

# Tacking Point PS Newsletter

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Week 4, Term 2 2019

24 May 2019

## APPROACHING CALENDAR EVENTS

2019	
Monday 27 May	LNC Cross Country – Kempsey
Wednesday 29 – Fri 31 May	Year 4 Camp: Point Wolstoncroft
Friday 31 May	K-2 Assembly – 9.15am ** Stage 2 General Assembly, 2.15pm ** Boys & Girls PSSA Soccer - Wauchope
Monday 3 – Fri 7 June	Year 6 Camp: Canberra
Monday 3 June	Year 2: Excursion to Sea Acres P&C Meeting, 7pm Staffroom – all welcome
Friday 7 June	K-2 General Assembly, 9.15am ** Stage 3 General Assembly, 2.15pm **
Monday 10 June	Queen's Birthday Public Holiday
Tuesday 11 June	NC Touch Football – Grafton
Wednesday 12 June	K-1: Responsible Pet visit
Thursday 13 June	Girls Cricket, Wayne Richards Park
Friday 14 June	Year 2: Responsible Pet visit
Monday 17 – Tues 18 June	Dance Festival
Thursday 20 June	Dance Festival Showcase
Friday 21 June	NC Cross Country – Nana Glen
Monday 24 June	Year 3-6: Athletics Carnival
Mon 24 June – Fri 5 July	Life Education
Thursday 27 June	Stage 2 & 3: Public Speaking Finals Kindy 2020 Teddy Bears Picnic
Friday 28 June	Reports sent home
Thursday 4 July	District Public Speaking Year 1: Billabong Zoo Excursion
<b>Friday 5<sup>th</sup> July</b>	<b>Last day of Term 2</b>

\*\* All assemblies will be on the basketball for the duration of Term 2 and will be subject to weather.

During this time the duration of assemblies will be shortened and will be reduced to awards presentations.

## From the Desk of Mr Harris

Welcome to Week 4.

It's hard to believe we are half way through this term.

Our Year 5 students are homeward bound from their three day camp to the Collaroy Centre and they have had a wonderful time. My many thanks to our teaching staff who have attended this camp and rearranged family life to ensure our children have the opportunity to attend these experiences.

The organisation of these major excursions takes hours and everything must be planned to perfection. Risk Assessments need to contain accurate details and payments must be made to centres and bus companies by dues dates.

Unfortunately this year, many calls to parents have had to be made on all major excursions in regards to final payments. Despite calls being made, there have not been return calls and money has again had to be requested. The school is always able to assist and if we are aware of circumstances, the school will always help. At the end of the day we want our children to have this life experience.

As a school, we are going to readdress this process in 2020, which will mean that deadlines and payment dates will have to be met. Communication about these dates will be well advertised so all parents are aware. Between our eNewsletter, school notes, Skoolbag and Facebook, our communication skills are constant reminders and updates for your convenience.

Next week, Year 4 will attend Point Wolstoncroft and Mr Thompson will be attending and the week after, I have the pleasure of joining Year 6 in Canberra for the week.

Our school photos are being processed at present and once they have arrived they will be distributed.

Congratulations to Kia Allen and Shannan Larkin for their hard work coordinating our Working Bee. From what I heard, it was extremely successful and a huge thank you to all who attended and supported the working Bee. Our very own Mr Pees and Ms Tonkin were also there to assist.

Our #369 initiative continues to be successful with teachers contacting families about positives and increasing communication between school and home.

An update of our uniform guide is added later in the eNewsletter for your awareness. We have always had many compliments about our uniform which promotes sense of belonging and pride being a part of Tacking Point Public School.

We again remind you about the importance of labelling clothes and other belongings.

Our hall is on track for completion at the end of Term 2 and we thank everyone for their support whilst this is happening.

We welcome Mrs Jordan back from leave and thank Mrs Moritz for her time as Relieving Deputy Principal.

Our Director will be visiting next week and we look forward to seeing Mr Kuchling.



**Phil Harris**

## From the Deputy Principals

Years 4, 5 and 6 major excursions are happening over the next couple of weeks with Year 5 completing theirs today. We are so fortunate to have these wonderful opportunities for our students. It is a fantastic chance for children to develop new skills, friendships and interests.

*There are so many benefits of school excursions including:*

### 1. Development of social skills

School excursions are a great opportunity to develop a range of social skills. Most activities involve teamwork and cooperation, which is great to strengthen established friendships and to develop new friendships by connecting with children they don't regularly talk with at school.

Through bonding activities, children develop supportive relationships not only with different children, but also with their teachers. On excursions, children have the opportunity to learn about acceptance, caring and understanding.

### 2. Development of independence skills

For many children school excursions are their first time away from family and home for a few nights. This is a great opportunity for kids to grow up by learning how to take care of themselves and to do things on their own as parents are not there to remind their kids to eat their vegetables, brush their teeth, or to have a shower. Most kids do rise to the challenge and learn to rely on themselves when they spend time away home.

### 3. Development of decision-making skills

Should I go with my friends or should I do the activity I really want to do? Should I have the third slice of pizza? Should I stay up or go to bed? Supervising teachers are not able to hover over each child all the time, so without parents directing decisions, children are responsible for making more of their own choices.

### 4. Learning new skills

On school excursions, children will be exposed to a range of activities that they may not have tried before. When away from their parents, children are often more adventurous and willing to try new things.

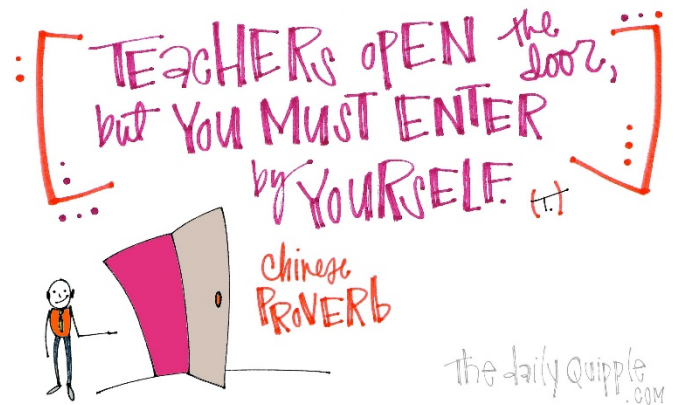
*Tips to help your child feel more confident about going on school excursions:*

1. Preparation is the key to feeling less anxious. Talk with your child about their worries and fears. Talk about your own experiences at school or other life experiences on how you overcame your own challenges.

2. Pack together and make it fun. Give your child the responsibility of checking that they have all the required equipment and take them on a special shopping trip to buy what they are missing. When packing, give your child a special memento to take with them that will help them feel safe. It can be a special soft toy or picture that they can keep in their sleeping bag.

3. Give your child a special journal to take with them on camp. You can write encouraging messages that they can read while they are away. They can also write or draw things they will like to share with the family once they are back home.

4. Talk to your child's teacher and share the concerns you have. The teacher will appreciate this extra information and most likely will keep a closer eye on your child.



This is a special time in the development of your child. Thank you to all of you for supporting your child/ren and enabling them to learn through experience and *grow*.

Reference: Feeling Positive About School Camp  
by Melbourne Child Psychology & School Psychology Services, Port Melbourne

**Kelly Jordan and Trevor Thompson**

### *From the Library Information and Resource Centre*

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 2 Weeks 3 and 4:

**K/1W** Isa Balkin, Ryan Campbell, Isaac Chapman, Joshua Harris, Maxwell Jeffrey, Zachary Richardson **KC** Emily Ashton, Ashlyn Corvetto, Annabelle Courtney, Ella Hamilton, Zali O'Neill **KO** Reece Cordell, Chloe Hall, Ashton Hughes **1K** Eden Barnes, Kaleb Hayter **1R** Flynn Apthorpe, Lilly Boss, Grace Finney, Sofia Hewens **1V** Sienna Macfarlane, Emilia Perri, Abbey Trethewey **2I** Alex Boath, Charlie Byrne, Angus Hawken **2J** Olivia Hamilton, Allirah Rootes **2S** Madeleine Chung, Ava English, Mikayla Fonyodi, Kye Rickwood **2T** Noah Harris, Stella Herring, Natasha Pirnie **3/4M** Mikayla Campbell, Aurora Mavros, Keegan Pope **3D** Karli Goyne, Zayden Keedle, Maddison Lyons-Pascoe, Amelia Maestri **3H** Piper Brennan-Riley, Joshua Gray, Tahlia Hall, Grace Morris, Maxwell Norkett, Noah Richards **3J** Annabelle Ashton, Alice Beard, Wally Bull, Leela Hill, Jarryd Morgan, Annie Randall **5/6N** Erin Rapley **4B** Lucas Boath, Archie Hawken, Charlee Webber **5L** Jesper Robinson **6N** Eloise Chetwynd

**Ms Lea Horan - Teacher Librarian**

### *Uniform Requirements*

The NSW Department of Education strongly encourages the wearing of school uniforms in state public schools. Our P&C and all staff support this view and all students are expected to wear correct school uniform including a hat. The school has always had a strong commitment to maintain this high standard and it has been supported by our community.

#### **GIRLS:**

Jade Polo shirt (embroidered emblem) with either:

Navy culottes (waistband with four stitched pleats at front and elasticised back similar to Wilkinson Pattern No. 925).

OR plain navy fleecy tracksuit (sloppy joe or jacket)

OR jade jacket with embroidered school emblem

OR Tartan Dress - Jade/navy check woven poly cotton fabric (Young Apparel No. 8066).

Navy or white socks or navy tights in winter

Black Shoes or black joggers (preferably leather)

#### **Girls Sport Uniform - Yrs 3-6:**

Jade School Polo Shirt with either:

Navy knit sport shorts or navy culottes

(NO BIKE PANTS)

Navy or white socks

In regards to jewellery, students may wear a watch and a plain signet ring. All ear rings must be either be plain studs or sleepers as per Health and Safety regulations.

Makeup and any other jewellery or piercings are only to be worn at home.

**BOYS:**

Jade Polo Shirt (embroidered emblem) with either:

Navy shorts

OR Plain navy fleecy tracksuit (sloppy joe or zip jacket) or

Jade jacket with embroidered school emblem

Navy or white socks

Black shoes or black joggers (preferably leather)

**Boys Sport Uniform - Yrs 3-6**

Jade School Polo Shirt

Navy knit sport shorts (or nylon)

Navy or white socks

**HATS:** Navy bucket hat with embroidered TPPS school logo

**Other Suppliers of uniform items**

Boy's shorts, plain navy tracksuits, sport shorts, socks available from most outlets including Lowes, Best & Less, Big W, Target etc.

**Phil Harris**

**Principal**

*Canteen*

The Canteen is looking for volunteers, one day per month 10am until 2pm. Please contact the canteen if you can help!

**CANEEN ROSTER**

You can place lunch orders via the P&C's site <http://www.flexischools.com.au>

Mon 27/5	D. Gleave	A. Baker
Tues 28/5	R. Biennan	C. Chatler
Wed 29/5	J. Moye	K. Smead
Thurs 30/5	M. Gavel	R. Brennan
Fri 31/5	R. Brennan	L. Wiggins
Mon 3/6	D. Gleave	C. Brumby
Tues 4/6	K. Schmidt	R. Brennan
Wed 5/6	R. Brennan	H. Ryan
Thurs 6/6	R. Brennan	<b>Help please</b>
Fri 7/6	R. Ferguson	M. McNulty

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 site <http://www.flexischools.com.au>



## Volunteers Needed

The canteen is doing a fantastic job of providing and promoting healthy food choices for all of our students.

If you wish volunteer your time, please contact Sandy or Leanne in the canteen.

Alternatively email the canteen at [canteen@tackingpointpandc.org.au](mailto:canteen@tackingpointpandc.org.au).

### Council Road Closure Update

# LIGHTHOUSE BEACH ROAD UPGRADE



From mid-June to end of September 2019, Lighthouse Road from Matthew Flinders Drive to the Tacking Point Lighthouse will be closed to allow for upgrade works to occur.

The upgrade will include widening and resurfacing the road, kerb and guttering, car parking improvements, stormwater upgrades and the provision of a pedestrian footpath from Davis Crescent to the existing elevated platform, thereby improving safety for motorists, pedestrians and cyclists. Closure of the road will reduce the overall construction duration and maintain public safety during construction.

The main pedestrian access to Tacking Point Lighthouse will be via the staircase at the northern end of Lighthouse Beach. The Coastal Walk will also remain open however, the closest access to the Lighthouse via the Coastal walk will be from Miners Beach. Pedestrian access around Tacking Point Lighthouse will be limited. The community is asked to follow all signage instructions and to exercise caution when visiting the area.

Work is expected to be completed by late September 2019 dependent on weather.

For more information on this project please visit Council's Have Your Say engagement website at [haveyoursay.pmhc.nsw.gov.au/lighthouse-road-upgrade](http://haveyoursay.pmhc.nsw.gov.au/lighthouse-road-upgrade)



For more information visit  
[haveyoursay.pmhc.nsw.gov.au/lighthouse-road-upgrade](http://haveyoursay.pmhc.nsw.gov.au/lighthouse-road-upgrade)

This is a \$1.58 million project, with \$1.04 million being contributed by Council, and \$540,000 by the Australian Government through the Building Better Regions Fund.





Photo supplied by:  
Stonemeadow Photography

**Facilitators:**

**Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and  
Toni Garretty (Team/Clinical Coordinator Family and Carer Mental Health  
Program Illawarra Shoalhaven Local Health District)**

**An intervention for  
FAMILIES, FOSTER FAMILIES,  
CARERS and FRIENDS  
“*Staying Connected When  
Emotions Run High*”**

This FREE workshop intervention is designed to assist families and friends who support someone 12yrs – 100yrs, who experiences:

- challenges with their relationships
- difficulties managing changing emotions and strong or overwhelming feelings
- self-destructive or self-harming behaviour
- problems with identity and sense of self

*Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all*

**Date:** Tuesday 23<sup>rd</sup> July 2019

**Time:** 9:00am – 2:45pm (Registration at 8:30am)

**Venue:** Manning Valley Visitor Information Centre, 21 Manning River Drive, Taree

Morning tea and lunch will be provided. Please notify if you have any dietary requirements when you register for this event.

**RSVP:** Registration is essential as places are limited.

Please register online at Eventbrite as per link


[https://www.eventbrite.com/e/staying-connected-when-emotions-run-high-families-foster-families-carers-friends-taree-tickets-](https://www.eventbrite.com/e/staying-connected-when-emotions-run-high-families-foster-families-carers-friends-taree-tickets-55136878889?aff=affiliate1)

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[SallyAnne.Smith1@hnehealth.nsw.gov.au](mailto:SallyAnne.Smith1@hnehealth.nsw.gov.au) or Ph: 02 4925 7917.




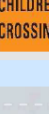
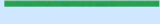


**Kids Yoga with Soul Surfing:** 6 week block starting May 30th. Running 4-5pm each Thursday for the 6 weeks in Loren's yoga studio. \$70 and includes a FREE week of a parent's choice to attend and join in! Or a parent joins the whole 6 weeks for \$25 extra! Yoga games, activities and relaxation. Email [loren@soulsurfing.com.au](mailto:loren@soulsurfing.com.au) or call Corey on 0428480266 to book in.



## SCHOOL SAFETY NOTICE TO DRIVERS

In the interest of CHILD SAFETY there is NO EXCUSE for disobeying traffic control signs and Road Rules in the vicinity of a school. Please read and understand the following traffic controls around your school:

	<b>NO STOPPING</b> Under no circumstances are you permitted to stop on a length of road to which a NO STOPPING sign applies.	Penalty: \$337.00 + 2 demerit points each time you disobey a NO STOPPING sign (school zone)
	<b>NO PARKING</b> You are permitted to stop in a NO PARKING zone only while you are engaged in dropping off or picking up passengers.  You must not stop for more than two minutes. You must stay within three metres of your vehicle.	Penalty: \$187.00 + 2 demerit points each time you disobey a NO PARKING SIGN (school zone).
	<b>BUS ZONE</b> You are not permitted to stop in a BUS ZONE unless you are driving a bus.	(Penalty: \$337.00 + 2 demerit points) each time you stop in a BUS ZONE (school zone).
	<b>CHILDREN'S CROSSING</b> You are not permitted to stop within 20 metres before the crossing and 10 metres after the crossing.	Penalty: \$448.00 + 2 demerit points each time you stop on/ near a children's crossing (school zone).
	<b>DOUBLE PARKING</b> A driver must not stop on a road between the centre of the road and another vehicle that is parked at the side of the road.	Penalty: \$337.00 + 2 demerit points each time you double park (school zone).

**THE COST OF TAKING YOUR CHILDREN TO SCHOOL DEPENDS ENTIRELY ON YOU**

## BECOME A VOLUNTEER HOST FAMILY THIS JULY



**"If you're thinking about hosting, do it! It's the most rewarding experience for your family. Our daughter has a sister now, someone to talk to other than mum or dad."**  
Nicole, three-time host mum.



**LUCAS L**  
16 from France

I am a very active and dynamic boy. My favourite sports are cycling, soccer, boxing and street gymnastics! Thank you for welcoming me to your family, I cannot wait to discover Australia and your way of living!

**Need to know:**

- You choose your student
- Hosting is voluntary
- Students attend high school
- You'll make memories for life!



**CAMILLA G**  
16 from Italy

Ciao from Italy! The list of activities I like to do in my free time is quite long, so I am never bored! I love reading, I also really enjoy photography. Thank you if you're going to choose me, I promise I'll be a perfect 'daughter'.

Not-for-profit Australian organisation, WEP Australia, needs host families! **Can you help?**

Hosting an overseas high school exchange student is a wonderful way to bring a slice of the world into your home and heart!

✉ [INFO@WEP.ORG.AU](mailto:INFO@WEP.ORG.AU)  
 ☎ 1300 884 733  
 🌐 [WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST)

**MORE PROFILES AVAILABLE AT**  
[WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST)


Nutrition Snippet

## The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our **Healthy Lunch Box** website [healthylunchbox.com.au](http://healthylunchbox.com.au) has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

**Minty Yoghurt Dip recipe**

**Ingredients**  
 8 tbsp plain reduced-fat yoghurt  
 1 lemon, juiced  
 ½ clove garlic, crushed  
 ¼ bunch mint leaves, finely chopped  
 Pinch of salt

**Method**  
 Place all ingredients in a bowl and mix together.  
 Variation – add finely diced cucumber for a refreshing crunch.

For more information visit [www.eatttobeatit.com.au](http://www.eatttobeatit.com.au) or join us at [facebook.com/eatttobeatit](https://facebook.com/eatttobeatit)



