



Tamworth South Public School

NEWSLETTER

Respectful, Responsible, Safe, Successful

Term 4 Week 1

13 October 2022

Calendar

Subject to change with ongoing COVID restrictions

OCTOBER

Mon 17-Wed 19	Festival of Choral Music <i>Sydney</i>
Wed 19-Fri 21	Festival of Dance
Wednesday 19	Kindergarten Transition
Friday 21	Primary Assembly - 3-6 <i>No Assembly</i>
Tuesday 25	Musica Viva Concert <i>Timmy and the Breakfast Band</i> <i>Students only Concert in the Hall</i>
Tuesday 25	School Spectacular <i>2nd installment due \$135.00</i>
Wednesday 26	Kindergarten Transition
Thursday 27	Choir/Vocal Group Operation Art Exhibition Opening
Friday 28	Infants Assembly - K-2 <i>Class item KT-20</i> <i>2:10pm - 2:40pm (Hall)</i>

NOVEMBER

Wednesday 2	Kindergarten Transition
Thursday 3	Grandparents Day and Teddy Bear Parade K-2 Information flyer on page 9
Friday 4	Primary Assembly - K-2 <i>Class item 4C-06</i> <i>2:10pm - 2:40pm (Hall)</i>
Wednesday 9	MSP Group Photos
Wednesday 9	Kindergarten Transition
Thursday 10	School Spectacular Rehearsals <i>In the Music Room - 9:30am-3:10pm</i>
Friday 11	PBL Whole School Assembly K-6 <i>Under the K-2 COLA</i>
Friday 11	Remembrance Day Assembly
Wednesday 16	Kindergarten Transition
Wednesday 16	PBL BBQ <i>11:10am-12:00pm</i>
Friday 18	Primary Assembly 3-6 <i>Class item 3P-10</i> <i>2:10pm - 2:40pm</i>
Mon 14-Fri 18	Whitecross Dentist Visit <i>Information to follow</i>
Wednesday 23	Kindergarten Transition
Friday 25	Infants Assembly K-2 <i>Class item KO-19</i> <i>2:10pm - 2:40pm</i>
Tues 22-Fri 25	School Spectacular Sydney

Countdown to Kindergarten Transition

Countdown to Kindergarten transition continues until 30 November.

The children and teachers enjoyed outdoor activities with the small parachute, bouncing the balls off the top and running underneath. Lots of joyous laughter could be heard. In the classroom we are improving our fine motor skills by completing puzzles, making patterns, and using play dough.

The children are also learning to recognise the first letter of their names.



Leonie Byrne, Principal



Welcome Back!

I hope everyone had a wonderful break. Once again, we have a busy term ahead as we move toward the conclusion of 2022. Please keep a close eye on the calendar of events and, if you haven't already, download the School Stream App so you can receive notifications, reminders, and the latest information around what is happening in our school.

Alteration to the term Calendar – Please note

The DoE announced last week that an additional School Development Day (SDD) would be conducted on Monday 19 December. This means school for students will conclude on Friday 16 December.

Staffing

Congratulations to Mr. John Coster who has now been transferred to our school as a permanent member of staff.

Mrs Deeanne Wand has been transferred to TSPS following the abolition of the Assistant Principal position at her previous school due to falling enrolments. Mrs Wand will take up her Assistant Principal duties in 2023 as she is currently teaching in the support unit.



WONDER-FUL NEWS 🥳 Thanks Mrs Antzakles

Last year Mrs Antzakles coordinated a Competition being run by the Goodman Fielder Group. Well, the school won! The school will be receiving the following equipment fully installed.

Prize details:

- x1 Replas School Exercite
- Includes freight and installation of this on your school grounds
- The retail value of the prize is approx. \$13,000

FITNESS TRAILS
BACK TO BASICS WORKOUT



PROVIDES: SIX BASIC EXERCISES COVERING ARM, SHOULDER, ABDOMINAL, CHEST, CORE BODY AND CARDIO WORKOUT TO MAINTAIN AND INCREASE FITNESS.



Education Support Dog

Welcome to Sheeba who started work today. Sheeba is an Education Support dog and has kindly been brought to our school by her handler, Ms Reeve to work and support students.

We are hoping to run an education program across the school this term so keep an eye out for permission notes so your child can participate in this valuable program.



Cool for School

We are very excited to tell you that Tamworth South Public School now has fully installed and operational Cooler Classrooms equipment, thanks to the NSW government investment of more than \$500 million dollars over five years to improve indoor comfort and air quality in public schools around the state.

Reverse-cycle air conditioning will now keep learning spaces comfortable during hot summers and chilly winters while fans and fresh air ventilation systems maintain healthy air quality. All learning spaces have been updated with the Cooler Classrooms equipment.

To increase energy awareness and keep running costs low, smart outdoor weather monitors linked to interactive control systems are installed. These enable students and teachers to make energy efficient decisions to improve classroom comfort.

By creating healthy and comfortable learning environments at our school, our students can focus on what matters – learning.

K-2 Athletics Carnival

On Wednesday 21 September K-2 took part in their athletics carnival. Students had a great day participating in many different athletic activities and Aboriginal games.

The results were:

1st - Sturt

2nd - Wentworth

3rd - Blaxland

4th - Lawson

Students showed beautiful participation and sportsmanship throughout the whole day.



Principal's Ribbons

Term 3 Week 10

Logan Fisher - KT-20

Outstanding effort in all learning areas

Harmony Dyke - KH-18

Wonderful effort on guided reading

Isla Cheetham - 1L-21

For being a caring compassionate class member

Achilles Curtis - 1L-21

Growing confidence and amazing descriptive writing

Kyrn Doran - 25M

Completed 100 home readers

Leonard Carlson - 1B-24

For an amazing project on China

Miah Nicholls - 1B-24

Increased confidence in her abilities and excellent efforts in class activities

Ashton Withers - 2D-16

For being a safe, respectful and responsible student who is always willing to help others in the classroom

Lilah McKenzie - 1W-23

Always showing great initiative and responsibility to her learning

Logan Clark - 2S-16

For always trying his best

Harlan Townsend - KO-19

Terrific effort in writing

Electra Nocke-Cameron - 4C-06

Fabulously improved fluency in reading

Mia Hames - 3P-10

Fabulously improved fluency in reading

Lexie Ross - 3P-10

Fabulously improved fluency in reading

Gunjan Duggal - 3W-11

For having a positive approach to her learning

Makenzie Hocquard - 5/6J-36

Always demonstrating kindness to others

Heather Love - 5/6J-36

Always demonstrating kindness to others

Pyper Webster - 4H-04

Fantastic Aboriginal drawings in language

Harper Edmunds - 4G-05

For displaying a mature approach to problem solving in the playground.


Alex Irwin - 6N-08

For putting his best foot forward this week. Keep it up!

Assembly Roster Term 4 2:10pm Friday afternoon (Hall)

Week	Date	Class Item	Assembly
1	14 October	No Assembly	No Assembly
2	21 October	No Assembly	No Assembly
3	28 October	KT-20	Infants K-2
4	4 November	4C-06	Primary 3-6
5	11 November	PBL- Whole school Assembly (COLA)	
6	18 November	3P-10	Primary 3-6
7	25 November	KO-19	Infants K-2
8	2 December	PBL- Whole school Assembly (COLA)	
9	9 December	KH-18	Infants K-2
10	16 December	No Item	No Item
Monday morning - K-6 assembly (K-2 COLA)			





Aboriginal Education Officer Certificate 3-6

Sienna Davis - 5/6J-36
For her willingness to help other and contribute to our school community

K-2
Jason Lake - 2D-16
For making a fantastic start in 2D-16

Azaliah Lake - 2D-16
For making a fantastic start in 2D-16

Harley Porter-Flett - 1L-21
For continuing to improve in all aspects of spelling

Jaylan Munro - 2N-16
For being a wonderful Tamworth South Citizen

Tyreece Whyte - KO-19
For a super effort in speech



Sports Awards TSPS Sporting Stars

Addison Lockyer - 4C-06

For trying your best and showing sportsmanship

Zac Aslin - 27KH

For trying your best and showing sportsmanship

Hollie Marshall - 4C-06

For trying your best and showing sportsmanship

Kyra Withers - 4C-06

For trying your best and showing sportsmanship

Charlotte Goulding - 5/6J-36

For trying your best and showing sportsmanship

Fayth McKenzie - 5O-07

For trying your best and showing sportsmanship

Lucan West - 26C

For trying your best and showing sportsmanship

Deegan Thurston - 6N-08

For trying your best and showing sportsmanship

Nevaeh Cubis - 3W-11

For trying your best and showing sportsmanship

Bailey Rickard - 27KH

For trying your best and showing sportsmanship

Kharni Lee - 27KH

For trying your best and showing sportsmanship

Nate Trembath - 6A-09

For trying your best and showing sportsmanship

Caydan Jeffriess-Tapper - 4C-06

For trying your best and showing sportsmanship

Madeleine Kensell - 3P-10

For trying your best and showing sportsmanship

Ashlyn Berryman - 3/4M-12

For trying your best and showing sportsmanship

School Office Hours

**Front office opens at 8:15am to 4:00pm
Monday to Friday**

**When the office is unattended our
answering
machine is available**

Term 3 Week 10 - Assembly Awards Student of the Week

3-6

Jax Trembath - 3P-10
Liam Dunn - 3W-11
Sophie Kohlis - 3/4M-12
Lucie Ryan - 4H-04
Kaylee Vissochi - 4G-05

Charles Stonestreet - 5/6J-36
Zayden Lumby - 6N-08
Mia Wilkinson - 6A-09
Aden McDonald - 4C-06



Term 3 Week 10 - Assembly Merit Awards

3-6

Mia Hames - 3P-10
Bentley Kemenyvary - 3W-11
Breeanne Griffiths - 3/4M-12
Lewis Jones - 3/4M-12
Denika Charlesworth - 4H-04
Dominique Short - 4H-04
Caleb Regan-Springall - 26C

Bentley Davis - 4G-05
Bella Smith - 4G-05
Joyleigh Ward - 4C-06
Ruby Wood - 4C-06
Emmett Taylor - 5/6J-36
Adam Iskafi - 6A-09



Uniform Award
2S-17

Assembly Award
2D-16

Term 3 - Assembly Awards Student of the Week

K-2

Keanan Cocharane - KH-18
Abby May Luke - KT-20
Zayla Matthews - 1R-22
Joseph Hawken - 1B-24
Kylara Pitt - 2N-15
Baylor Kent - 2S-17

Bentlee Nowland - KO-19
Daisy Vu - 1L-21
Ivy-Rose Luke - 1W-23
Ricky Sutherland - 25M
Brooklyn McMaster - 2D-16



Term 3 - Assembly Merit Awards

K-2

Rylee O'Conner - KH-18
Izach McKinnon - KT-20
Conner Deakin - 1R-22
Thomas Germon - 1B-24
Hayden Gibbs - 2N-15
Allira Porter - 2S-17

Marlie Coombes - KO-19
Alexander Maxwell - 1L-21
Alex Hempstead - 1W-23
Makenzi Evans - 25M
Talia Henwood-Kaputin - 2D-16



Congratulations to the PBL "I've been caught making good choices" winners all received \$5.00 canteen coupons at Monday's assembly.

PBL Term 3

K-2

Ryan Wheatley - 1W-11
 Jessie Bayldon - 1W-11
 Victoria Roser - 1R-22
 Miah Nicholls - 1B-24
 Mysharnia Kennedy - KT-20
 Nylah Thomas - 2D-16

3-6

Sophie Kohlis - 3/4M-12
 Lucie Ryan - 4H-04
 Blaize Nowland - 4H-04
 Patricia Evans - 3P-10
 Victor Richards - 4C-06
 Caydan Jeffriess-Tapper - 4C-06

Support Unit

Lachlan Rickard - 26C
 Caleb Regan-Springall - 26C



Congratulations! Junior Football League

Caydan Jeffriess-Tapper for the most Enthusiastic Player



Sports Certificate

Congratulations to Chaise McMaster
 TSPS Term 3 Handball Champion



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.

We cannot guarantee that messages received after 2:30pm will reach your child in time.

PBL
We have a growth mindset
Week 2



At Tamworth South Public School
We have a growth mindset

Week 2 PBL Focus is...

At Tamworth South Public School - we have a growth mindset

What it looks like.....

- ✓ Staying calm when something becomes difficult
- ✓ Asking someone you trust for help
- ✓ Not giving up on your goals
- ✓ Working hard and continuing to practise
- ✓ Acknowledging setbacks

PBL
We learn through our mistakes
Week 3



At Tamworth South Public School
We learn through our mistakes

Week 3 PBL Focus is...

At Tamworth South Public School - we learn through our mistakes

What it looks like.....

- ✓ Understand what my brain does when I make a mistake
- ✓ Thinking about how I can learn from my mistakes
- ✓ Accepting that mistakes can be a good thing

REV UP READING CLASS AWARDS CONGRATULATIONS



You're invited to our K—2

GRANDPARENTS DAY



Thursday 3 November 2022

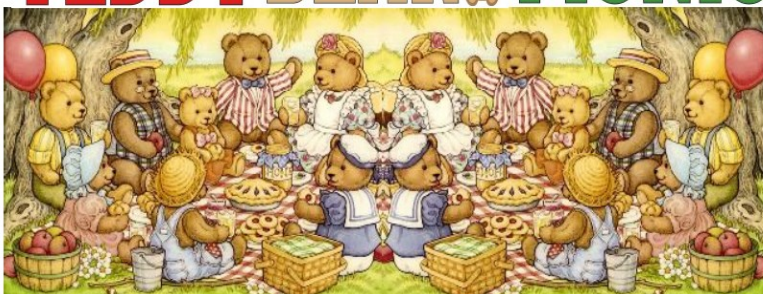
10:30—Open Classrooms

11:15—BBQ Picnic Lunch

Bring along a picnic blanket we will do the BBQ

12:00—Teddy Bear Parade K-2 COLA

TEDDY BEAR PICNIC



The New England Dance Festival 2022

Dear Parents and Carers,

The New England Dance Festival 2022 has gone on sale!

When: Thursday 20 and Friday 21
October @ 7:00pm

Ticket Prices per public performance:

Adult: \$27.50

Senior/Pensioner: \$22.50

School Students: \$16.50

Child 3yrs & Over: \$16.50

Family (4 Tickets) \$22.00 per
ticket (\$88.00 in Total)

Easy ways to Book tickets:

Phone: 6767 5200

Online: <https://www.trec.com.au/>

In Person at the Capital Theatre
Tamworth



Canteen News

Orders after the 9:10am morning bell will only be able to be sandwiches.

We are now able to have volunteers back, however some days will still only have one staff member on site, so we appreciate your patience and understanding.

We encourage all to utilize the Flexi School App, it is very easy to use and convenient.

If you need to cancel a Flexi-School order, please do so before 9:00am, go into your order and press cancel, you will be refunded through Flexi themselves back into your account, we are not able to cancel the order ourselves as this is your individual account.

Please be aware that once an order is cooked, we are not able to refund if the child is not at school or leaves early, so we need to know as soon as possible, if your child has a sibling, we will offer it to them so it does not go to waste if they wish to have it.

We can hold some food over for the next day once the student is back at school and we will work with you as much as we can, however we cannot do this for anything hot as this would violate health and safety regulations.

We would like to thank you all for your patience and understanding over the last couple of years with all the COVID issues, we appreciate your continued support of our canteen.

P & C



tspspandc@gmail.com

Uniform Shop through Flexischools

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 note :-That cash is being accepted at the Canteen.

Thank you

Michelle Weber
Canteen Manager

Parent and Citizens

Our P&C meetings are held on the third Wednesday of each month.

The next P&C meeting will be held on **Wednesday 19 October in the Library at 5:00pm.**

A gold coin donation is all that is required to become a member. It is a great way to meet new people and become involved at your child's school.

The P&C do an amazing job supporting our school, it would be wonderful to see more parents/carers or grandparents being actively involved so activities like our Mothers' and Fathers' Day stalls, pie drives, cookie dough fundraising, clothing pool and canteen are not lost to our school.

We would love to see you at our next meeting.

Summer Uniforms

Now that the warmer weather is upon us, as of Term 4 all students are required to start wearing their Summer uniform.



Uniforms are available from various outlets in the CBD, however the Clothing Pool has pre-loved items available for purchase.

Update on Uniform Shop Hours

Uniform Shop will be open between

8:40am - 9:10am each day

12:30pm - 1:30pm each day

By appointment only 2:30pm - 3:30pm.

If you wish to make an afternoon appointment send a post to the P & C Facebook page or contact the office and leave your details. We will contact you within 3 days to arrange an appointment.

Eftpos and cash will be accepted.

Parents/Carers can come to the canteen between the above times as we are unable to sell uniform shop stock in the mornings, due to no volunteers at this stage.

Parents/Carers can phone the school and be put through to order and the stock will be sent to the child in the lunch baskets.

Flexi Schools is still the most preferred option as it is easy for all. Any orders placed before 5:00pm should be sent to the student the next school day, however, sometimes there can be delays but all stock should be provided within 3 days of order.

If a student is away when order gets sent to their classroom, the class teacher will hold it for them for the next time they are in.

P & C



P & C Clothing Pool Prices

tpspandc@gmail.com



Uniforms	Pre-loved	New
Summer Dress/Check Tunic	\$25.00	
Winter Dress/Green Tunic	\$25.00	
Grey Short Sleeve Shirts	\$5.00	\$18.00
Grey Long Sleeve Shirts	\$10.00	\$20.00
Grey Shorts	\$5.00	\$25.00
Grey Long Pants Double Knee	\$10.00	\$25.00
White Short Sleeve Blouse	\$5.00	\$18.00
White Long Sleeve Blouse	\$10.00	\$20.00
Green Winter Tights		\$10.00
Green Everyday Skorts	\$10.00	\$22.00
Green Sports Skorts	\$10.00	\$35.00
Green Jumper (no emblem)	\$5.00	\$15.00
Green Slacks/Pants	\$5.00	\$20.00
Green Trackpants	\$5.00	
Sports Shorts (unisex)	\$5.00	\$15.00
Sports Shirts (unisex)	\$10.00	\$30.00
Waterproof Jacket (unisex)	\$25.00	All sizes \$45.00
Hoodie (emblem) (unisex)	\$20.00	\$40.00
Green/White/Socks		\$4.00 (pair)
Ties	\$5.00	\$15.00
School Hat		\$10.00
Green Beanie/Scarf/Gloves		\$5.00 (each)
Backpack		\$30.00
Iron On Transfer (Logo)		\$1.50



Community Free Event

Live Train & Work Tamworth

For more information:
contact us on 67 634 800 or
email: wpadmin@careersnetwork.org.au





**Tamworth Town Hall,
Fitzroy Street
and UNE Centre**

Tuesday, 18th October 2022
Time: 5.30pm - 7.30pm

Casual, Part-time and full-time opportunities available



Looking at employment, careers or training options now or in the future. Come and speak to employers, training providers, UNE and employment services providers to assist you with your next step.










RECLAIM THE NIGHT



Everyone Welcome!
Bring your Family,
Partner & Friends.
Wear something
Purple!




Tamworth Domestic & Family Violence Committee
[@tdfvcommittee](https://www.facebook.com/tdfvcommittee)


MARCH & EVENT—TAMWORTH

28 OCTOBER 2022

March leaves at 6pm from the Police Station to Bicentennial Park.

Reclaiming our Right to Walk the Streets Safely at Night & End Violence Against Women & Children





schoolstream

Tamworth South Public School via **SCHOOSTREAM**

TPSP will soon be making the transition to paperless correspondence via our School Stream App. To make this a smooth transition we recommend you download the app ASAP to familiarise yourself with all the features.

School Stream is a mobile phone App aimed at assisting our school community to keep better track of school news, and upcoming events and other school related info at the touch of a button.


Download our school app for free !!!

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.

Download app via this link : <https://www.schoolstream.com.au/download/>

Remember when you download and install School Stream ensure you authenticate your account with the email or phone number associated with your child's school records so we automatically add you to the year group you should be associated to.

Why is the School Stream app so effective?




Download our school app for free!


Why download the app?
Because it replaces all of the following :

- Paper
- Emails
- Text Messaging
- Website
- Telephone
- Word of Mouth
- Local News
- Social Media

Connects us to



- Student Management System
- Online Payment Portals
- Online Content
- Parent Interview Portals
- School Fundraising



schoolstream

Tamworth South Public School Canteen Menu

HOT FOOD	Frozen Treats
Warm Apple & Cinnamon Muffin \$2	Bern Icy Pole 50c
Garlic Bread \$2.50	Snap - Slix \$1
Cheese & Bacon Roll \$2.50	Vanilla Ice Cream Tub gf \$1.50
Sausage Roll w Sauce \$3.50	Frozen Fruit Cup \$1.50
Pie w Sauce \$4	Juicy \$1.50
Ham & Cheese Sub \$5	Mooseie \$2
Meatball Sub / Cheese \$5	Paddle Pop Choc / Rainbow \$2
Fried Rice \$5	Paddle Pop Icy Twist Lemonade \$2
Fried Rice w Chicken \$6	
Chicken Nuggets \$5 for 5	
GF Chicken Nuggets \$5 for 5	
Chicken Tenders \$6 for 3	
Butter Chicken \$6	
DRINKS	MEAL DEALS all with a 600ML Bottle of Water
350ml Water \$1	Salad Tub w Ham or Chicken \$6
Plain Milk \$1.50	Picnic Box - Sandwich (Vegemite, Cheese or Ham), Fruit, Popcorn and Icy Pole \$6
Chocolate / Strawberry / Vanilla Malt Milk \$2.50	Chicken Burger w Salad \$8
Poppers Assorted Flavours \$2.50	Beef Burger w Salad \$8
Glee / Juice Bomb \$2.50	Flathead Fishbites w Salad \$8
600ml Water \$2.50	Vegan Burger w Salad \$8
750ml Water \$3	
750ml Flavoured Water \$3.50	
SANDWICHES / ROLLS / WRAPS	SNACKS
1 Filling \$2.50	Fruit 50c
2 Fillings \$3	Popcorn 50c
3 Fillings \$3.50	Snap Chips GF/V \$1.50
4 Fillings \$4	Pauls Custard \$1.50
5 Fillings \$4.50	Vaalia Yoghurt \$1.50
All Fillings \$6	Yoghurt Museli \$2.50
Fillings - Vegemite; Ham; Chicken; Cheese; Lettuce; Carrot; Tomato; Cucumber; Beetroot; Pineapple; Egg	
OTHER ITEMS	Birthday Buckets -
Lunch Bags \$8	Based on 25
Lunch Bags \$10	Fry Poles \$16
Hats \$10	Popcorn Packs \$16
	Snap - Slix \$26

This Menu meets NSW Healthy School Strategy
Canteen Manager - Michelle Weber 02 6765 8426
Please place your order over the counter or on Flexi-Schools by 9am

Resilient Kids

Resilient kids is a 5-week program for children aged 9-12 years old.

The program aims to:

- develop resilience
- increase ability to cope
- provide opportunities for self-expression
- increase self-esteem
- reduce feelings of isolation
- enhance kids communication abilities
- increase skills to cope with change

FREE

WHEN: 5 x Thursdays
The 3rd, 10th, 17th & 24th of November
& the 1st of December

TIME: 3.30 – 5.00pm
WHERE: Centacare NENW
201 Marius Street Tamworth

For more info, or to register your child,
call the Family Rural Resilience
Program on

All program participants will need to be registered for Holistic Family Support to access our free services including groups. This course will be cancelled 7 days prior to the commencement date if there aren't enough registrations. Centacare NENW acknowledges the traditional custodians of this land, and pays respect to the elders past and present.



An Australian Government Initiative



Centacare
New England North West
Rural Resilience
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE

JOIN NOW Australian Air League NSW Group

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local Squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Childrens Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.



FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT

Email: development.nsw@airleague.com.au
www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175



Peaceful Parents 4 week workshop

Parents discover strategies for themselves...

- Mindfulness strategies
- Slowing life down & being more in Flow
- Enjoying parenting more & reducing stress
- Resilience building exercises & strategies
- Mindful parenting strategies
- Self Care & Wellbeing Boosters
- Positive psychology strategies to boost wellbeing

And to support their children...

- Mindful listening & responding
- Effective Coping Strategies
- Managing children's feelings & worries
- Problem Solving strategies



Dates: 20th October, 27th October, 3rd November & 10th November.

Time: 10am-12noon

Where: 'TFSS Jumbuck office' 62 Gunnedah Rd, West Tamworth.

Transport within Tamworth and Childminding available on request.

To book in for this workshop please contact the TFSS Group Work Co-Ordinator by calling or texting: 0428 664 591



1-2-3 MAGIC & EMOTION COACHING

FOR PARENTS/CARERS OF CHILDREN AGED 2-12 YEARS.

This program helps you learn to manage your child's challenging behaviour, encourage positive interactions, and help them to identify and deal with their emotions.

When: 1st November 2022

Time: 9:00am-3:00pm

Where: 62 Gunnedah Rd, West Tamworth

Child minding and transport within Tamworth available on request.
Light lunch provided.

Contact the group work coordinator to express your interest by calling or texting:
0428 664 591

