



NEWSLETTER

Assemblies

K-6 Assembly
SRC Badges

Attachment

Term 1, Week 5, 2012

BE SAFE, BE FAIR, BE KIND, BE CO-OPERATIVE.

Dear Parents and Community Members.....

Teachers on Duty

Just a reminder that the teachers are not on duty in the morning until 8:30am. At that time a teacher will go out on duty to supervise the students that are in the playground and also at Breakfast Club.

If you bring your child to school before 8:30am there will be no supervision in the playground. We realise that because of Daylight Savings one of the buses arrives at 8:20am.

The teachers are currently working on solutions to this including the possibility that those students will be expected to remain in the basketball court only until the teacher on duty rings the bell at 8:30am signifying that they are on duty.

Oracles poet

Yesterday the students had the pleasure of listening to Jack Drake recite some bush poetry including having the children make up a poem line by line.

We were also joined by Drake and Mingoola students who thoroughly enjoyed the experience of coming to a big school. We would like to thank Geoff and Jann Newman for organising Jack and hope that some students take the opportunity to become involved in poetry.



Scripture

As most parents are aware scripture started last week at our school. It is a half hour instruction that occurs once a week for each class on a Thursday. Unfortunately we cannot cater for every religious instruction and are lucky to have volunteers that are willing to come into the classes and teach our students.

I'm sure you will agree that it is important for our students to receive a well rounded view of the world so they can make their own choices later in life.

Withdrawal groups

The school is running a number of groups for a variety of different reasons this year. We are starting up some Gifted and Talented groups both in infants and primary.

Each term will have a different focus so therefore each term it is likely that different students will be involved.

Mrs Caldwell is currently taking the infants group on a Wednesday afternoon and Mrs Mulcahy is taking the primary group on a Monday afternoon.

We also have some maths groups operating involving students from all classes except kindergarten.

Mrs Roselee Henry takes students in the infants for maths groups and Mrs Tracy Jones takes students in the primary area. Students are selected for both of these groups by the class teachers.

Of course we also have our Multilit and Soundway groups (literacy and sound based) that run in the mornings which is run by Mrs Christine Maddocks and a team of School Learning Support Officers.

All of these things make our school an extremely busy place especially in the mornings when most of these activities occur.

School sores (Impetigo)

We have had a number of cases of school sores (Impetigo) in the last few weeks of school. School sores are an infectious disease and students can not be at school while they are present.

School sores appear as small red spots that change into blisters and fill up with pus and become crusted which usually appear on the face, scalp and hands.

Students need to be kept at home until they have been treated, sores should be covered with a water tight dressing. Careful hand washing can help prevent the spread of school sores.

Art lessons

This Thursday Geoff and Jan Newman will be in the school conducting art lessons with all of our students.

They will be conducting lessons in the hall with the Infants classes from 9:30am, the junior primary classes from 11:30am and the senior primary classes from 1:45pm.

We are extremely fortunate enough to have their expertise and willingness to be in the school working with our students.



Assembly

This week there will be a K-6 assembly starting at 12pm. This will be an induction assembly for our SRC representatives as well as a normal assembly with merit cards and students of the week.

Mr Manser's class (3/4M) will be presenting an item. All parents are welcome.

School Cross Country

The annual school cross country will be held on **Friday, May 4th** with students walking the course the previous week. The zone cross country will be held here, at Tenterfield, on **Friday, May 25th**.



Infants Club

The AGM of the Infants Club will be held on **Friday, March 2nd** at 3.15pm in the Infants Staffroom. New Members are most welcome. The existing committee are willing to stay in their positions so no one will be forced into a position if they attend.

Other items to be discussed are Grandparents Day and the Easter Parade.

We look forward to seeing you all there.

Crunch and Sip and Health Message

Why is it so important that children drink water?

Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather.

Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability.



Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch and Sip provides an opportunity to drink water and helps to prevent dehydration.

How much water does my child need?

The recommended daily amounts of fluid for children and adolescents are:

5 glasses (1 litre) for 5 - 8 year olds

7 glasses (1.5 litres) for 9 - 13 year olds

8-10 glasses (2 litres) for 14+ years

A glass is 250 ml. More water is needed if children are exercising or sweating due to heat.

Zone Swimming Carnival

Last Friday, 23 students travelled to Glenn Innes for the Zone Swimming Carnival. All the students are to be congratulated for their excellent sportsmanship, behaviour and achievements.

Thank you to all the parents who assisted with transport, timekeeping and who encouraged and supported all the students. Without you we could not offer the students such opportunities.

12 students (includes 2 relays – both Jnr teams) have been selected to attend the regional carnival in Armidale on **Tuesday, March 6th**. We wish them all good luck and safe travelling.

RESULTS:

Breanna Chawner

2nd 8yrs freestyle

Abby Holley

1st 9yrs freestyle

Jaynika Hollis

3rd 9yrs freestyle

Ella Wishart

1st Jnr medley, 1st 10yrs freestyle,

1st Jnr backstroke, 2nd Jnr butterfly,

3rd Open 100m freestyle, 3rd jnr breaststroke

Phoebe Cooper

1st Jnr butterfly, 1st Jnr breaststroke,

2nd Jnr medley, 2nd 10yrs freestyle,

2nd Jnr backstroke

Isabella Franchi – P.B. in all her events,

3rd Jnr backstroke, 4th 10yrs freestyle

Rylee Cooper

3rd 11yrs medley, 3rd 11yrs freestyle,

3rd 11yrs freestyle, 3rd 11yrs butterfly,

4th 11yrs breaststroke

Courtney Moss – P.B. in all events.

1st Snr butterfly, 1st Snr backstroke,

1st Snr medley, 1st 12/13yrs freestyle,

2nd Open 100m, 2nd Snr breaststroke

Georgiana Chawner

3rd Snr butterfly, 4th Snr breaststroke

Samantha Chapman

4th Snr backstroke

Kori Eaton

1st 9yrs freestyle, 2nd Jnr breaststroke,

3rd Jnr breaststroke

Mackenzie Cox

4th 9yrs freestyle

Tyler Sargeant

1st Jnr backstroke, 3rd 10yrs freestyle

Adam Hayn

3rd 11yrs breaststroke, 4th 11yrs backstroke

Will Evans

1st 11yrs freestyle, 1st 11yrs butterfly,

1st 11yrs medley

Ky Eaton

2nd Open 100m freestyle, 2nd Snr backstroke,

2nd Snr breaststroke, 3rd Snr backstroke,

3rd 12/13yrs freestyle

Zac Lieberman

3rd Snr butterfly, 4th Snr backstroke,

4th 12/13yrs freestyle

Geoffrey Swan

4th Snr breaststroke

1st Jnr Boys' relay

Mackenzie Cox, Jacob Chawner,

Tyler Sargeant and Kori Eaton

1st Jnr Girls' relay

Phoebe Cooper, Isabella Franchi,

Abby Holley and Ella Wishart

2nd Snr Boys' relay

Ky Eaton, Zac Lieberman,

Geoffrey Swan and Will Evans

2nd Snr Girls' relay

Rylee Cooper, Liana Meneguzzi,

Georgiana Chawner and Courtney Moss

Jnr Girl Champion – **Ella Wishart**

Jnr Girl Runner-Up – **Phoebe Cooper**

11yr Boy Runner-Up – **Will Evans**

Snr Girl Champion – **Courtney Moss**

Our school finished in a fantastic 3rd place overall.

School Athletics Carnival

Our annual school athletics carnival will be held Term 2, Week 6 on **Tuesday, May 29th** at Federation Park. Selections for events (field events and relays) will start Friday, 24th February for students aged 8-13yrs.

Approximately 5 students will be selected for high jump, 8 students for both long jump and shot put and discus will be finalised here at school due to safety concerns.



Assisting With Transport

Parents/guardians/carers who are wishing to assist transporting students at any time during the year must supply the office with a copy of your drivers licence, registration and insurance. This must be done **EACH YEAR.** We are extremely grateful for the assistance you offer each year.



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Feb	5	20 Oracles Poet 11:30- Infants 12:00- Primary P&C 6:30pm	21	22 Guitar lesson	23 Art Lessons 9:30am Infants 11:30am Jnr Primary 1:45pm Snr Primary	24 K-6 Assembly 12pm	25/26
Feb	6	27	28 B & G Soccer Trials here	29 Guitar lesson LEAP YEAR extra day	1	2 Infants club AGM Meeting 3.15pm	3/4

CANTEEN

CANTEEN ROSTER

Wed	22nd	Aleeca Zellers, Kim Cox, Vicki Hill
Thur	23rd	Monika Freeman, Melissa Oakes
Fri	24th	Danielle Sheppard, Nicole Arnold
Mon	27th	Leeza Wishart, Melinda Campbell
Tue	28th	Angela Brown
Wed	29th	Kim Cox, Jamie Chawner, Angie Parker

Homebake (Next Week)

Mon	27th	Shona Clark
Wed	29th	Aleeca Zellers
Fri	2nd	Tracy Caldwell

DONATIONS (This Week)

Cruskits	Melissa Oakes
Mayonnaise	Marie Thomas
Margarine	Allison Tonkin
Sliced Beetroot	Natalie Watt
Lettuce	Dana Bird
Tomato Sauce	Crystal Liesegang
Block Cheese	Deanne Eaton
Vegemite	Lisa Beltrame
Eggs	Jayne Collier
Tomatoes	Robyn Hillier

MEAL DEAL - Wednesday Feb 15th

Munch and Crunch

Nachos: Corn chips topped with tasty meat sauce and melted cheese plus a popper and a scoop of rainbow ice cream with a wafer biscuit \$4.50

Other Choices
6 Nuggets \$2.20
2 Mini Pies \$1.00

CLOTHING POOL

We have a wide range of pre loved clothing and footwear, please feel free to call in and find yourself a bargain at the canteen.

COMMUNITY NOTICEBOARD

BORDER BEARS JUNIOR JRL REGISTRATION DAY

Registration day will be **Friday, March 2nd** at the rugby League Park. (Birth Certificate required)
\$50 registration
\$25 Shorts
\$8 socks
4pm-7pm "Kids to Kangaroos" Fun day will with QRL staff
(some ex Bronco players) followed by a BBQ.

TENTERFIELD JUNIOR GOLF

Tenterfield Jnr Golf will be **Friday, February 24th** at 3:30pm-4:30pm at Tenterfield Golf Club come along and have a go. All School age children.
For more information call Mrs. Barry on 02 67 361 684

TENTERFIELD SWIMMING CLUB

Tenterfield Amateur swimming club-Recruitment Drive

WHAT IS SWIMMING CLUB

- Swim club is for children who have a basic level of swimming ability and can swim or almost swim one lap of the Tenterfield Swimming pool.
- Race Night (Thursday 5pm) where children race against other swimmers of a similar level in order to improve their own lap times. (cost is \$1 per child per night).
- Swim Squad (4-5pm Monday, Tuesday and Wednesday) where children practice all aspects of swimming under the direction of a qualified swimming instructor in order to increase their swimming ability (each session costs \$5 per child).
- Swim Club is great for children to improve swimming ability, meet new friends, improve confidence and improve fitness.

For the rest of this swim season Tenterfield Amateur Swimming Club is offering a special \$10 join up fee to any children in order for them to experience swimming club.

Last financial year 315 people drowned in Australia

INSIGHTS

by Michael Grose - No. 1 parenting educator



Making school drop-offs hassle-free

"One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness."



There are a number of trouble spots for parents, and they have one thing in common. They all occur around a child's transition from one activity or place to another.

Transitions from play to dinnertime, television to bedtime or from bed to the breakfast table are common battlefields for parents. Kids want to do one thing, yet family requirements mean that they have to do something else.

A battle can ensue with children dawdling, whining or refusing point blank to budge! Parenting is always hard work at these times.

One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness.

Children's tears at drop-off time play at the heart strings of compassionate parents, particularly those who feel guilty about leaving their child. Tantrums are another way children keep parents busy and their complaints about being too tired indicate that perhaps an earlier bedtime is in order.

Usually it's children in the early years of primary school who present most difficulty at school drop-off times. Essentially these drop-off problems are separation issues that can easily be resolved by supportive teachers and some tough love parenting.

It's worth remembering that a developmental task for children is to separate from their parents, so that they can benefit from being around other adults. Parents who resist this imperative, allowing their child to cling to them are doing their youngster a disservice.

If dropping kids off at school in the morning is a problem here's a few ideas that may help. Your aim as a parent is to establish a new pattern of behaviour for your child in the morning, particularly as you approach the school gate or classroom door

1. **Go through the morning and drop-off routine** with your kids. Make sure everyone knows what's expected. Work out your jobs and those that the kids need to do then stick to this arrangement. For instance, it may be your job

to make school lunches but it's up to kids to put them in their bags.

2. **Drop kids off, turn around and go:** If you have a child who likes to keep you busy each morning with tears or tantrums then you may have to take the 'tough love' approach. Say goodbye using a firm voice, turn around and leave. Don't look back. Most kids settle down at school within five minutes of being dropped off. Parental lingering only makes matters worse for children and teachers. Teachers are experienced at helping kids settle into the school routine, so allow them to take over.
3. **Reaffirm their efforts later:** If your child begins to go off without tears or tantrums after a long period of difficult departures then make a bit of fuss when you see them later in the day. Don't go overboard with tangible rewards or bribes. Parental recognition, genuinely given is a huge driver for most kids.
4. **Wean your child off you:** If your normal habit is to drop your child off at the classroom door each morning, try saying goodbye at the school gate every now and then. The aim is to make your child less, rather than more reliant on you.

If problems continue then it's worth consulting your child's teacher or welfare coordinator, carefully outlining the issue. Be prepared to be coached on this issue, trusting the approach that your school advises.

Teachers generally have experienced this type of separation anxiety before and understand when it's within children's capacities and when they may need extra help to cope. It makes good sense to trust their judgement. From my experience, it's usually spot on!

Published by Michael Grose
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