrow sticks, shin pads etc for the day.
- All our local clubs will be on hand to answer questions, provide info & take registrations.

Cricket Blaster Program

On Saturday 23 February, 14 Tamworth South Public School students participated in the Junior Blaster Cricket program at Riverside Oval. The program will run for the next 4 Saturdays with students learning skills, participating in games and having fun making some new friends.

Thank you to Tamworth Junior Cricket Association for organising such a wonderful program.




South United FC (soccer)
 Registrations Days We will be at Tamworth South Public school MONDAY 4th and 11th March at 3:15pm to 4pm to do your registrations. So come along and talk to us about registering for the 2019 season

BULLYING NO WAY!
 We stand together

4-7 YEARS..... \$140.00
 8-11 YEARS\$160.00
 12-16 YEARS.....\$180.00
 (all school age children can apply for the ACTIVE KIDS VOUCHER valued at \$100)
 Fees can be paid off by payment plan

Contact Tammy Clark for more information
 0466046705



South United Football Club

BULLYING, NO WAY! WE STAND TOGETHER.

CONTACT TAMMY 0466046705



17-18 years and all senior men and woman fees INCLUDE FFA, NNSW, NIF fees, presentation night dinner, all referee fees, training fees (lighting and extra ground hire) and equipment fees

17 - 18 YEARS	\$280.00
senior men and women	\$350.00

ALL FEES MUST BE PAID BEFORE YOU CAN PLAY
 Did you know we do have a payment plan for all players ?

If you started playing your fees next week (w/c 4/2/2019) you can have them paid before the first game.

For Eg

4 -7 years	10 weekly payments of \$14
8 -11 years	10 weekly payments of \$16
12 -16 years	10 weekly payments of \$18
17 to 18 years	10 weekly payments of \$28
seniors	10 weekly payments of \$35

SIMPLE
 If you do pay weekly or fortnightly please use you FFA number or name as your reference
 Bank account details
 South UNITED FC
 BSB 802298
 account number 100097977

Tamworth Zone PSSA

Congratulations to the following students who will represent Tamworth South Public School at the North West SSA Swimming Carnival in Armidale on Monday 4 March.

Makenzie Noble:
 12 years 50m freestyle
 12/13 years backstroke

Senior Girls Relay:
 Makenzie Noble
 Taylah Wright
 Jewels Guy
 Amelia Langford



Healthy Mouths for Kids at School
 Dental information for parents & carers

Did you know?
 Children with tooth decay can have trouble eating, sleeping and focusing in class.
 Avoid tooth decay by brushing teeth twice a day and limiting sugary food and drink.

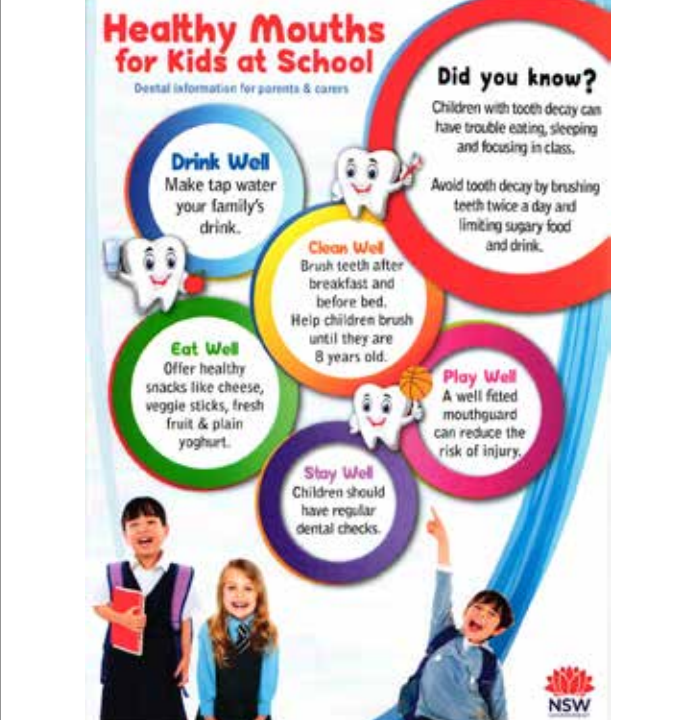
Drink Well
 Make tap water your family's drink.

Clean Well
 Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.

Eat Well
 Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.

Play Well
 A well fitted mouthguard can reduce the risk of injury.

Stay Well
 Children should have regular dental checks.



NSW

School Parking Issues

Over the last couple of days, there have been some reports made

around individual parents not respecting the rules of the road in and around the school. I appreciate the community taking care of all children's safety seriously.

Parents are parking in the No Parking areas, stopping in no stopping areas, in the middle of the road, bus zones and they are even parking across and blocking the driveways to private residential homes while they are dropping off or picking up their children from school. This is unacceptable and places lives at risk and will lead to police intervention.

In Woodward Avenue on the Western side of the road there is usually ample parking available for parents in the morning and in the afternoons. It is true that it requires a bit of walking and a supervised pedestrian crossing to negotiate, but there is definitely space at the western end of the school.

Please talk to your children about the importance of road safety, how they must cross at the school crossing and obey the instructions given by our crossing supervisor and not just run the road in front of traffic. All it takes is one slip for something bad to happen. Stay safe.

SCHOOL SAFETY REMINDER:



Be sure to follow your school's pick up and drop off procedures.

More children are hit by vehicles near schools than at any other location.

CARS AND KIDS DON'T MIX. FOLLOW SCHOOL DROP OFF PROCEDURES.



YEAR 7 2020 EXPO

Wednesday 6 March 2019
6.00pm THS Cafeteria

This is your opportunity to engage with the teaching and executive staff at Tamworth High School. Our school will be on show and ready to answer your questions about your child's enrolment and education at a quality public high school.

Each faculty will be on display to excite and inform you about what's on offer at THS: interactive displays, lucky door prizes and face to face time with our teachers.

Supper will be served by our HSC Hospitality students with short performances by our CaPA students.

Let us show you what THIS is really all about!

All Welcome!






Tamworth High School is an inclusive centre of innovation, creativity and excellence.
Wills Street Tamworth South NSW 2340 | PO Box 5345 Tamworth South NSW 2340 | T: 02 6765 7888 | Fax: 02 6762 1264
E: tamworth-h.school@det.nsw.edu.au W: tamworth-h.school.nsw.edu.au

Good for Kids good for life

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED GET ACTIVE
A K-6 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnshealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

SAN CHOY BAO



Ingredients

- | | |
|-----------------------------------|-----------------------------------|
| Canola or olive oil cooking spray | 2 lbs salt-reduced barbecue sauce |
| 500g lean pork mince | 1 lbs salt-reduced soy sauce |
| 1 clove garlic, crushed | 1/4 cup coriander leaves |
| 1 tsp grated fresh ginger | 8 large butter lettuce leaves |
| 200g green beans, thinly sliced | 1 cup bean sprouts, ends trimmed |
| 1 large carrot, grated | |
| 4 green shallots, thinly sliced | |

Method

1. Heat a wok or large non-stick frying pan and grease with cooking spray.
2. Add mince, garlic and ginger and cook for 5-10 minutes over a high heat until mince is evenly browned, breaking up any large pieces with a wooden spoon.
3. Add beans, carrot and shallots and stir over heat a further 1-2 minutes.
4. Stir in sauces and coriander leaves. Remove from heat.
5. Spoon mince mixture onto lettuce leaves and top with bean sprouts.
6. To eat, wrap up leaves to enclose filling.

Tip: We used butter lettuce leaves but you could use iceberg lettuce cups or baby coss if preferred. SOURCE: Healthy Kids at www.healthykids.nsw.gov.au



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnshealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

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 6 March 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

4 March - 8 March

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

11 March - 15 March

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

Chris Knee - Canteen



Parents and Citizens

Our P&C meetings are to be held in the staffroom on the third Wednesday of the month at 2:00pm.

Next P&C Meeting will be our Annual AGM

Wednesday 20 March

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

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

Clothing Pool

New Clothing Pool hours are:

Thursday and Friday

8:40am to 9:10am

Sometimes unfortunately we can not open because of family or work commitment. We understand this can be very frustrating and we endeavor to keep these days to a minimum.

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.

Good for Kids good for life
CRUNCH&SIP®

Crunch&Sip® is a set time during class time for primary school students to "refuel" on vegetables, salad or fruit, and "rehydrate" with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for **Crunch&Sip®**
it's simple!
Crunch&Sip means vegetables, fruit and water only.

✓

✗

Sometimes

www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

Health
Hunter New England
Local Health District

HNEHD: GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Werris Creek minor League



SIGN ON DAY - MARCH 3rd 2019

12pm – 2pm

DAVID TAYLOR OVAL – WERRIS CREEK


Free sausage sizzle for kids... Adults \$ 2.50

Drinks available for purchase.



Registration fee is \$100 – includes shorts and socks. YES we accept active kids vouchers!!

*****Please activate voucher before sign up ☺*****



Orthodontist
DR. ELBERT LIEW

1 Dowe Street, Tamworth
Phone: 6766 5833

Specialist Orthodontist for adults and children

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- Experienced and friendly staff
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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





CATTELMANS STEAKHOUSE

BOOKINGS 67657922

www.sundancepark.com.au

\$1 Real dough \$1

Present this voucher and get \$1 towards your next purchase.

Tamworth Shoppingworld
Cnr Bridge & Denne St
T 6762 0255



Not redeemable for cash or with any other offer. No change given. 1 voucher per person, per day. Only valid for purchases over \$2 at bakery listed. Expiry Date: _____ Valid 3 weeks from date of issue.



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T. 6762 0650
www.easters.com.au

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Turn off Dampier Street at Avro Industrial Supplies

