



# Tamworth South Public School

## NEWSLETTER

Respectful, Responsible, Safe, Successful

Term 4 Week 7 UPDATE

19 November 2021

### Calendar of Events 2021

Subject to change with ongoing COVID restrictions

Friday 26	<b>End of Term PBL BBQ</b> 11:10am - 11:45am
Tuesday 30	<b>Presentation Day Update</b> Information on page 2
<b><u>December</u></b>	
Wednesday 8	<b>Stage 2 Movies Excursion</b>
Thursday 9	<b>Year 6 Farewell and Graduation</b> More information to follow
Friday 10	<b>Kindergarten Graduation</b> More information to follow
Thursday 16	<b>Term 4 - Last Day for Students</b>
Friday 17	<b>Staff Development Day</b> 9:30am - 3:10pm

### 2022 Kindergarten Enrolment

If you have a child ready for kindergarten or you know someone who has a child ready to start school next year please contact the school and ask for an enrolment pack.

If you are out of zone you will need to complete an out of zone application. These applications are considered by a panel who will decide whether to accept or decline the enrolment based on the information provided.

When enrolling a student into a government school, you will need to have a number of documents.

Please provide a copy of a **standard birth certificate** (commemorative birth certificates cannot be used for enrolment), Australian Immunisation Register (AIR) statement/certificate and several documents proving residential address in the name of the enrolling parent or carer.



### Year 2 Intensive Swimming

Year 2 students enjoyed an intense week of swimming during week 7. Each class participated in two swimming lessons over the four days. Whilst the weather was cool on Monday, it gradually warmed up as the week progressed.

Students were taught under the great expertise of Mrs Denby, Miss Weeks and Josh Clayton. Miss Tracy and Miss Wendy also assisted in the pool. By the end of the week students had developed more confidence in the water and had improved their general swimming techniques.

Thank you to all the school staff involved in making this vital experience such a success.

Mrs Libby Smith Relieving Assistant Principal



**Leonie Byrne, Principal****Managing Covid Close Contacts - Rapid Antigen Home Test Kits (RAHT)**

***NSW Health has approved the use of Rapid Antigen Home Test kits as an option to get your child back into school for face-to-face learning from day 8 in the event they are identified as a close contact.***

Your child is required to have a covid test as soon as possible after being identified as a close contact and then again at day 6. If this test is negative then you are eligible to start the RAHT. Once you have your kit you will then be able to test your child each morning and if the test is negative your child will be able to come to school for the day once the test result is uploaded via the CareSafe app. Your child will still need to isolate until day 14 outside school hours as this exemption only applies to school. This means they can return to school on day 8 rather than after 14 days.

The test is optional and is conducted at home under adult supervision. Of course, the best course of action is keep your child home if they have any covid symptoms. For more information on the RAHT or to pick up a kit please phone the office on 6765 8426.

**Opportunity Class Placement Test**

This test was scheduled for Wednesday 16 November and was postponed due to our school becoming non - operational.

Parents/carers of students who were to sit the test will be notified of a new date by the High Performance Unit.

**Year 6 Graduation, Kindergarten Graduation and Year 6 Farewell**

Information around the organisation of the Year 6 Graduation, Kindergarten Graduation and the Year 6 Farewell will be distributed shortly.

These activities will be impacted by COVID-19 protocols set by NSW Health. Your cooperation will be greatly appreciated as we navigate health orders to make sure focus is maintained on ensuring the children have a wonderful time.

**Presentation Day**

*Again, this year, due to Covid-19 restrictions, we are unable to travel to the TREC to hold our Presentation Day.*

Presentations to award recipients will take place next week in our school Hall. Please see dates below.

**Tamworth South Public School 2021 Presentation Day**

***Plans for Presentation Day are well underway. As with last year, we will have a modified Presentation format due to COVID – 19.***

The celebration of student success and achievement is important, and we look forward to acknowledging our students.

**Unfortunately parents/carers will not be allowed to attend.**

We will be holding our celebrations in the Hall. As part of our COVID Safe plan, we will have to separate our students and celebrate achievements as Stage groups.

The Presentations will be filmed and photos will be taken.

Thursday 2 December – 10:00am – 11:00am – Stage 1

Monday 6 December – 12:30pm – 1:30pm – Stage 2

Tuesday 7 December – 12:30pm – 1:30pm – Stage 3

Wednesday 8 December – 12:30pm – 1:30pm – Major Awards

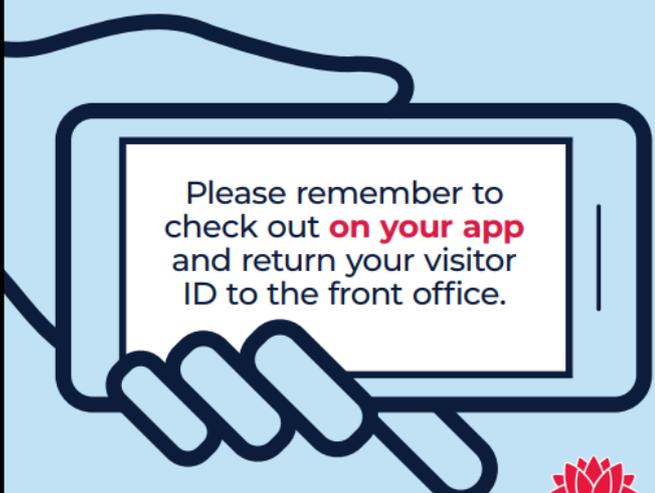
Friday 10 December – 9:30am – 11:00am – Early Stage 1

We look forward to celebrating all of our student's successes this year.



NSW Department of Education

# Thank you for visiting our school



Please remember to check out **on your app** and return your visitor ID to the front office.

education.nsw.gov.au




NSW Department of Education

## A New digital school visitor check-in system is here

We've partnered with [Service NSW](#) to give every visitor a streamlined way to check in and out any NSW government school.

Visit <https://education.nsw.gov.au/publ.../school-visitor-check-in> for more information.



### School Visitor Check-in

All visitors and contractors are required to check-in at the front office at all times.

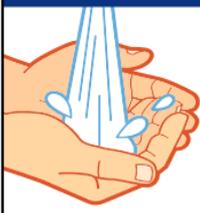
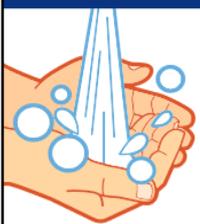
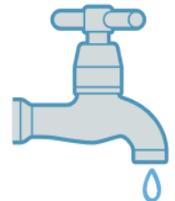
education.nsw.gov.au



NSW GOVERNMENT [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

## Practise simple hygiene by washing hands regularly



<b>1</b> Wet hands	<b>2</b> Apply soap	<b>3</b> Lather & scrub
		
<b>4</b> Rinse hands	<b>5</b> Turn off tap	<b>6</b> Dry hands
		

Spend 20 seconds washing your hands.

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## Mobile Phones and other Devices

**Friendly reminder! Some children have not been handing their mobile phones into the office when they arrive at school.**

Children who bring mobile phones and other devices to school are required to hand them into the office upon arrival at school and to pick them up at the end of the day.

We have purchased soft cases to put the phones in.

The cases will have the child's name written on them so there will not be any confusion over who owns which phone.

Remember the school will not be responsible for lost, damaged or stolen phones.

**Student PBL Star of the Month Nominations  
Term 4 Week 7**

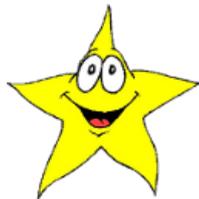
**ES1 Star Nominations**

Tulierah Livermore - KW-23  
 Taylanah Slater - KW-23  
 Holly Richmond - KT-22  
 Jayden Oliver - KT-22  
 Achilles Curtis - KB-34  
 Alexander Hempstead - KB-34  
 Ryan Wheatley - KH-21  
 Leonard Carlson - KH-21  
 Savannah Abra - KO-24  
 Aiya McCahon - KO-24



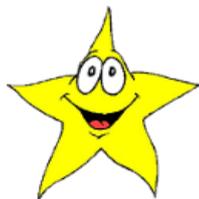
**Stage 1 Star Nominations**

Marnie Stockman-Walters - 2S-17  
 Chaise Cook - 2S-17  
 Kaidance Davis - 2N-16  
 Jeviah Cubis - 2N-16  
 Brooklyn McMaster - 1R-20  
 Ryan Ezendu - 1R-19  
 Christopher Evans - 1I-19  
 Baylor Kent - 1I-19  
 Angel-Lee Lysaght - 1O-18  
 Noah Munro-Adams - 1O-18



**Stage 2 Star Nominations**

Harmony Walsh - 4G-05  
 Remas Ibrahim - 4G-05  
 Jayden Dixon - 4S-04  
 Beau Deitrich - 4S-04  
 Christopher Maxwell - 4S-04  
 Wachirawat Pajikha - 3G-09  
 Bella Wilkinson - 3G-09  
 Blaize Nowland - 3L-08  
 Pypah Burwell - 3L-08  
 Cayden Jeffriess-Tapper - 3P-07  
 Jarrod Smith - 3P-07  
 Tyler Gibbs - 3P-07  
 Kaylee Dyke - 3/4W-06  
 Timothy Sykes - 3/4W-06  
 Tyson Bartolo - 26H



**Stage 3 Star Nominations**

Thor Graham - 6B-12  
 Lilly Tindall - 6B-12  
 Issac Stackman - 6A-11  
 Morgan Lockyer - 6A-11  
 Toby Chambers - 6W-10  
 Indiah King - 6W-10  
 Jezyha Johns - 5N-01  
 Peyton Barker - 5N-01  
 Taryn Stewart - 5/6J-36  
 Joshua Robson - 5/6J-36



**PBL Week 7 Awards  
K-6**

Emily Hammond - 2N-16  
 Vivian Baily- 2S-17  
 Dustin Chapman - KO-24

Matilda Bailey - 6W-10  
 Kloey Scott - 3P-07  
 Preston Winsor - 5M-03

**Coffee Vouchers:**

Jenny Swain  
 Michelle Sisson



**Medical Conditions**

It is important that you notify the school if your child has a medical condition. This needs to be supported by your Doctor.

**Your Doctor will provide you with a Medical Action Plan, this action plan is only active for 12 months.**

**It is a legal requirement that you provide the school with a current and updated plan each year.**

This notification should occur either at the time of enrolment, or if your child is enrolled as soon after diagnosis as possible.

This ensures that the school community provides your child with the most effective support possible.

Please call the school if this applies to your child, so we can share information and clarify each other's expectations.

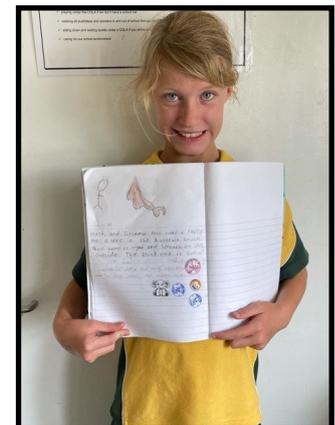
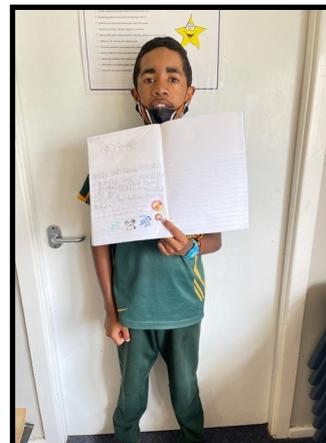
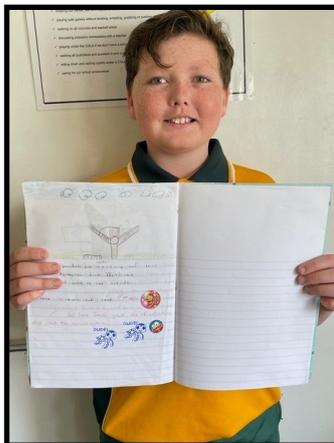
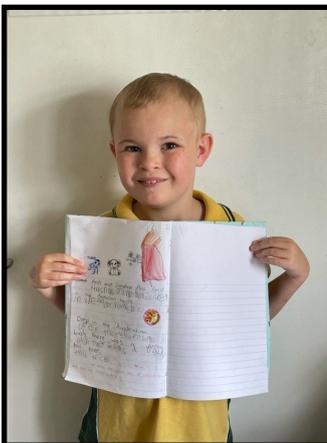
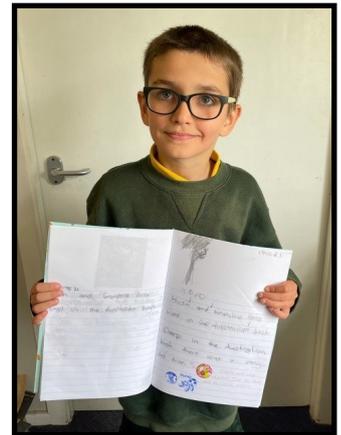
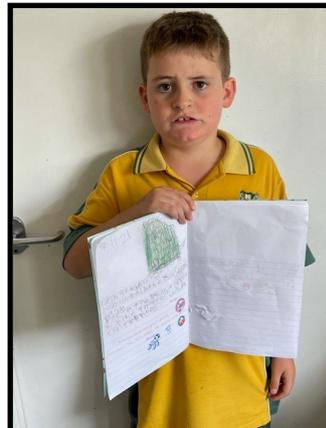
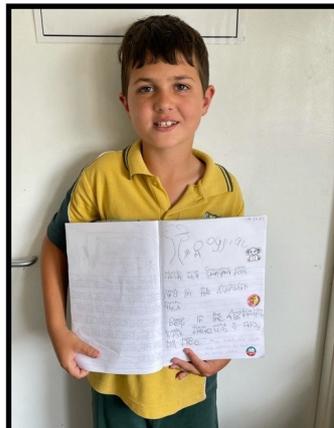
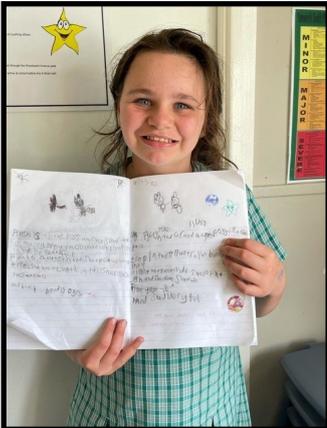
**Message to Parents/Carers**

If you need to get a message to your child, please phone the school on 6567 8426 **before 2:30pm** to ensure that your child receives your message before bell time.

**Messages after 2:30pm we cannot guarantee that they will reach your child in time.**

**Class 26H - Kirby Hollis**

In class 26H students have been working hard at using adjectives to describe place within the story *Possum Magic* by Mem Fox.



**Book Club**  
**Issue 8**  
 Sorry, no late orders available on Issue 8.  
 Out Now!  
 Final Issue for 2021  
 Orders Close  
 Friday 3<sup>rd</sup> December, 2021  
 Every Child Deserves a Good Book  


**Book Club 2021**  
 Orders Close for Issue 8 on  
 Friday 3 December 2021  
**No late orders can be accepted**  
**All orders need to be given to Mr Bailey in the Library.**  
 Please do not take them to the Office  
 Thank you  
 Mr Bailey  
**Please Note:**  
 This is the last issue of Book Club for this year.  
 An online catalogue and ordering with LOOP is available as well at  
<https://mybookclubs.scholastic.com.au/>

### Let Loose Fun Day

On Friday 19 November students participated in the Let Loose Fun Day. Students rotated through game based activities.

The day was a lot of fun and gave students the opportunity to demonstrate team work and cooperation.



more photos on page 7



## Help to stop the spread of COVID-19. Keep your family and loved ones safe.



If you're unwell stay in. Get tested. Isolate.



Wash your hands regularly. Take hand sanitiser with you when you go out.



Keep your distance. Leave 1.5 metres between yourself and others.



Wear a mask in situations where you cannot physically distance.



## REMINDERS FOR HARD DAYS

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew!*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be resilient!*
9. You're not alone. It's okay to ask for help. *And be resilient!*
10. Focus on the things you can control. *Let go of the rest. This is easier said than done.*



### Tamworth South Outside School Hours VACATION CARE PROGRAM

DECEMBER/JANUARY 2021/2022 MAIN EVENTS

	MONDAY 13.12.21	TUESDAY 14.12.21	WEDNESDAY 15.12.21	THURSDAY 16.12.21	FRIDAY 17.12.21	
WEEK 1	BEFORE AND AFTER SCHOOL CARE				Christmas craft and cooking Rice crispy Christmas trees Papier Mache baubles Christmas colouring	
WEEK 2	Marble painting Christmas paper Canvas tape painting Collage Christmas cards	Paper chain decorations Plaster cast Christmas decorations painting	Paddle pop stick Christmas craft Christmas decorations Finger puppets	Come dressed in Christmas clothes! Reindeer food Christmas cookie making and decorating Watch a Christmas movie	Centre Closed	
WEEK 3	Paint your own terracotta pot Tie dye your own canvas bag	<b>Wheels Day and Retro Sports Day</b> Bring your bike, skateboard, scooter to ride. Don't forget your helmet!	<b>Cooking Day</b> Rice paper rolls Fruit salad Fried rice with stir fried chicken	Nature scavenger hunt with gardening Nature threading	<b>Movie Day</b> Fairy bread rolls Popcorn Mindfulness colouring in	

**ALL BOOKINGS MUST BE MADE BY TUESDAY 14<sup>TH</sup> DECEMBER**  
**ALL FEES MUST BE PAID BY THURSDAY 16<sup>TH</sup> DECEMBER**

## Tamworth South Outside School Hours

We're open from 7am – 8:40am for Before School Care with breakfast provided

3pm – 6pm for After School Care with afternoon tea provided

7am – 6pm during Vacation Care.

*For more information contact*

0481 460 270 or  
[tamworthsouth@childrenfirst.asn.au](mailto:tamworthsouth@childrenfirst.asn.au)



### Important things to Remember

- Please bring a hat for outdoor play.
- Children will need to bring morning tea, lunch, afternoon tea and snacks.
- Lunch is occasionally eaten while we are out on excursions. **Please do not pack hot lunches on these days.**
- Children are permitted to bring DS, iPods and other electrical devices (**they must not be able to access wifi on these devices**). Games must be appropriate. Staff take no responsibility for the lost or damaged games/consoles. **Mobile phones are not permitted at the centre.**
- Children are encouraged to wear enclosed shoes and shirts with sleeves.
- **Please advise staff if your child will be absent for a day you have booked in for.**

**PLEASE REMEMBER THE FOOD CIRCLE WHEN PACKING YOUR CHILD'S LUNCH.**

### Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Grain (cereals) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Fruit

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Use small amounts

Only sometimes and in small amounts

### Tamworth South Outside School Hours VACATION CARE PROGRAM

	17.1.22	18.1.22	19.1.22	20.1.22	21.1.22	
WEEK 4	<b>Wheels Day</b> Bring your bike, skateboard, scooter to ride. Don't forget your helmet! Obstacle course	<b>Library Day</b> Run your own library with library cards for borrowing books Make your own bookmarks Bring your favourite book to share with everyone	<b>Cooking Day</b> Mini Pizzas Pin wheels Icy poles made from fruit Movie afternoon	Rock painting Bubble wrap painting Build your own city	Disco Day! Come dressed up in your favourite outfit! Disco dippers Disco party food Dancing competition	
WEEK 5	Fireworks art rainbow photography challenge Creating a rainbow artwork using our photos	Board game competition! Join us as we find the best board game player of the day!	<b>Public Holiday</b> Centre Closed	Make some delicious tacos with Nicole's famous Guacamole! Movie afternoon	<b>Wheels Day</b> Bring your bike, skateboard, scooter to ride. Don't forget your helmet! Blindfold Tenpin	
WEEK 6	Prepare for the return to school with a relaxing chilled day featuring yoga movies with popcorn Scrape painting and Perler bead craft Wear your comfy pyjama's	BEFORE AND AFTER SCHOOL CARE				

**ALL BOOKINGS MUST BE MADE BY TUESDAY 14<sup>TH</sup> DECEMBER**  
**ALL FEES MUST BE PAID BY THURSDAY 16<sup>TH</sup> DECEMBER**



High Performing Students Team

## Placement in selective high schools for Year 7 entry in **2023** Information for applicants

Thinking of applying for a government selective high school for Year 7 in 2023?

You must apply online at:  
<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>



**Key Dates**

Application website opens:  
**19 October 2021**

Application website closes:  
**17 November 2021**  
You must apply before this date.

Test centre and test authority advice released:  
**24 February 2022**

Selective High School placement test:  
**10 March 2022**

Placement outcome expected to be released:  
**8 July 2022**

Please read this booklet carefully before applying.

There may be changes to the procedures in this document.

Check the website at [education.nsw.gov.au/shs-oc](https://education.nsw.gov.au/shs-oc) regularly for updates throughout the application and placement process.

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

After applying, you will be able to log into your application dashboard to change details and send and receive messages.

The Selective High Schools placement process for Year 7 entry is administered by the High Performing Students Team. It is referred to as 'the Team' in this document.

**Contact Details:**  
 High Performing Students Team, NSW Department of Education  
 Email: [shs@det.nsw.edu.au](mailto:shs@det.nsw.edu.au)  
 Telephone: 1300 880 367  
 Facebook: <https://www.facebook.com/groups/772451106301086/>



**PEEL HIGH SCHOOL**

Phone: 6765 7088 PO Box 7005, NEMC 88 Gunnedah Road  
 Fax: 6765 3506 Tamworth 2348 Tamworth 2340  
 Email: [peel-h.school@det.nsw.edu.au](mailto:peel-h.school@det.nsw.edu.au)

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27/10/21

**RE: INFORMATION FACTSHEET- THE SELECTIVE SCHOOLS TEST  
YEAR 7 ENTRY TO SELECTIVE HIGH SCHOOLS IN 2023**

Dear Parent/Carer,

This letter is to inform parents/carers about the selective schools test for the class of 2023. Normally, I would be visiting Primary schools around our local area at this time to remind students to apply to sit the selective schools test. As Peel High School is a government selective High School, we are including the key dates for your consideration listed below. There are also supporting documents with more information that we will provide to your child's primary school which will be made available to you on request.

If you have any questions regarding the application process, please contact Peel High School. We'd like to see as many students as possible sit this test to expand their educational opportunities in the future.

**Key Dates:**

- Application website opens: 19th October 2021
- Application website closes: 17th November 2021 at 11.59 am- **You must apply before this date.**
- Test centre and test authority advice released: 24th February 2022
- Selective High School placement test: 10th March 2022
- Placement outcome information released: 8th July 2022

Check the website at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> regularly for updates throughout the application and placement process. Please check the website for information before you contact our team.

*Kind Regards,*  
**Donna Burges**  
 HT Teaching & Learning  
 Peel High School  
 88 Gunnedah Road, Tamworth NSW 2340  
 T + 61 6765 7088 | F + 61 6765 3506

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PEEL HIGH SCHOOL  
 "Creating and Being Responsible for our Futures"



## Flute Lessons on Tuesdays

Julia Cain (Bmus Amus)

Email: [flutetute@hotmail.com](mailto:flutetute@hotmail.com) or

**Facebook: Flute Tute**

<https://www.facebook.com/juliacain.flutetute>

\$10.00 per 20 minute lesson, pay one session in advance



## PIANO TUITION

Is your child interested in learning the piano?  
Lessons are available.

Where: Tamworth South Public School

When: Thursdays in school hours

Time: 20min lesson

Cost: \$20.00 per lesson/\$200 per term

**PLEASE ASK AT THE OFFICE FOR A NOTE.**

### Canteen News

**The Canteen will be operating.**

Due to COVID restrictions. Only orders completed via the *Flexischools App* or by phoning the school on 6765 8426 leave a message and I will get back to you as soon as I can.

Please be advise that I will be operating the canteen on my own, so please be patient if phoning through an order.

I strongly encourage everyone to download the Flexischools App to use.

This will apply to icy poles and such. I will add these onto Flexischools for the foreseeable future.

However ... if icy poles are ordered with their lunches they will need to be picked up from the canteen after their lunches have been eaten so they do not melt.

Please tell your children to eat their lunches first, then they can come to the canteen and collect their icy poles.

**Please note:** we will **NOT** be accepting cash at the moment.

Thank you for you understanding  
Michelle Weber

# P & C

### Parents and Citizens

**Our P&C meetings are held on the third Wednesday of the month at the new time of 5:00pm.**

**The next P&C meeting will be advised as soon as we can confirm a day, venue will be Advised also.**

Confirm COVID protocols apply - Mask up, QR code in/out plus social distancing.



### P&C Clothing Pool

The clothing pool will only be operating remotely. Due to COVID restrictions.

Parents/carers can phone the school on 6765 826 or inbox the P&C Facebook page arrange an order.

**Please note:** we will **NOT** be accepting cash at the moment.

Thank you

### Canteen/Uniform Shop through Flexischools Term 4

#### Uniform Shop

If you are placing an order through Flexischools you will need to place the order by 5:00pm the day before.

You will need to open your App

- Choose "shop"
- Click green order button
- Choose your delivery date
- Click through the categories to find what you need
- Confirm your order
- Choose your payment type

Your order with your invoice will be sent to your child's classroom to take home.

Please phone 6765 8426 with any queries. Please leave a message at the office and I will get in contact with you as soon as I can.

If you require an exchange of sizes please keep all tags on the items if you wish to exchange.

**Please not :-** that no cash is being accepted, at the Clothing Pool or the Canteen at the moment due to COVID restrictions.

Thank you

Michelle Weber  
Canteen Manager

### EFTPOS PAYMENTS

Although parents/carers are restricted from the school grounds at the moment, we can still help you with hoodies and the clothing pool.

EFTPOS payments can be taken over the phone .Please phone the school on 6765 8426 leave a message and I will get back to you as soon as possible.

Thank you



Michelle Weber  
Canteen Manager

**Flexischools App has been updated.  
Please read the following**



Update to the New Flexischools App - From Flexischools  
2:12pm • Year 2

The new app version contains significant new features. You will be required to update the next time your app is launched (this doesn't include when you reopen the app while it is running in the background) and we can no longer guarantee the stability of the previous version of the app.

We highly recommend that you update immediately by:

1. Fully closing out of the app
2. Go to your relevant app store and download and install the new version



**Lost Property Boxes**

**Located**

- Outside canteen
- K-2 boys toilet



**PERFORM WITH POWER**  
TENNIS ACADEMY

**TAMWORTH CHRISTMAS TENNIS CLINIC**  
Dec 20th to 22nd  
\$80/child or \$30 per day  
Ages 4 to 14 years  
8:30am - 11:30am

We are taking extra precautions to help stop the spread of COVID-19 so that everyone can continue to play tennis in a safe and healthy environment.

Sign ups **MUST** be completed via our website

Contact Mitch on 0434 211 461 or [mitch.power87@gmail.com](mailto:mitch.power87@gmail.com) for more info

Proudly run by **MITCH POWER**  
Tennis Australia Club Professional Coach

[performwithpowertennis.com.au](http://performwithpowertennis.com.au)

**Get Active with Scouts!**

Scouts welcomes children and young people from Kindy to Year 12, offering a safe and supportive environment where your child can make new friends, learn life skills and embark on new adventures!

**Your local Scout Group is:**

Tamworth Oxley Scout Group  
Contact Sarah Heinz on 0407297768  
or [sarah.heinz@nsw.scouts.com.au](mailto:sarah.heinz@nsw.scouts.com.au)



Scouts is an eligible provider of the NSW Government's Active Kids Program. Scan the QR code to claim your child's Active Kids voucher and SAVE \$100 on joining and membership fees!



INSIDE OUT CARWASH CAFE



**OPEN** Find Us at 1-3 Out Street  
7 days from 9am  
PH - 0490 027 553

How would you like to go home from work in a nice clean car?

Why not drop your car off of a morning and have it cleaned while you are at work?

Early drop off available by appointment

	Small	<b>\$45</b>
	Medium	<b>\$55</b>
	Large	<b>\$65</b>
	Extra Large	<b>\$75</b>

	Coffee	<b>\$3.50</b>	Prices are for an inside out clean. Additional charges may apply if extra dirty.
	Chai		
	Hot Chocolate	<b>\$4.50</b>	
	T2 Tea		
	<b>MILKSHAKES</b>		
	Chocolate	<b>\$4.00</b>	
	Strawberry	<b>\$4.50</b>	
	Caramel		
	Vanilla		
	<b>ICED Drinks</b>		
	Chocolate	<b>\$5.00</b>	
	Caramel	<b>\$5.50</b>	
	Coffee		
	Chai		

Every Inside Out clean gets a **FREE** hot drink or can of fizzy

You could even grab a piece of cake, sausage roll or pie to enjoy from our café

## REMINDERS FOR HARD DAYS

WHOLEHEARTED SCHOOLS CO-OPERATIVE

1. A bad day does not equal a bad life. You are not this struggle.
2. Not all thoughts are true. PHEW
3. Feelings are not facts. But all your feelings are valid, real, and allowed.
4. The only way out is through. DARN IT.
5. Your worth is not contingent on circumstances. You are LOVABLE and ENOUGH always.
6. Nothing stays the same. Life guarantees this
7. You can't be everything to everyone. But you can be true to yourself.
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. And be vulnerable
9. You're not alone. It's okay to ask for help. ^
10. Focus on the things you can control. Let go of the rest. This is easier said than done.



ANZ Hotshots group tennis coaching

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



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