



Work Together For Good

# TOCUMWAL PUBLIC SCHOOL NEWSLETTER



Wednesday 29<sup>th</sup> July, 2015

Term 3, Week 3

Principal: Darren White

## Principal's Report

### School Athletics Carnival

Last Friday, despite the poor conditions, we held our Athletics Carnival at the Tocumwal Recreation Reserve. We managed to get through the main track events and have just about finished off the field events.

Thank you to our helpers on the day who did timing, recording and other important duties for the day. We also thank Nana Bibi and her canteen helpers for providing a wonderful array of sustenance to ward off the cold weather.

We will present our winners at our Week 4 Assembly on Friday, 7<sup>th</sup> August.

### Education Week/ Book Fair

Tomorrow, Thursday 30<sup>th</sup> July, we will be holding an Education Week Assembly starting at 2:15pm to celebrate Education Week and our love of learning. This will involve a class performance and some presentations of certificates.

Today, students will be given the opportunity to visit the school library that will be set up with displays of new books. Students will view the books then take home a wish list containing the names of books they would like to purchase. There is no obligation to buy.

On Thursday each class will be given time to buy their selected books and start enjoying them. A percentage of the book sales are donated back to the school as books for our library. Thank you to those families who have been able to support this worthy promotion.

### Little Bad Wolf Performance

Today we had some performing artists visit who performed the story of the Little Bad Wolf. When the Big Bad Wolf retires, it's time for his nephew the Little Bad Wolf to take charge of the forest and scare the inhabitants silly. However, the Little Bad Wolf isn't big, and he isn't bad at all. Word is out - there's a new wolf in town and he's more of a pushover than a house of straw!

On his first day on the job, the Little Bad Wolf sets out to blow down the houses of the Three Little Pigs, but the pigs are not alone. The tables have turned. It's the Little Bad Wolf that gets blown away in a barrage of bullying and slapstick trickery. Meet Fido, the Pigs' pet crocodile. Sore and sorry for himself, the Little Bad Wolf must make a choice - become big and bad like his uncle, or find another way to keep the peace in the forest.

### University of NSW English Assessment

Yesterday, students nominated from Years 3 to 6 sat the University of NSW English Assessment. This test explored the literacy skills involving reading, comprehension, punctuation, grammar and spelling. Well done to all of our students who entered.

### Child Protection Education

This year our school will again be teaching Child Protection Education as part of the Personal Development, Health and Physical Education (PDHPE) program. Child Protection Education is mandatory in all schools across NSW. Permission slips and further information explaining more about what is dealt with in these units were sent home in Week 1. Please sign and return to the school office so that class lessons can go ahead in Week 5.

### Important Dates

**Thursday 30<sup>th</sup> July**  
**Book Fair**



**Education Week**  
**Assembly 2.15pm**

**Tuesday 11<sup>th</sup> August**  
UNSW Maths Competition

**Wednesday 12<sup>th</sup> August**  
P&C Meeting 7.30pm

**Friday 14<sup>th</sup> August**  
Zone Athletics Carnival

**Tues 8<sup>th</sup> – Fri 11<sup>th</sup> September**  
Year 5/6 Excursion

### Happy Birthday

Max Conboy  
Ryan Hughes  
Chloe McKenzie  
Cody Palmer  
Declan Palmer



### Mathletes of the Week:

**Infants:**

Charli Locke

**Primary:**

Samantha Anderson-  
Catchpool

Email: [tocumwal-p.school@det.nsw.edu.au](mailto:tocumwal-p.school@det.nsw.edu.au) or visit our website: [www.tocumwal-p.school.nsw.edu.au](http://www.tocumwal-p.school.nsw.edu.au)

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## Parents & Citizens

Our P&C's next meeting will be Wednesday 12<sup>th</sup> August at 7:30pm in the school library. We are always happy to see new and familiar faces and you will be made to feel most welcome.

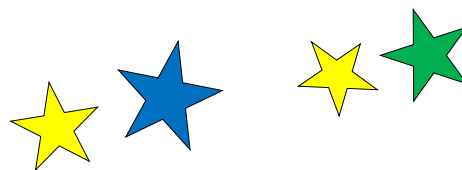
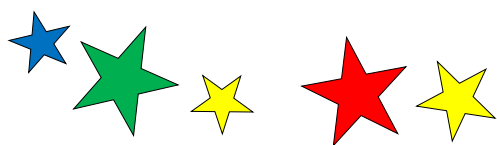
Darren White

# Our Book Fair is Tomorrow

Today your child should bring home a wish list of books.

Parents and children will be able to purchase books from 8.30am-9.30am tomorrow. Children will be visiting the Fair with their class between recess and lunch. An opportunity for parents will also be available from 1.30pm until 2.15pm which is just before our Education Week Assembly.

All books must be paid for on the day.



The Children's Book Council  
of Australia

*Book Week 2015: August 22-28.*

### Children's Book Week Donations

It's not too late to purchase a Short-Listed Book for our Library!

Book prices range from \$9.00- \$33.00.

All donations are appreciated and acknowledged in the donated book.

If you would like to donate a book, please choose from the selection available at the school office. Thanks to those who have already donated. Your generosity is much appreciated.



### Canteen News

**WE URGENTLY NEED A VOLUNTEER TO ASSIST IN THE CANTEEN ON FRIDAY 31<sup>ST</sup> JULY.** Please contact Jacqui Wright as soon as possible if you can help 0414929866.

Have you volunteered in the Canteen yet this year???

Shifts are only 2.5 hours and your children will receive free lunch or recess.

Why not do an afternoon shift and stay for assembly? We love to see new faces and would like to have volunteers only do one shift per term if possible. If every family volunteers for just one shift we should have the whole year covered.

### Canteen Roster

#### Friday 31st July

9am-11.30am Leah Pate

**11.30am-2pm Volunteer Required (URGENT!)**

#### Friday 7<sup>th</sup> August

9am-11.30am Deb White

11.30am-2pm Sarah Quick

#### Friday 14<sup>th</sup> August

9am-11.30am Robin Groutsch

11.30am-2pm Volunteer Required



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Nutrition Snippet

# The simplest way

...to add vegies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don't eat enough of either, particularly veg – and what adults eat affects the whole family.

**Did you know legumes like baked beans are a type of vegetable?**



Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognaise sauce, add towards the end of cooking.

**Eating vegies doesn't have to be complicated – aim for five serves a day, across your day.**

For more information visit

[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)

or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



## Community Notes

### FINLEY FARMERS' MARKET

The Scarecrows are coming to town!! If you would like to enter the Scarecrow competition, come along to the Finley Farmers' Market this Saturday and find out how to enter, you will have a whole month to make your special scarecrow. Lots of prizes and lots of fun. The market is this Saturday in the Finley Memorial Hall from 9am till 12 noon

### AUDIOMETRIST

Sr. Shane Atkinson, accredited Nurse Audiometrist, will be attending Tocumwal Community Health Centre on:

Thursday 16<sup>th</sup> August 2015

Tuesday 18<sup>th</sup> August 2015

Wednesday 8<sup>th</sup> September 2015

Please ensure you have no ear infection or a cold when coming to your appointment.

Contact Tocumwal Hospital Ph: 5874 2166



Multi-Sport and Fitness Coaching

Cobram Sports Stadium

Campbell Road, Cobram

Contact Adam Gatcum

0400615145

## Canteen Roster Term 3, 2015

I am able to be placed on the Canteen Roster for Term 3, 2015.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

(Please tick)

I am willing to do: ☐ one ☐ two ☐ three days this term.

I am available: ☐ All Day 9am-2pm ☐ Morning 9am-11.30am ☐ Afternoon 11.30am-2pm

I am able to assist on the following dates:

☐ **Friday 31<sup>st</sup> July 11.30am-2pm URGENT!**

☐ Friday 28<sup>th</sup> August

☐ Friday 4<sup>th</sup> September

☐ Friday 14<sup>th</sup> August 11.30-2pm

☐ Friday 11<sup>th</sup> September

☐ Friday 21<sup>st</sup> August

☐ Friday 18<sup>th</sup> September

\* Please return slip to the office as soon as possible

Email: [tocumwal-p.school@det.nsw.edu.au](mailto:tocumwal-p.school@det.nsw.edu.au) or visit our website: [www.tocumwal-p.school.nsw.edu.au](http://www.tocumwal-p.school.nsw.edu.au)

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# 2015 Canteen Menu Term 3

Recess	
Home baking	
Savoury/Sweet	50c
<u>Raisin toast</u> 1 slice	<u>50c</u>
Cocktail franks	50c
Jelly & custard / jelly	\$1.00
Mini Bites	\$1.00
Jam Donuts	\$1.00
Mousse	\$1.20

Due to limited freshly made products, recess items are **ONLY** available to order at recess.  
Any left overs may be purchased

## AFTER LUNCH

There will be one sweet AND one savoury home baking **OPTION** each week. A savoury option will be placed in all orders unless specified.  
Eg. alternating savoury  
- Slice, Quiche, pizza scroll  
Eg. alternating sweet  
- Cup cakes, slice, cookies

Salads	
Fairy bread 1 slice	50c
Salad tub cheese, lettuce, tomato, carrot, cucumber, beetroot	\$2.00
Chicken tender & salad tub 1 x warm chicken tender plus salad as above	\$3.50
Chicken tender & salad wrap 1 x warm chicken tender plus salad as above	\$4.00

Toasties	
Cheese	\$2.00
Ham & cheese	\$2.50
Cheese & tomato	\$2.50
Ham, cheese & tomato	\$3.00

Drinks	
Warm Milo <u>RECESS ONLY</u>	\$1.00
Water	\$1.50
Juice apple / tropical	\$1.50
Milk choc / s'berry	\$1.70

Hot Lunch		
Dino snack		50c
Party Pie		\$1.00
Chicken Tender		\$1.50
Sausage roll		\$1.70
Pizza Rounders		\$2.80
Meat pie		\$3.80
<u>Pasta Bolognese</u>	<u>Sml</u>	<u>Lge</u>
	<u>\$2.50</u>	<u>\$3.50</u>
Hot Dogs	Sml	Lge
	\$1.50	\$3.00
Chicken Burgers	Sml	Lge
	\$2.50	\$3.50
Includes lettuce & mayo only		
Sauces/Mayo		<b>Free</b>

After Lunch treats		
Lollies	Max \$2 per child	From 10c
Icey Bars	Sour or Yoghurt	30c
Zooper Dooper full		60c
Moosies		\$1.00

### **Please note:**

Our standard salad ingredients include cheese, please specify if this is NOT wanted

### **Warning:**

Food from our canteen may contain traces of nuts, dairy and other intolerable ingredients



## FACT SHEET #38

# Winter Fire Safety Checklist

## FACT

Each year, the Fire and Rescue NSW attends approximately 4,500 residential fires in NSW with approximately 30% of them occurring in winter months, and 47% of fires starting in the kitchen

## IS YOUR HOME WINTER FIRE SAFE?

We recommend this simple safety checklist to help keep homes fire safe this winter. Make sure you and everyone in your household follows the following safety advice:

- ☐ Never ever leave cooking unattended. **“Keep Looking When Cooking”**
- ☐ Most importantly, have an adequate number of suitable smoke alarms installed throughout your home and make sure that you test them regularly.
- ☐ Make sure you and all your family know two safe ways out of every room in your home.
- ☐ Have a written home escape plan in case of fire and practice it regularly.
- ☐ If you have a fireplace in your home make sure the chimney is clean, and its properly ventilated
- ☐ If you have a fireplace always place a screen in front of it when in use.
- ☐ Check electric blankets for damage or frayed cords before placing on the bed.
- ☐ Take care to keep curtains, tablecloths and bedding away from portable heaters.
- ☐ Keep wet clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- ☐ If you use a clothes dryer make sure you clean the lint filter each and every time you use it.
- ☐ Only use one appliance per power point and switch off when not in use.
- ☐ Always extinguish candles or any other open flames before going to bed.
- ☐ Always handle candles or any other open flame with care.
- ☐ Store matches or lighters in a secure place not accessible to young children.
- ☐ Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon Monoxide which could be fatal.

## FIRE SAFETY TIPS

- Use only authorised installers of fixed heating appliances.
- If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit.
- In Case of an Emergency Get out Stay Out and Call **Triple Zero (000)**.



Version 05

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# KEEP LOOKING WHEN COOKING

The leading cause of home fires in NSW is leaving cooking unattended.

## IF YOUR PAN CATCHES FIRE, HERE'S WHAT TO DO



Turn off the stove (if safe to do so) and use the lid to cover the flame.



Use a fire extinguisher or fire blanket in the first few seconds of ignition if you are confident.



Never use water to put out a fat or oil fire.



Leave the kitchen, close the door and call Triple Zero '000'.

## CARBON MONOXIDE FROM OPEN FIRES

Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of Carbon Monoxide which could be fatal.



## PREVENT FIRES FROM HEATERS

1. Keep everything **one metre** away from your heater.
2. Install and use as per manufacturer's instructions.
3. If you suspect a fault, have the heater serviced or replaced.
4. Always supervise young children in rooms with open fires or working heaters.
5. Ensure flues and chimneys are regularly cleaned.
6. Strong fire screens should be set up in front of open fires.
7. Never use wheat bags in bed.



Help us, help you  
be home fire safe

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# MAINTAINING YOUR SMOKE ALARM

1. Test your smoke alarm batteries every month by pressing and holding the test button for five seconds. Replace batteries every 12 months.
2. Vacuum dust off alarms every six months.
3. Replace smoke alarms with a new photoelectric alarm every ten years or earlier, if specified by the manufacturer.

For more information on smoke alarms, visit: [fire.nsw.gov.au](http://fire.nsw.gov.au) and [planning.nsw.gov.au](http://planning.nsw.gov.au)



## BE PREPARED BY MAKING A PLAN OF ESCAPE



Draw a floor plan of your home, including two ways of escape from each room. Plan an escape route and ensure everyone knows how to get out.



Blocked exits are a hazard. Keep exits clear.



Keep door and window keys in or next to locks so they can be opened easily.



Decide on a meeting place outside e.g. the letterbox. Provide alternatives and someone to assist for anyone with a disability.

