



Work Together For Good

TOCUMWAL PUBLIC SCHOOL NEWSLETTER



Wednesday 10th February 2016

Term 1, Week 3

Principal: Darren White

Principal's Report

School Swimming Scheme

Our swimming program has been progressing well with all students being placed into ability groups. These groups are relatively small which ensures good communication and opportunities for learning new skills. Parental assistance has been great, especially with the infants. Thank you for your support of this important program. Also, thank you to Miss Willoughby who has been coordinating this program.

School Swimming Carnival

The annual School Swimming Carnival will take place on Friday 19th February. Students in Years 3-6, including any students in Year 2 who are 8 years old and swimmers, will walk down to the Tocumwal Community Pool at 9:30am. The first event is due to start a little after 10:00am.

Student Representative Council (SRC)

At last week's Assembly we presented our newly elected Semester 1 School Representative Council (SRC) members from each class with their badges. Each class has two reps that will attend regular meetings with Mrs Gastin and discuss issues within the school, propose possible solutions and organise fun days. The elected reps are Year 1 – Chace Brunskill and Talia Baron, Year 2 – Gemma Reid and Liam Sutton, Year 3/4 – Katya Eddy and Tahlia Pate, Year 4/5 – Dakota Cracknell and Hayley Palmer, Year 5/6 – Abby O'Connell and Jane Hatty. Our school Captains – Amelia Locke, Angus Bouchier, Molly Bear and Hayden Davis are automatically part of the SRC as part of their Captain's role. Congratulations to these students on their election. We are confident that they will represent their classes to the best of their abilities.



School Fees

Attached to the newsletter this week is the 2016 School Fee contribution form. This also takes into account the cost of the Maths and Spelling text books and consumables. It would be appreciated if you could return the form to the school office with your payment promptly. We thank you in advance for your contribution.

Important Dates

Mon 8th - Thurs 18th Feb
Intensive Swimming Program

Wednesday 17th February
P&C Meeting 7.30pm

Friday 19th February
School Swimming Carnival

Friday 26th February
Zone Swimming Carnival

Monday 7th March
Regional Swimming Carnival

Friday 25th March
Good Friday

Monday 28th March
Easter Monday

Friday 8th April
Last Day Term 1

Happy Birthday



Lilly Baron
Blair Eddy
Maksym Eddy
Cooper Quick

Book Club

Issue 1 Book Club was distributed last week. Please return orders to the office, with payment, in a sealed envelope by Monday 15th February.

Email: tocumwal-p.school@det.nsw.edu.au or visit our website: www.tocumwal-p.school.nsw.edu.au

Phone: (03) 58 742 128

Fax: (03) 58 742 281

House Captain Elections

Also at last Friday's assembly, students were presented with their House Captains and Vice-Captains badges. Congratulations to these students:

Wombats

Captains: Maddison Beatt
Braydie Wright
Vice Captains: Abby O'Connell
Costa Gillespie

Eagles

Captains: Jane Hatty
Patrick Bennett
Vice-Captains: Macey White
Jake Wilmot

Koalas

Captains: Charlie Mulholland
Chase Hardwidge
Vice-Captains: Lizzie Locke
Blake Spicer



We are looking forward to them showing us their leadership capabilities at the Swimming Carnival.

Have you got our Skoolbag App Yet?

Last year we launched a parent communication app for parents and caregivers of students from our school. This app has many functions. We are able to alert parents from individual classes (or the whole school) of events that are coming up, or to notify if the bus is running late home from an excursion. It uses free push notification alerts. It will have the latest Newsletter for you to view as well as having the functionality for parents to send an absentee note directly to school if your child is away. A guide on how to install the Skoolbag app onto your smartphone be it Apple, Android or Windows was attached to last week's Newsletter.

If you get stuck come in and see us here at school. We will be only too happy to help you install it. Our aim is to further develop our communication between school and home.

P&C Meeting

On Wednesday, 17th February, our P&C will hold its first official meeting for the year at 7:30pm in the School Library. All parents are most welcome to attend. We would love to see you there.



Speed limits in school zones

School zones are installed to reduce traffic speed near schools during the times indicated in the school zone sign. School zones are identified by signs which are displayed on both approaches to the school and show the speed limit and the times during which it applies.

School zones are generally permitted on roads adjacent to schools where there is significant school related activity on and beside the road.

Speed limits which apply include: 40km/h on roads where the existing limit is 50km/h.

Darren White

P&C News

The P&C will hold its first meeting for 2016 on Wednesday 17th February at 7.30pm in the School Library. Everyone is welcome to attend. We love to hear new and exciting ideas to raise money for our awesome school.

We are still looking for a Canteen Coordinator for 2016. If you are interested or you know of someone who would like to take on this role please let me know. Jax Wright has kindly offered to fill this position for Term 1.

Nicole Jones,
P&C President, Ph: 0458 504 795

Email: tocumwal-p.school@det.nsw.edu.au or visit our website: www.tocumwal-p.school.nsw.edu.au

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New School Banking rewards now available!

Exciting new Term 1 rewards with an Outback Savers theme are now available, while stocks last!

Flying Snake Tail



Wildlife Writer Set



For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are 2 new items released each term so be sure to keep an eye out for them!

Thank you for supporting the School Banking program and don't forget that **Tuesday** is School Banking day!

If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2016 School Banking program information pack from the school office.

School Banking is great fundraiser for our school. Our school receives \$5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of \$10 per individual deposit).



Starting School: The first few weeks

As your child settles in to school:

- they may be tired at the end of the day. Don't plan too many after-school activities; make sure they have time to rest and for free play.
- they may be 'starving' after school. Take a healthy snack when you pick them up. Try giving them an early dinner as they may be too tired to eat later.
- they may want to tell you all about their day as soon as they see you. Be available to listen. Some children may want to relax first.
- encourage them to talk about good things that happen at school.
- make reading with them part of your daily routine. Bedtime stories are a great way to end the day.
- Some children may wet their pants at school, which can embarrass them. Reassure them that it often happens and is nothing to worry about. Encourage them to tell the teacher. Pack spare clothing in the bottom of their bag.
- Ensure they go to bed at an appropriate time; try to stick to a bed time routine. This will make mornings easier if they are getting adequate sleep.

Head Lice (Nits)

Back to school for another year and unfortunately this often means the start of the head lice season too. We see an increase in the number of head lice cases in the February to March period, particularly amongst school aged children.

Head lice are extremely contagious. Early treatment is recommended to kill head lice and their eggs and to limit school and family contamination.

95% of lice are transmitted through close head to head contact and by sharing objects such as hats, hair brushes, head bands, pillows and towels.

Ensure that you and your household is protected from head lice this season by taking the necessary preventative steps to keep head lice away;

Below are 4 crucial steps to keep our school head lice free:

- Avoid sharing clothing, especially hats, ribbons, head bands and helmets
- Discourage children from playing with each other's hair
- Don't share brushes, combs, towels and pillows
- Keep long hair plaited or firmly tied back to prevent contact from other kids

These tips will help limit the outbreak of head lice at school



Canteen Roster Term 1 2016

I am able to be placed on the Canteen Roster for Term 1, 2016.

Name: _____ Phone: _____

I am available: ☐ All Day 9am-2.30pm ☐ Morning 9am-12 noon ☐ Afternoon 11.30am-2.30pm

I am able to assist on the following dates:

- | | |
|---|---|
| <input type="checkbox"/> Friday 12 th February | <input type="checkbox"/> Friday 19 th February |
| <input type="checkbox"/> Friday 26 th February | <input type="checkbox"/> Friday 4 th March |
| <input type="checkbox"/> Friday 11 th March | <input type="checkbox"/> Friday 18 th March |
| <input type="checkbox"/> Friday 1 st April | <input type="checkbox"/> Friday 8 th April |

* Please return slip to the office as soon as possible

Tocumwal Public School 2016 Annual Swimming Carnival Helpers

I am able to assist with the Annual School Swimming Carnival on Friday 19th February

Name: _____ Phone: _____

Email: tocumwal-p.school@det.nsw.edu.au or visit our website: www.tocumwal-p.school.nsw.edu.au

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Are you a parent of a young person?

Do you sometimes feel like a broken record ?

If you have young people between 12 and 18 years of age, join us for a **free** program that will help you better understand the young people in your house!

The program 'Understanding Adolescents' talks about practical parenting tips that work, and information such as:

- Asking the question – Is it serious?
What's worth reacting to and what's not,
- How to hold those difficult conversations more successfully,
- Understanding adolescence:
A time of reconstructions, redeveloping social landscapes', brain snaps and body make- overs, and
- Understanding your job as a parent of a teenager-
observer, advisor, negotiator, director.



When: 3 sessions: Thursday 17th, 24th & 31st March

Where: Intereach, Deniliquin.

Time: 5:30pm – 7:30pm

Sound interesting?

Contact: Libby Barker
Intereach Parenting Support

Phone: (03) 5890 5252 Please leave a message with your name & number. Or email libbyb@intereach.com.au

www.intereach.com.au



Monday 18 January 2016

LOCAL HEALTH ADVISORY COMMITTEE SAYS BE SUNSMART THIS SUMMER

As the temperatures continue to soar this summer, the Tocumwal Local Health Advisory Committee (LHAC) is urging local residents to be sun smart.

"We encourage people to remember to protect themselves and their children from the sun to prevent burning and reduce their long term risk of skin cancer," said Tocumwal LHAC Chair Valda Cole.

"While people tend not to sunbake so much anymore, many do get accidentally burned just by not being prepared and taking preventative action."

"Let the younger generation be the Sun Smarter one, and learn by the mistakes of the unknown sun factor the older generation had," Ms Cole said.

"We all know we should seek out shade, wear a hat and apply sunscreen regularly but sometimes it is easy to forget or be caught short," Murrumbidgee Local Health District's Manager Health Promotion, Christine May, agrees.

"Sun protection is vital to reduce the chance of skin cancer and to protect yourself from the sun," Ms May said.

"Most people don't apply enough sunscreen resulting in only 50 to 80 per cent of the protection stated on the product," she said.

For best protection, the Cancer Council recommends a combination of measures:

- Slip on some sun-protective clothing that covers as much skin as possible
- Seek shade, especially between 9 am and 5pm when UV levels are most intense
- Slap on a hat that protects your face, head, neck and ears
- Slide on some sunglasses
- Slop on broad spectrum, water resistant SPF30+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards.
Sunscreen should never be used to extend the time you spend in the sun.

Also see the Cancer Council's free Sunsmart program for primary schools and early childhood at <http://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

ends

Murrumbidgee Local Health District Media

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healthdirect AUSTRALIA – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222

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