

“STAND TALL - RESPECT ALL”

NEWSLETTER

23rd October, 2017

Principal: Lesley Mills

www.tabulam-p.schools.nsw.edu.au

tabulam-p.school@det.nsw.edu.au

Ph: 02/66 661 219

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Students
enjoyed
Solid Mob
visit to
Tabulam
School.



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Dear Parents, Carers, Students and Community Members,

Welcome to week 3 and thank you to all of the parents and carers who attended the PLP day to support their child's learning. It was a miserable wet day and quite a few people did not make it. If you would like to make another appointment to do your child's PLP please make an appointment with your child's teacher.

As you can see by the photos 'Solid Mob' visited last Friday to do workshops with the students about healthy life choices. All students had fun playing games, discussing healthy life choices and having a BBQ lunch provided by 'Solid Mob'. Thanks to Nan Carm for her organisation.

This week year 2/3 students head off on their excursion to Ballina. We know they will have a wonderful time and learn a lot while they are away.

Last week I was in Sydney presenting some of **our successful programs** to the leaders of large Sydney schools. The presentation was well received with many commenting about the **strengths of our school and community**. This week I will be in Melbourne on Thursday and Friday with the 12 Teaching Fellows talking to business groups and university partners about improving student access to technology and digital education, engaging in a workshop with a Harvard Professor about 'The Future of Global Education' and

sharing progress on our Fellowship Project 'Learning for the Future through Wahlubal Culture'. This is all of great benefit to our students and school.

Students '**Caught Being Good Learners**' for last week were: **K/1**; Ben Wilkinson for good writing with a sizzling start, **2/3**; I.N. working hard in 2/3 and trying new learning, **4/5/6**; Bing Williams for good work in poetry. Well done to all!

The following students are on **GOLD** for Being Safe, Being Responsible, Being Respectful, Being a Learner:-

K/1 – Leslie McGrady, Kiziyah Roberts-Walker, Jyharla Collins, Monique Miller, Dellzaliah Adams, Pepquita Bell-Link, Sophia Hippi, Ben Wilkinson, Izaiah Ward, TL.

Year 2/3 – Gracie Martin, I.N, Shantelle Hippi, Tasharni McGrady, Leanita Hickling, JG, Danial Khelloul, Shaileigh Avery, Ponjum Ward, Annabelle Johnson-Brady, Deniarna Roberts-Walker.

Year 4/5/6 – Keeley Bell, PN, Oscar Martin, Anne-Maree Avery, Amber Avery, Bing Williams.

Have a great week!



Lesley Mills

Principal

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Please find the following attachments to this newsletter:

Drake Halloween Disco.

Drake Bingo.

Get NDIS Ready.

Healthy Eating Guide.

CASPA – Parenting course.

Which is healthier: Fresh, Frozen or Canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It's important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease. Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties. Whichever you use it's great that you're getting the important five serves a day for your family!



TERM 4

Week 3	<u>Monday 23rd October</u> P & C Meeting – 2.30pm <u>Wednesday 25th,</u> <u>Thursday 26th & Friday</u> <u>27th October</u> Year 2/3 Excursion to Ballina and Byron.
Week 4	<u>Tuesday 31st October</u> 4/5/6 Assembly – 2.45pm <u>Wednesday 1st November</u> Year 6 Transition to Bonalbo Central
Week 5	<u>Friday 10th November</u> Friday night - BBQ and Movie with Solid Mob – starts 6pm
Week 6	<u>Monday 13th November</u> P & C Meeting – 2.30pm <u>Tuesday 14th November</u> 2/3 Assembly <u>Wednesday 15th November</u> Life Education Van
Week 7	<u>Monday 20th to Friday</u> <u>24th November</u> K/1/2/3 - Swimming School <u>Tuesday 21st November</u> Dr Jackie Andrews <u>Thursday 23rd & Friday</u> <u>24th November</u> Year 6 Transition to Bonalbo Central.
Week 8	<u>Monday 27th to Friday</u> <u>1st December</u> Year 4/5/6 Swimming School <u>Tuesday 28th November</u> K/1 Assembly – 2.45pm
Week 9	<u>Tuesday 5th December</u> Annual Presentation <u>Thursday 7th December</u> Attendance Reward Day
Week 10	<u>Tuesday 12th December</u> Books in Homes Assembly Christmas Tree Night

GET NDIS READY

Do you or someone you care about have a disability? Don't know where to start?

Northcott and RED inc. are running free yarn ups to answer your questions about the NDIS.

All you have to do is visit one of your deadly AMS providers, your Doctor or fill out the quick referral form and return it to mitch.halligan@redinc.org.au or Fax 02 6622 4333 by 27 September 2017.



Come to our FREE Yarn and Feed

Wednesday 25 October 2017
10am – 3pm

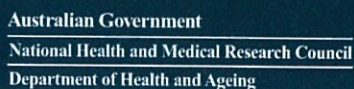
Mulli Mulli Community Hall
Mulli Mulli Crescent
Mulli Mulli

- FREE lunch 12.00pm – 1.00pm
- FREE deadly activities for the Jarjums
- FREE transport – call RED inc. to book on 6622 3400 (limited places)

"Ahh Welcome"

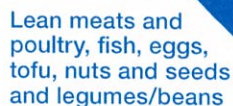
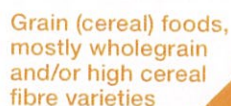
0 – 65yrs





Australian Guide to Healthy Eating

Drink plenty of water.



Four bottles of cooking oils are shown side-by-side. From left to right: a clear plastic bottle of vegetable oil, a dark glass bottle of olive oil, a yellow spray bottle of canola oil, and a white tub of margarine.



Engaging Adolescents

Engaging adolescents is a three-session parenting course designed to provide parents and carers with skills so that they are able to gain a deeper understanding of our teens and strategies to help resolve problems. The course explores the emotional development of teens and provides approaches to help support communication with your teen. We will look at how to have those 'tough conversations' with your teens while deepening and strengthening your relationship.

When: Tuesday October 24th & 31st and November 7th

Where: CASPA- Family Support Service- Casino

73 North Street, Casino

Time: 9.30am – 12.30pm

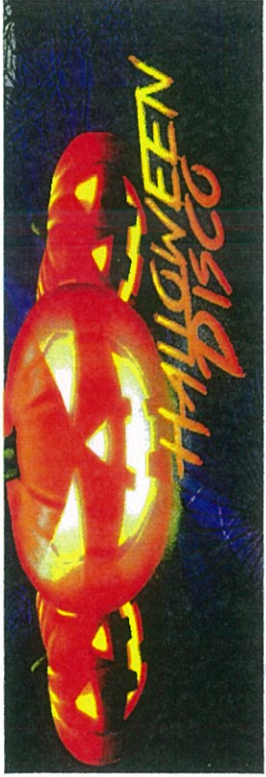
This course is **FREE** with morning tea provided

Register by contacting

CASPA- Family Support Service- Casino: 66626792

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

An end to arguing and yelling! • it changed our lives • simple, sane, effective



Calling all Boys and Ghouls
We dare you to come
to our Halloween Disco

Drake Hall

Saturday 28th October

Starting at 6pm until 8pm

Dress up in your scariest costume and we
guarantee their will be a spooky prize in
store for the best dressed of the night

\$5 entry fee that includes some freakily
delicious food

Please note: due to the weather getting warm we will be
unable to close the doors so we are asking all parents to
supervise your children please.

Bingo

Sunday 29th of October

Drake Hall

1pm SHARP!

Cost is \$10 per book.

Free tea and coffee. cakes, chips, lollies
and soft drinks available for purchase

Please note that we will be starting AT

1pm, if you would like to come on
down for a chat please do so before hand
hall is open from 12pm.

Hope to see you there



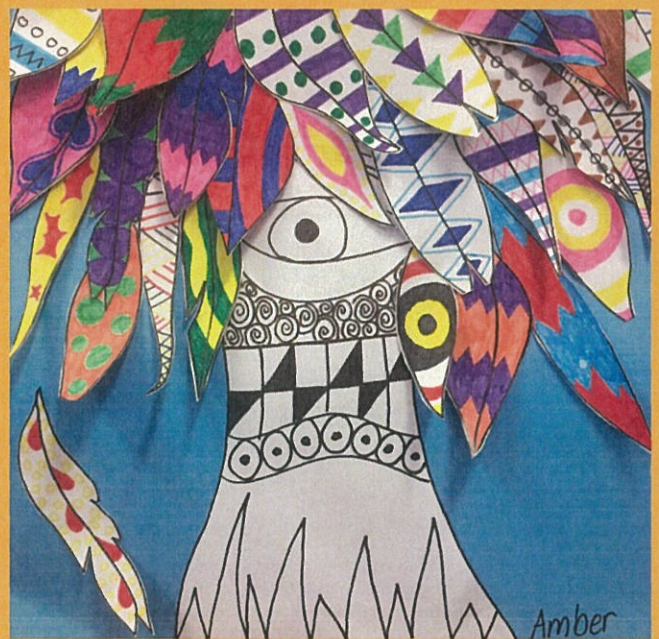
August



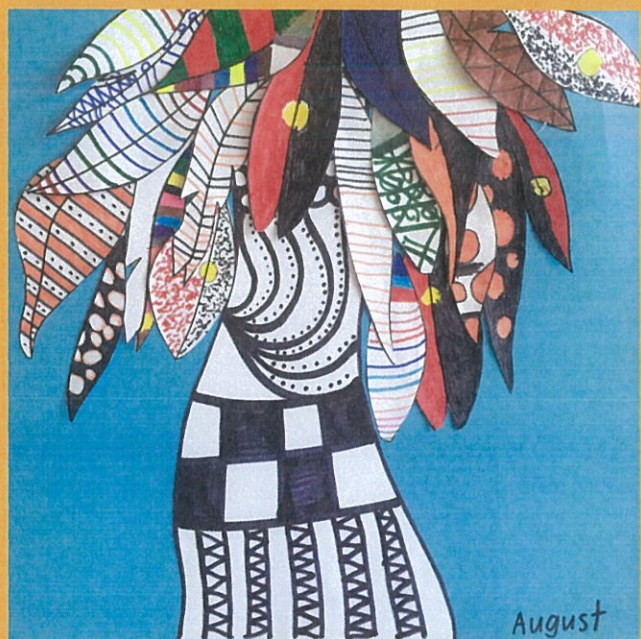
Amber



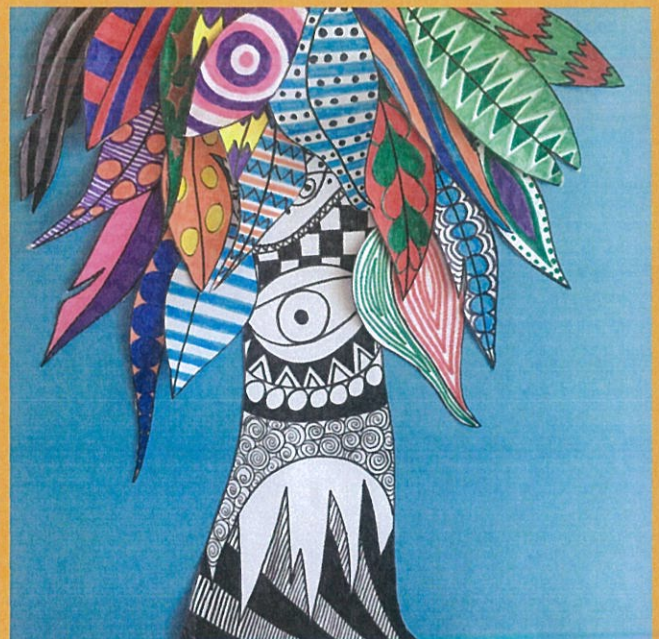
Bing



Amber



August



YEAR 4/5/6 ART