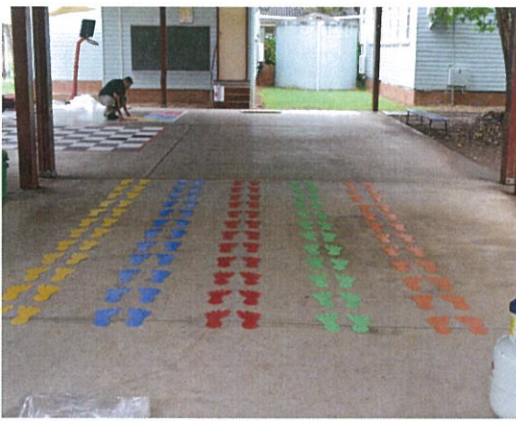


**“STAND TALL - RESPECT ALL”
NEWSLETTER
5th February 2018**

Principal: Lesley Mills
www.tabulam-p.schools.nsw.edu.au
tabulam-p.school@det.nsw.edu.au

Ph: 02/66 661 219
Fax: 02/66 661 357



Tabulam Students enjoyed trying out the new playground markings around the school.



"STAND TALL - RESPECT ALL"

NEWSLETTER

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Dear Parents, Carers, Students and Community Members

Thank you to all of the teachers, students and family members that I met last week for making me feel so welcome at Tabulam Public School. We had a great first week together even though we were rained out by the end of the week.

Remember, the **Swimming Carnival** will now be held **THIS FRIDAY**, 9th February at Bonalbo Pool starting at **10.00am**. If you haven't returned your permission note already, please return the attached **Permission Note**. Don't forget to **re-order lunches** for the carnival by **Thursday** lunch time.

We have **new games** painted on the school cement areas for the students to play on during their breaks. The kids are loving them already! We have giant games of Chess, Checkers, Snakes and Ladders, What's the time Mr Wolf, Stand and Jump, Hopscotch, Target Throw and also counting and alphabet games on giant caterpillars and dragons! The kids will have a great time playing and learning at the same time.

There are a number of **permission notes** in this newsletter to cover your child for ongoing activities throughout the year. **Please complete them all** as soon as possible and return to the school office.

We need enrolled students at school this week. If you know of any

students who have not yet enrolled, please encourage them to come in and see us. The amount of students enrolled at the school determine the amount of teachers and staff the NSW Department of Education can employ at Tabulam Public School.

I look forward to supporting the staff and working with you to support student learning at Tabulam Public School this term.

The following students are on Gold for following our school rules:-

K/1 – Apuothjang Ater, Mason Davitt, Ricky Adams, Savannah Simon, Kazaiya Allen, Leslie McGrady, Kiziyah Roberts-Walker, Zellalee Acton.

Year 2/3 – Monique Miller, Dellzaliah Adams, Pepquita Bell-Link, Sophia Hippi, Ben Wilkinson, Izaiah Ward, Michael Link, Gracie Martin, Holly Davitt, Shantelle Hippi, Ronald Ward, Robert Adams, Tasharni McGrady, Leanita Hickling.

Year 4/5/6 – Danial Khelloul, Ponjum Ward, Deniarna Roberts-Walker, Hailey Peterson, Kaden Khelloul, August Avery-Robinson, Jordan Peterson.

Have a great week!



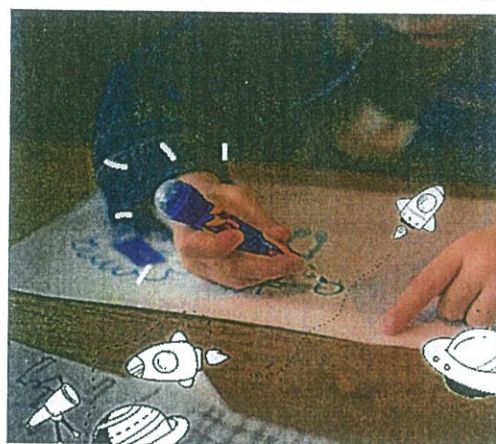
Mrs Wendy King
Acting Principal

“STAND TALL - RESPECT ALL” NEWSLETTER 5th February 2018

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WEEK	TERM 1
2	<u>Friday 9th February</u> Swimming Carnival at Bonalbo Pool.
3	<u>Monday 12th February</u> P & C Meeting – 2.30pm District Swimming Carnival - Woodenbong <u>Tuesday 13th February</u> PLP Day



There are lots of great TV shows, apps, games, and websites geared for school aged children. But too much time spent in front of a screen interferes with the activities that are essential for growing brains and bodies, not to mention their imagination.

When you give a child a digital device you give them predetermined entertainment. When you give your child a book or some paints and pencils you give them the opportunity to create their own entertainment. Children have wonderful imaginations, and are the most curious creatures on the planet. You don't always need to give your child an IPAD or your smart phone to occupy them, there's loads of easy and fun ways for kids to create, just by using everyday objects. They can make it up as they go along, that's all part of the exploration.

Here are some ideas to explore:

- Use empty toilet rolls or small plastic juice bottles to make a family. Draw on faces, stick on paper clothes, and use cotton wool for hair.
- Make use of found and natural material. For example, could collect fallen leaves for your child to draw, paste onto paper, or dip into paint.
- Use small plastic lids, patty pan cases and other 'threadables' with your child to make jewellery.
- Pick up a book with real pages

TABULAM PUBLIC SCHOOL
SWIMMING CARNIVAL – BONALBO POOL
Friday 9th FEBRUARY, 2018

Our Swimming Carnival will be held on Friday 9th February (Week 1) at the Bonalbo Pool. We will be leaving Tabulam School at 9.30am and returning by approximately 2.30pm. Travel will be by bus and cost will be **\$5.00** per person, which includes pool entry.

Children will need to take their swimmers, (and a dry pair of undies if they wear their swimmers to school), towel, hat, etc. **Children wishing to order their lunch for Friday must order and pay for it on Thursday lunchtime at the school Canteen. A menu for the swimming carnival is attached.**

All children will be participating. Please sign the permission note below and return along with **\$5.00** per child, as soon as possible.

The whole school will be going to the pool, so there will be no staff members at school on this day.

Kate Ianna

.....
SWIMMING CARNIVAL – BONALBO POOL Friday 9th February, 2018

I hereby give permission for my child/children

to participate in the Swimming Carnival at Bonalbo pool on Friday 9th February, 2018. I understand travel will be by bus. I have enclosed \$.....to cover costs.

Please indicate your child's ability, by ticking.

- My child is a good swimming. (Can swim 25 metres)
- My child can swim across the pool
- My child is a non swimmer
- My child is not to go in the water

Signed:.....(Parent/Carer)

MENU FOR SWIMMING CARNIVAL

Due to very limited refrigeration space in the canteen at Bonalbo swimming pool our canteen will be providing a simple menu for the day.

Children are requested to order and pay for their Friday lunch by Thursday lunchtime at the school canteen. It is very important that children and staff do this, as we will not be carrying surplus food to Bonalbo. We will however, have extra water. Canteen staff will collect the orders early Friday morning to prepare them for lunch at the Bonalbo pool.

Menu available

Drinks

Water	\$1.00
Poppers	\$1.30
Flavoured Milk	\$1.40

Hot food

Party Pie	\$0.80
Sausage rolls	\$2.50
Meat Pie	\$2.80

Sandwiches

Egg/lettuce Sandwich	\$2.50
Ham/cheese/tomato	\$2.50
Chicken & mayo	\$2.50

Toasted sandwiches

Ham/cheese/tomato	\$2.50
Chicken & cheese	\$2.50

Snacks

Honey Soy Chips	\$1.10
Fruit	\$0.50

***NAME OF CHILD:** **Date of Birth:**

***MEDICARE NO:** Child's Ref.No: Exp.Date:.....

***Permission to give Panadol if needed:** Please circle - Yes or No

***NAME OF PARENT/CARER**(with whom the child resides - please print)

.....

***RESIDENTIAL ADDRESS:**.....

.....

***Home Phone:** ***Mobile:**

***EMERGENCY CONTACT NAME: (1)**

Phone: **Mobile:**

(2) **Ph:** **Mobile:**.....

If your child travels by bus, please circle the correct bus route:

Plains Stn Road Clarence Way (Mill) Pretty Gully Drake

Signature:

Parent/Carer

.....

***DOES YOUR CHILD HAVE A MEDICAL CONDITION OR AN ALLERGY:**

MEDICAL CONDITION:

ALLERGY:

***CHILD PROTECTION LESSONS:** (Parents are most welcome to see your child's teacher to view the content of lessons).

I hereby give permission for my child

To participate in child protection lessons in the classroom during 2016.

Signed:

Parent/Carer

***MEDIA USE OF PHOTOS –**

From time to time we get the opportunity to use student photos and stories in a variety of media, ranging from the internet to local papers. Departmental policy prohibits the use of full names in the wider media such as the internet. When these opportunities to recognise the achievements of your child and the school arise, we like to take the opportunity. If you are happy for photos of your child to appear in media opportunities, please complete the following and return to the school office as soon as possible.

I give permission/do not give permission for my childphotos to be used in the media whenever the opportunity arises.

Signed:

Parent/Carer

***LEAVING SCHOOL GROUNDS –**

From time to time children need to leave the school grounds for various reasons, eg. To order their lunch, collect items to take home, walking to the post office, etc. We need to have signed permission from parents/carers for them to do this. Could you please sign below and give a reason and return to school as soon as possible.

My child **is allowed** to leave the school grounds for the following reasons only,(unless I send a note indicating otherwise).....

Signed: (Parent/Carer)

My child **is not allowed** to leave the school grounds.

Signed:(Parent/Carer)

***LOCAL TOWN EXCURSIONS FOR CLASS STUDIES: .**

From time to time the various classes have local excursions where they need to leave the school grounds e.g. posting letters to Santa, river studies, walking to the hall for Annual Presentation, etc. For all the children to participate we need to have a signed permission note from parents/carers. **If you give permission** for your child to participate in any local excursion, please sign below.

My childhas my permission to leave the school grounds for local excursions.

Signed:

Parent/Carer

.....

PARENT HELPERS:

We always appreciate volunteer parent helpers in the classroom. If you would like to be a parent helper in the classroom, please sign below and circle what days you would like to come in and help out. Our Canteen operates 2 days per week (Mondays & Thursdays) and we always need helpers, so if you are able to help out in the Canteen 1 or 2 days per term, please indicate below.

Classroom Helpers: M T W Th F **Class:** K/1 2/3 4/5/6

Canteen Helpers: Monday or Thursday **Term:** 1 2 3 4

Signed:.....

Parent/Carer

.....

VARIATION TO CHILD'S ROUTINE:

Sometimes children need to catch a different bus, be collected by someone other than their parents or go to someone else's place, we need to know. **You must send a note or phone the school on the day this is to happen, informing the Principal and staff that there is a change in your child's normal routine.**

Students who arrive late or leave early need to attend the office to be signed in or out by family member.

.....

**PLEASE COMPLETE ONE SHEET PER CHILD AND RETURN SHEETS
INTACT - DO NOT SEPARATE**

**PLEASE MAKE SURE ALL INFORMATION IS COMPLETED AND
PERMISSION NOTES ARE SIGNED AND RETURNED TO SCHOOL
PROMPTLY.**



Summerland
Physical Culture
Club
P. O. Box 567
Casino. 2470.
email address:
summerlandpcc@live.com.au

Associate;
Jessica Mackney
0408760843

Keely Maguire

Administator:
Trish Mackney
0408664266

18th January 2018

Dear Principal,

My name is Jessica Freeburn and I am the Head Associate of Summerland Physical Culture Club and I am writing to you to ask for your support. I was hoping that you would think that some of your students may benefit from doing Physical Culture therefore putting our note in your first newsletter please.

To let you know a little about Physical culture, it is a combination of Marching, Deportment, different types of dance including Jazz, Ballet, Hip Hop etc. It gives the girls a chance to do something most girls enjoy in a safe environment. We have found that not only does it help with physical problems eg. Co-ordination but it also helps them with their concentration while building self confidence and self esteem.

We have a lovely friendly group of girls, ladies and their families. We have two young teachers the head one being Jessica Freeburn and Keely Maguire. The girls relate to the teachers very easily and are encouraged to do the best they can.

Last year our club had some amazing results in all sections. At the Far North Coast Zone level our Juniors achieved 7 places, the Seniors were awarded two 1st places and the ladies achieved 2 places. These students then went on to Homebush in Sydney to represent Far North Coast. Jess and Keely are very dedicated to their students and their dancing.

There is no pressure for the girls to do competitions if they don't want to. There is the chance for girls to be a part of a team and many decide to do this as they get to go out and dance with their friends. If the girls and parents decide that they just want the friendships that are formed and the exercise that is ok as well.

Please find below the note for school newsletter.

Thank You for your time

Jessica Freeburn

Note for school newsletter:

Summerland Physical Culture Club is having Sign on Days at The Northcoast Community Church, Richmond St between the Pool and Tennis Courts. There will be many stations with information that would answer any of your questions. They will be on Tuesday 6th February between 4pm and 6pm and Thursday 8th February between 4pm and 6pm as well as Friday 15th February between 4pm and 5:30pm. We hold classes for ages from 3 years through to Ladies and first 2 lessons are FREE. If you are interested or know someone else who maybe interested please come along or contact Jess on

3 DAYS THAT COULD POSITIVELY IMPROVE YOUR RELATIONSHIPS.



NUTURED HEART APPROACH®

From the founder of the Children's Success Foundation, parent and psychologist, Howard Glasser, the Nurtured Heart Approach (NHA) is a relational method which awakens greatness and inspires successful behavior in children. It has become a powerful way of bringing Inner Wealth® to all children, including those who are challenged behaviorally, socially, & academically, while facilitating parenting and classroom success.

3 WEEK FREE PROGRAM

WHEN: 28 FEB TO 14 MARCH

TIME: 9:45-1:00

VENUE: CASPA Family Supports Casino,
73 North Street. Casino

PRESENTED BY GORDON KING, CERTIFIED NURTURED HEART
APPROACH TRAINER.

PLACES ARE LIMITED SO PLEASE CALL THE FAMILY SUPPORT
SERVICE TO BOOK A SPOT MONDAY – THURSDAY ON
02 666 26792



THE NURTURED HEART
APPROACH CAN HELP:

YOUR CHILD TO BE
SUCCESSFUL,
MAKE POSITIVE
CHOICES, AND
LIVE OUT THEIR
GREATNESS.

INCREASE
CONNECTEDNESS

DECREASE FAMILY
STRESS

MOVE PARENTS
AND CARERS OUT
OF DESTRUCTIVE
CYCLES OF
INCREASINGLY
PUNITIVE DISCIPLINE

CHANGE THE
FOCUS FROM
WHATS GOING
WRONG TO
WHATS GOING
RIGHT

CASPA FAMILY SUPPORTS
CASINO

73 North Street Casino. Ph:
66626792

