



Tamworth South Public School

NEWSLETTER

Respectful, Responsible, Safe, Successful

Term 4 Week 8

26 November 2021

Calendar of Events 2021

Subject to change with ongoing COVID restrictions

December

- Wednesday 1** **Year 5 voting for 2022**
Captain candidates
- Friday 3** **Scholastic Book Club**
Orders close (no late orders will be taken)
- Friday 3** **PBL BBQ**
- Wednesday 8** **Stage 2 Movies Excursion**
Permission Notes have been sent home
- Thursday 9** **Year 6 Farewell and Graduation**
More information to follow
- Friday 10** **Kindergarten Graduation**
More information to follow
- Thursday 16** **Term 4 - Last Day for Students**
- Friday 17** **Staff Development Day**
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.

Presentation Day Update

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 able 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.

Stage 1

Thursday 2 December - 10:00am – 11:00am

Stage 2

Monday 6 December – 12:30pm – 1:30pm

Stage 3

Tuesday 7 December – 12:30pm – 1:30pm

Major Awards

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

Early Stage 1

Friday 10 December – 9:30am – 11:00am

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



Leonie Byrne, Principal



14 School Days to Go

With the term quickly coming to an end I would like to ask our school community to take care, follow covid safe protocols and be quick to act should you experience any covid symptoms.

I suggest that if you are having a PCR(Covid) test because you have covid symptoms or you have been a close contact to someone who has COVID-19 to keep your children home until you have a negative test result. This will assist us to have a smooth run to the end of the year and help keep everyone safe.

As of today, Monday 29 November there are changes to the way the Department of Education (DoE) manage COVID-19 outbreaks in schools. These new guidelines have been approved and developed in consultation with NSW Health. In order to minimise

disruptions caused to schools by COVID-19 cases, and to maximise the time our students have learning in the classrooms a number of changes to operations for schools will be in place.

Rapid antigen 'test-to-stay' program

A rapid antigen home testing (RAHT) 'test-to-stay' program will be available to any student who is a close contact of a COVID-19 case in a school setting. This will enable them to get back to school immediately following a negative PCR test and on the basis they do daily RAHTs before attending school across 7 consecutive days. This means that our students' learning is able to continue with minimal interruptions following a positive COVID-19 case. Full support will be available to help you implement this should it be required. Some families are already using RAHTs successfully.

An update to our cleaning protocols

NSW public schools are cleaned by professional cleaners each day, guided by expert advice from the Australian Health Protection Principal Committee (AHPCC), the National Health and Medical Research Council and NSW Health. As we have already seen in many schools, cohorting and our other COVID-safe layers of protection have been effective at minimising disruption.

NSW Health has provided clear advice, based on evidence that the **department's regular clean, day clean and enhanced clean provides a more than sufficient layer of protection in schools for students and staff.** NSW Health have advised there is no health and safety benefit to undertaking an environmental clean which is highly disruptive to a school's ongoing operations and can close a school for up to 2 days.

This is another important change that will get students back into classrooms faster in parallel with the 'test-to-stay' program. You can read more on the department's [website](#) about the different levels of cleaning in place in our schools.

Please continue to refer to the department's [Advice for families page](#) for the latest information on settings in our schools.

Thank you again for your continued support during this school term.



Congratulations

Jennifer Porter in recognition of your valuable contribution to education and training in New South Wales for 30 Years of Service.

Congratulations

Rebecca Goodwin was awarded her Certificate of Accreditation Proficient Teacher.

Principal's Awards

Term 4 Week 8

Jordan Cubis - 4S-04

A huge improvement in Mathematics results this year

Sofiya Iskafi - 4S-04

A huge improvement in Mathematics results this year

Indiarna Eddy - 3/4W-06

A huge improvement in Mathematics results this year

Latrelle Morgan - 3/4W-06

A huge improvement in Mathematics results this year

Jake Piper - 4G-05

A huge improvement in results across all areas this year

Eliha Quarry (4G-05)

For a huge improvement in reading results this year

Makenzie Hocquard - 4S-04

For outstanding results in her PAT assessments

Christopher Maxwell - 4S-04

For a huge improvement in reading results this year

Abigail Flores - 4S-04

For outstanding results in her reading assessment

Alexander Wall - 4S-04

For outstanding results in his reading assessment

Liam Scott - 3P-07

A huge improvement in Mathematics results this year

Annah Smith - 3P-07

A huge improvement in Mathematics results this year

Tobias Bamford - 3G-09

For a huge improvement in reading results this year

Phillomeana Cullen-Savage - 3G-09

For a huge improvement in reading results this year

Beau Kemp - 3G-09

For a huge improvement in reading results this year

Kallyne McCluand - 3G-09

For a huge improvement in reading results this year

Jaxon Shanley - 3G-09

For a huge improvement in reading results this year

Jay Tobin - 3G-09

For a huge improvement in reading results this year

Javier Tombek - 3G-09

For a huge improvement in reading results this year

Bellah Wilkinson - 3G-09

For a huge improvement in reading results this year

Skyler Verning - 3L-08

For a huge improvement in reading results this year

Kaylee Visocchi - 3/4W-06

For a huge improvement in reading results this year



**Friday
Term 4 Week 8 Assembly
Awards**

**Student of the Week
Awards K-2**

Mallirah Livermore-Adams - KH-21
Holly Richmond - KT-22
Victoria Roser - KW-23
Elizabeth Piper - KO-24
Aleah Edgecock - KB-34
Kyrn Doran - 25M
Ronan Livermore-Western - 1O-18
Kye-Sean Conlan-Smith - 1I-19
Nova Kennedy - 1R-20
Jake Fisher-Hall - 2W-15
Jesse Allan - 2N-16
Jackson Allan - S2-17

Awards 3-6

Tyson Bartolo - 26H
Kade Allen - 3/4W-06
Colin Gericke - 4S-04
Chloe Kelso - 4G-05
Kathryn Duffy-Hill - 5/6J-36
Thor Graham - 6B-12



Week 8 Assembly Awards

**Merit Awards
K-2**

Fheebe Lanos - KH-21
Oliver Hickson - KH-21
Cooper Mead - KT-22
Rikku West - KH-22
Nevaeh Brown - KW-23
Rebekah Sykes - KW-23
Alexander Maxwell - KO-24
Bailey Hassall - KO-24
Lilli Shanley - KB-34
Zayla Matthews - KB-34
Andrea Karg - 25M
Kiarnee Bower - 1O-18
Ruby Clarke - 1O-18
Payton Minchell - 1I-19
Jaylan Munro - 1O-18
Talia Henwood-Kaputin - 1R-20
Charlotte Kinsela-Jas - 1R-20
Mia Hames - 2W-15
Akira Frost-Mackenzie - 2W-15
Emily Hammond - 2N-16
Ashlyn Berryman - 2N-16
Madeleine Kensell - 2S-17

Awards 3-6

Kharni Lee - 26H
Amba Luke - 3/4W-06
Jahkobi Johns - 3/4W-06
Fayth McKenzie - 4S-04
Sofiyah Iskafi - 4S-04
Jacob Chapman - 4G-05
Brooklyn Dean - 4G-05
Taylah Townsend - 4G-05
Taj Keech - 5/6J-36
Abby Allan - 6B-12
Kaleesha Allen-Riley - 6B-12



Congratulations to this week's PBL "I've been caught making good choices" winners: who all received a new wallet with \$5.00 canteen coupons at Friday's assembly.

**PBL Week 8 Awards
K-6**

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

Matilda Bailey - 6W-10
Cowen Miller - 3P-07
Preston Winsor - 5M-03



Coffee Vouchers:
Jenny Swain
Michelle Sisson



**Rev Up Reading
Class Award
Congratulations
KT-22**



**Rev Up Reading
Class Award
Congratulations
11-19**



**Congratulations
Superstar Award
Froy Deakin
Greatly improved
Reading**



**Rev Up Reading
3-6 Class Award
Congratulations
5/6J-36**



**Rev Up Reading
3-4 Class Award
Congratulations
3L-08**



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.

Contacting Staff

If you need to speak to a staff member please phone the office on 6765 8426 and leave a message.

Social media sites are inappropriate for parent teacher communications.

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.

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.

SMS Service

We would like to encourage our Parents/Carers to send an SMS on **0419 653 857**.

This is an alternate option for you to let the school know about your child's absences from school due to sickness, appointments or other important occasions.

Please note :

This service is for absence notifications only.

Please contact the school on 6765 8426 for any other purposes.

Many thanks

Media Permission

Parents/Carers

Media permission is normally given at the time of your child's enrolment.

It is important that you notify the school office on 6765 8426 if your child's media permission circumstances have changed.

Please call the school if this applies to your child.



Book Club Issue 8

Sorry, no late orders available on Issue 8.

Out Now!
Final Issue for 2021

Orders Close
Friday 3rd 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/>

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





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	Wheels Day and Retro Sports Day Bring your bike, skateboard, scooter to ride. Don't forget your helmet!	Cooking Day Rice paper rolls Fruit salad Fried rice with stir fried chicken	Nature scavenger hunt with gardening Nature threading	Movie Day Fairy bread rolls Popcorn Mindfulness colouring in

ALL BOOKINGS MUST BE MADE BY TUESDAY 14TH DECEMBER
ALL FEES MUST BE PAID BY THURSDAY 16TH 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



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 (cereal) 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	Wheels Day Bring your bike, skateboard, scooter to ride. Don't forget your helmet! Obstacle course	Library Day Run your own library with library cards for borrowing books Make your own bookmarks Bring your favourite book to share with everyone	Cooking Day 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!	Public Holiday Centre Closed	Make some delicious tacos with Nicole's famous Guacamole! Movie afternoon	Wheels Day 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 14TH DECEMBER
ALL FEES MUST BE PAID BY THURSDAY 16TH 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 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@education.nsw.gov.au](mailto:shs@education.nsw.gov.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
 Email: peel-h.school@det.nsw.edu.au

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

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



www.health.nsw.gov.au

Practise simple hygiene by washing hands regularly

1 Wet hands

2 Apply soap

3 Lather & scrub

4 Rinse hands

5 Turn off tap

6 Dry hands



Spend 20 seconds washing your hands.

© NSW Ministry of Health 2020. SHEN (IP) NSW 2020



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 for more info

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

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



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	\$45
	Medium	\$55
	Large	\$65
	Extra Large	\$75

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

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



PERFORM WITH POWER
TENNIS ACADEMY



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

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



The floor you've been searching for

Check out our online store and use coupon **SCHOOL20** at checkout to receive 20% off our giftware range







Easter's

Landscape Supplies & Home Decor Centre








45 HUME STREET, TAMWORTH

02 6762 0650

www.easters.com.au