



# TOCUMWAL PUBLIC SCHOOL NEWSLETTER



Work Together For Good

Wednesday 30<sup>th</sup> October 2019

Term 4, Week 3

Principal: Darren White

## Principal's Report

### School Production Video- Last Chance!

A video placed onto a school Logo USB of the Wednesday's dress rehearsal performance will be produced and will be available for \$10 a copy (includes USB). Please complete the slip at the bottom of the newsletter and return with payment to the office by **Friday 1<sup>st</sup> November**. No late orders will be taken after this time. Thank you



### Spring Round Robin

On Friday, 15<sup>th</sup> November, students in Years 3, 4, 5 and 6 will be participating in a district sporting gala day at Mulwala Recreation Reserve. Students will be competing in a variety of sports including - mat ball, dodgeball, ultimate frisbee, cricket and orienteering. The day will involve mixing with other school children within our district and having a fun day. We require some parental support with the teams on the day, if you are able to assist could you please complete the Spring Round Robin slip and return it to the school office. We love to have our parents involved with the teams and we desperately need to have one adult with every team.

The buses will be leaving at approximately 8:45am you are welcome to hop on with us. Students will be back at school for normal pick up time.

### Canberra Excursion for Years 5 and 6

Our Year 5 and 6 students made an early start Tuesday morning for their epic excursion to Canberra. The students' will have four full days packed ahead of them with visits to many national attractions, including: Parliament House, Australian Institute of Sport, Australian War Memorial, CSIRO, Australian National Museum, the Telstra Tower and much more.

They will have a wonderful time and share many unforgettable experiences. We look forward to their return on Friday afternoon.

### NSW PSSA State Athletics Championships

This year we have five athletes travelling to Sydney next week to compete in the NSW PSSA State Athletics Championships in Sydney. We have Ashton Desailly, Cooper Quick and Chase Brunskill competing in the junior boys relay, Logan White competing in the 11 Year boys discus event and Heath Mansell competing in the junior boys relay, high jump, long jump and discus. We wish all of the boys the very best as they travel to Sydney early next week. All of the boys have been training hard over the holidays and into this term with the help of "Robbo" and are all looking forward to performing at their best.



## Important Dates

**Tues 29<sup>th</sup> Oct – Fri 1<sup>st</sup> Nov**  
Year 5/6 Excursion

**Mon 4<sup>th</sup> - Wed 6<sup>th</sup> November**  
Year 3/4 Excursion

**Thursday 7<sup>th</sup> November**  
2020 Kinder Orientation  
12.00pm-2.00pm

**Thursday 14<sup>th</sup> November**  
2020 Kinder Orientation  
12.00pm-2.00pm

**Friday 15<sup>th</sup> November**  
Spring Round Robin

**Thursday 21<sup>st</sup> November**  
2020 Kinder Orientation  
12.00pm-2.00pm

**Thursday 28<sup>th</sup> November**  
2020 Kinder Orientation  
12.00pm-2.00pm

**Tuesday 10<sup>th</sup> December**  
Presentation Evening

**Monday 16<sup>th</sup> December**  
Year 6 Graduation



Addison Desailly  
Will O'Connell  
Harrison Tainton



## Mathletes of the Week:

### Infants:

Jayden Huang

### Primary:

Lachlan Hall

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)

Phone: (03) 58 742 128

Fax: (03) 58 742 281

## Kindergarten Enrolments

We are currently preparing for 2020. If you have a child to enrol or know of someone who has, please encourage them to come along and pick up an enrolment form.





**Tocumwal  
Public School**

**2020 Kindergarten Orientation Dates**

**Parent Information Session**  
Wednesday 4th September 7-8pm in the Kindergarten Room.

**Term 4**  
**Student orientation 12pm-2pm**  
Week 4: Thursday 7th November  
Week 5: Thursday 14th November  
Week 6: Thursday 21st November  
Week 7: Thursday 28th November

**For more details, please contact**  
**Darren White, Principal**  
**03 5874 2128**

## Kindergarten Orientation Visit

Next Thursday 7<sup>th</sup> November our new enrolments for Kindergarten next year will be visiting. They will join us between 12-2pm. Our new enrolments will be given a taste of what Kindergarten will be like next year as they engage in a variety of activities.

## Stage 2 Excursion

On Monday next week, our Year 3 and 4 students will be heading off to Borambola Sport and Recreation Centre for a two night excursion. They have three jam packed days full of fun and challenges that will see them having a wonderful time. All payments for the excursion are expected to be settled prior to their departure.

## Riversider

The *Riversider*, our school magazine, is currently being compiled. Those families who have paid for it with their voluntary contributions will receive a copy. Those families who have not paid (or may want more than one copy) may reserve a copy for \$20 each. Just complete the order form at the end of this newsletter and return it to the office with payment to confirm a printed colour copy. The print run will be limited so secure one for your family. They are full of wonderful photos of your children as well as some of their work and other reports. Don't miss out. No orders will be accepted after 8<sup>th</sup> November.

## No Hat No Play!

In Term 4, we have a No Hat No Play policy for all students expecting to play in the playground. Please ensure that your child has a suitable broad brimmed hat for the start of the term. Hats with the school emblem are on sale at the school office. They are very practical and look quite smart. All kindergarten students should have been given one as a welcome gift from the P&C. If your child is new to Kindergarten and hasn't received their hat yet, call in to the office and see one of the lovely ladies in the office who will be able to assist you.

**Darren White**

### Canteen News

**Bulla Ice Cream Cups**  
now \$1.50 or \$1.20 online



### **Canteen Roster**

#### **Term 4**

<b>Friday 1<sup>st</sup> November</b>	1. Laura Palmer 2. Kim Sutton
<b>Friday 8<sup>th</sup> November</b>	1. Katrina Chellew 2.
<b>Friday 15<sup>th</sup> November</b>	<b>CANTEEN CLOSED (ROUND ROBIN)</b>
<b>Friday 22<sup>nd</sup> November</b>	1. 2.
<b>Friday 29<sup>th</sup> November</b>	<b>CANTEEN CLOSED</b>
<b>Friday 6<sup>th</sup> December</b>	1. 2.
<b>Friday 13<sup>th</sup> December</b>	1. 2.

# The simplest way

## ... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	<a href="#">Homemade bliss balls</a>
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	<a href="#">Homemade fruit muffins</a>

For snack ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK' to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# The simplest way

## ... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.



One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- [Hummus](#)
- Cheese
- Leftover home-cooked meat
- [Home cooked rissoles](#)

For more ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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**Tocumwal Public School**  
**2019 Spring Round Robin Helpers**

I am able to assist with the Spring Round Robin on Friday 15<sup>th</sup> November, 2019.

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

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

**School Performance USB Order Form**



I wish to order \_\_\_\_\_ copies of the School Performance USB at a cost of \$10 per copy.

Name: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

\*Please return orders with payment to the school office by Friday 1<sup>st</sup> November

**2019 *Riversider* Magazine**

Family Name \_\_\_\_\_

I wish to order \_\_\_\_\_ copies of the 2019 *Riversider* Magazine.

Please include **\$20** per copy with your order by Friday 8<sup>th</sup> November. NO LATE ORDERS!

**Canteen Roster Term 4 2019**

I am able to be placed on the Canteen Roster for Term 4, 2019.

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

I am willing to do ☐one ☐two ☐three days this term (please tick)

Please tick **ALL** dates you are available in Term 2 to assist with rostering.

**You will only be rostered for as many days as indicated above.**

- |  |   |
|--|---|
| <input type="checkbox"/> Friday 8 <sup>th</sup> November | <input type="checkbox"/> Friday 22 <sup>nd</sup> November |
| <input type="checkbox"/> Friday 6 <sup>th</sup> December | <input type="checkbox"/> Friday 13 <sup>th</sup> December |

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