Tacking Point PS Newsletter

77-105 Bangalay Drive, PORT MACQUARIE. NSW 2444

P: 02 6582 3478 F: 02 6582 2326

E: tackingpt-p.school@det.nsw.edu.au

W: https://tackingpt-p.schools.nsw.gov.au/



Week 4, Term 4 2019

8 November 2019

APPROACHING CALENDAR EVENTS		
2019		
Wednesday 13 November	Year 6 Fundraiser – Crazy Hair Day	
Thursday 14 November	Year 1: Dinosaur Beach Excursion	
Friday 15 November	K-2 Assembly – Hosted by 2J , 9.15am in the Hall Kinder 2020 Transition STEM Expo and Power Up – Melville HS Lego League – Regional Qualifier Stage 2 Assembly – Hosted by 3/4M , 1.45 in the Hall	
Thursday 21 November	Kindy: Excursion to the Shelley Beach	
Friday 22 November	K-2 Assembly – last general assembly for 2019 Kinder 2020 Transition	
Tuesday 26 November	HCH Boys Cricket Trials Canteen will close after recess. No lunch / orders	
Thursday 28 November	Bel Canto Performing – Count Down to Christmas	
Friday 29 November	Stage 2 Assembly – Hosted by 3/4B , 1.45 in the Hall	
Tuesday 3 December	High School Transition day	
Wednesday 4 December	Manly Selective High School Band visit and workshop Band: Evening Concert	
Friday 6 December	First Lego League Junior Expo	
Wednesday 11 December	Presentation Ceremony, 9.15am – 11am Bel Canto Awards concert, 6.30pm	
Thursday 12 December	Year 6 Graduation, 1.40pm in School Hall Year 6 Farewell, 6-9pm at Westport Club	
Thur 12 - Fri 13 December	Year 3 Camp – Adventureland	
Friday 13 December	K-2 Christmas Concert	
Monday 16 December	Kinder Graduation 10am-11am Reports Home	
Wednesday 18 December	Stage 3 – Pool Party Last school day for 2019	

2020 DATES TO REMEMBER		
2020		
Tuesday 28 January	Staff Development Day – no students to attend school	
Wednesday 29 January First day of school for Year 1 – 6 students, 2020.		
Wednesday 5 February Kinder 2020 start school		

Koala Hospital Update

Thank you to all those that have brought in sheets and towels for the Koala Hospital, they have a great supply and there is no need to continue to bring in linen.

From the Desk of Mr Harris

Dear Parents and caregivers

Welcome to Week 4 on what is a very busy term!

Our Kindergarten Orientation program commenced last week and we welcomed 60 excited children. Our numbers are down this year and according to local pre-schools this pattern is reflective in all local schools. If you are aware of any families who have not yet enrolled for 2020 could you please ask them to contact the office immediately.

If by chance you are moving from Port Macquarie, could you please inform the office. It is critical for us to know accurate numbers as it will affect staffing and demountable classrooms allocation. We have 115 Year 6 children leaving and only 60 Kindergarten children commencing.

The Run4Fun Colour Explosion was held last week and was a huge success. Over \$17000 was raised and the children had a wonderful time that afternoon. Many thanks to our magnificent P and C and to Connie Button for her drive and passion to ensure its success.





Our Swimming Scheme has been so lucky with the weather and the students have had a wonderful time. Their skills have improved which is great to know especially as we have our beaches so close. Many thanks to our Year 2 staff and congratulations to Mrs Smith on her thorough organisation.

We decided to postpone our Year 3 Camp owing to the recent fires. The centre was not affected by the fires but surrounding land was burnt. We were lucky to be able to transfer our program to the end of Week 9 this term. New notes have been issued.

A reminder to all students and their families that the full school uniform, including our school hat is mandatory. School uniform indicates that we are all part of a team. It also stops students being differentiated by whether they can afford expensive labelled items.

Our school uniform has been set by the School P&C and as such, there is an expectation that every student wears the full school uniform every day. Of late we have had children wearing different hats, socks, shoes and pants. Your support with this is appreciated. Our uniform has always been commented on positively and worn with pride.

Kind Regards

Phil Harris Principal

Message from the Deputy Principals

Our lives are constantly filled with the busyness of everyday life. We came across this article and thought it would be a great one to share. Enjoy the read and remember that there is always support out there for everyone.

Parent Line provides immediate telephone and online counselling, support, information and referral for parents and carers of children aged 0 – 18 years all over NSW. There are no waitlists and no referrals required to access the service.

Parent Line NSW is one of the few services which parents and carers can access outside of normal business hours to talk about parenting issues with a qualified Parenting Counsellor. Our counsellors are professionally trained and specialise in working with families.

We all know parenting can be a tough – but also extremely rewarding – job. At times, family life can be moving along well and at others, there may be challenges which push you and your child to your limits.

Every year Parent Line takes more than 8,000 calls from parents needing help ... but why are they making that call? Here are the Top 5 issues affecting parents about their primary-aged children over the past 12 months and some suggestions on handling them.

1. Technology use:

Many parents are finding it extremely difficult to manage the amount of time their children spend on screens. Try avoiding technology in bedrooms, help your child choose what they watch, limit screen time, opt for alternatives to technology-based activities and quite simply just turn devices off.

2. Support during separation:

Research has shown that exposure to parental conflict is more damaging for children rather than the separation itself. Developing a co-operative relationship with your child's other parent is the best way to support your children. Children often feel responsible for separation so it is vital to reassure your child that it is not their fault and that both parents' love for them hasn't changed. Stick to routines as much as possible and, if you become concerned about your child's mood or behaviour, seek professional support.

3. Managing tricky peer relationships

As a parent, it can be challenging to see our child struggling with friendships. Exclusion, gossip, belittling and conditional friendship can affect a child's confidence and self-esteem. Helping children recognise the qualities of good friendships, promoting kindness, compassion and empathy as well as supporting a broad range of friendships, especially those outside of school, can all help.

4. Anxiety

Anxious behaviour is common in children, especially as they come across new situations and experiences. The goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

5. Parent/Carer Wellbeing

The greatest gift you can give your child is a healthy 'you.' Parent self-care is an important aspect of parenting which is often overlooked, but there is a direct relationship between parent mental health and the well-being of children. Daily exercise, eating well, prioritising sleep, engaging in an activity which is pleasurable, connecting with family and friends, and having down time are the building-blocks of parent self-care. If you are starting to feel that parenting is overwhelming, it may be worth seeking professional support.

Parent Line is open 7 days per week from 9am – 9pm Monday to Friday and 4pm – 9pm on weekends. Parents and carers can get in touch by calling Parent Line on 1300 1300 52 (for the cost of a local call) or, alternatively, they can private message us on Facebook and we can arrange for a Parenting Counsellor to call them back.



facebook.com/parentlinenewsouthwales
Parent Line NSW 1300 1300 52

Kelly Jordan and Trevor Thompson Deputy Principals

From the Office

We would like to clarify with our fabulous volunteers, what is required if you are a volunteer at our school

- If you have students in attendance (this includes parents/grandparents/aunts etc):
 - You will be required to complete an Appendix 5, part of the Appendix 5 is 100 points of ID. You will be required to provide this to the office prior to being on the school premises.
- If you are driving students to any school related event (sports, choir etc):
 You are required to provide your vehicle registration and Compulsory Third Party (Green slip), for the vehicle that is being used as transport. This is in addition to the Appendix 5 and 100 points of ID.
- If you are a volunteer at the school and do not have students in attendance:
 You are required to provide the office with an Appendix 11, part of the Appendix 11 is to have a valid Working With Children's number, to be obtained (free for volunteers, \$80 for paid positions) through Services NSW. An Appendix 11 will also require the 100 points of ID to be provided.

We appreciate your patience during the phase in of these updated processes and we thank all our volunteers for taking the time to complete these processes in order to keep our students safe.

Office Staff

Concert of Excellence 2019 Video

To say "thank you" to our fabulously supportive school community, we have provided access to this year's Concert of Excellence video footage via a link on YouTube. The video is divided into two parts, Act One and Act Two, and both links have been shared on the TPPS Skoolbag app.

Please note that these videos are "unlisted" which means that they will not show up in public searches or by any means other than the link provided. We ask that parents do not share this link with anyone outside our school community. The video footage is not to be shared in a public forum such as Facebook under any circumstances.

We hope that you enjoy watching this footage with your family.

Dayna Moritz Assistant Principal

Grandparents' Day

K-2 Tacking Point Students celebrated NSW Grandparents' Day on Wednesday, 23 October. Grandparents and friends were invited to our school to share in lots of fun and exciting activities for the children and adults alike including craft, decorating cut outs of their grandparents, making brooches and cards, playing old time indoor games such as snakes and ladders and outdoor games such as hopscotch and skipping. Children roamed with their special guests freely across the school playground, participating in their activities of choice and proudly showing off their classrooms and artwork.

The celebration culminated in a giant morning tea provided by the parents of the children to share.

The glowing smiles and immense pride was equally shared between the grandchildren and grandparents alike. Children who had grandparents who were sadly unable to attend the event were 'adopted' on the morning by friends' grandparents, and this surprisingly seemed to be one of the greatest hits of all amongst the grandparents on the day, feeling very needed, appreciate and vitally important to community as they genuinely are.

"Grandparents' Day is a National initiative of the Department of Communities and Justice (DCJ). DJC supports families and local community-based programs across NSW and provides more than 1.5 million Seniors Cards to older people in NSW.





NSW Grandparents Day celebrates the contributions grandparents make to their families and communities. The campaign recognises the diversity of grandparent relationships across age groups, cultural backgrounds, and geographical locations. Grandparents, grand-friends, kin, and those who take on the role of a grandparent in their family or community are celebrated for their contributions. It aims to foster intergenerational learning and offers older people ongoing opportunities to participate in their local communities.

It's a day to spend time with an older loved one and connect across the generations.

https://www.grandparentsday.nsw.gov.au/about







Year 2 Swimming School

Over 110 young learners from Tacking Point Public School have been enjoying beautiful weather conditions as they travel to and from Port Macquarie Olympic Pool each day. They are completing a comprehensive learn to swim program with the Department of Education School Swimming and Water Safety Program.

This program focuses on teaching 7 and 8 year olds to swim up to 25 metres and more in a variety of swim strokes as well as survival strokes. There is a strong emphasis on daily water safety lessons which encourage the children to stay safe around different water sources. Children enjoy practising safety strategies such as throw, go and tell as well as learning where and when it is safe to swim.

The Department of Education School Swimming and Water Safety Program is an intensive program where students attend lessons each day for 10 days. Each year these children make outstanding progress

in this highly successful program which is staffed by qualified instructors whilst being supported by their class teachers.

All students are enjoying developing their skills and confidence in and around the water.

We acknowledge and thank our dedicated Year 2 teachers who escort over 110 excited 7 and 8 year olds to and from the pool each day on noisy buses. 10 school days consecutively is a long haul in all weather. This is a large investment for our school, but one that we are thoroughly committed to being a coastal school.

Special thanks to Mrs Leanne Smith who has directed the program and ensured all the swimmers and their teachers get to their lessons and back to school safely each day! Quite a mission with permission notes to deliver and collect, a fleet of buses to book, swimming teachers and pool bookings etc. to co-ordinate. We all appreciate your special efforts!



2019 UNSW Global - REACH Mathematics Results

Out of this year's 79 participants, 29 students received a Commendable Award and 1 student was awarded an Outstanding Award. The school achieved at above state average in Year 3 and Year 4. The following students achieved Commendable and Outstanding certificates.

Commendable Awards

Grace Ashton, Siena Button, Wilson Huang, Hayden Manning, Logan McNeill, Aidan Miles, Anna Piri, Lachlan Ramm, Xavier Romero, Zac Bibel, Mikayla Campbell, Luca Giddins, Evie Hewens, Nessa Kinchington, Mabel Mace, Lucas Manning, Aurora Mavros, Milla Northam, Keegan Pope, Sophie Woodin, Ryan Brumby, Drake Houghton, Hayden King, Ciarran McCallum, Charlotte Memmott, Callum Rowe, Hunter Ellem, Marley Glover, Cameron McLean-Prosser,

Outstanding Awards

Francis Neild

Year Level	Average Score Australia	TPPS score
Year 3	24.0	25.9
Year 4	22.9	24.7
Year 5	22.6	21.3
Year 6	21.4	21.2





D&C Runt Fun Colour Explosion Fundraiser Report

Last Friday afternoon, the students of Tacking Point Public School enjoyed the fun and colour splashes of the P&C Run4Fun Colour Explosion fundraiser. Students came to school out of uniform, wearing instead a uniform of white ready for a splash of colour by the end of the day!

After lunch students completed a novelty obstacle course, which wound its way around through teams of parent and teacher colour bombers!

Combining several all-time childhood favourites, running, mess and noise – the Colour Run was a huge success with the children and teachers alike!

The 'Colour Run' concept is taken from the ancient Indian religious festival 'Holi'. This is a festival that lasts for one night and one day where the end of winter and the beginning of the spring and harvest are celebrated. It is a special day in the Indian calendar as it brings together the whole nation regardless of their caste.

Everyone joins in the high-jinks and good natured teasing and play! Everyone is equally smeared and drenched in water and colours, to the point that it is almost impossible to recognise anyone! Everyone on the street is fair game and 'equal' for one day of the year.

Another important part of the festival is that it is a time of the year to let old grudges heal and work to repair damaged relationships. Friends

and enemies are reconciled if only for the day.

Funds were raised by online and cash donations from students and their families. A class party is in the offering for the class that raises the most money. With 27 classes, it has come down to the line to two classes who are super close in the money stakes!

The P&C fundraising 'Run4Fun Colour Explosion' has raised in excess of \$17, 064! The funds are dedicated to purchasing 4 new marquees used for sporting events, additional iPads and new readers for the school reading program.

Thank you to the parents and staff who so generously supported

this event, especially our P&C parent organiser Mrs Connie Button and Mr de Braun who helped organise on the day.

From the Library

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 4 Weeks 3 and 4:

K1/W Isaac Chapman, Drew Dunkley, Hamish Pope, Zac Richardson **KC** Ella Hamilton **KO** Ashton Hughes **1K** Scarlett Brook, Louis Burton, Coco Cox, Willow Trethewey **1R** Flynn Apthorpe, Lilly Boss, Sofia Hewens, **1V** Harriet Houghton, Abbey Trethewey **2I** Alex Boath, Charlie Byrne **2J** Anneliese de Braun **2S** Kye Rickwood **2T** Noah Harris, Karsanth Mohanaranjan **3/4M** Grace Ashton, Ziva Balkin, Mikayla Campbell, Nessa Kinchington, Anna Piri **3H** Tahlia Hall **3J** Leela Hill, Jakob Schmidt, Olivia Trethewey **4B** Lucas Boath **5B** Anastasia Griffiths

Ms Lea Tracy Teacher Librarian









Surf Talks - Water Safety Summer 2019

Friday 25th October 2019

On Friday, 25 October, students from K-6 welcomed guest speaker James Turnham from the Australian Surf Life Saving Association, (SLSA). James came to share important information about how to make good choices when swimming at beaches or rivers, so that you can have fun, but also return home safely.

A timely reminder for all of us to think before we choose where to swim. Three beaches in Port Macquarie over the summer months are patrolled, Town Beach, Flynn's Beach and Lighthouse. Three beaches south are patrolled, Lake Cathie, Bonny Hills and Laurieton.

Life Savers are constantly monitoring the movement of the ocean waters which are never static. With their specialist expertise they are able to choose the safest part of the beach for us to swim. Being mindful of your swimming ability, keeping sun safe, listening to the Life Guards on duty and heeding signage will help ensure we all keep safe this summer and get to swim another day.

A key point that the children found illuminating was that rips don't pull you under the water. Rips will drag you out and away from the shore with their strong currents. It is swimmer fatigue that drags a swimmer down.



Sophia, KP was interested to ask James if he needed any help.



2J was excited to meet James and learn about beach signs and other special Life guard equipment.

Essential advice James shared is to keep calm, breath, float and raise your arm for assistance. Don't try and swim against the rip and wear yourself out trying to fight it.

The Port Macquarie community is very fortunate to have the professional services of James who is an award winning Life Guard. He has dedicated much of his career to education. His services were formally acknowledged last year at the 2018 SLSA National Awards of Excellence where James was presented with the "NSW Lifeguard of the year award".

"Education has been a vital aspect of James' role with the Australian Lifeguard Service. Over the past season he has delivered presentations to over 4,000 school students as well as leading pilot Surf Rescue Certificate programs to year 11 and 12 students. James has been a first responder to numerous incidents as well as being a media spokesperson for some very high-profile incidents. James has shown courage, strong leadership and compassion in some very challenging situations. James also coordinated the Department of Primary Industries Unmanned Aerial Vehicle program in Port Macquarie and provided UAV surveillance for the NSW State Championships."

https://sls.com.au/aoe/

Tuckerbox Canteen

The Canteen will be closed for lunch on Tuesday 26 November for the Volunteers Christmas Lunch.

Okr! Important Information

A reminder that all the QKR orders cut off at 9.15am.

You are also able to **process multiple students and orders in one transaction**, it is as easy as selecting the next child's initials at the top of the screen (in a colour bubble). As you add different items, for recess, lunch and uniform shop all in the one transaction.

CLICK HERE FOR Okr! Instructions

TUCKERBOX ROSTER You can place lunch orders via the P&C's Qkr! App			
Mon 11/11	R. Brennan		
Tues 12/11	C. Baker		
Wed 13/11	S. Shepherd		
Thurs 14/11	M. Gavel	A. Brinkman	
Fri 15/11	L. Wiggins	D. Tinnock	R. Brennan
Mon 18/11	L. Speedy		
Tues 19/11	C. Chatler		
Wed 20/11	H. Ryan	V. Wilson	
Thurs 21/11	M. Gavel	R. Brennan	
Fri 22/11	H. Ryan	M. Brumby	

In accordance with WH&S regulations, it would be appreciated if volunteers could please wear enclosed footwear and have long hair tied back. Thanks Leanne and Sandy.

UNIFORM SHOP

Open Mondays & Wednesdays 8.30 – 9.00am

Location: Assembly Hall

Uniforms can be viewed and purchased via the P&C's Qkr! Payment site

 $\begin{tabular}{ll} \textbf{Werit Award Recipients}\\ \textbf{Congratulations to our Merit Award Recipients for Term 4, Weeks 3 and 4:}\\ \end{tabular}$

K-2 Week 3		
KC	Remy Carnaby	
	Estelle Calvert	
	Ashlyn Corvetto	
KE	Imogen Lake	
	Ava Rutter	
KO	Ashton Hughes	
	Bonnie Charlton	
KP	Sophia Novello	
	Jayden Lord	
K/1W	Ryan Campbell	
	Juanita Villagran-Eichmann	
	Rose Newman	
1K	Blayke Gibbs	
	Amelia Ryan	
1R	Lyla Eia	
	Summer Booth	
1V	Saxon White	
	Sienna Alexander	
2S	Tarkyn Stait	
	Rubi-May Lo-Monaco	
2T	Lachlan Forbes	
	Jorja Corse	

	K-2 Week 4		
KC	Rylee Chambers		
	Juke Mesiti		
	Henry McNulty		
KE	Obi Hill		
	Henry Shepherd		
KO	Grace Donnelly		
	Tyler Farrugia		
KP	Lilyarna Monaghan		
	Adeline Ninness		
	Eadie-Rose Merrell		
K/1W	Charlotte Dunn		
	Blossom Schneider		
1K	Will Buckby		
	Momiji Ryan		
1R	Olivia Eather-Tsiliris		
	Baxter Morrison		
1V	Harriet Houghton		
	Lucas Browne		

Year 5-6 Week 4			
5B	Anastasia Griffiths	Angus Oakeshott	
	Ume Ryan	Niall Kinchington	
5G	Evie McKeough	Henry Piri	
	Luke Spalding	Zac Fonyodi	
5L	Cruz Lewis	Alex Stait	
	Kye Smith	Marli Connerty	
5R	Alex Nicholson	Megan Goldie	
	Lachlan Napier	Daisy Pees	
6N	Jay Van Gemert	Sami Edwards	
	Lucy Fitzgerald	Juliet Moodley	
	Campbell Page		
6S	Cassidy Fryer-Allen	Noa McNeill	
	Jackson Cole	Ishaan Jamnadas	
6T	Brayden Simpson	Tianah McKinnon	
	Joel Esson	Keira Magill	
5/6N	Lillian Jeffery	Angus Saidey	
	Riley Pope	Hunter Ellem	

Lighting the Way Award Recipients



K-2 Lighting the Way awards, Week 3



K-2 Lighting the Way awards, Week 4

Community News

SOUL SURFING

HAPPY, HEALTHY KIDS! Join Soul Surfing these holidays (Fab Fun Days) and Term 4 after School Surf and Earth for all the benefits on offer! Soul Surfing provides nature play, cleansing, uplifting, fun, fitness and ocean awareness. Throw in the earth play, games and activities and Happy, Healthy Kids return.

TERM 4 After School Surf and Earth 10 lesson program with collection, afternoon tea and surf lesson and play till 5.30pm \$225. Active kids vouchers welcome.

Call, message or email Corey or Loren. 0428480266 or corey@soulsurfing.com.au



Parents and Carers Meeting

Does your child have ASD, learning or intellectual difficulties?

Are you looking for encouragement and reassurance in helping them reach their full potential?

CAMDEN HAVEN

Friday 8th November, 10am

Café Chance Shop 2, 524 Ocean Drive,

Shop 2, 524 Ocean Drive,

North Haven

PORT MACQUARIE
Friday 15th November, 10am

The Westport Club

25 Buller St, Port Macquarie

WAUCHOPE MEETING FRIDAY 22nd NOVEMBER at 10am

Waterman's Café Shop 2/56 High St, Wauchope

RSVP: Glenda Cooper 0402 998 316 glenda@heartsnmindslearning.com.au

- ♣ Meet others who also look after special needs people
- Share the highs and lows, the joys and not-so-joys, the challenges and delights
- Tea/Coffee provided

Look forward to seeing you there,

Glenda Cooper

NEW:

(Educational Therapist, Founder and Director of Hearts 'N Minds Learning)



... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.



SunSmart Snippet

When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!

Go to www.sunsmartnsw.com.au/resources to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au







