



Tamworth South Public School

NEWSLETTER

Respect for self, others and school

Term 1, Week 7

15 March 2019

Calendar

March

- Wednesday 20** P & C AGM Meeting
6:00pm in the School Library
- Thursday 21** Science/Engineering Challenge
9:15am - 3:10pm
- Thursday 21** Infants Assembly
2:00pm Item S1 22
- Friday 22** Primary Assembly
2:30pm Item S2 07
- Friday 22** SRC Harmony Day Fundraiser
9:10am - 3:10pm
Information to follow
- Thursday 28** Infants Assembly
2:00pm Item S1 22
- Friday 29** Jump Rope for Heart - Jump off Day
9:10am - 11:10am
- Friday 29** Primary Assembly
2:30pm Item S2 09

April

- Thursday 4** Infants Assembly
2:00pm - Item S1 19
- Friday 5** Primary Assembly
2:30pm Item S3 02
- Friday 5** Year 6 Major Excursion - Canberra
1st Installment - \$100.00
- Friday 5** Year 5 Major Excursion - Point Wolstoncroft
1st Installment - \$60.00
- 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

May

- Tuesday 7** School Photo Day - more information to follow
- Wednesday 8** School Photo Day - more information to follow

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.



Stewart House Donation Drive 2019

Your donation supports the 1,700 children who attend Stewart House each year from public schools across NSW and the ACT.

“ Stewart House was one of the highlights of my teenage years and I met so many people I am still friends with today. The dedicated staff that run this program are amazing. ”

- Past student, Facebook review 2/10/2018

NSW Public Education's
Charity of choice

Win a \$4,000 holiday to a destination of your choice

- Place a \$2 coin or equivalent in this envelope
- Complete entry details on the back
- Return to your school to be eligible for the draw



All entries must reach Stewart House by Friday 31st May 2019 in time for the draw at 12pm on this date

Leonie Byrne, Principal***BE INVOLVED, BE BETTER INFORMED***

This Wednesday March 20 the Tamworth South P&C will be holding their annual AGM at 6:00pm in the Library. The Tamworth South P&C are affiliated with the NSW P&C Federation and are committed to a free public education system which is open to all people irrespective of culture, gender, academic ability and socio-economic class. They are committed to encouraging parents and carers and citizens being partners in the education process. Please feel welcome to come along and be involved.

WHY BEING INVOLVED IN THE P&C IS IMPORTANT

Sometimes parents/carers fear they will be “lumped” with a job if they get involved in the P&C. This is not the case. No one can force you to take on a position or do something you don't have time to do. It's not about putting pressure on you, it's about communication and being informed. Being involved enhances some important messages for your children.

Your children need to know we are on the same team.

Sometimes children take home stories that place blame externally. If you jump on the opportunity to blame the teacher or the school, you can miss out on the important other side of the story. When children know we communicate, they will be more likely to ask for help instead of blaming.

We are with your child for a large part of the day.

We have information that is important to you and can help you address your child's needs both educational and otherwise

Together is always better.

When parents/carers, teachers and students work together the best results can be achieved.

We need mutual trust.

Just as you may have had prior experiences with teachers, we have had challenging encounters with parents. Open communication builds trust.

Please consider being part of our P&C. They are a terrific group of people who are clearly focussed on what's best for the school.



Bunnings Build

What a great day !!!!!

Today H Block added their sensory garden through a community project with Bunnings and Oxley High School. Thank you to Lorraine and her team !!!!!!! Bunnings donated 2 garden beds and plants for the children to enjoy. Oxley High School students built the beds and worked with H Block classes.

Thank you Mr Miller, Miss Newberry and your wonderful team of helpers. Oxley High are to be commended on their team work and respect they showed our students - including taking time to participate in some Jump Rope for Heart activities with the students on lunch break !!!!!



*H Blocks
Wonderful
Sensory Garden*



Principal's Ribbons

Week 7

Tyler McKee - SE 26

Great fun at Lake Keepit Mud Run

Dylan Lacey - SE 26

Great fun at Lake Keepit Mud Run

Logan Windsor - SE26

Great fun at Lake Keepit Mud Run

Nathan Greentree - S3 01

Fantastic assistance at sport

Caiden Hooper - S3 01

Fantastic assistance at sport

William Vernon - S3 01

Fantastic assistance at sport

Kobi McMaster - S3 01

Fantastic assistance at sport

Jaylan Leslie - ES1/S1 16

Outstanding effort and behaviour

Charlotte Birt - ES1/S1 16

Amazing writing

Term 1 Assemblies

Week	Infants K-2		Primary 3-6	
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

You have been Caught

Catch it Awards

Wolf Woods - S3 04
 Kathryn Duffy-Hill S2 08
 Maddison King S1 19
 Jordan Cubis - S1 21
 Chloe Sharpley - S3 03
 Vedran Duric - S1 19

Assembly Awards

Year K-2 Awards

Students of the Week

Kobe Burke, Jahmirra-Lee Price, Jay Tobin, April Miller, Tyler Cain, William Knight, Annah Smith, Tyson Bartolo, Chloe Kelso, Charmayne Jerrett, Jordan Cubis.

Achievement Awards

Froy Deakin, Valerie Linn, Maddison Fletcher, Tallara Livermore, Joyleigh Ward, Lewis Jones, Dylan Cooper, Mia Stevens, Brooklyn Heywood, Georgia Chiplin, Jahkobi Johns, Jayden Dixon.

Week 6 Assembly Awards

Year 3-6 Awards

Students of the Week

Kathryn Duffy-Hill, Charlie Elsley, Ava Clay, Kaiden Southwell-Gray, Tyra Tombek, Maliah Shipley, Noah Barnett-Suey, Mattiea Jordan, Indy Mulligan, Madeline Roser, Matilda Hanson, William Green, Neiji Eddy, Hailey Ware, Coopa Davies.

Achievement Awards

Johnathan Ross, Zander Holt, Amy Sisson, Kane Grattan, Callee Leahy, Amelia Craig, Amber Walsh, Angus Goodchild, Aurorah Taylor, Locklyn Ebert, Jayden Doyle, Jordan Steel, Mason McDonald, Matilda Cozens, Tobias Higgins, Jayden Darlington, Dylan Lacey, Jacob Cook.

Uniform Award

S1 22

Assembly Award

ES1 20

*Winner of
 Assembly Class Award:
 S3 02*

Book Club

Orders close for Issue 2 on Friday 22 March 2019.

All orders need to be given to Mr Bailey in the Library.

Please do not take them to the office.



Thank you
 Mr Bailey



Tamworth High School

Centenary Celebrations

1919 - 2019

Tamworth High School will be celebrating its centenary with a week of celebrations from **25-30 March 2019**

Celebrations will include a formal assembly, student disco, centenary football games, school tours, concert and formal dinner.

Book your tickets, register your intention to attend and order your merchandise via the school [website](#) or by visiting the front office staff at Tamworth High School.

You can also join the Facebook group **THS Centenary 2019**



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.



INTERESTED?

Visit our website or contact the below for more info:
volunteers.ywca.org.au
 02 9285 6255
www.ywca.org.au

WE NEED YOU....

BECOME A YOUTH MENTOR!

Volunteer as a Youth Frontiers mentor with YWCA Australia and you'll...

- Make a huge impact in the life of a young person (12-16yrs)
- Support your local community
- Meet like-minded adults
- Learn new skills
- Have fun!



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.

Jump Rope for Heart 

We're still skipping away!

Jump Rope for Heart only has 2 weeks left to go!

It is great to see so many children fundraising at home.


Tamworth South Public School has now raised over \$1,200!

It's still not too late to get involved. Every dollar counts towards assisting the Heart Foundation in their efforts to fight heart disease.

Just follow the link below and enter your details. Then just share your online fundraising page with family and friends to raise money for a great cause!

<https://jumprope.heartfoundation.org.au/register>

Our Jump Off Day is on Friday 29 March. There will be a whole school assembly at 9:30am before we break off into stage groups to enjoy a morning of skipping. Please come and join us to see our students' wonderful new skipping skills.



Heart Foundation
Jump Rope for Heart

PERFORM WITH POWER

TENNIS ACADEMY

SCHOOL HOLIDAY TENNIS CLINIC

15/5/19 to 18/4/19
8:30am to 11:30am each day.
COST \$88 OR \$25 single day.

SIGN UP ONLINE NOW AS SPACES ARE LIMITED.

THE GREATEST FUN FOR KIDS THESE SCHOOL HOLIDAYS!



Proudly run by

MITCH POWER

Tennis Australia Club Professional Coach

Contact Mitch on 0434211461
mitch.power.87@gmail.com
for more info.

performwithpowertennis.com.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 Ki-5 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2018.



Health
Hunter New England
Local Health District

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

Good for Kids good for life




ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



Health
Hunter New England
Local Health District



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HNELHD-GoodForKids@hnehealth.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 3 April 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

18 March - 22 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

25 March - 1 April

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 School Library.

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.

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.

Stay Well
Children should have regular dental checks.

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

NSW

We'll help you find the floor you've been searching for.

Choices Tamworth
Longyard Homemakers'
Tamworth - 6765 5513
choicesflooring.com.au

Choices
The floor you've been searching for

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 inattentive 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

NSW Health Hunter New England Local Health District
 HNSLHD:GoodforKids@nswhealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life
SAN CHOY BAU

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

NSW Health Hunter New England Local Health District
 HNSLHD:GoodforKids@nswhealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Orthodontist
 DR. ELBERT LIEW

1 Dowe Street, Tamworth
 Phone: 6766 5833

Specialist Orthodontist for adults and children

- Management of crowding & alignment of crooked teeth
- Metal and clear porcelain braces, plates and functional appliances
- Experienced and friendly staff
- Interest free payment plans

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

CATTLEMAN'S STEAKHOUSE
BOOKINGS 67657922
www.sundancepark.com.au

\$1 Real dough \$1

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

Tamworth Shoppingworld
 Carr Bridge & Denne St
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Bakers Delight
 We're for real.

No redeemable for cash or with any other offer. No change given. 1 voucher per person, per day. Only valid for purchases over \$5 at bakery listed. Expiry Date: _____ Valid 3 weeks from date of issue.

Easter's Landscape Supplies

- Top Soil
- Limestone Roadbase
- Washed River Sand
- Aggregate
- Decorative Stones
- Garden Ornaments
- Wall Art
- Giftware
- Pots
- Décor
- Water Features
- Kanga Hire
- Garden Mix
- Concrete Sleepers
- Blocks and Pavers
- Mulches
- Organic Compost
- Quality Turf
- Crusher Dust
- Sand and Gravel Mix
- Firewood
- Bricks/Sand
- Cement
- Polished Stone
- Link Edge
- Hills Clotheslines, accessories and MUCH, MUCH MORE...

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 Turn off Dampier Street at Avro Industrial Supplies

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