



# Tamworth South Public School

## NEWSLETTER

*Respect for self, others and school*

Term 4 Week 5

15 November 2019

### November

**Monday 18-29** Year 2 Intensive Swimming Program  
9:30am - 11:45am

**Tues 19-Fri 22** School Spectacular 2019

**Wednesday 20** P & C Meeting  
4:00pm in the Library

**Wednesday 20** Canteen Meeting  
4:15pm in the Library

**Thursday 21** Infants Assembly K-2  
Class Item ES1/S1 16

**Friday 22** Primary Assembly 3-6  
Class Item S2 07

**Thursday 28** Infants Assembly K-2  
Class Item SE 25

**Friday 29** Primary Assembly 3-6  
Class Item S3 02

### December

**Mon 2 - Fri 6** White Cross Dental Visit  
Information broucher sent home to fill out and to be returned to school

**Thursday 5** GAT Orientation  
Information to follow

**Thursday 5** Infants Assembly K-2  
Class Item S1 22

**Friday 6** Primary Assembly 3-6  
Class Item SE 26

**Friday 6** S2 07 String Program Performance  
9:30am in the school hall

**Wednesday 11** Presentation Day  
Will be held at TRECC. Information to Follow

**Thursday 12** Year 3 End of Year Party  
Marsupial Park - Information to follow

**Thursday 12** Stage 3 Movie Day  
Information to follow

**Thursday 12** Infants Assembly K-2  
Christmas Concert

**Friday 13** Year 4 End of Year Party  
Information to follow

**Monday 16** Kindergarten Graduation  
2:00pm

**Tuesday 17** Year 6 Graduation - (12:00pm) and Formal Dinner/Dance  
Graduation Assembly - 12:00pm to 12:30pm

### CAPERS Choir

*Week 4 this term has been very busy for 14 of Tamworth South Public School's dedicated choristers!*

After three days of rehearsals (as well as many lunch-times spent practicing), students from years 3-6 represented our school with pride and joined the Massed Choir, led by Mrs Natalie Brown, supported by Miss Emily Moore for three massive performances of CAPERS at the Tamworth Regional Entertainment Centre.

Being part of the Massed Choir required the students to memorise more than 20 choral pieces with harmonies, perform various choralography sequences as well as a massed dance routine - while coordinating many costume changes and props along the way.

It was an extraordinary feat, and every single student should be proud of the wonderful job they did.

Well done, CAPERS Choir!

Mrs Brown and Miss Moore are extremely proud of you!



**Emily McInerney, Deputy Principal**

**REMEMBRANCE DAY**

This week Tamworth South Public School have acknowledged Remembrance Day to remember people that sacrificed their life or went to war so we could have freedom and peace. A whole school assembly was held and Captains and Vice Captains also represented Tamworth South Public School at the local Ceremony in Tamworth.



**BACKFLIPS AGAINST BULLYING**

This week we have had the group from Backflips Against Bullying-perform at the school.

This is the second performance at Tamworth South Public where the group use acrobatic setups and focus on topics such as Resilience and Cyber Harassment, as well as linking ideas from the first show (eg. Empowering the Bystander, and the consequences of our Actions) that was held earlier in the year.

The show featured parkour, flips, and comedy, and students enjoyed the tricks and scenarios engaging with what the performers had to say.

**CAPERS**

Many students participated in the Capers evenings, displaying our Core Values and representing the school with pride.

I would like to thank the staff and parents for all their support and assistance as without your dedication and commitment opportunities for students would not be available.



### What is Chickenpox?

Chickenpox (varicella) is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus). In children it usually causes a relatively mild illness, Chickenpox in adults and immunosuppressed people can be severe. Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.

### What are the symptoms?

Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash. The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development. Symptoms usually occur two weeks after exposure to the virus.

### How is it spread?

Early in the illness, the virus is spread by coughing. Later in the illness, the virus is spread by direct contact with the fluid in the blisters. The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated. People are infectious from one or two days before the rash appears (that is during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs).

### How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood samples.

### How is it treated?

People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups. People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.

Further details can be found on the NSW Health website:

[www.health.nsw.gov.au/factsheets/infectious/chickenpox](http://www.health.nsw.gov.au/factsheets/infectious/chickenpox) or through your local doctor.

If you have any concerns about your child, please do not hesitate to contact your local doctor.

**NSW Education**  
High Performing Students Team

**Applying for Year 7 entry to selective high schools in 2021**

Thinking of applying for a government selective high school for Year 7 in 2021?  
You must apply online at: [education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7](http://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7)

**Key Dates**

- Application website opens: **8 October 2019**
- Application website closes: **10 pm, 11 November 2019**  
You must apply before this deadline.
- Test authority advice sent to all applicants: **27 February 2020**
- Selective High School placement test: **12 March 2020**
- Placement outcome information sent overnight on: **4 July 2020**

Please read this booklet carefully before applying.

Parents should check the website at [education.nsw.gov.au/hpsts](http://education.nsw.gov.au/hpsts) regularly throughout the application and placement process.

Please check the website for information before you contact the Team.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team\*

**Contact Details:**  
High Performing Students Team, NSW Department of Education  
Email: [hpst@det.nsw.edu.au](mailto:hpst@det.nsw.edu.au)  
Telephone: 1300 890 367  
Fax: 02 9266 8435  
Postal Address: Locked Bag 53, DARLINGTON NSW 1300  
Facebook: <https://www.facebook.com/groups/772250063006/>

**Please Note:**  
\* 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"

## Selective High School Applications - 2021

Parents of students in Year 5 who are thinking about attending a Selective High School in 2021 need to lodge an online application.

Please see the flyer in this newsletter. The selective schools exams (i.e. FMHS) that will occur in March next year.

Applications close on Monday 11th November 2019 at 10:00pm. A detailed note has been sent home with every Year 5 student to ensure the information is available early to parents.

Please don't miss this information or opportunity. Parents apply through the High Performing Students Team website at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> (<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>)

## Principal's Ribbons

### Week 5

**Cadel James - S1 19**

Terrific writing about Lester the Frog

**Vedran Duric - S1 19**

Terrific writing about Lester the Frog

**CAPERS**

**Victor Richards - S1 24**

**Ethan Lancsar - S1 23**

**Makenzie Hocquard - S1 23**

**Holly Roberts - S1 21**

**Chloe Kelso - S1 23**

**Olivia Dugan - S1 21**

**Charmayne Jerrett - S1 22**

**Maya Patterson - S3 11**

**Makenzie Noble - S3 12**

**Jewels Guy - S3 12**

**Amelia Langford - S3 12**

**Addison Lockyer - S1 22**

Great effort in all physical activities

**Maison Willcox - S1 22**

Pushing himself to write quality informative texts

**Hayley Webb - S3 02**

Great participation

**Aisha Iskafi - S3 02**

Going above and beyond learning expectations



### 'The Bread Tag Project

S1-22 has been collecting bread tags so we can be a part of 'The Bread Tag Project'. But we need your help!

Please send your bread tags to school.

A collection jar is in the Library.

Much appreciated!

Mrs Smith and the students of S1-22



## Term 4 Assemblies

Week	Infants K-2	Item	Primary 3-6	Item
6	21 November	ES1/S1 16	22 November	S2 07
7	28 November	SE 25	29 November	S3 02
8	5 December	S1 22	6 December	SE 26

This information is subject to change at short notice

### Week 4 Assembly Awards

#### Year K-2 Awards

#### Students of the Week

Froy Deakin, Lacey Parry, Kallyne McCluand, Evie McDonald, Charlette Mckeon, Jarrad Smith, Chaise Cook, Hollie Marshall, Aurora Ridoux, Fayth McKenzie, Ruby-Lei Raymond.

#### Achievement Awards

Ethan Bates, Levi Welch, Amba Luke, Jesse Allan, Caleb Damon, Taylah Townsend, Blaize Nowland, Rylan Coleman, Tyson Bartolo, Azura Keech, Jake Doyle.

## Medication Procedure

Parents and Carers

Just a friendly reminder that if your child requires any form of medication eg: eye drops, panadol, antibiotics etc at school.

You need to come into the front office and fill out a medical form, before we can commence treatment or give any medication.



### Catch it Awards Week 5

Annah Smith - S1 24

Adam Iskafi - S2 08

Noah Barnett-Suey - S2 07

Amelia Craig - S2 06

Breeanne Griffiths - S1 24

Latrelle Morgan - S1 21

### WEEK 5

**Assembly Award  
ES1 35**

**Uniform Award  
S1 21**



Duri Public School Title Page scope

## Walaaybaa (Home)

Developed in partnership between the Department of Education, the Art Gallery of NSW and Tamworth Regional Gallery, **Walaaybaa (HOME)** is a regional outreach education program that delivers sustained educational content and experiences introducing local Aboriginal art practice to primary school teachers, students and their wider communities.

The **Walaaybaa (Home)** program has been delivered in Kamilaroi/Gomerai country.

School participating include;

- Duri Public School • Oxley Vale Public School • Tamworth Public School
- Tamworth South Public School
- Timbumburi Public School • Westdale Public School



## Weekly Tip: stay connected



### *In November, our weekly tips aim to inspire and equip travelling dads.*

Technology gives you the ability to keep in touch, even when you're miles apart. Daily chats over the phone or face-time allow kids to hear your voice (and even see your face). These catch-ups allow you and your kids to maintain a connectedness.

This is one simple way you can still 'be there' for your kids, for them to share their stories, thoughts or concerns, even when you're away.

### **Stay connected**

- Call your kids every day where possible. Ask them questions about their day and tell them about yours. Let them know that you love them and miss them.
- Don't limit communication to a phone - video calls are fun and easy ways to keep in touch, especially with young kids.
- Send your kids text messages during the day if possible, let them know what you are doing and ask them how they are going (especially if they are dealing with a particular challenge or special occasion, like an exam or a competition).

NSW Department of Education

## Before and After School Care

### Have your say

The NSW Government is committed to increasing the provision of before and after school care.

Have your say at  
<https://www.service.nsw.gov.au/basc>

Online feedback closes December 2019

## Advertising Space Available

If you would like to advertise your business in the Tamworth South Public School newsletter, please contact the school on 6765 8426 for our advertising charges.

THE UNIVERSITY OF QUEENSLAND AUSTRALIA

Experiences of Parenting

## Tell us what you think about Parenting!



TAMWORTH HIGH SCHOOL

## YEAR 7 2020 ORIENTATION DAY

Year 7 2020 Students and  
their Parents/Carers are  
invited to attend  
Orientation Day at  
Tamworth High School.

**Tuesday 3 December 2019**  
9.30am - 12.30pm  
Registration from 9.00am  
in the  
Tamworth High School  
Concert Hall

If you need more information please contact  
Caron Lasscock, Community Liaison Officer,  
[caron.lasscock2@det.nsw.edu.au](mailto:caron.lasscock2@det.nsw.edu.au) or call on 02 6765 7888.

Students who are not accompanied for the duration of Orientation  
Day by a parent or carer will need to be collected from Tamworth  
High School at 12.30pm.



### Uniform Change Survey

**A note has been sent out to families requesting their feedback on the proposal to change the everyday school uniform to the current sports uniform.**


This would mean that students would come to school from Monday to Friday in the green and gold shirt, green sports shorts and joggers.

This suggested uniform change has the approval of the Principal and has been presented to the P&C Committee. We are now seeking feedback from our school community about the proposed change.

To have your opinion heard on this matter, please complete the survey and return it to your child's classroom teacher by **Monday 18 November**.

*The P&C committee will be discussing the results of the survey at their meeting on Wednesday 20 November.*

Please feel free to attend if you would like further input on the proposed uniform changes.





White Cross Mobile  
Dental Care

**Did you know?**

Children with poor oral health were nearly **3 times more likely to miss school** due to dental pain.

Tooth decay is the most common childhood disease, five times more common than asthma and 3 out of every 5 children are infected by tooth decay.

It is essential for children to have regular dental check-ups as tooth decay can be entirely preventable, educating good oral hygiene will eliminate pain and prevent major problems in the future.


White Cross Mobile Dental Care will provide all children with a Comprehensive Oral Examination checking all teeth and gums.

In Week 8 White Cross Dental Care will be visiting our school from Monday 2 December to Friday 6 December.

If you are happy for your child to be seen by our visiting Dental Practitioner, please complete the forms that were sent home this week and return them to school.

Newcastle Permanent's

# Cinema under the stars




Free!

Friday 29 November 2019


## Beauty and the Beast (PG)

Bicentennial Park, Tamworth


Entertainment from 5.30pm, movie from sunset  
Visit [newcastlepermanent.com.au/cinema](http://newcastlepermanent.com.au/cinema) or 'like' us at [facebook.com/newcastlepermanent](https://www.facebook.com/newcastlepermanent)



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NEWCASTLE  
PERMANENT

# 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 20 November 2019 at 4:00pm in the Library.**

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

## Canteen Roster

### Term 4

#### 18 November - 22 November

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward, Michelle Summers - when available
Wednesday	Julie Davis
Thursday	Annette Ward
Friday	Kerry Roberts - when available Amanda Claudel, Lisina Monk

#### 25 November - 29 November

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward, Michelle Summers - when available
Wednesday	Julie Davis
Thursday	Annette Ward
Friday	Kerry Roberts - when available Amanda Claudel, Lisina Monk

Canteen - Michelle Weber



# Parents and Citizens

*Our P&C meetings are held in the Library on the third Wednesday of the month at 4:00pm.*

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

Please note that the next P&C meeting will be held on **Wednesday 20 November** in the Library at 4:15pm.

## Clothing Pool

### Changes for the Clothing Pool

**The clothing pool will be open every Tuesday and Wednesday from 8:40am until 9:10am.**

Please keep an eye on the newsletter and our facebook page for other opening times. Thank you.

If you have any queries please email us on

**[tspspandc@gmail.com](mailto:tspspandc@gmail.com)**

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

## P & C Fundraiser

Dear Parents/Carers

The P & C have decided to hold a fundraising guessing competition. Each child will receive a book of 10 tickets to sell. Tickets will be \$2.00 each or \$3.00 for 5 tickets.

We appreciate your help with this event.

All tickets and money are to be returned to their classroom teacher by no later than Wednesday 4 December 2019.

Regards  
Katrina French (President)



## CREATE HEALTHY HABITS

Pop some veg and fruit into lunchboxes every day. The different colours, flavours and textures add variety, and the vitamins, nutrients and fibre are essential for good health.



## Calendar Money Extension

The P & C has decided to extend the due date for calendar orders. Just a reminder that all calendar money and notes are due back **NO LATER** than Friday 22 November 2019

Calendars are \$10.00 each

Please give your money to your classroom teacher.

You don't want to miss out !!



**CATTELMANS STEAKHOUSE**  
**BOOKINGS 67657922**  
[www.sundancepark.com.au](http://www.sundancepark.com.au)

ANZ Hotshots group tennis coaching  
 Ages 4-14 years

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

Contact Mitch - 0434 211 461  
[mitch.power87@gmail.com](mailto:mitch.power87@gmail.com)

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- Management of crowding & alignment of crooked teeth
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**Good for Kids** good for life

**TIPS TO HELP KIDS EAT VEGGIES**

- ADD TO EVERY MEAL**  
 Add an extra vegetable to your meal.
- CHOP UP OR CUT UP**  
 Chop up or cut up veggies to make it easier to eat.
- TRIAL THE PLACE**  
 Trial the place with veggies.

**ENCOURAGE YOUR CHILD**

- Show them you like eating veggies too.
- Add veggies to most things already in the house.
- Be positive and patient. It takes 10-15 times to try a new food.

**TRY A VARIETY**

- Fresh, frozen, canned, raw or cooked.
- Different colours.
- Buy in season.

**EAT MORE VEGETABLES and fruit**

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.\*

\*Australian Bureau of Statistics National Health Survey, 2004-05

NSW Health Hunter New England Local Health District  
 MAKE SPOONIES NORMAL  
 This resource has been developed by Hunter New England Local Health District, published November 2010

HNEI.HD.GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

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

**Choices Tamworth**  
 Longyard Homemakers'  
 Tamworth - 6765 5513  
[choicesflooring.com.au](http://choicesflooring.com.au)

**Choices**  
 The floor you've been searching for

**Easter's Landscape Supplies**

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- Kanga Hire
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